

National Updates



Healthy Age Friendly  
Homes Programme

The Donegal Healthy Age Friendly Homes Coordinators were busy during Donegal Social Inclusion Week in March and had stands at multiple events. Events included the Donegal Local Development Company (DLDC) Social Inclusion Event in Ballintra, The Planning Ahead for Living Well Event in Ionad Naomh Pádraig, Dobhar organised by DLDC and ALONE, and The Healthy Island Initiative on Tory Island. All events were very well attended and allowed for great promotion of the HAFH Programme.

The HAFH Coordinators are due to host a number of clinics in Libraries across Donegal for the Bealtaine Festival, more details will follow-on this soon.



HAFH Coordinators Clodagh Murray & Emma Kennedy at the Ballintra Social Inclusion Week Event.



HAFH Coordinators Clodagh Murray & Emma Kennedy, Dawn Thompson Dementia Advisor Alzheimers Society and Donna McGettigan Healthy Food Made Easy Programme (Healthy Communities)

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**



In association with  
**An Ghníomhaireacht  
 Tithíochta**  
 The Housing Agency



## Housing Practitioners' Conference 2024

The 2024 Housing Practitioners' Conference will take place in the Mullingar Park Hotel, Mullingar, Co Westmeath, on Thursday, 25 April and Friday, 26 April 2024 (half day).

The Minister for Housing, Local Government and Heritage, Darragh O'Brien T.D., will open the conference which will involve a day and a half of expert speakers and workshops discussing best practice and policy on housing. **Age Ireland Ireland are delighted to be hosting a workshop on Age Friendly Homes at this event.**

The theme of this year's conference will be "Opportunities for Sustainable Housing". It will involve a mix of plenary sessions and workshops. Sessions will cover 'Progress Delivery and Future Opportunities', 'Vacant Homes: Opportunities for Collaboration', 'Funding Opportunities', and 'Opportunities for a Sustainable Future'.

### HOUSING PRACTITIONERS' CONFERENCE 2024



#### DAY 1 AGENDA – THURSDAY, APRIL 25<sup>th</sup>

<p><b>EVENT REGISTRATION</b>   8.30 – 9.30am</p> <p><b>CONFERENCE OPENING</b>   9.30 – 9.50am</p> <ul style="list-style-type: none"> <li>Welcome – Michael Carey, The Housing Agency</li> <li>Opening address – Darragh O'Brien TD, Department of Housing, Local Government &amp; Heritage (DHLGH)</li> <li>Q&amp;A with Minister &amp; Eileen Dunne</li> </ul> <p><b>SESSION 1 - PROGRESS DELIVERY &amp; FUTURE OPPORTUNITIES</b>   9.50 – 11.10am – chair: Eileen Dunne</p> <ul style="list-style-type: none"> <li>Bob Jordan (The Housing Agency)</li> <li>Áine Stapleton (DHLGH)</li> <li>Éadaoin Ní Chléirigh (ICSH)</li> <li>Margaret Geraghty (LGMA)</li> </ul> <p><b>BREAK</b>   11.10 – 11.30am</p>	<p><b>WORKSHOPS 1</b>   11.30 – 12.45pm</p> <ul style="list-style-type: none"> <li>Multi-Unit Developments</li> <li>Affordable Purchase</li> <li>Communications</li> <li>Traveller Accommodation</li> <li>Careers in Housing</li> <li>Age Friendly Homes</li> </ul> <p><b>LUNCH</b>   12.45 – 1.45pm</p> <p><b>JOHN RYAN – HEALTHY PLACE TO WORK</b>   1.45 – 2.15pm</p> <p><b>SESSION 2 - VACANT HOMES: OPPORTUNITIES FOR COLLABORATION</b>   2.15 – 3.30pm – chair: Claire Feeney</p> <ul style="list-style-type: none"> <li>Ann Marie O'Connor (DHLGH)</li> <li>Claire O'Sullivan (Tinteán)</li> <li>Brigid Deenihan (Carlow CC)</li> <li>Walter Holden (Waterford CC)</li> <li>Alison O'Rourke (Cork CC)</li> </ul>	<p><b>WORKSHOPS 2</b>   3.30 – 4.50pm</p> <ul style="list-style-type: none"> <li>Apartment Remediation</li> <li>Cost Rental</li> <li>Rental Sector</li> <li>HSE Community Care</li> <li>Protecting Staff Wellbeing</li> <li>Allocation Process</li> <li>Projects and Procurement</li> </ul> <p><b>DAY 1 CLOSE</b>   5pm</p> <p><b>PRE-DINNER RECEPTION</b>   7 – 8pm</p> <p><b>EVENING DINNER</b>   8pm</p>
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You can register for the event on the IPA website at the following [LINK](#) and the programme for the event can be found on [The Housing Agency website](#).



### Upcoming Events at Dublin City University

On Monday April 15th at 11am in HG 17 (Nursing Building) **Emer McCormack from Age-Friendly Homes** will speak about housing, health and social care support in the community. The presentation will include the following information in addition to information about how to access insulation SNF refurbishment grants.

- If you feel your home is no longer suitable and you would like to move to a more appropriate home, the Healthy Age Friendly Homes Coordinator can provide you with information on right sizing within your community/county/city.
- They can provide information on adapting your existing home and the relevant grants available to support you in making those changes, with a focus on universal design and energy efficiency,
- They can provide you with access to a range of housing, health and social care supports to help you decide on what you need to enable you to live the life you want to the best of your ability within your community.

[REGISTER HERE](#)

### SPRY FINANCE

I am sure many of you have heard the SPRY Finance adverts or heard them on the radio. We are delighted to welcome John Moriarty from SPRY Finance to speak about their products and services. SPRY is an accredited age-friendly business and has been a wonderful champion of the AFU Programme and has supported several projects over the past year. Come and join us to hear more about SPRY. The presentation will take place on Wednesday, April 17th, at 11 a.m. in HG17 (School of Nursing). Light refreshments will be served.

[REGISTER HERE](#)

### HomeShare in Focus, Unlocking the Health & Financial Benefits of Shared Living



🏠 Join us for a transformative discussion on the invaluable benefits of homesharing for your older loved ones!

Discover how this innovative solution fosters companionship and support while enabling independent living.

You are cordially invited to our free information session where you'll have the unique opportunity to meet the founder and some of the dedicated homeshare team in Ireland. Engage in insightful conversations, ask questions, and explore the endless possibilities of homesharing. Reserve your spot now to secure your place in this enriching event. Don't miss out on this chance to enhance the quality of life for you or your loved ones! Sign up today at the link below.

<https://www.eventbrite.ie/e/875918855877?aff=odtdtcreator>



Coláiste na Tríonóide, Baile Átha Cliath  
Trinity College Dublin  
Ollscoil Átha Cliath | The University of Dublin



Maynooth  
University  
National University  
of Ireland Maynooth



**Are you 65 or over, available for one hour, and interested in helping us understand how the human brain remembers information?**



We are researchers and psychologists based in Dublin conducting research on reminiscence, memory, and well-being.

**We are currently looking for volunteers aged 65 years or over to participate in a short 1-hour functional MRI while they think about positive memories from history and their personal past.**

To be included in the study, we ask that you:

- Are age 65+
- Consent to participate
- Have no history of cognitive disorders diagnosis

You would not be a good fit for this study if you have:

- Presence of shrapnel or other metal or electronic implants in your body (such as pacemakers, aneurysm clips, surgical devices, etc.)
- History of head trauma or fainting
- Major medical, neurological, or psychological disorders (including panic attacks, heart conditions, claustrophobia, etc.)
- Severe visual impairments
- Motor or mobility impairments
- History of movement disorder
- History of falls
- Feeling confused about your location or frequently becoming lost

If you are interested in helping and/or have any questions, please contact Carmen Elise Pocknell at: [carmen.pocknell.2022@mumail.ie](mailto:carmen.pocknell.2022@mumail.ie).

### Vibrant Encores: Vacant Buildings Helping to Solve the Housing Crisis



Join us on April 23 at 11 am ET for a conversation on how the proliferation of unused and underused real estate presents unprecedented opportunities for helping to solve the affordable housing crisis in many cities. The acceleration of remote work in the post-COVID era has led to increased commercial vacancies in downtown business cores across the globe.

Hear about how innovative adaptive reuse of unused and underused buildings is helping solve the affordable housing crisis and can also help provide lifelong housing as people age.



We are excited to be joined by:

- Drew Roskos, AIA, LEED AP, Associate Principal, Perkins Eastman
- Sheryl McMullen, Manager, Investment & Marketing Downtown Strategy at City of Calgary

[Register Today!](#)

## The Universal Design Grand Challenge (UDGC) is back for 2024!

Universal Design is simply great design. It's design that works for people regardless of their age, size, ability or disability. It's intuitive. It's clever. It's creative and it's design that works for everybody.

The Centre for Excellence in Universal Design (CEUD) is delighted to announce that **the Universal Design Grand Challenge (UDGC) is back for 2024**. Applications will be opening on **the 15<sup>th</sup> of April 2024**.

### About the Universal Design Grand Challenge 2024

We encourage students across the Republic of Ireland, who are in their final two years of study, to apply to be in with a chance to win cash prizes at this year's awards. The competition is open to undergraduate and postgraduate students to submit under three categories:

- Built Environment
- Products and Services
- Information and Communications Technology (ICT)

It's important to note that your students don't need to have a completed project/prototype to enter. Also, the entry does not have to be a project which formed part of a course of study. It could be a hobby project they have been working on, or a great design they have come up with. Of course, if they have something which they worked on as part of their studies, that's perfectly fine too.



In addition to cash prizes, this competition is a terrific springboard for students, helping them to build their reputation as a great designer.

**The opening date for entries will be April 15<sup>th</sup>, 2024.**

To register, click here: <https://universaldesign.awardsplatform.com/>

**The deadline for completion of applications is Monday 10<sup>th</sup> June 2024.**

## Local Updates



### Dementia Inclusive County Initiative

Carole Beattie, Cavan Older People's Council Chair was very honoured to be invited to speak at the April County Council meeting on Monday 8<sup>th</sup> April by Councillor Áine Smith about their Dementia Inclusive County initiative. She received a very warm welcome from the Cathaorleach Councillor Philip Brady and all the Councillors present. Carole would particularly like to thank Councillor Carmel Brady for putting forward a motion to unanimously back this initiative by our Cavan Branch.



There will be a follow-up meeting for those unable to attend our recent Townhall meeting on Monday next April 15<sup>th</sup> at 7pm in our Daycare Centre, Cathedral Road, Cavan. All welcome.

### Kilkenny Older Peoples Council Annual Conference and Information Expo



Kilkenny Older Peoples Council held its Annual Conference in the Age Friendly Ormonde Hotel on Thursday 4<sup>th</sup> April. Over 170 members and 30 guests attended the celebration, which this year focussed on providing information to OPC members from all corners of Kilkenny City & County, through the various speakers, and through the manned 12 Information stands at the event.

Read More [HERE](#)



## MADEIRA - Secrets of Sisters



Dublin City Age Friendly Ambassador Geraldine Plunkett performs alongside Deirdre Monaghan and Brenda Brooks, in this compelling drama that brings to life the world of two groups of sisters on the north side of Dublin.

Read more [HERE](#)



## Wexford Alliance Dementia Cafe St Louis Day Care Centre 11th April 2024



### Wexford Alliance Dementia Café

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

Date and Time: Thursday 11th April 2024 2pm–4pm  
(Café held 2nd Thursday of every month)

Guest Speaker: Deirdre Barker, Carer to her husband, Edward  
Presentation Title:

“Love, Care and the magic ingredient Creativity”



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:  
[stlouisdayercentre@gmail.com](mailto:stlouisdayercentre@gmail.com) or telephone 051-389509



Irish  
Dementia  
Cafe  
Network



## Bunclody Library Events

### 'Perennials as Cut Flowers' with Maria Ryan, Bell Meadow – Thursday 11<sup>th</sup> April at 7.00pm

Join Maria as she talks us through using perennials in the garden that will also make for excellent cut flowers. Maria will also demonstrate a seasonal arrangement using only perennial plants and flowers.

**Booking essential.**

### 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!

To book events, please telephone 053 9375466 or book online at [www.wexfordcoco.libcal.com](http://www.wexfordcoco.libcal.com)



## Hollyhill Library - Cork LifeLong Learning Festival April 10-17.



### Music Events in Hollyhill Library APRIL 10-17

**Wed 10, 1pm. John Neville,** Cork singer songwriter in concert.

**Fri 12, 10 am. Gamelan for Beginners.** UCC and Music Generation Cork City present a workshop on how to play Javanese metallophones and gongs, suitable for adults and teens ages 16+. Booking essential, to book Tel: 021 492 4928.

**Sat 13, 12.30pm. Open Teen Trad Session,** Facilitated by music tutors from Creative Tradition. All teen traditional singers, musicians and dancers are invited to join in for this fun session.

**Wed 17, 1pm. Ukulele Concert,** featuring three ukulele groups- The Holly Ukes, The Holly Wednesdays and the Ukulyptus. This performance will be followed by a short film entitled "Striking a Chord"- a documentary about the Cork City Libraries- HSE Ukulele Programme.



### Workshops in Hollyhill Library APRIL 10-17

**Wed 10, 2pm. Community Play Leader Workshop.** Learn how to organise a pop-up play event for your community. Booking essential, to book email [letsplaycork@gmail.com](mailto:letsplaycork@gmail.com)

**Thurs 11, 12 noon. Thriving Autistic,** workshop for parents/ carers of autistic children/teens. Join Deirdre Ryan MScEd, for advice on how best to support your autistic children/teen to thrive.

**Thurs 11, 2pm. FallProof your Life.** UCC Dept of Occupational Science & Therapy invite older people to determine their own risk of falls, learn how to make their home safer and find out where to get more help. Booking essential to book Tel: 021 4901579.

**Fri 12, 10 am. Gamelan for Beginners.** Fun workshop on how to play Javanese metallophones and gongs, suitable for adults and Teens ages 16+. Booking essential, to book Tel: 021 492 4928.



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## Exhibitions, Films and Talks in Hollyhill Library

### APRIL 10-17

**Wed 10-Wed 17 Art Exhibition, featuring work from John Neville.**  
John retired after 44 years working with the Port of Cork (Cork Harbour Commissioners) in 2018. He now channels his energy into the creative arts as a singer/songwriter, children's author and artist.

**Fri 12, 4pm. "Throwing Shapes" Film Screening.** A 35 min long film depicting the stories of 7 young Cork artists as they find creative ways to express themselves through Hip Hop. Co-produced by GMCBeats, The Kabin Studio, Graffiti Theatre Company, Cork Midsummer Festival and Music Generation Cork City. Supported by Arts Council Ireland. Age guidance 16+ .

**Sat 13, 11am. Native Irish Tress, presented by Pat O'Leary.**  
Illustrated talk on some of the better-know species of native Irish Trees. References will be made to links with Irish mythology and folklore and how trees in Ireland lend their names to Irish placenames.

### Tipperary OPC Road Safety and Local Transport Workshop 2024



On Thursday 21st March Tipperary Older Peoples Council hosted a Road Safety and Local Transport Workshop at the Horse & Jockey Hotel Tipperary.

This event came out of discussions at both local and National levels of the Older Peoples Council. Paula Hilman, Assistant Commissioner for Roads Policing & Community Engagement has spoken at the National Conference on road safety and is a strong advocate of keeping our roads safe for all road users.



Ursula Paine on behalf of Tipperary Older Peoples Council opened the meeting and speakers included Mary Murphy from Tipperary County Council, Sarah O'Connor Road Safety Authority, Anthony Moroney Tipperary Local Link, Tim Donoghue, Results Driving Assessment Services and Garda Kevin McGuinness, Divisional Roads Policing Unit.

All of the speakers gave engaged presentations and useful information to support us in transport provision and how we all have a part to play in road safety within the County.



Figure 1 Ursula Paine, Tipperary Older Peoples Council



Figure 2 Mary Murphy, Tipperary County Council Road Safety



Figure 3 Sarah O'Connor, Road Safety Authority



Figure 4 Tim O'Donoghue, Results Driving Assessments Services

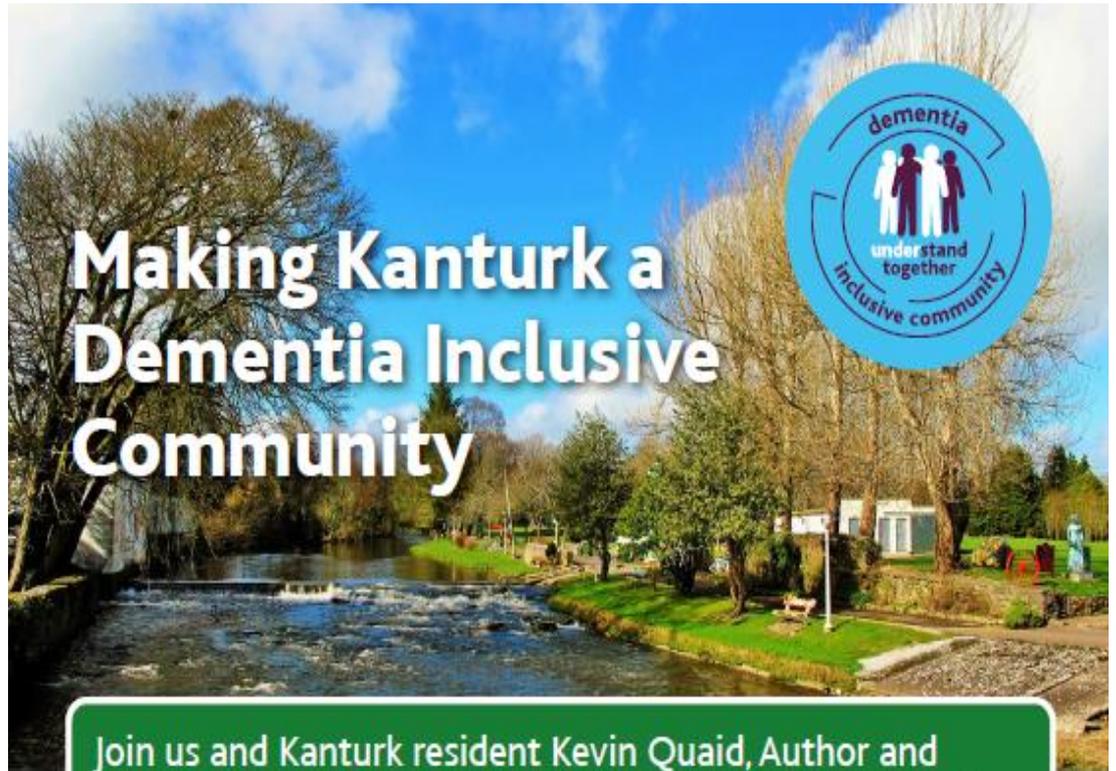


Figure 5 Anthony Moroney Tipperary Local Link



Figure 6 Garda Kevin McGuinness, Tipperary Divisional Roads Policing Unit

## Dementia Inclusive Community – Kanturk



# Making Kanturk a Dementia Inclusive Community

Join us and Kanturk resident Kevin Quaid, Author and Chair of the Irish Dementia Working Group for an evening of inspiration and information.

**Monday 15<sup>th</sup> April 2024 from 7.00 - 8.30pm**

Edel Quinn Hall, 1 Inchwell Road, Greenane, Kanturk, P51 Y5W4

Dementia: Understand Together aims to raise awareness for dementia and inspire local communities to take action to welcome and include people with dementia and their families in community life.

Whether you are an individual, business, community group or club – we hope you will join us to learn more about dementia and the practical steps we can all take to help build a Dementia Inclusive Kanturk.

For information, please email:  
[understandtogether@hse.ie](mailto:understandtogether@hse.ie)

### Speakers include:

- Dr Siobhán Fox, Lecturer, Centre for Gerontology and Rehabilitation, UCC
- Michael Moynihan T.D.
- Kevin Quaid, Chair of the Irish Dementia Working Group
- Aine Hutcherson, HSE Programmes & Campaigns Manager
- Sheena Cadoo, Occupational Therapist, HSE Memory Technology Resource Room, North Cork
- Amy Murphy, Dementia Advisor, The Alzheimer Society of Ireland



- Information stands from local services and supports
- Free refreshments will be provided

Kanturk Town Park photo by Julie Chance



## Lunchtime Talks



# Lunchtime Talks



Age Friendly Mayo with Mayo County Library are hosting a series of information sessions on Tuesdays from 1 pm to 2 pm in Castlebar Library. These sessions are free and all are welcome to attend.

Date	Topic	Delivered By
26th March 2024	Nutrition and Meal Planning	Siobhan Hennelly Nutritionist
2nd April 2024	Entitlements for Older People	Tomás Lally, Citizens Information
9th April 2024	Educational Options/Retiree's	Máirtín Ó'Moráin, MSLETB
16th April 2024	Genealogy Talk	Jim O'Connor, Mayo Co Co
23rd April 2024	Home/Personal Safety	Garda Mick Toland, Community Garda

To register: [agefriendlymayo@mayococo.ie](mailto:agefriendlymayo@mayococo.ie) or 094 9064365

Age Friendly Mayo, with Mayo County Library and Mayo's Older People's Council are hosting a series of lunchtime talks free of charge from 26<sup>th</sup> March to 23<sup>rd</sup> April.

### 26<sup>th</sup> March – Nutrition – Siobhán Hennelly



Siobhán advised on nutritional value of various foods, healthy eating and eating to fuel your body. She also advised on how great nourishment can positively impact your body & mind. Most importantly she spoke about the “joy” of food, and the importance of a balanced diet.



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meath county council



## 2nd April – Entitlements for Older People – Mayo’s Citizens Information Service



Tomás Lally, Development Manager and Eilis McGuire, Information Provider with Mayo CIS, provided a wealth of information in relation to grants and entitlements, e.g. Housing grants, allowances (fuel, living alone), Better Energy Warmer Homes, SEAI Energy Upgrade grants.

## 9<sup>th</sup> April – Educational Opportunities – Mayo Sligo Leitrim Education Training Board



Talks were given on the 9<sup>th</sup> of April from Mayo Sligo Leitrim Education Training Board on various course and education opportunities available. Presentations were delivered by Máirtín Ó'Moráin – Community Education Facilitator, Sorcha Moran – Adult Literacy Organiser and Lorraine Staunton on Adult Guidance Information.

This the first time Library Lunchtime Talks have been rolled out in Mayo. There has been great numbers attending these information workshops  
It is anticipated that the Library Lunchtime Talks will be rotated around the County.

## 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 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



### IFA Global Café | In Conversation with Dr. Ad van Berlo

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with Dr. Ad van Berlo on “Exploring the Ethical Imperative for Data Collection, Sharing, and Merging.”

A promotional graphic for the IFA Global Café event. It features a dark blue background with the IFA logo and the text 'Global Café in conversation with experts'. A photo of Dr. Ad van Berlo is on the left. The event title is in white quotes: “EXPLORING THE ETHICAL IMPERATIVE FOR DATA COLLECTION, SHARING, AND MERGING”. Below the title, the date '19 APRIL 2024' and time '07:00 AM EDT' are shown with icons. A small logo for 'Decade of healthy ageing' is in the bottom right corner.

**Dr. Ad Van Berlo**  
Founder, SmartHomes

**19 APRIL 2024**      **07:00 AM EDT**

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](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