

National Updates



We would like to wish you all a very Happy Easter from everyone in Age Friendly Ireland.

Please note that there will be no newsletter next week.

Age Friendly Updates

The Dublin City Age Friendly Alliance was re-established yesterday – 27th March and was held in the Dublin City Council Chambers in City Hall.



Dublin City Alliance with Age Friendly Team

Those in attendance included representatives from Dublin City Council, the HSE, the Centre for Excellence in Universal Design, the City of Dublin Educational Training Board (CDET), An Garda Síochána, Age Friendly Ireland, and a number of Older Peoples Council Chairpersons.



Sláintecare.



An Active Ageing Festival was held in MTU Tralee on Friday 15th of March. MTU Tralee, in conjunction Kerry Recreation and Sports Partnership hosted an on March 15th.



Over 180 people attended this sold out event. The day included stands from local services for older people such as Healthy Age Friendly Homes (managed by Amanda Keane and Norah Conway), Kerry Call, Community Guards, HSE Health Promotion, Alone, Better Bones better Balance programme to name but a few as well as demonstration of some of the sports activities available locally.

The attendees spent some time with the stands, and also tried activities such as Bowls, Pickleball, Yoga and Co-motion adapted bikes. Amanda Keane HAFH Coordinator for Kerry and Norah Conway HAFH Coordinator for Cork received good interaction with the attendees and the other stall holders. Amanda and Norah also had a go at some of the activities including indoor bowls and a spin on the co-motion tandem tricycle.



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**



Technical Programmes – Did you Know about our Age Friendly Technical Advisors

The Age Friendly Technical Advisor is an individual within each Local Authority who provides specialist advice on matters relating to age friendly housing and public realm technical queries specifically around designing for life and universal design principles.

The Advisors are freely available to provide specialist advice to the local authority, to private sector interests who want to get involved in providing age-friendly housing, and public realm schemes, approved housing bodies and to the public including Older Persons.

Contact details for Age Friendly Technical Advisors nationally, can be found at <https://agefriendlyhomes.ie/topics/design-build-information/age-friendly-technical-advisor/>

Climate Action Workshop

Let's Talk **CLIMATE**
action workshop

**The Fairways Hotel,
Dundalk, A91 E6KC**

Tuesday 30th April

Registration 9:45 AM

**Followed by lunch & tour of
Blackrock Park, Blackrock**






The Fairways Hotel
 Dundalk A91 E6KC
 Tuesday 30th April
 Registration
 9:45 AM



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 10:00AM including lunch and an afternoon tour of the Blackrock Park 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 the award winning Blackrock Park, Blackrock



Regional Climate Action Workshops



Contact Sinead McVerry at Louth Age Friendly on 042 9324389 or agefriendly@louthcoco.ie



UN Decade of Healthy Ageing Updates

Get involved with the Global Campaign to Combat Ageism on Global Intergenerational Week (24–30 April 2024)



In October 2023, the Global Campaign to Combat Ageism released [Connecting Generations](#): a practical 'how-to' guide for effective intergenerational practice.

To promote the importance of intergenerational

contact as one of three strategies proven to work to reduce ageism, the Global Campaign is [celebrating Global Intergenerational Week \(GIW\)](#)!

GIW is organised collaboratively by local organisations around the world every year from 24–30 April. It's a great opportunity to highlight that intergenerational contact is not just nice to have, but essential for our health and well-being.



Starting 3 April 2024: [Age-friendly Environments ECHO learning programme in French \(WHO\)](#)

For the first time, WHO is running the AFE-ECHO learning programmes on age-friendly environments in French. Learn more about the programme [here and register](#).



7 April 2024: [World Health Day \(WHO\)](#)

This year's theme is 'My Health, My Right'. The right to good health doesn't end at any age. Help us spread the message using [the social media assets in our Partnering Kit](#)



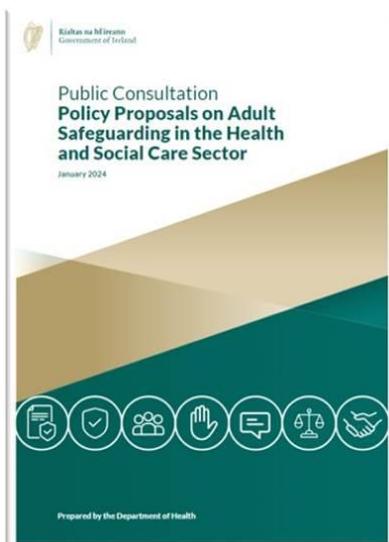
18 April 2024 (14:30–15:40 CET): [Online event – Promoting political participation of older persons: an international exchange](#)

[Join this online event](#) co-organised by BAGSO, UNECE, AGE Platform Europe, and the NGO Committee on Ageing Geneva to learn more about how older people's right to civil and political participation can be protected.



An Roinn Sláinte
Department of Health

JUST ONE WEEK LEFT TO HAVE YOUR SAY ON OUR POLICY PROPOSALS ON ADULT SAFEGUARDING IN THE HEALTH AND SOCIAL CARE SECTOR



Please participate in this important public consultation on adult safeguarding in the health and social care sector if you have not yet submitted your views. If you have already completed the survey, thank you very much.

The consultation closes on Tuesday, 2 April 2024 so there is now one week remaining to submit your views on our policy proposals.

For more information on the consultation and to make a submission, please visit the online portal page: <http://www.gov.ie/AdultSafeguardingConsultation>

Ctrl-Click on image above to open the consultation page



comhairle chontae na mí
meath county council



Age Friendly University Update and Diary Dates

Upcoming in April

- **April 10th** - We will be hosting a stand at the Boogies in Cabra to promote the AFU. Come along and say hello if you are in the district.
- **April 10th/17th - French Polishing Workshop** - Part 1 of two full days learning basic French Polishing. Read more and Register [here](#)
- **April 11th - Tour of Belvedere House** on the St. Pats Campus led by Dr. Tom McCloughlin 11- 1pm. Register [here](#)
- **April 15th - Presentation by Agefriendly Homes** - Read more and Register [here](#)
- **April 17th - Presentation by Spry Finance** - we are delighted to welcome Spry to DCU and thank them for their ongoing support for our programmes. Ailish and John from Spry will be on hand to present their work and answer your questions about equity release and lifetime loans. Register [here](#)
- **April 18th**- We will be at the **City North Hotel**, hosted by **Out of the Blue Training Services**, showcasing AFU to service personnel.

If there are any former service personnel (gardai, prison officers, ambulance crew, army, navy) who would be interested in volunteering on the stand with us for the day, we would love to hear from you. Please drop us an email or phone the office 01 700 5454.

- **April 29th** - Activities for Intergenerational Week (to follow)

Upcoming in MAY

- An Introduction to Yoga (more details to follow)
- Spanish Conversation will continue for another 8-week session (more details to follow)
- **May 2nd** - Coffee Morning at the Interfaith Centre, arranged at the request of the AFU Psychology Students in aid of the Alzheimer's Society, 10 - 12 pm.
- **May 23rd - AFU Cultural exhibition** - we invite all participants to submit a piece of artwork /creative writing from the various modules (Painting with Mary, Botanical Art, Printmaking, furniture upcycling, creative writing) for the AFU Cultural Day which will take place in the Hive (more details to follow).
- **May 27th** - We will be hosting a small group from the University of Experience Barcelona, who will visit DCU for a week to take in the cultural sights and experience all that Dublin and Ireland have to offer. More details to follow.



Participate in the Maynooth University Study: Old and Alone: Analysing Ireland’s growing ‘elder orphan’ population.

Researchers at Maynooth University's Department of Geography are seeking to explore older adults' experiences of aging alone in Ireland and seeks to understand the importance of health and wellness in older age. In particular, we are interested in talking to people who can be defined as 'elder orphans', living alone and with no immediate family care support around them.

We are interested in the views of anyone aged 55 years or older, who fit the definition of elder orphans. We wish to find out more about peoples' experiences of their care and support needs, how these are or are not met and their general perspectives of their local environments, taking into account any issues and challenges they may encounter.

The acknowledged views will be used to document a range of difficulties, but also positive things that people may be experiencing and the role place and where you live, impacts on their health and wellbeing as you age. The aim of the interviews is to identify knowledge that will feed into a doctoral study, but also help inform future thinking on policy in this area.

We will be holding one to one interview, either in person or online, in the coming weeks, and hope that some members of Age Friendly Ireland might be interested in taking part.

If so, please contact the researcher directly to find out more details and to make arrangements to meet and talk

sadhbh.gorman.2021@mumail.ie

Local Updates



Laois Age Friendly Newsletter

In April's editions of Laois's Age Friendly newsletter, it includes all the information on the Live Well Expo, which takes place on the 4th April.

LIVE WELL EVENT JUST DAYS AWAY

On the 7th March, community groups, agencies, support organisations arrived in numbers to lend their support to the launch of Live Well Expo 2024. This event is in its 2nd year and once again, our Age Friendly ambassador and queen of the plugging was there to launch the event and had this to say **“this Live Well event is something for the people of Laois to be proud of. It is good to put Laois on the map and this event will attract people from surrounding counties. Last Year’s success, with 1000 people passing through the doors passing through the doors, demonstrates the need and interest in such initiatives. It’s heartening to see the commitment to providing valuable information and resources to our community”**.



Click [HERE](#) to view

Hopefully we see you on the day. Refreshments will be served, and we will have dancing to Martin Delaney at 5pm.



Shuttle Bus service to Laois Live Well Expo

There will be a shuttle bus service run by Martleys, from Portlaoise Church, onto train station, to bring you to the train station. I expect the 1st bus to be busiest as we are aware of groups travelling by train at that time. The return journey will drop to train station, and Portlaoise church.

This bus is kindly sponsored by the climate action team of Laois County Council. Many thanks to them.

**LIVE WELL
FREE ACCESSIBLE SHUTTLE BUS
4th April 2024
serving Live Well Expo**

	Depart Portlaoise Church	Depart Portlaoise Train Station	Depart Portlaoise College
1	12.20pm	12.40pm	2.15pm
2	1.15pm	1.30pm	3.10pm
3	2.20pm	2.35pm	4.00pm
4	3.15pm	3.30pm	4.55pm
5	4.10pm	4.10pm	6.05pm

MEETING THE FOLLOWING TRAINS TO/ FROM PORTLAOISE

Arrivals from Portarlington at
12.31pm, 1.26pm, 2.31pm, 3.26pm, 4.19pm

Arrivals from Ballybrophy at 1.18pm

Departures to Portarlington at
2.28pm, 3.25pm, 4.25pm, 6.29pm

Departures to Ballybrophy at
2.42pm, 4.19pm, 5.11pm, 6.18pm

Kildare Older Persons Council AGM



Kildare Older Persons Council hosted their AGM yesterday to a packed room in the Westgrove Hotel with over 80 attendees. The largest AGM we have ever had in Kildare. This is a real testament to the fantastic work going on. We began by a report from our Older Persons Council Chairperson Liam Kett outlining all the work that has been completed over the last year.



We were delighted to have Age Friendly Ireland's National programme represented by the regional Manager Alice Corbett who gave an overview of OPC's both locally and National and the importance role our older persons have in our communities. We also had guest speakers from the Alzheimer's Society with the Homecare Co-ordinator Annemarie Kett who gave us information on the condition and the new local hub in Kildare.

Annette Head gave a wonderful presentation from ALONE and the HSE Integrated Services presentation was by Gillian Dempsey who informed the room on how this team aim to Provide timely planned coordinated care via a therapy at home model, Minimize acute hospital admissions and Facilitate early supported discharge. We finished the morning with further presentations on Assisted decision-making with Emma Mullins HSE and online Fraud with Security Sgt. Jim Kelly. We had a Q and A session at the end which was a great opportunity for those in attendance to get further clarity on issues that were affecting them.





We also had several information stands. The feedback was excellent, and The Kildare Age Friendly programme would like to thank the OPC, Guest speakers, the information stands, our elected members and most importantly the older people who came out to support the event.

April Alzheimer Café



WELCOME

Meath Alzheimer Café

Wednesday 3rd April 2024
from 7pm to 9pm
in the Pastoral Centre, Dunshaughlin

Guest Speaker: Garda Ethan Fitzpatrick of the Meath South Community Policing Unit

Topic: "Crime Prevention and General Community Policing Services"

For more information contact John at Meath Alzheimer Café on 087 188 8178

The cafe provides a warm welcoming place for people to meet others also living with dementia/cognitive impairment, their carers, and health & social care professionals.

For more info:  www.alzheimer.ie

The Alzheimer Society of Ireland, National Office,
 Temple Road, Blackrock, Co. Dublin Charity Number: CHY7868



THE ALZHEIMER SOCIETY OF IRELAND



comhairle chontae na mí
 meath county council



- Ardee Library, Market Square, Ardee, A92 XH22
- Carlingford Library, Newry Street, Carlingford, A91 N226
- Dunleer Library, Station Road, Dunleer, A92 W322



Bunclody Library Events

Adult Book Club – Thursday 4th April at 7.30pm

This month we will be discussing Matthew McConnaughey's 'Greenlights'. New members welcome.

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.

To book events, please telephone 053 9375466 or book online at www.wexfordcoco.libcal.com



Sporting Memories at Enniscorthy Rugby Club

Enniscorthy RFC and the Alzheimer Society invite you to “Sporting Memories” in Enniscorthy RFC on April 14th at 3pm.

Sporting Memories brings people together to reminisce about their lives through the medium of sport. We would love to have people who have had a connection to the club down the years join us to share their memories of Enniscorthy Rugby Club, to look through memorabilia and to connect with old friends and teammates. The Sporting Memories programme is led by people with a desire to help people with dementia, their families and supporters to stay engaged in their communities.

ENNISCORTHY RFC

THE ALZHEIMER SOCIETY OF IRELAND

Cork County Age Friendly Updates

Mitchelstown social club had the pleasure of learning all about Age Friendly when the Healthy Age Friendly Homes Coordinators for Cork Norah Conway and Cork Age Friendly Programme Manager Aisling O'Sullivan came to visit and deliver a talk.



Aisling O' Sullivan, Liz Downes, Hannah Casey, Kathleen Griffin and Norah Conway



Some members of the Older People Council in Cork County meet up during the week for a cuppa and a chat in Cork recently.



Liz Downes. Eleanor Coughlan and Màire Corr Kelly

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](https://www.facebook.com/agefriendlyireland)

International Updates



International
Federation on
Ageing

IFA Global Café | In Conversation with Dr. Laura Middleton and Mr. Bill Heibein

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with Dr. Laura Middleton and Mr. Bill Heibein on "The Meaningful Inclusion and Participation of Persons with Dementia, as Part of Community Wellness Programs."

ifa Global Café
in conversation with experts

THE MEANINGFUL INCLUSION AND PARTICIPATION
OF PERSONS WITH DEMENTIA, AS PART OF
COMMUNITY WELLNESS PROGRAMS

29 March 2024 07:00 AM EDT

Dr. Laura Middleton
Associate Professor & Schlegel Research
Chair in Dementia and Active Living
University of Waterloo

Mr. Bill Heibein
Expert with Dementia

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