

National Updates

Age Friendly National Achievements Awards



Countdown is on to our Age Friendly National Achievements Awards with only 6 days to go. The awards are taking place in the Clayton Whites Hotel in Wexford on Thursday 30th November.

Stay tuned to our social media pages for updates on the shortlisted projects.

Good luck everyone, can't wait to celebrate with you next Thursday.



Please note that due to the awards there will be no newsletter next week, but we will have a bumper issue the following week with all winners from the event.

ELG Awards 2023



Congratulations to Wicklow County Council who won the 'Age Friendly Initiative' award at the ELG Awards 2023 last night.

They have been awarded for their project on Intergenerational Digital Learning and supporting seniors in using their personal digital devices- Congratulations.

17th Korean Gerontological Society Seoul Symposium



The 17th Seoul International Symposium on Gerontology, jointly hosted by the Korean Society of Gerontology and the Seoul Metropolitan Government. The theme of this international academic symposium is “Digital Transformation and Agefriendly Cities”.

At this international academic symposium, discussions will be held to further upgrade Seoul’s membership as an age-friendly city, 10 years after it joined in 2013. We would like to update the WHO’s guide on age-friendly cities and draw implications from the experiences of cities that are successfully implementing age-friendly city programs.

Pictured above the Seoul City Hall where the symposium took place.
Seoul city is more than twice the entire population of Ireland.



Dr. Emer Coveney, Age Friendly Ireland National Programme Manager attended the symposium and presented on ‘Making Ireland a Great Place to Grow Old’.



Sláintecare.



Healthy Age Friendly
Homes Programme



Healthy Age Friendly Homes

Blossoming Connections - A Rural Women's Group

In the heart of our idyllic countryside, the Emly Women's Group has flourished as a vibrant symbol of camaraderie and mutual support. Nestled in the close-knit community of Emly, in County Tipperary this group of women has cultivated an atmosphere of warmth and friendship within the welcoming walls of the local pub. Established 12 years ago, the group was put together out of a shared desire for social inclusion, personal growth, and the sharing of interests, talents and experiences that each woman brings. The group, comprised of women from various walks of life, comes together once a month to the local pub into a hub of light-hearted chat, learning, and genuine connections.



Their gatherings are not just about casual conversations over a cup of tea and a slice of delicious cake; they are a blend of shared wisdom, storytelling, and collective empowerment. The women engage in a range of activities, from crafts, gardening and educational and recreational talks.

The group's commitment to social connections extends beyond the pub's walls. Regular outings on holidays and celebration days such as Easter, Spring, Summer and even Halloween. Not forgetting the Christmas Party! Through these outings, friendships deepen, and a sense of adventure becomes an integral part of their shared story.

More than just a social club, Emyl Women's Group is a lifeline for its members. In a world where loneliness can cast a long shadow, these women have built a network of support and understanding. They take pride in looking out for one another, checking in during challenging times, and celebrating triumphs together, be they big or small.

By meeting in the local pub, they've not only found a physical space to gather but have also contributed to the vitality of the community's social fabric. As they continue to flourish, the group serves as an inspiration for other communities to foster similar connections, proving that the simple act of coming together can create ripples of positive change.

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 9248899**

The Alliance Nursing Home Expo, Thomond Park, February 2024



The Alliance Nursing Home Expo



The Alliance, Ireland's newest trade association dedicated to representing the Nursing Home Sector, in collaboration with our events partners Guerin Media is thrilled to introduce the inaugural "Shoulder to Shoulder" Nursing Home Expo. This event is set to unfold at the remarkable Thomond

Park Conference Centre in Limerick on **Wednesday, February 28th, 2024.**

The Alliance fervently champions the cause of Nursing Homes and their residents, tirelessly advocating for their members through continuous engagement with Government Officials, the Department of Health, the National Treatment Purchase

Fund, the Health Information and Quality Authority and numerous other stakeholders in the nursing home sector.

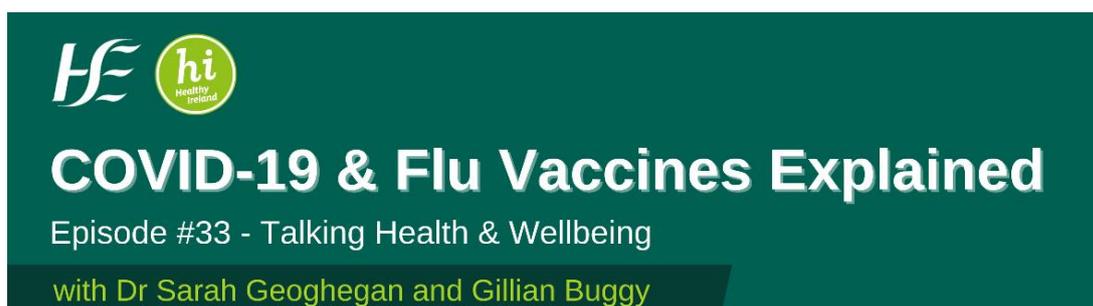
The "Shoulder to Shoulder" Nursing Home Expo is a dedicated platform designed to offer solutions and foster networking opportunities for those who play a vital role in the care of our elderly loved ones. Having access to comprehensive information is invaluable for making informed decisions.

The Expo will be led by keynote speakers as well as many more voices from the Nursing Home Sector, with a few surprise guests.

If you are a Nursing Home Owner, Director of Nursing or Nurse Manager, then please join us in February at Thomond Park and be part of this transformative event to shape the future of the Nursing Home Sector.

[Book your Tickets here](#)

HSE Talking Health and Wellbeing Podcast, Episode 33 - COVID-19 and Flu Vaccines Explained



We're happy to share with you some valuable insights from our latest HSE Talking Health and Wellbeing Podcast episode, where we delved into the world of vaccines, specifically focusing on COVID-19 and flu vaccines. Here are some of our key points from the episode:

The Importance of Vaccination: Our guests Dr. Sarah Geoghegan, Clinical Lead of the National Immunisation Advisory Committee, and Gillian Buggy, Regional Flu Lead for Southeast Community Health Care, emphasised the importance of vaccinations, especially for healthcare workers and vulnerable groups. Although vaccines may not be as effective in certain high-risk groups, it's crucial for those caring for them to be vaccinated.

The International Men's Day 2023 Webinar – 'Men Making a Difference'



The International Men's Day 2023 Webinar – 'Men Making a Difference' was live streamed last week. In case you missed it or wish to watch it back, you can access it [here](#).

We committed to sharing links to the new HSE National Cancer Control Programme resource: [Having Your Prostate Checked: A Guide](#) and the link to the award winning documentary about eating disorders in men - [Unspoken](#) available on the RET Player.

To make it easier for viewers, please see below timestamps to each of the speakers who contributed on the day:

[2:34](#) **Lorcan Brennan** - Training & Resource Development Manager, Men's Development Network

[6:55](#) **John Wall** - Cancer Awareness Advocate

[21:12](#) **Dr. Noel Richardson** - Men's Health Advocate through Research, Policy and Capacity Building

[32:09](#) **Eoin Kiernan** - Advocating for Men & Eating Disorders

[48:15](#) Panel Discussion with **Laurence Gaughan** - Advocating Teamwork Approach / Promoting Men's Health, **Steven O'Connell** - Recreational Football Advocate – Building Connections and **Kevin Duggan** - Advocating for Men in the Fathering Role, Strategic Planning & Performance Group, Department of Health NI Commissioning Lead for Early Years (Sure Start and Childcare Partnership)

[1:13:27](#) **Fergal Fox** - Head of Stakeholder Engagement & Communications, HSE Health & Wellbeing and Men's Health.



OLLSCOIL NA
GAILLIMHE
UNIVERSITY
OF GALWAY

An Institiúid Cúrsa Saoil
& Sochail
Institute for Lifecourse
& Society

ENABLING
EQUITY
ACROSS THE
LIFE COURSE

Institute for Lifecourse and Society - ILAS International Research Training Series



INVITATION

Research Event: Community Collaborations: Building Research Evidence for Policy Impact Across the Lifecourse.

Speakers:

Linda Steele, University of Technology Sydney

Harry Rutner, Australian Centre for Disability Law

This event will focus on how to design, develop and implement research in partnership with the communities we serve - including disabled people and older people.

DATE: Tuesday, 28 November ILAS

TIME: 10:00am-13:00pm

VENUE: G006, ILAS Building, University of Galway

[Register here](#)



How can we develop impactful and meaningful research partnerships?

Researchers working closely with communities impacted by policy developments across the lifecourse often struggle to balance their commitments to obtain research evidence with the expectations of the groups they work with that their research will impact directly on policy reform. In this seminar we will explore how to balance these competing commitments as ethical and inclusive researchers working in partnership with communities.



comhairle chontae na mí
meath county council

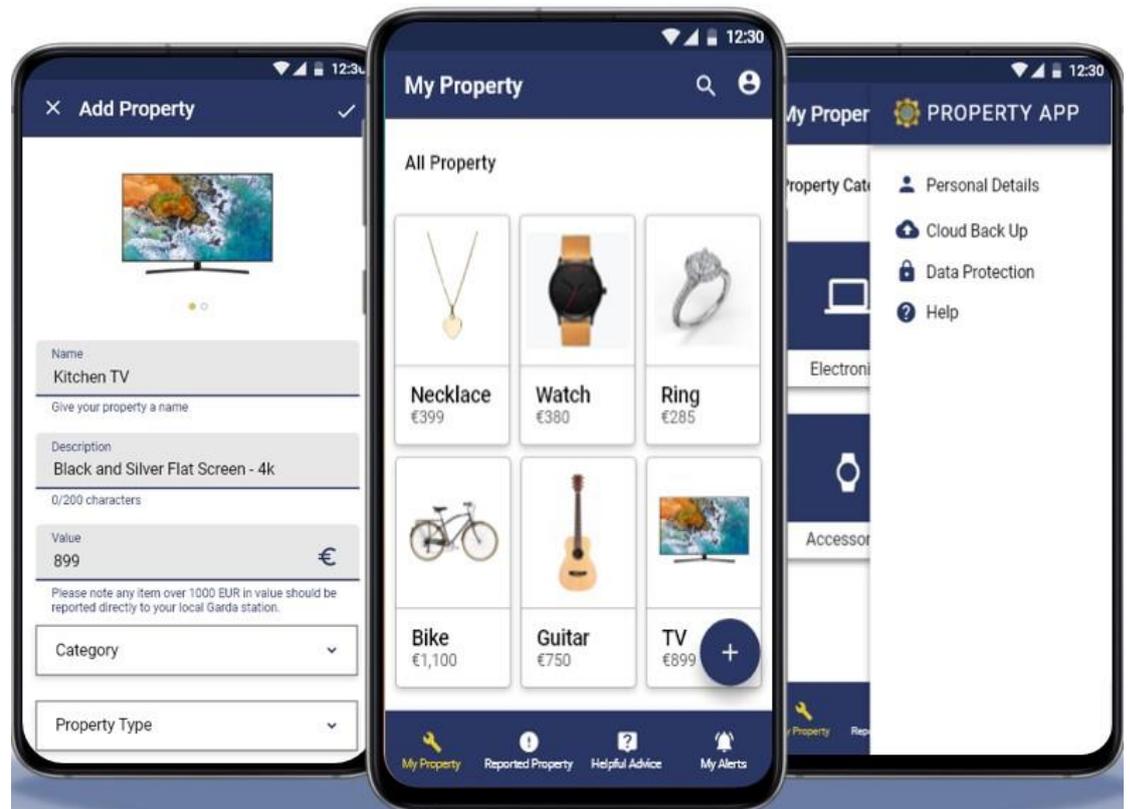




An Garda Síochána Property App has been launched

Quick note a free app called the An Garda Síochána Property App has been launched and homeowners are encouraged to use it to record their personal items. If you are a victim of theft or burglary, you can use the in-app reporting tool to share the details of the stolen items with gardaí and hopefully aid in the recovery and return of the items.

To download the app and get more information on the use of this, please click [here](#).



Local Updates

Co.Louth win the IPB Pride of Place Award under the Age Friendly category



Huge congratulations to Drogheda & District Support 4 Older people based in Drogheda, Co Louth who won the IPB Pride of Place Award under the Age Friendly category at the recent Pride of Place Awards which took place in Armagh City Hotel, Co Armagh recently.

This is an all island award recognising the enormous contribution DDS4OP make to older people in Drogheda and the surrounding area and the many people, projects and community initiatives they have supported over the years .



Age Friendly Louth have worked with and supported DDS4OP on many ventures and are currently working on a Christmas Bag project to purchase and prepare over 100 Christmas Bags and fill them full of treats and goodies for older and vulnerable people in Drogheda and the surrounding area. The Bags will be delivered to older and vulnerable people by DDS4OP volunteers before Christmas. Not only do older and vulnerable people get a present but also a much welcomed visit, time and chat with local volunteers.

Family Carers Ireland Dementia Conference



On Monday 20th November 2023 Age Friendly were delighted to attend the Dementia Conference hosted by Family Carers Ireland at the Strand Hotel.

The well-attended event was a day full of very useful information and workshops aimed at family carers who are caring for a loved one with dementia.

Information and advice was provided on the day by a number of service providers including Family Carers Ireland, Alzheimers Society, TASK Community Care, Sage Advocacy, The Decision Support Service, Limerick Memory Technology Room, ALONE and Limerick Libraries.

The workshops included a presentation and Q&A by the Decision Support Service on The Assisted Decision-Making Capacity Act.



There was also an interactive dance session (Some Dance to Remember) by Carmel McKenna and Sean Donal O'Shea.



Some of the other workshops included Leaning into Love: Grief for the Dementia Caregiver by Jennifer Stritch, Managing Behaviours that Challenge by Fiona Staunton, 5 Ways to Wellbeing for Family Carers by Anna De Siun and Down Syndrome and Dementia: A Family Carers Experience by David Kieran.

'Ages and Stages'



The Ages and Stages shows took place in Townhall Cavan on both Tuesday and Wednesday evenings (14th & 15th November)

Participants worked with Drama Facilitator Maura Williamson to write and perform the play.

There was a large attendance at the shows and the audience enjoyed them immensely. The project was funded by Creative Ireland under the 'Creativity in Older Age' scheme and supported by the Cavan Age Friendly Programme.





Bunclody Library Events

Bunclody Library Knitting Group – Every Thursday 10.30am to 12.00pm
New members welcome. No booking required!

Aileen Lambert Book Launch 'O Were I at the Moss House'– Thursday 30th November at 7.00pm.

Join us for the launch of traditional singer Aileen Lambert's new songbook of Bunclody songs. The event will include singers performing songs from the publication. All are welcome. **Booking required.**

Please telephone 053 9375466 or book online at www.wexfordcoco.libcal.com

Home Energy Saving Kits

Home Energy Saving Kits are now available to borrow from Bunclody Library. The kits contain's a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas. Please contact the library at 053 9375466 or email www.bunclodylib@wexfordcoco.ie for further details.

Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks from Bunclody Library, all you need is your library card!

For more information please contact the library.

The Art of Living

The Art of Living, a documentary on creativity in older people by Cormac O'Connor was screened in Cobh Library on Saturday 18th November. This documentary was a collaboration between the Cork County Arts Office, Older People Council and the





Cork County Age Friendly programme. It was funded under the Creative Ireland Positive Ageing and Creative Wellbeing Challenge Fund.



Climate Action Workshop to be held in Donegal



Let's Talk CLIMATE action workshop

**Base Enterprise Centre
Stranorlar F93 A0E4**

Friday 8th Dec

Registration 9:30 AM

**Followed by lunch & tour of
Twin Town Community Gardens**





Base Enterprise
Centre
Stranorlar F93 A0E4
Friday 8th Dec
Registration
9:30 AM



Let's Talk **CLIMATE**
action workshop



1/2 Day Workshop

"I liked the breath of information provided as well as the sharing of other peoples ideas"
Lower Kimmage Road Residents' Association



Climate Action

"I really enjoyed the clear and excellent range of illustrative slides delivered professionally by Gavin Harte"
Ratoath Men's Shed



Local Site Visit

"I felt empowered on the steps I can take to involve myself in Climate Action"
Clashmore and Kinsalebeg Community Council

Lets Talk Climate Action:

This workshop runs from 9:30AM including lunch and an afternoon tour of the Twin Town Community Gardens for Age Friendly Ireland network members to better understand the need for climate action at a local level.

1. An introduction to climate science, impacts and solutions
2. A focus on energy saving, carbon footprint and home energy upgrades.
3. A facilitated workshop to identify possible climate actions at a local level
4. Lunch followed by a tour of Twin Town Community Gardens



Regional Climate Action Workshops



Contact Mairead Lynch at Donegal Age Friendly on 074 9153900 or MLYNCH@DONEGALCOCO.IE

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 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 on all things Age Friendly happening around the country 🗣️

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)
Facebook: Age Friendly Ireland
Instagram: agefriendlyireland

International Updates



IFA Global Café | In Conversation with Regius Rose Anne Kenny

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with guest Regius Rose Anne Kenny, Professor of Physic, Chair of Medical Gerontology, Trinity College, University of Dublin Director of the Mercer's Institute for Successful Ageing, St James's Hospital Dublin.



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 9032170**

Or Email: agefriendlyireland@meathcoco.ie

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

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

Website: www.agefriendlyireland.ie / 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