

National Updates

**Deadline Extended**

**\*\*\*Closing date for applications: Monday, 10th July 2023\*\*\***

**Age Friendly Recognition and Achievement Awards for 2023**

Would you or someone you know qualify for a National Age Friendly Recognition and Achievement Award? They're for everyone; community groups, organisations, businesses, agencies and individuals alike and recognise and reward the achievements in age friendly initiatives around Ireland.

Eight categories of awards, aligning to the WHO themes, have been chosen as they have a meaningful impact on the lives of older people in Ireland:

**Transport | Active & Healthy Ageing | Business Innovation | Safety & Security | Communications | Environment | Community Innovation | Housing**

We are calling for **organisations, businesses, individuals/members of the public, agencies and communities** to submit applications on projects, initiatives or programmes that support older people and that they consider to be age friendly.



**Ireland's Age Friendly Recognition & Achievement Awards 2023**

Are you involved in a project that benefits Older People or makes your community more Age Friendly?

Applications are invited for our Age Friendly Recognition and Achievement Awards Apply now to be in with a chance of receiving National Recognition for your Project.



To apply please click on the link below: [Application Form](#)

For more information please visit our website, click the link below:

<https://agefriendlyireland.ie/agefriendlyawards2022/>

## Come Join our Team



comhairle chontae na mí  
meath county council



# WE ARE HIRING

## Age Friendly Ireland Regional Programme Manager West Region - Limerick City & County Council

Closing Date: Friday 14th July 2023 at 5.00pm

[www.meath.ie/jobs](http://www.meath.ie/jobs)

Meath County Council is currently recruiting a Regional Age Friendly Programme Manager – West Region who will be employed and based in Limerick City & County Council.

Closing Date is 14th July 2023 at 5pm. More at <http://meath.ie/jobs>

# WE ARE HIRING

## Healthy Age Friendly Homes Regional Programme Manager Area D - Cork and Kerry

Closing Date: Friday 14th July 2023 at 5.00pm

[www.meath.ie/jobs](http://www.meath.ie/jobs)

Meath County Council as the host of the National Shared Service Programme for Age Friendly Ireland, invites applications for the position of Regional Programme Manager for the HAFH – Area D (Cork City & County and Kerry).

Closing Date is 14 July at 5pm. More at <http://meath.ie/jobs>



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Sláintecare.



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meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

## Healthy Age Friendly Homes

### ACORN TRAINING

Two induction workshops in two different locations, where an expert can give some simple instructions/guidance on how to use the ACORN tablet.



Library spaces in Limerick have been booked for two-day induction workshops in two different locations and also a workshop in Cork, where an expert can give some simple instructions / guidelines on how to use the ACORN tablet.

The workshops will take approx. 1 hour. Participants are encouraged to bring along their Acorn tablet, (Fully Charged).

Workshops are free and are facilitated by Laura Corbett, Acorn Support.

Library spaces have been booked in Limerick at the following locations: -

- Watch House Cross Library, Watch House Cross Shopping Centre, Moyross, Limerick- **Thursday 6th July 11am – 12pm**
- Dooradoyle Library, Crescent Shopping Centre Dooradoyle Limerick, **Thursday 6th July 2:30pm to 3:30 pm**

ACORN training being is taking place on **3rd July in Cork from 11am-1pm** in Temperance Hall, Market Quay, Sleveen, Kinsale, Cork, P17 FD66



Should you have any further queries please do not hesitate to contact our Head Office on 046-9248899.

If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 9248817 / 046 9248825**



## HSE Talking Health and Wellbeing Podcast, Episode 19 - HSE Active Workplaces



In the latest HSE Talking Health and Wellbeing Podcast we talk to Eimear Cotter, Project Manager, Health Eating Active Living Programme, HSE Health & Wellbeing and Dan Russell, Health Promotion & Improvement Officer, HSE, Dublin South, Kildare & West Wicklow Community Healthcare, about Active Workplaces and the importance of physical activity. Eimear discusses the physical activity guidelines, the risks associated with sedentary behaviour in the workplace and why movement breaks are so important to incorporate into our daily routine.

[Read More](#)



## Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us tomorrow **Friday June 30th at 5 pm** for our weekly Zoom. This is our **final Zoom before the Summer break** so please try to join.

This week we will be hearing from Fire 1, a Med Tech company that we have worked with over the past 4 years. Our role has been to help Fire 1 refine its product (which is a heart failure treatment device) through regular group meetings in which ExWell participants have given valuable feedback to Fire 1 about aspects of the design of the device. It is a really interesting story to hear. In addition, we will have a short clinical discussion about Baker's Cysts.

### The schedule is as follows

5.00 pm: Welcome	Danny
5.05 pm: The Fire 1 / ExWell Story	Thomas Duignan, Fire 1
5.15 pm: What is a Baker's Cyst?	Dr Noel McCaffrey
5.30 pm: Q&A and Discussion.	All
5.40 pm: ExWell Updates	Danny

### The link for the meeting is

<https://us06web.zoom.us/j/86168647118?pwd=UHcrYTdvV21wYU1LQld1QWZQZnY5dz09>



### Age Friendly Louth

Age Friendly Louth support outreach activities in rural areas and to address social exclusion in Co Louth for older people as part of our Age Friendly Strategy. In order to support delivery of the strategy Age Friendly Louth arranged for Mary Bell Ryan from Forever Flowers to host a flower arranging demonstration for 20 members of the Togher & District Active Retirement group in Dillonstown Community Centre on 22nd June.



*Members from Togher & District Active Retirement Group*

Mary created 2 floral demonstrations using flowers and greenery from her garden and shop. She showed the members how to create a floral display in a basket and how to create a floral centre piece for a table. After the demonstration members then undertook to recreate the pieces with help and assistance from Mary.



*Floral Demonstration by Sandra Gibney Chairperson of Togher & District Active Retirement Group*



## Bunclody Library Events

### Adult Book Club – Thursday 6th July at 7.30pm

Join us for a discussion of *The Shadow King* by Maaza Mengiste. New members are always welcome! Copies of the book are available to borrow in library. No booking required.

### Sensory Friendly Hour

Every Saturday from 4-5pm, Sensory Friendly Hour will be observed in Bunclody Library.

We encourage you to come along and relax in the calm environment of the library. No booking required. All welcome!



## Wexford Alliance Dementia Café



### Wexford Alliance Dementia Café

Hosted by St. Louis Day Care Centre, Ramsgrange,  
Co. Wexford Y34H283

Date and Time: Thursday 13th July 2023 2pm –4pm  
(Café held 2nd Thursday of every month)

Guest Speaker: Emer Finn Occupational Therapist, Memory  
Technology Resource Room, New Ross Healthy Living Centre

Presentation Title: “About The Memory Technology  
Resource Room”



The Café provides a warm and welcoming space for people with dementia, their family and friends, social and health care professionals to meet, exchange ideas and learning

For further information on how to attend please email:  
[stlouisdaycarecentre@gmail.com](mailto:stlouisdaycarecentre@gmail.com) or telephone 051-389509



Irish  
Dementia  
Cafe  
Network  
MEMBER



## Wexford Directory of Services for Older People

The 1<sup>st</sup> Wexford Directory of Services for Older People was officially launched on 13<sup>th</sup> June by Minister Mary Butler T.D., Minister of State for Mental Health & Older People at an event co-hosted by WEXICOP (Wexford Integrated Care of Older Persons) and St John's Community Hospital in Enniscorthy, Co. Wexford. This document was co-funded by the HSE/South East Community Healthcare's Health and Wellbeing service, WEXICOP (Wexford Integrated Care of Older Persons) and Wexford County Council and developed through Wexford Dementia Alliance.

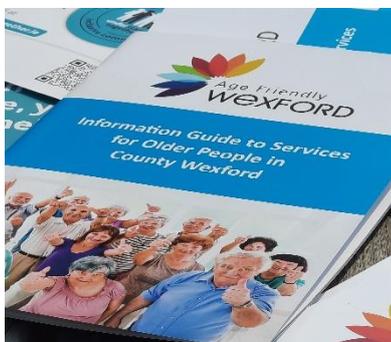


The Directory provides information on many of the essential services and supports available for older adults and their families in Co. Wexford. It includes contact phone numbers for many public services, community and voluntary organisations and some community based older adult social groups across the county as well as guidance around falls prevention and dementia-specific services. The need for this Directory was identified in the 2022 Wexford Age Friendly Alliance County Strategy and Action Plan and further supported by the HSE's Integrated Care Programme for Older Persons strategy.



Emer Finn, Wexford HSE's Memory Technology and Resource Room Occupational Therapist, chaired the Wexford Dementia Alliance which led out on its development. The Directory is facilitated by HSE Healthy Ireland, Healthy Wexford, Wexford County Council, Wexford Older People's Council, the HSE's National Clinical Programme for Older People and a range of other Wexford age friendly stakeholders. The information contained in this Directory came from various health and social care services, organisations and individuals.

The document is already available on the HSE website (see <https://scanner.topsec.com/?d=1406&r=show&u=https%3A%2F%2Fwww.hse.ie%2Feng%2Fservices%2Flist%2F1%2Fwho%2Fwexford%2Ffolder-people%2Fwexford-directory-of-services-2023.pdf&t=9efc7385140c3c2403803b2873a010fcc6617310>) and on the Wexford County Council website (see <https://scanner.topsec.com/?d=1406&r=show&u=https%3A%2F%2Fwww.wexfordcoco.ie%2Fsites%2Fdefault%2Ffiles%2Fcontent%2FCommunity%2FWexford-Directory-of-Services-2023.pdf&t=0ecccc9d3651bca30f6a8ed0c7cb9e5c37cad5e7>).



WEXICOP (Wexford Integrated Care of Older Persons) , Wexford County Council, An Garda Síochána and Alone commenced distribution of physical copies recently to HSE healthcare sites in Co. Wexford (Hospitals, Community Nursing Units, Primary care Centre, Health Centres, Day Centres etc.) as well as pharmacies, post offices, credit unions, churches, libraries, the County Council Offices, Garda stations, Family Resource Centres and through voluntary organisations such as Alone, Alzheimer's Society and so on.





**Cultural Companions**  
An Age & Opportunity arts initiative

## MAYO CULTURAL COMPANIONS LAUNCH



**Mayo Cultural Companions** was launched in Castlebar Social Services Centre by Cathaoirleach of Mayo County Council, Cllr. Seamus Weir. Leading the event was Mayo County Council Arts Service.

The event involved an introduction to Cultural Companions and information on how people can get involved. Tea, sandwiches, poetry, music and dancing was also part of the event. Members of Mayo's OPC attended (danced and sang) on the day!!!

Mayo County Council Arts Service is calling all over 50's who are interested in attending arts and cultural events and meeting new people and who can attend events together as a group. **Mayo Cultural Companions** aim is to provide increased opportunities for people to engage with Mayo's vibrant arts and cultural scene.



*Thanks to Alison Loredo for the photographs*

The volunteers meeting is on July 10<sup>th</sup> where the role of a Cultural Companion's Volunteer is discussed, and group will look at the next steps in getting the network of the ground.

For further information please contact 094 90 64666 or by emailing [mayoarts@mayococo.ie](mailto:mayoarts@mayococo.ie)

*The Mayo Cultural Companions initiative is supported by the Mayo County Council Arts Service and Healthy Ireland and Mayo Age Friendly.*



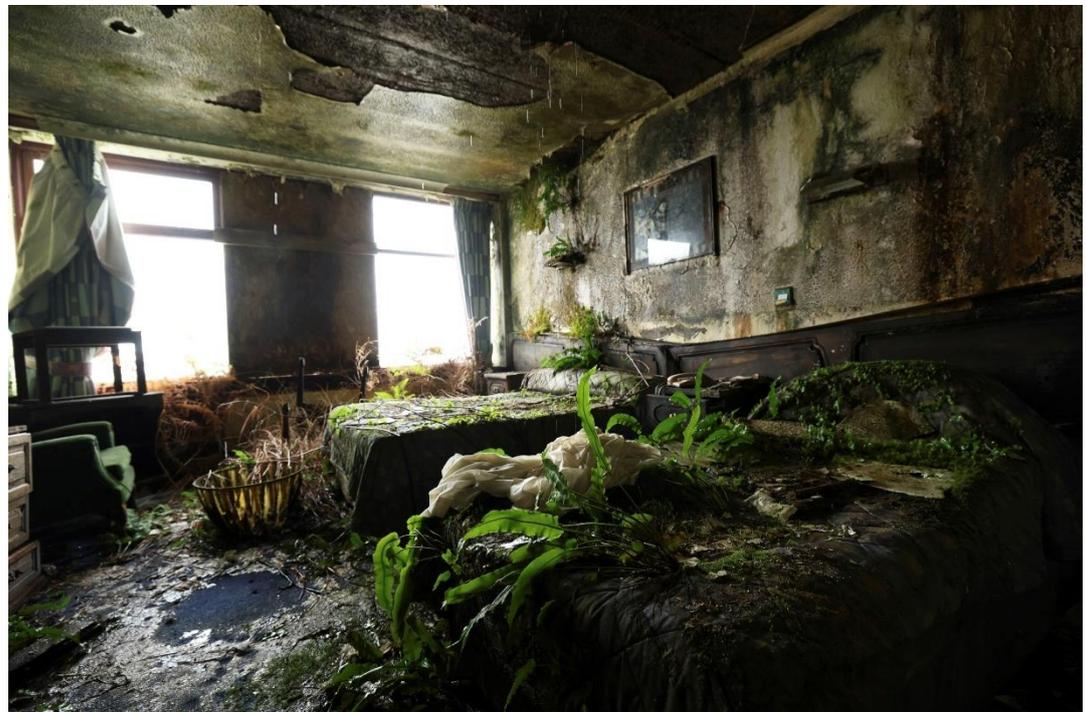


## Press Photographers Association of Ireland Exhibition- Ardkeen Library

The PPAI Photographer of the Year Exhibition comes to Waterford Ardkeen Library this June, opening on Tuesday 27th June until Monday 10th July featuring over 100 of the best images from Irish press photographers and the 2023 AIB PRESS PHOTOGRAPHER OF THE YEAR, Mark Condren



Mark Condren of the Irish Independent/Sunday Independent won the AIB Press Photographer of the Year 2023 title at an awards ceremony in Dublin on Friday, 3rd March 2023.



Link to the 2023 AIB Press Photographer Of The Year Award on the PPAI website <https://ppai.ie/year/2023/#photoarea>

Link to download the 2023 exhibition catalogue- <https://ppai.ie/wp-content/uploads/2023/03/PPAI-CAT-feb-20-low-res.pdf>

Ardkeen Library is open:  
Tuesday 1-8pm and Mon/Wed/Thurs/Friday 10-5pm and Saturday 10-1 and 2-5pm.

**Exhibition is free for all.**

### **Westmeath County Council - Active Elderly Category Award**



We have reached our last category winner for this year which is the Active Elderly award, an award which goes to a very long active volunteer and activist in the community and the county. A volunteer who was instrumental in establishing many local groups and also national organisations to support the communities across the country. This volunteer is known to many in Westmeath for her ability to plan, write, speak and influence and has always been an advocate of positive change for rural Ireland.

Nominated for having many handles to her cup, she was and is still involved in projects to support rural transport, rural financial supports ie LEADER, support to Farm families, women, youth clubs, community employment schemes, ICA, Country markets and Age Action. A force to be contended with, this lady also shows her softer side on occasion! with her love of history, storytelling and general delight in being with and helping people in the community and further afield. Described by the nominating body as the world being a better place when she is in it

The winner of the Active Elderly category is .....

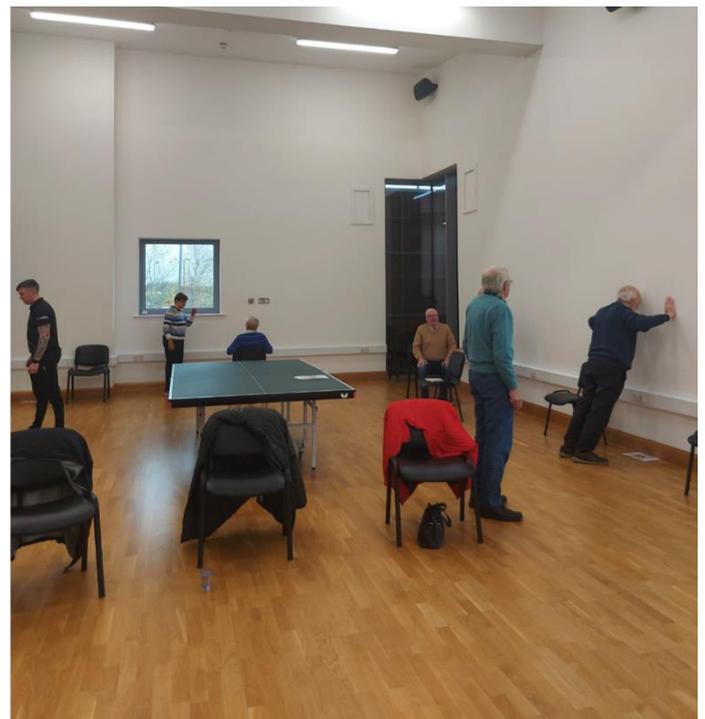
Open Envelope – drum roll and lighting affects..... Philomena Brennan



## Age Friendly Classes



- Monday 10.30am-11.30am – Active dance class suited for all abilities who enjoy music and dance
- Tuesday 10.30am-11.30am - Active aging class is suited for all abilities, this programme has a variety of activities such as chair-based exercises, Boccia, go for life games and many more.
- Wednesday 10.30-11.30 (beginner) 11.30am-12.30pm (advance) – Strength and balance is a structured class focusing on chair-based exercises, light weights and mobility.
- Thursday 10.30am-11.30am – Chair yoga is a chair form of yoga with some relaxation and breathing techniques incorporated.



## Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone.

Please **email us** your news to us at [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie) before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget we are on **social media** so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country 😊

**Twitter:** [@agefriendlyirl](https://twitter.com/agefriendlyirl)

**Facebook:** Age Friendly Ireland

## International Updates



**IFA Global Café | In Conversation with: In conversation with Dr. Mark Lachmann on "Reclaiming the rights to live with dignity."**

**ifa** International Federation on Ageing

**ifa** Global Café  
in conversation with experts

a contribution to the  
**Decade of healthy ageing**

Reclaiming the rights to live with dignity.

**DAY 1**  
**28 JUNE 2023**

**THAI CHITLADA 1-2**  
2nd floor

**9:00 a.m.**

**EXPERT**  
**Mark Lachmann**  
Geriatric Psychiatrist  
Hennick Bridgepoint Hospital

**GUEST MODERATOR**  
**Seth Ginsberg**  
Co-founder and Chairman  
Global Healthy Living Foundation

**ifa 2023** 18th International Federation on Ageing Conference

The International Federation on Ageing held a Global Cafe event this morning called: "In Conversation with: " Dr. Mark Lachmann on "Reclaiming the rights to live with dignity."

A recording of this event will be available on the Federation's website  
<https://ifa.ngo/ifa-global-cafe/> and  
<https://drbarometer.com/community/resource-library>

## Useful Contacts and Info

**Age Friendly Ireland Shared Service Office** Telephone: **046 9097413**

Or Email: [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie)

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://www.agefriendlyhomes.ie)

**HSE Advice Line:** Call save 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday