

National Updates

Age Friendly National Achievements Awards

The Age Friendly Recognition and Achievement Awards showcase age friendly initiatives from around the country that are contributing to making Ireland a great place in which to grow old. The event was presented by Age Friendly Ireland, a shared service function of Local Government in Meath County Council and was hosted and sponsored by Wexford County Council. Master of Ceremonies for the evening was the wonderful Marty Morrissey, Irish sports commentator and television presenter with RTÉ.

Councillor John Fleming, Cathaoirleach of Wexford County Council welcomed over 250 people from across Ireland to the wonderful Clayton Whites Hotel for this year's National Age Friendly Recognition and Achievement Awards ceremony on Thursday, 30th November at 7.00 pm.

The National Age Friendly Recognition and Achievement Awards ceremony is an annual acknowledgement of the significant work that takes place across the country, recognising in particular those whose efforts contribute to older people living better lives as they age. Many of the projects come from the community & voluntary sector, front line workers and practitioners who have worked tirelessly to support older people. It is a beautiful event celebrating all that is good in Ireland for older people.

The winners in each category were:

Age Friendly Transport Award

Ireland's First Age Friendly Train Station, MacDonagh Station in Kilkenny.



Age Friendly Active & Healthy Aging Award
Healthy islands, County Galway off shore islands



Age Friendly Business Innovation Award
Specsavers, Age Friendly Business, Newbridge



Age Friendly Safety & Security Award

An Garda Síochána, Older Persons' Wellbeing Event, Cavan and Monaghan



Age Friendly Communication Award

Information Screens, Dublin City Council Central Area



Age Friendly Environment Award

Access for All, Age Friendly Recycling Initiative, Carlow



Age Friendly Community Innovation Award

Sweeter the Tune, Leitrim



Age Friendly Housing Award

Cornamona Court, Ballyfermot, Dublin



Judges Special Recognition Award

- Beech Hill College, Monaghan - Beech Hill College Intergenerational Project- TY Students broadcasting news for local nursing homes.
- And Colaiste Na Sceilge – Cahersiveen - Intergenerational Connection: Youth Action Addressing - IT Poverty among older people in South Kerry.

Thank you to all our sponsor, short listed categories, Local Authorities and of course our Older People Council Members for such a wonderful night.



Healthy Age Friendly Homes

As part of the national scaling-up of the Healthy Age Friendly Homes programme, the Regional Programme Manager for the Mid-West Karen Fennessy, has attended various talks and events in Clare to create awareness and generate referrals ahead of the new Clare Co-ordinator commencing home visit assessments in January 2024.

Karen attended the Clare Farmers' Health & Wellbeing Expo event organised by Healthy Clare & Age Friendly Clare to promote their mental wellbeing project, Clare Farmers Weaving Stories Together. This was very well attended by organisations providing services to older people as well as the Clare farmers who participated in the project. It was a great opportunity to reach older farmers to make them aware of the help and support available from the programme, as well as an opportunity to network with other organisations.



Photo L-R: Clare Co. Council Climate Action Co-ordinator Kelly Slattery & HAFH Regional Programme Manager Karen Fennessy

There was a great turn out at Healthy Age Friendly Homes talks with the Fergus Ladies Probus Group (retired professionals) and the West Clare over 55's club in Kilrush. These talks generated lots of questions, information was given to all those who attended and referrals to the programme were taken.



Photo: Fergus Ladies Probus Group in Ennis, Co. Clare

Finally, the programme was further promoted in Clare with the support of Healthy Clare by featuring an interview with Karen by the Clare Echo newspaper to promote the objectives and benefits of the programme. The article explained that the programme was coming to Clare as part of the national scaling-up of the programme which is being supported by the Dept. of Health, HSE and Age Friendly Ireland.

Click Here to read the full article : [HERE](#)

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](#), 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 include the following:

- A discussion with elected officials on the future of the Nursing Home sector
- Presentations and group discussion from various healthcare leaders within the industry
- A group discussion leadership quality from influential sports stars past and present.

Please follow our CEO Shane Scanlan on LinkedIn <https://www.linkedin.com/in/shane-scanlan-0475032a/> for further announcements on our speakers for the event
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](#)



Progress report on the UN decade of Healthy Ageing, 2021-2023



Progress has been made in the first phase of the Decade, despite the challenges the world has faced since 2020. Member States have developed new policies, strategies and frameworks, established new mechanisms and strengthened data collection on healthy ageing. A wide range of stakeholders have been taking action, forming partnerships and advocating for change. Older people themselves are engaged, raising their voices and creating change, but a more systematic approach to older people's meaningful engagement is needed. Resources for working towards healthy ageing remain limited, and more commitment and investment are crucial.



comhairle chontae na mí
meath county council



Concerted and accelerated action is needed to support healthy ageing in low and middle-income countries, where 80% of the world’s older population will live by 2050. There has been a continuous effort to reduce discrimination against older people with 60% of countries establishing mechanisms to promote and protect their rights. There have also been initiatives in countries like the USA, where they have introduced transportation initiatives, along with research into social isolation in Japan and India.

Age Friendly Ireland’s initiative is quoted as being “a coordinated, comprehensive approach to fostering age-friendly environments, led by the Government, with meaningful engagement of older people.” More countries had more national policies to support older people in 2022 than 2020. Examples include training for health and social workers in El Salvador and Qatar, and establishment of a dementia learning centre in New Zealand. It was found that 60% of countries have programmes in place to support carers but this can be as low as 25% in some regions. The priority for the next phase of this initiative will be the implementation of lower-income countries, which lack the policies and data for implantation.

Click [Here](#) for full report



Number of retired people in State rises by almost half in a decade, census figures show

Around 300,000 more people were working in Ireland in April 2022 than in 2016, according to figures released by CSO.

The number of people describing themselves as retired jumped by almost a half in just a decade according to the latest census figures released by the Central Statistics Office on Tuesday.

The latest batch of census data reinforces the impression of a generally healthy jobs market with total numbers of workers up significantly, a substantial reduction in unemployment across the labour force and particular progress with regard to joblessness among young men.

Read [Here](#) for more

Local Updates



Virginia Library Walkability Audit

The Virginia Library is one of the 341 Libraries that holds the award of Aiming to be age friendly. Virginia’s newly built library opened up to the public 6 weeks ago.

Cavan’s Older Peoples Council were invited in to participate in a walkability audit of Virginia Library on the 28th of Nov 2023, as the staff in Virginia library value the older peoples voice and help in creating a safe comfortable environment for Older People that come into their library.



Only 6 weeks open and already Virginia Library has so much to offer their older patrons:

- Reading Glasses
- Age Friendly Seating
- Age Friendly Trolley
- Great Lighting
- Large Printed Books
- Accessible shelving
- Accessible building



Congratulations to Virginia Library Staff for building the Age Friendly Principles into the design of their new library in Virginia Town



Kitty Hughes Steps Down as Chair

We made a presentation to Kitty at our OPC meeting today for all her hard work as Longford OPC and also NNOPC.

Our Chief Executive Paddy Mahon made the presentation to Kitty and the photo also includes our AF Programme Manager, Martina Needham.



Mini Walkability Audit – Carebright Bruff



TrinityHaus Research Centre in Trinity College Dublin and Medical Gerontology TCD are conducting research titled “Planning and design for Quality of life and resilience in residential long term care settings for older people in Ireland.”

Its aim is to produce a set of universal Design Guidelines for New Build, adaptation and retrofit of Residential Long –Term Care settings for older people in Ireland.



To achieve this, the research centre are conducting case studies in settings in Ireland so that the experiences and expertise gained within Irish settings informs and underpins this project. This project involves diverse and representative partners including: HSE Capital & Estates, Age Action, Age Friendly Ireland, Nursing Homes Ireland, and the Centre for Excellence in Universal Design at the National Disability Authority, providing diverse perspectives across the public, private and voluntary sectors.



On Wednesday 22nd November, 2023, Limerick Age friendly were delighted to meet with the researchers to carry out a mini walkability audit at Carebright Dementia centre, Bruff on access to and egress from the centre . An area of 500 metres from the Centre to the Post office in Bruff was walked on both sides of the road, taking into account

condition of footpaths, road user behaviour, facilities and services.

One of the researchers joined the AF Programme Manager and three members of our Old Persons executive on the walkability audit which is one of the components of the research.

A report will be compiled on the findings of the walkability audit.

Pat Begley SVP Vincent's Volunteer of the Year



Age Friendly Limerick would like to congratulate our OPE Member Pat Begley who was presented with the 'Volunteer of the Year' Award for the Limerick & Mid-West Region at the SVP Vincent's National Retail Conference Awards earlier this year.



Bunclody Library



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

Christmas Folklore with Michael Fortune – Thursday 14th Dec at 7.00pm

Join Michael Fortune, artist/folklorist, for a special talk where he looks at Christmas from a uniquely Irish perspective. This talk will introduce you to first-hand source customs and traditions found around the country. Booking required. Please telephone 053 9375466 or book online at www.wexfordcoco.libcal.com

‘Ireland and the League of Nations 1923’ with Barry Lacey – Sat 9th Dec at 2.30pm

In September 1923, the newly established Irish Free State became a member of the League of Nations, taking its place on the international stage. **Historian-in-residence Barry Lacey** will discuss the context surrounding the event, the Free State delegation who attended and what it meant for a country which had just come out of a bitter year-long civil war. **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 contains 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 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.

Sensory Friendly Hour

Every Saturday from 4.00 – 5.00pm, 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!

Grant Funding Call – Community Climate Action Programme



Community organisations in Co. Meath with an interest in helping to address climate action in their local areas can now apply for grant funding support from Meath County Council.

Under Strand 1 of the Community Climate Action Programme, Meath County Council will support small, medium and large-scale projects that will shape and build low carbon, sustainable communities through a fund of €811,000. Projects must align with at least one of the themes of: *Community Energy, Travel, Food & Waste, Shopping & Recycling* and *Local Climate & Environmental Action*. Additional funding is also available under Strand 1A: Shared Island Community Climate Action.

Closing date for applications is 28/02/2024

For more information on eligibility & guidance please scan the QR code below or visit www.meath.ie and search for Climate Action or email: climateactionmcc@meathcoco.ie



Staff & Stakeholders get Virtual Dementia Experience at County Hall.



On Monday 20th November Wexford County Council welcomed the 'Virtual Dementia Tour Bus' to County Hall. The Mobile Virtual Dementia Tour allows people to experience the lived reality people with dementia can go through on a daily basis, allowing participants to gain an insight into what it is like for those who are living with dementia.



Speaking after the training Ann Marie Laffan from the Community Section at Wexford County Council said: “Participants found the training quite overwhelming, thought provoking and a great way to develop an understanding of what people living with dementia might experience.’ She continued ‘Our aim in delivering this training was to enable participants to gain a greater understanding and to consider the lived reality of dementia in design and delivery of our services and how we interact with people”

The initiative was supported by Healthy Wexford, at Wexford County Council. Annette Dupuy, Healthy County Co-Ordinator said ‘In our vision for a Healthy Wexford we are working to support the wellbeing of all of our citizens and enabling this type of dementia awareness training with staff and stakeholders is a further step to delivering on this vision’.

John Fleming, Cathaoirleach of Wexford County Council who took part in the training said “This is one of the most powerful things I have experienced, and I would encourage everyone to take the opportunity to experience this training to fully understand exactly what is like for someone living with dementia. This training will assist those who attended to understand the needs of those living with dementia better as well as to communicate better with them which is important for us as a local authority.

Alongside the Dementia Bus, the Alzheimer Society of Ireland’s Mobile Information Service attended County Hall, offering both staff and those visiting County Hall the opportunity to pop in and gather some information on local resources and supports available.

This training follows on from a series of initiatives that Wexford County Council has delivered over recent years to make the organisation more dementia friendly. These included their involvement in the setting up of the Wexford Dementia Alliance, a multi-agency group that aims to improve the health and wellbeing for people living with dementia and their families and carers in Wexford as well as the production of a dementia information leaflet and directory of services with information on key services and supports available locally.

Other agencies that attended the training included An Garda Síochána, HSE, WWETB and Wexford Local Development.

To read full article click [HERE](#)

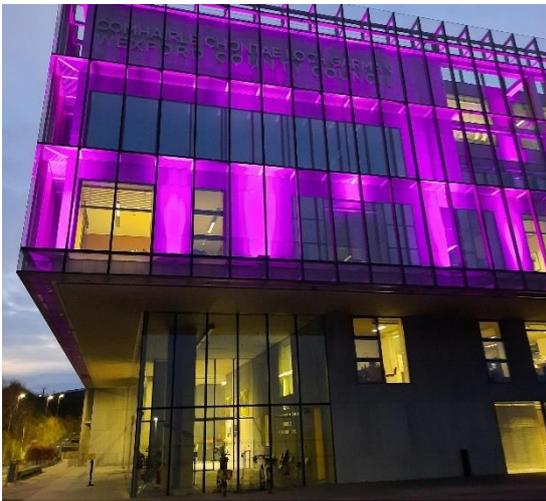
Wexford County Council celebrates UN International Day for Persons with Disabilities



Wexford County Council once again actively promoted recognition for UN International Day for Persons with Disabilities, which falls annually on 3rd December.



A countywide strategy of prominent buildings in each District were lit up in purple, a colour internationally associated with disability. County Hall, Carricklawn; Wexford Borough District Offices; Gorey-Kilmuckridge Municipal District Offices; the Harbour Master’s Building, Kilmore; The Tholsel and St. Mary’s Church, New Ross and Enniscorthy Castle all shining a light, keeping disability on the agenda.



In continuing with this and to ensure accessibility for all, the Council’s Access Section launched a “Have Your Say” survey in tandem with the purple lights. The survey provides the citizens of County Wexford with an opportunity to give their views on access for all to the Council’s services, facilities, buildings and infrastructure.

Anybody affected by disability, whose daily life is impacted by not having ease of access to Council services and facilities is encouraged to complete the survey as the feedback received will greatly assist in shaping the direction of Wexford County Council’s next accessibility programme.

To get a copy of the survey, please visit consult.wexfordcoco.ie/en/surveys to complete online, or your local library or Council office for a paper copy available up to December 15th, 2023.

Also visit the revised story board of Accessible Trails and Destination Parks which affords the opportunity to preview sites throughout the county which hopefully will encourage you to visit some of them over the Christmas holiday period, available on Wexford County Council’s website.

Camogie club, Wexford



Glynn Barntown Camogie club, Wexford held an Afternoon Tea, Bingo and Info day at their clubhouse on Sunday 19th November. This was a great initiative by the Camogie club who arranged the day to get some of the senior members throughout the two Parishes out and socialising again.



The group was welcomed by Camogie Vice Chairperson Catherine Laffan and GAA club chairman Anthony Whelan. An open invitation was issued to attendees to use the facilities at the club such as the walking track. Two former Wexford Hurling Greats took centre stage at the event Tom Dempsey and Gary Laffan giving their time along with committee members.



Talks were led by Cllr Gary Laffan the Chair of Sports Active Wexford
Local Gardai gave Crime Prevention Advice
Community First Responders outlined their services

Tom Dempsey did MC for the day and entertained with the Bingo.

Blackpool Library



Do you like Christmas and jazz music? How about jazz music with a Christmas theme? Then check out our new collection of festive jazz CDs on our nostalgic music display in Blackpool Library, as part of Age Friendly Libraries. They can be borrowed free of charge.





Cork City Older People's Council Member



Màire Corr Kelly member of the Older people council with Cork county Council having a ball as Mr Bread the tax collector.

She also played the part as Minister marrying Cinderella and her Prince at the Cinderella Christmas panto.

Wonderful photo and well done Máire.



Raheny Age Friendly

We had a really successful Christmas gathering in Raheny on Thursday.



Gifts and prizes donated for the Christmas raffle

We had a raffle - all the money goes back into the running of Raheny Age Friendly - where there was a prize for everyone in the audience!



The Clontarf Ukelele Band



The excellent Clontarf Ukelele band played out some Christmas tunes for us and it was a really great morning, everyone leaving with a pep in their step.



Some of our volunteers, R-L: Rosemary, Ann, Mary, Colette, Terry and Tim



Our happy attendees with their Christmas cards

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 Ms Melissa Gong Mitchell on “The Silver Economy Forum.”

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with guest Ms Melissa Gong Mitchell on “The Silver Economy Forum.”

A promotional banner for the IFA Global Café event. On the left is a portrait of Ms. Melissa Gong Mitchell, Executive Director of the Global Coalition on Aging, United States. The banner text includes the IFA logo, 'Global Café in conversation with experts', the event title 'THE SILVER ECONOMY FORUM', the date 'DECEMBER 8 TH 2023', and the time '07:00 AM (EST)'. It also mentions 'a contribution to the Decade of healthy ageing'.

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