



Nancy Stewart, who lived through two world wars and the 1918 flu pandemic, and who became a celebrity and voice of reason across the country during the Covid-19 crisis has passed away. She was 107-years-old.

Mrs Stewart, who was one of Ireland's longest-lived women and had been Ireland's oldest woman still living in her own home, would have been 108 next month.

In the early days of the coronavirus Nancy appealed to people not to panic buy or stress and then last October at the age of 107, she penned an open letter to the people of Ireland which caught the imagination of the nation.

"We are in another stage of this battle against the virus, but we will get through this. Like everything I've been through since the day I was born in 1913, no matter how bad things have got, I'm the living proof that we can survive and in years to come, this will just be a distant memory."

Nancy was an inspirational woman with a brilliant attitude to life. She attributed her long life to "good food, good friends and staying positive."

From all of us here in Age Friendly Ireland we would all like to pass on our heartfelt condolences and sympathy to Nancy's family and friends.

## National Updates



Rialtas na hÉireann  
Government of Ireland

### Public Health Measures

You can [find information here](#) about the public health measures in place.

### COVID-19 Testing - Online Booking System

Full details of [how to get tested are available here](#).



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

[To book a test, log on to our system here.](#) You can show up without an appointment, but you may not have to wait as long if you book online.

We have introduced a new contact tracing online system this week. If you get a positive test, you can use this to help list where you've been and help us to get in touch with your close

contacts. <https://www2.hse.ie/conditions/covid19/contact-tracing/contact-tracing/>

### COVID-19 vaccine dose 2 reminder

If you had the AstraZeneca vaccine, you need a second dose to be fully vaccinated. If you do not want a second dose of AstraZeneca, you can now choose to get an mRNA vaccine dose instead. This will mean that you are fully vaccinated. Walk-in clinics are available. You can [find further information here.](#)

### Walk-in COVID-19 testing

-Walk-in COVID-19 testing is not currently available but you can [book at test online](#) for any test centre.

### Mixed vaccines doses

People who received a first dose of AstraZeneca can now receive an mRNA (Pfizer/Moderna) vaccine as their second dose. NIAC recommends that receiving two doses of the same vaccine are preferred for all age groups, where possible. You can read more about this [here](#). Dose 2 walk-in vaccination clinics for people who wish to get an mRNA vaccine after their first dose of the AstraZeneca vaccine are listed [here](#).

### 90% of adults fully vaccinated

-90% of adults have been fully vaccinated in Ireland, and approximately 84% of the population aged 12+ have been fully vaccinated.

### COVID-19 Contact Tracing - Online System

If you get a positive test, you can use the contact tracing system to help list where you've been and help us to get in touch with your close contacts. You can [find more information here.](#)



### COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 3 million people have been fully vaccinated in Ireland. By this weekend, 90% of adults will be partially vaccinated and 80% of adults will

be fully vaccinated. We are grateful to all of our colleagues and partners, and to the public, for taking part and making this happen. You can find the latest information on vaccines administered [here](#).

### **Vaccines are making a difference**

Every vaccine helps reduce the amount of severe illness in our communities and we thank everyone who has already had their COVID-19 vaccine. If you haven't registered yet, or someone in your network has yet to do so, they can:

- Check [hse.ie](#) for answers they can trust about the COVID-19 vaccines
- Talk to a pharmacist or GP – many are now giving mRNA vaccines
- Call HSElive on 1800 700 700

or

- Register online at [hse.ie](#)

### **Pregnancy and getting a COVID-19 vaccine**

You should get a COVID-19 vaccine to protect yourself from the virus if you're:

- pregnant
- trying for a baby or might get pregnant in the future
- breastfeeding

You will need 2 doses of your COVID-19 vaccine.

It is safe to get your COVID-19 vaccine at any stage of your pregnancy.

Guidance has changed on doses during pregnancy because there is more evidence available.

You should get the COVID-19 vaccine when it is offered, following a discussion with your midwife, GP or obstetrician.

You can [find more information here](#).

### **Find a pharmacy giving COVID-19 vaccines**

Many pharmacies are now offering COVID-19 vaccines to people aged 12 and over. Find a pharmacy to book your vaccine appointment. You can [find more information here](#).

### **Walk-in vaccine clinics**

Many of our vaccination centres are operating walk-in clinic times. At these times, people aged 16 and over who have not had a vaccine yet can come to the centre without an appointment and get their free COVID-19 vaccine.

You can read about [what you need to bring with you, and where the walk-in clinics are, here](#)

### **Registration for 12- to 15-year-olds**

12 to 15-year olds can attend walk in vaccination clinics. You can [find more information here](#). Children aged 12 to 15 [must attend with their parent or guardian](#).

We're inviting parents of children aged 12 to 15 to register their children now. All children in this age group are being offered a vaccine but we particularly recommend that they get vaccinated if they:

- have a health condition that puts them at higher risk of severe illness from COVID-19
- live with someone who is at higher risk of COVID-19

Parents can read more about the benefits and risk of vaccination for their children [here](#).

[Register online to get a COVID-19 vaccine.](#)

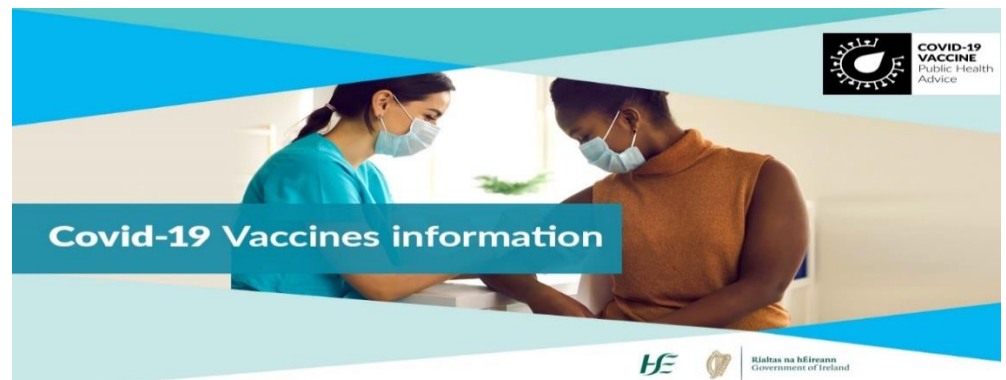
[Read the user guide for help with registering online.](#)

[Find information here on who can give consent for vaccination](#) of a young person aged under 16 years

If you cannot register online, you can [call the COVID-19 helpline](#) at Freephone: 1800 700 700 to register by phone.

Who can give consent for vaccination of a young person aged under 16 years

Information is available [here](#).



### **Where to find COVID-19 Vaccination Information**

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

Check [hse.ie/covid19vaccine](https://www.hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly

Find the vaccine information materials

at [www.hse.ie/covid19vaccinematerials](https://www.hse.ie/covid19vaccinematerials)

Details on COVID-19 vaccines administered are available [here](#)

Read the [full COVID-19 Vaccine Allocation Strategy](#)

Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)

[COVID-19 vaccine information for health professionals](#)

Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#).

**Isolation quick guide - applying to those aged greater than 3 months and up to 13th birthday**

The updated factsheet is [available here](#).

**Isolation quick guide - adults and children from their 13th birthday**

The updated factsheet is [available here](#).

### Medical cards online

The [online portal](#) for medical card, GP visit card and DPS applications and renewals is now restored.

### COVID-19 Guidance for hospitality businesses (formerly guidance for food service businesses)

You can find this [guidance for employers and employees here](#).

### Guidance for places of worship (formerly religious services guidance)

You can find this [guidance here](#).

### Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/conditions/covid19/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>. Clinical and professional guidance relating to COVID-19 is available on [www.hpsc.ie](http://www.hpsc.ie) where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for the most up to date partner resources for COVID-19. You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

Ireland's COVID-19 Data Hub is [available here](#).

## United Nation's International Day of Older People



UNITED NATIONS  
DEPARTMENT OF ECONOMIC  
AND SOCIAL AFFAIRS

October 1st is the annual celebration of the **United Nations International Day of Older Persons** ('UNIDOP'). The International Federation on Ageing, in collaboration with the NGO Committee on Ageing at the United Nations Vienna invites you to participate in the event taking place on this special day.

A panel of global experts on ageing and human rights along with Ambassador Dr. Wolfgang Mückstein, will address developing a person centered, human rights approach to ensure digital equity including adequate policies, access, digital literacy, and safety for individuals of all ages.

**Date:** Friday 1st October 2021

**Time:** 12:30PM- 2:15PM GMT

**Speakers:**

If you're interested, register below!

[https://us06web.zoom.us/webinar/register/WN\\_GqD\\_gJ4OTtymbzNWk5x-rw](https://us06web.zoom.us/webinar/register/WN_GqD_gJ4OTtymbzNWk5x-rw)

**UNITED NATIONS INTERNATIONAL DAY  
OF OLDER PERSONS 2021**

**OCTOBER  
1, 2021**

**1:30PM- 3:15PM  
(CET)**

**DIGITAL EQUITY FOR ALL AGES:  
CONNECT, RESPECT AND PROTECT  
OLDER PEOPLE IN DIGITAL  
TECHNOLOGIES**

**ONLINE  
PANEL DISCUSSION, VIENNA**



**THE SPEAKERS**

**WELCOME ADDRESS**



**DR WOLFGANG MÜCKSTEIN,**  
FEDERAL MINISTER OF SOCIAL AFFAIRS,  
HEALTH CARE AND CONSUMER  
PROTECTION.  
REPUBLIC OF AUSTRIA- FEDERAL MINISTRY  
FOR SOCIAL AFFAIRS, HEALTH CARE AND  
CONSUMER PROTECTION



**WELCOME ADDRESS**

**DR JACQUELINE STARK,**  
CHAIR OF THE NGO COMMITTEE ON  
AGEING VIENNA, UN VIENNA  
REPRESENTATIVE OF THE INTERNATIONAL  
FEDERATION ON AGEING,  
NGO COMMITTEE ON AGEING VIENNA,  
INTERNATIONAL FEDERATION ON  
AGEING

**MODERATOR**



**DR ERIKA WINKLER,**  
CHAIR OF THE UNITED NATIONS  
ECONOMIC COMMISSION FOR EUROPE  
(UNECE) STANDING WORKING GROUP  
ON AGEING 2010 - 2017,  
THE UNITED NATIONS ECONOMIC  
COMMISSION FOR EUROPE (UNECE)



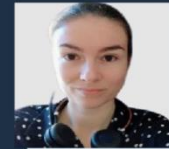
**PANELIST**

**DR BARBARA PRAINSACK,**  
PROFESSOR AT THE DEPARTMENT OF  
POLITICAL SCIENCE, UNIVERSITY OF VIENNA  
*"AGEING IN THE DIGITAL WORLD - WHAT IS  
THE ROLE OF SOLIDARITY?"*

**PANELIST**



**DR ULRICH KÖRTNER,**  
PROFESSOR OF THE INSTITUTE FOR ETHICS  
AND LAW, UNIVERSITY OF VIENNA  
*"ETHICAL ISSUES OF DIGITALIZATION AND  
NEW TECHNOLOGIES"*



**PANELIST**

**MS MARIE-LINE BILLAUDAZ,**  
CYBERCRIME PROGRAMME OFFICER,  
UNITED NATIONS OFFICE ON DRUGS AND  
CRIME (UNODC) CYBERCRIME AND  
ANTI-MONEY-LAUNDERING SECTION  
*"HOW CAN OLDER PEOPLE PROTECT  
THEMSELVES FROM CYBERCRIMINALS WHILE  
ENJOYING THE MOST OF DIGITAL  
TECHNOLOGIES?"*

**PANELIST**



**DR NANCY HELM ESTABROOKS**  
BREWER-SMITH DISTINGUISHED PROFESSOR EMERITA, DEPARTMENT OF  
COMMUNICATION SCIENCES AND DISORDERS,  
WESTERN CAROLINA UNIVERSITY  
*"CHALLENGES FOR PEOPLE WITH ACQUIRED LANGUAGE  
DISORDERS IN AN INCREASINGLY DIGITIZED SOCIAL WORLD"*



FOR MORE INFORMATION PLEASE CONTACT:  
NGOAGEINGVIENNA@GMAIL.COM / WWW.NGOAGEINGVIE.ORG



## IFIC Ireland Realising Integrated Care Webinar Series

### Trust and transparency in predictive medicine and machine learning supports to the patient journey

Wednesday, September 29th, 2021 2PM IST

The deployment of Artificial Intelligence (AI) and Machine Learning (ML) to support clinical decision-making, screening programs, patient self-management and stratify populations on the basis of health risk is increasing across of sectors of health care. Significant leaps have also been made in the technology used to produce and deploy data models and prediction for use within clinical and wider population settings. The panel will present on their work deploying and evaluating the use of AI and ML in the specific areas of breast cancer screening and dementia assessment and will also consider the importance of transparency and establishing patient, clinician and citizen trust in these digital supports.

[Register!](#)

### Open health data and health literacy

Wednesday, October, 13th 2021 2PM IST

Daily Covid-19 case numbers, hospital occupancy, vaccines administered and the focus on data availability and modelling of the Covid-19 pandemic have occupied news headlines for more than 18 months. Today's panel will examine how the publication and dissemination of disease data impacts on health literacy, how should the data continuum (data -> information -> knowledge -> wisdom) be realised to support population health literacy and how open data initiatives within health informatics aid decision making and research initiatives for health and social care systems leaders.

[Register!](#)



## DCU Positive Aging Week

DCU Age-Friendly is pleased to warmly welcome you to celebrate National Positive Ageing Week (Sept 27 - October 1st) with a series of free virtual lectures over the course of the week.

We are particularly delighted to welcome Dr. Vania de la Fuente from the World Health Organisation on Tuesday, September 28th (1.00 - 1.45), Dr. de la Fuente leads the Global Campaign on Ageism launched in Spring 2021.

We are also hosting a special presentation from Prof. Mark Brown, Director of the National Institute for Digital Learning in DCU to mark the UN



International Day of Older Persons with a presentation "The challenge of Digital Equity - an age-inclusive approach" on October 1st 12.00 - 1pm).

Other lectures include singing, resilience, maintaining muscle tone, life writing and understanding how to identify misinformation in the media. These will all be delivered by DCU lecturers.

Feel free to share - bring your friends and family!!

Please visit our Eventbrite page to book your free tickets: <https://www.eventbrite.ie/e/positive-ageing-week-2021-tickets-170178744205>



### A message from Safeguarding Ireland: Public Awareness Campaign



This week we have launched a **Public Awareness Campaign** on Safeguarding and the **Rights of Adults with Disabilities**. This article is to inform you about the campaign and encourage you to share it.

You can contact us at [info@safeguardingireland.org](mailto:info@safeguardingireland.org).

#### KEY CAMPAIGN MESSAGES

The below text, are key messages, and may be useful for social media posts – and the final point is a link to the campaign images.



*Call for better safeguarding of adults with disabilities:*

- *More than a third do not think people with disabilities have equal rights*
- *40% say not enough support for decision making of people with disabilities*



- 75% favour stronger laws to better safeguard people with disabilities
- [Campaign images and radio ad.](#)

---

### **CAMPAIGN MATERIALS**



- **RED C Research:** [Public attitudes on disability in Ireland](#)
- **News Release:** [Call for improved safeguarding of people with disabilities](#)
- **RTE News:** [Rights of people with disabilities 'not adequately respected' - survey](#)
- **Irish Examiner:** [People with disabilities 'do not have equal rights', survey finds](#)

---

### **UPCOMING EVENTS**



#### **National Safeguarding Day 2021**

- *National Safeguarding Day* is planned for Friday, November 12. We will be in touch in advance – to engage widely – with partners across the health, social, financial and justice sectors.

#### **Safeguarding Videos x 7**

- Seven videos on safeguarding have been recorded this month covering safeguarding, types of adult abuse, planning ahead finances and healthcare, safeguarding for people with disabilities, institutional abuse and reporting adult abuse. These will come online over the coming months.



### **15th Global Conference on Ageing “Rights Matter”**

The IFA is thrilled to announce that the [15th Global Conference on Ageing “Rights Matter”](#) will be convened, for the first time, both virtually and in-person in Niagara Falls, Canada from 9-12 November 2021. It is more important than ever at this time and at this global conference to call for action to ensure we are creating environments that truly enables all people and especially older people to do what they have reason to value.

Vaccination is critical to a life-course approach to healthy ageing, embodied in the vision of the WHO Immunization Agenda 2030 and the UN Decade of Healthy Ageing. We are pleased to invite you to the [Vaccines4Life Summit](#) entitled “Driving Policy to End Immunisation Inequity: The Future of Adult

Vaccination and Lessons Learned from the Coronavirus Pandemic”, a full-day pre-conference event taking place on 9 November 2021.

The Summit is a platform for interdisciplinary collaboration on a global scale to take lessons learned from the pandemic and translate them into tangible actions to expand prevention strategies and end immunization inequity.

**We invite you to [view the program](#) and [register now](#) to join – in-person or virtually – with delegates from government, NGOs, industry, academia and the global community of older people.**

Older people and pandemics is a conference theme and there are still opportunities to submit an abstract to share your work, your views and your actions in the field of adult vaccination. Submit an abstract now or find out more about the conference at [www.ifa2021.ngo](http://www.ifa2021.ngo).

The IFA looks forward to seeing you – in-person or virtually – in November 2021. If you need any assistance in registering or submitting an abstract, please contact [kbouzanis@ifa.ngo](mailto:kbouzanis@ifa.ngo).



**Principles in Action:  
Rightsizing in Place**

AARP's next Equity by Design – Principles in Action spotlight. The series presents case studies of global innovations that redress historic inequities in housing and community models and advance enabling design. Register for these opportunities to dig deeper on the innovations by conversing with the principals behind the work!

Join us on **Tuesday, September 28 at 11 am ET** for a conversation with [AVA Housing](#). This Ireland-based organization helps older homeowners adapt their homes, both to suit their future needs and create an affordable rental for essential workers. This not only provides financial benefits but can also provide a sense of security and community for homeowners.



## EQUITY by DESIGN—PRINCIPLES in ACTION

#BuildEquity

If you have not done so already, please join [AARP International - Equity By group](#) for additional updates and resources.

**Register Today!**

Read more about how Ava Housing in Ireland helps older adults remain independent in their own homes, while providing affordable housing to essential workers, [www.aarp.org/equitybydesign](http://www.aarp.org/equitybydesign)



**Maynooth University**

National University of Ireland Maynooth



International Centre for Local and Regional Development

## Investigating the Changing Spatial Relationships between Home and Workplace

**When: Wednesday, September 22, 2021 - 15:30 to 16:45**

Hosted by [ICLRD](#) together with [Maynooth University Social Sciences Institute \(MUSSI\)](#)

ICLRD & MUSSI PRESENT

**INVESTIGATING THE CHANGING SPATIAL RELATIONSHIPS BETWEEN HOME AND WORKPLACE**

WEDNESDAY SEP 22, 2021  
03:30 PM

REGISTER HERE  
[HTTPS://CUTT.LY/XW91KLC](https://cutt.ly/xw91klc)



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

With the COVID-19 induced interruption to work patterns, and the enforced switch to home / remote working, we have witnessed a significant reduction in the need to commute to work. While it is still not clear to what extent these disruptions are temporary, permanent or still evolving, a two-year research programme by ICLRD is interrogating the relationships between people and places and exploring the role of commuting in shaping those relationships.

Using a case-study approach, this webinar will explore emerging findings from the ICLRD's InPLACE: Investigating Place Planning and Commuting study. Focusing on a number of towns across the island of Ireland, this webinar will consider the implications of commuting (pre-COVID) and telecommuting (during COVID) for individuals, their families and communities of place. The study's findings will have relevance across a wide range of policy domains, many of which are within the remit of local authorities, and all of which directly influence local places, including in respect of health, housing, environment, community development, social policy, transportation and spatial planning.

#### **Event Programme:**

**Moderator:** Prof. Gerrit Knaap, Professor of Urban Studies and Planning & Executive Director, National Center for Smart Growth Research, University of Maryland

**Welcome from ICLRD Chair:** Ms. Mary MacIntyre OBE

#### **Speakers:**

The Changing Spatial Relationship Between Home and Workplace – An Evolving Narrative: **Prof. Des McCafferty, Senior Research Associate ICLRD & Project Lead, InPLACE: Investigating Place, Planning and Commuting**  
Creating Vibrant and Thriving Towns in Commuter Belts: What Role for planning? Learnings from Ennistymon-Lahinch, Co. Clare, **Dr. Karen Keaveney, Head of Rural Development and Assistant Professor in the UCD School of Agriculture and Food Science & Dr. Brendan O’Keeffe, Director, O’Keeffe and Associates and Senior Research Associate, ICLRD.**

Q&A

[Click Here to Register](#)



An Roinn Airgeadais  
Department of Finance

## Minister Donohoe publishes Population Ageing and the Public Finances in Ireland Report

The Minister for Finance, Paschal Donohoe has today (Friday) published a report entitled Population Ageing and the Public Finances in Ireland. This is the second publication by the Department on the impact of population ageing on the public finances, following the publication of the first report in September 2018.

The purpose of the analysis set out in the report is to highlight the likely economic and budgetary impacts of demographic change in Ireland over the coming decades. The analysis set out attempts inter alia to quantify the likely budgetary costs of population ageing in order to inform the appropriate policy response. While Ireland's demographic structure is relatively favourable at present, a projected shift in the demographic composition of the Irish population means Ireland will have one of the most rapidly ageing populations in the EU over the coming decades. This will lead to a slower pace of economic growth and put significant pressure on the public finances.

The composition of Ireland's population is set to change significantly over the coming decades. The old-age dependency ratio in Ireland – the number of retirees as a fraction of the number of workers – is set to nearly double over the next 30 years, from 24 per cent at present to 47 per cent by the middle of this century (53 per cent by 2070). Such developments will see demand for demographically-sensitive public expenditure such as health and pensions grow, with significant costs for the State.

Significant structural reforms are, therefore, absolutely necessary to meet the fiscal costs associated with population ageing. Analysis in the report suggests that without structural reform, a large deficit will emerge, and the debt ratio will move onto an unsustainable path, reaching 180 per cent of GNI\* by 2070.

### Minister Donohoe said:

'Looking at the years ahead, the analysis of the impact of demographic change in Population Ageing and the Public Finances in Ireland, highlights the need for serious policy considerations in this area. In November 2020, the Government established the Commission on Pensions to examine the sustainability and eligibility issues with the State Pension and the Social Insurance Fund. As my Department's report states, delaying policy decisions in this area has the potential to negatively impact the public finances in the years ahead, emphasising the importance of further progressing the Government's work in this area'

**Please click on the link below for the full report:**

<https://assets.gov.ie/198456/1c05826e-5682-4537-952d-fce5abb6db33.pdf>

## Local Updates



### Meath Local Sports Partnership Exercise DVD'S

Meath LSP in association with Meath County Council, Age Friendly Meath and Sport Ireland have produced an exercise DVD for older people and people with disability.

The resource includes 4 dance and 4 seated Pilates classes which can all be completed from your home. The resource is also available on USB so it can be used on a laptop, tablet, or Smart TV. Taking part in these classes will help and improve flexibility, agility, strength and balance, while reducing the risk of injuries.

To avail of a copy, contact Luke on 046-9067337 or [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)



Waterford Social Prescribing Service  
Improving Health & Wellbeing



**etbi**  
Education & Training Boards Ireland  
Boird Oideachais & Oiliúna Éireann



	Details of Event	Location	Time	How To Book
Monday 27th September	Walk and Talk delivered by expert tutors with coffee	Cappoquin GAA Club	10.30 am	<a href="#">Waterford Sports Partnership Positive Ageing Week - Walk &amp; Talk Cappoquin Tickets, Mon 27 Sep 2021 at 10:30   Eventbrite</a>
	Guided walk of Mount Congreve gardens	Mount Congreve X91 PX05	11.00am	<a href="#">Waterford Sports Partnership Positive Ageing Week - Mount Congreve Tickets, Mon 27 Sep 2021 at 11:00   Eventbrite</a>
	Holistic Approach to wellness - Looking at and identifying all the components of your well being.	Millennium Park, Lismore	12.00 noon	No booking required. Tel 089 491 7360
Tuesday 28th September	Walk and talk delivered by expert tutors with coffee	Walton Park, Dungarvan X35 XT38	10.30 am	<a href="#">Waterford Sports Partnership Positive Ageing Week - Walk and Talk Dungarvan Tickets, Tue 28 Sep 2021 at 10:30   Eventbrite</a>
	Tennis - 1 hour taster session delivered by professional coach	Lismore Tennis Club P51 TX38	13.00 pm	<a href="#">Waterford Sports Partnership Positive Ageing Week - Try Tennis Tickets, Tue 28 Sep 2021 at 13:00   Eventbrite</a>



**WATERFORD**  
SPORTS PARTNERSHIP  
*Supporting Activity and Sport For All*  
— SPORT IRELAND —



**Comhairle Cathrach  
& Contae Phort Láirge**  
Waterford City  
& County Council



**Social Inclusion &  
Community Activation  
Programme**



**Leabharlanna Phort Láirge**  
Waterford Libraries

	Talk on the Power of Attorney by Eamon Quinlan, Law Graduate	Zoom	30pm	Link to follow
Wednesday 29th September	Walk and talk delivered by expert tutors with coffee	Stradbally village	10.30 am	Waterford Sports Partnership <a href="#">Positive Ageing Week - Walk &amp; Talk Stradbally Tickets, Wed 29 Sep 2021 at 10:30   Eventbrite</a>
	Rowing - 1 hour come and try session	Cappoquin Rowing Club P51 XK16	10.00 am	Waterford Sports Partnership <a href="#">Positive Ageing Week - Lismore Castle Virtual tour Tickets, Wed 29 Sep 2021 at 10:00   Eventbrite</a> <b>SOLD OUT</b>
	Indoor virtual tour of Lismore Castle	Lismore Heritage Centre P51 TP26	11.00 am	Waterford Sports Partnership <a href="#">Positive Ageing Week - Lismore Castle Virtual tour Tickets, Wed 29 Sep 2021 at 11:00   Eventbrite</a>
	Walk around Lismore with a guide	Lismore Heritage Centre P51 TP26	14.00 pm	Waterford Sports Partnership <a href="#">Positive Ageing Week - Lismore Town guided tour Tickets, Wed 29 Sep 2021 at 14:00   Eventbrite</a>
	Guided Tour to the Heritage of Portlaw	Portlaw Heritage Centre	15.00 pm	Waterford Sports Partnership <a href="#">Positive Ageing Week - Guided Tour of Portlaw Heritage Tickets, Tue 28 Sep 2021 at 15:00   Eventbrite</a>
	Mindfulness Journaling	Zoom	15.00 pm	Join Zoom Meeting <a href="https://us02web.zoom.us/j/81591815964?pwd=cGdocVBBME1lMkNKT3RhOGM4O0J0dz09">https://us02web.zoom.us/j/81591815964?pwd=cGdocVBBME1lMkNKT3RhOGM4O0J0dz09</a> Meeting ID: 815 9181 5964 Passcode: 509419
Thursday 30th September	Tea and a talk by Julian Walton at Dunhill Education Centre followed by a Guided Walk in the Ann Valley	Dunhill Multi Education Centre X91 FV9	10 am	Phone 051 396 934 to book
	Lafcadio Hearn Japanese Garden Guided Tour	Tramore X91 DE48	14.00 pm	Waterford Sports Partnership <a href="#">Positive Ageing Week - Lafcadio Hearn Japanese Garden Guided Tour Tickets, Wed 29 Sep 2021 at 15:00   Eventbrite</a>
Friday 1st October	Walk and talk delivered by expert tutors with coffee	Waterford Nature Park	10.30 am	Waterford Sports Partnership <a href="#">Positive Ageing Week - Walk &amp; Talk Waterford Tickets, Thu 30 Sep 2021 at 10:00   Eventbrite</a>
	Waterford City Statues and monument walk and talk	Waterford X91 V962 clock tower	11.00 am	Waterford Sports Partnership <a href="#">Positive Ageing Week - Waterford City Monuments Walk Tickets, Thu 30 Sep 2021 at 11:00   Eventbrite</a> <b>SOLD OUT</b>
	Holistic Approach to Wellness - Looking at and identifying all the components of your well being.	Bandstand Waterford People's Park	12.15 pm	No Booking required Tel 089 491 7360
	Concert by the Fire - Music and storytelling	Zoom	19.00 pm	Access details to follow
	Over 50 Thinking of Setting up your own Business? Get your questions answered by David Walsh, Business Advisor, Waterford Local Enterprise Office.	Zoom	3.00pm	Join Zoom Meeting <a href="https://us04web.zoom.us/j/71164566820?pwd=QlBvSHJRM0gxGk0dHdPSjdjME9hZz09">https://us04web.zoom.us/j/71164566820?pwd=QlBvSHJRM0gxGk0dHdPSjdjME9hZz09</a> Meeting ID: 711 6456 6820 Passcode: 9XUIGM
	Come and Try a Bowling Taster Session	Causeway Bowls Club X35 XT38	10.00 am	Waterford Sports Partnership <a href="#">Positive Ageing Week - Try Lawn Bowling Tickets, Fri 1 Oct 2021 at 10:00   Eventbrite</a>
Launch of Memoirs Book and Essay prizes	Bishop's Palace, Waterford	15.00 pm	Invitation only	
Afternoon of Nostalgia A Documentary Film about St John's Park, Waterford's first major Housing estate. Plus Presentation by Waterford Social Prescribing Service	Butler Community Centre X91 FEP4	14.00 pm	Book tickets through Sacred Heart FRC 051 306 728	



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association



### “Accessibility of Online Services for Older People” Project

The County Wicklow Older Persons Council are very proud that their “Accessibility of Online Services for Older People” was officially accepted by the World Health Organisation as an example of best age friendly practices and is published on their global database. Well done to the OPC as a whole and in particular to the subgroup who worked extremely hard on this very worthwhile project.

You can get more info on the project [by clicking here](#).



Comhairle Chontae na Gaillimhe  
Galway County Council



COPE Galway



Local Heroes Exhibition in  
Eyre Square Shopping Centre

# POSITIVE AGEING WEEK 2021

SEPTEMBER 27 - OCTOBER 1



### Positive Ageing Week 2021, September 27<sup>th</sup> – October 1<sup>st</sup> 2021 Inviting all to visit the Local Heroes Exhibition in Eyre Square in celebration of Positive Ageing Week 2021

*(Exhibition is running from September 22<sup>nd</sup> to October 8<sup>th</sup> at the  
Eyre Square entrance to the shopping centre)*

**“Older persons need to be recognised for what they are doing  
to support society”** Dr Mike Ryan World Health Organisation

Positive Ageing Week is all about shining a light on people in older age who are active, engaged, enthusiastic, healthy, and who are making a big difference in the lives of our families, neighbourhoods and communities. Speaking at the launch of COPE Galways annual report on September 8<sup>th</sup> Dr Mike Ryan of the WHO spoke passionately about “the wisdom, and the generosity, the value and the central role that older persons play in our society” and he advocated that older persons need to be seen more for the contribution they make. Positive Ageing Week is an opportunity to do just that, taking place across the country from September 27<sup>th</sup> to October 1<sup>st</sup>



next, and Galway have had a great line up of events and activities taking place across the City and County.

The flagship event is a **Local Heroes exhibition in Eyre Square** which showcases 27 wonderful people from across the City and County who are the epitome of healthy and active ageing and many of whom are integral to their communities.

There's Valerie Pointer from Balinfoyle who was instrumental in establishing the Baile An Chóiste Residents association also played a key role on the committee for the development of the Ballinfoile Castlegar Neighbourhood Centre. Bridie Willers from Kilchreest who has a keen interest in heritage and has been involved in the Castledaly Kilchreest Heritage group for many years.

And Tony Murphy who is involved in Tidy Towns, Heritage projects and the GAA in Milltown. And as for healthy ageing the exhibition features so many people such as "Mike the Dub" Kavanagh who at 90 years of age swims every day in Blackrock with his son; Gay Christ out in Roscahill who teaches yoga classes, is an archery enthusiast, plays the harp and kayaks in Lough Corrib at age 81. Not to mention the Headford Yarnbombers led by Olivia Dooley and Patricia O'Callaghan who together with many others have brought a fabulous sense of fun and laughter to Headford with their knitting projects seen around the town.

The exhibition features so many more with the same passion and love of life and who epitomise the attitude taken by Andrew Linnane who cycles the byways of Ballindereen believing it is "better to wear out than rust out!" And it also includes some wonderful pieces of art created by the Galway Art Club led by John Connolly who is featured in the exhibition.

COPE Galways meal service will be delivering goody bags to all our customers during the week courtesy of a number of local companies such as Keanes Garden Centre, Foods of Athenry, McSharrys pharmacy, Dealz, BWG Foods and Lily O'Brien's chocolates, so they should be a big treat!

And the Ignite Gospel Choir are doing a concert in the Mervue Church on Friday October 1<sup>st</sup>.

Galway Sports Partnership will have a number of activities on during the week both on line and in person, from walking to chair yoga, exercise classes to Go For Life Games. Check out their Facebook Page, Galway Sports Partnership for more details [www.facebook.com/GalwaySportsPartnership/](https://www.facebook.com/GalwaySportsPartnership/) There are also a number of community-based events taking place across the County during the week which tie in with the national theme of "reconnecting communities by reframing ageing" and are aimed at re-engaging older people in fun and social activities after the negative effects endured as a result of COVID-19 restrictions. Check if there's an event near you on [www.copegalway.ie/positiveageingweek](http://www.copegalway.ie/positiveageingweek) or [www.positiveageingweek.com](http://www.positiveageingweek.com)

And school children will be writing and colouring in cards for their grandparents to thank them for their contribution to their lives, and in so doing they may also win tickets to Wildlands in Moycullen!

**But anyone can take the time during Positive Ageing Week (or any time) to thank someone they know who is an active and engaged person in older age and who enrich our lives and our communities enormously.** And it is also an opportunity for local businesses to offer a token of gratitude to their older customers by way of a discount during positive ageing week. We can all do something to say thanks!

Further information: Positive Ageing Week 2021 is hosted by the Galway Age Friendly Programme, in conjunction with COPE Galway, Galway City Council and Galway County Council.

Further information is available on [www.copegalway.ie/positiveageingweek](http://www.copegalway.ie/positiveageingweek)  
Contact Jacquie Lynskey, COPE Galway 086 0211110

### National Transport Authority's Cycle Challenge Webinar



Bob Gilbert, of Cavan OPC, spoke this at the National Transport Authority's Cycle Challenge webinar for Bike week.

Bob gave a presentation where he talked about cycling in later life, described local cycling groups and enthusiasts, gave the history of the 'High Nelly' and offered tips to make cycling more 'Age Friendly'.

Well done Bob on an excellent presentation. It's great to see older people being involved in promoting Active Travel

## 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 Rachel at [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### IFA Global Cafe: In Conversation with Dr. Toni Miles "Bereavement Care with a Specific Focus on Residents, Families and Staff"



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Dr. Toni Miles, Professor of Epidemiology at the University of Georgia on Bereavement Care with a Specific Focus on Residents, Families and Staff".

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>

## Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

## Coronavirus COVID-19



**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.hi.ie](http://www.hi.ie)

#### All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit [www.hi.ie](http://www.hi.ie) or phone HSE Live **1850 24 1850**

#### How to Prevent



#### Symptoms

- > Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

#### For daily updates visit

[www.gov.ie/health/covid-19](http://www.gov.ie/health/covid-19)  
[www.hi.ie](http://www.hi.ie)

© 2020 HSE. All rights reserved. COVID-19 is a trademark of the World Health Organization.



## Useful Contacts

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

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

**HSE Advice Line:** Callsave 1850 24 1850

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

The following is the list of each **Local Authority's Helpline phone numbers**

<b>Local Authority</b>	<b>Community Response Number</b>
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	1800 300 174
Kilkenny County Council	1800 326 522
Laois County Council	1800 832 010
Leitrim County Council	1800 852 389
Limerick City and County Council	1800 832 005
Longford County Council	1800 300 122
Louth County Council	1800 805 817
Mayo County Council	094 906 4660
Meath County Council	1800 808 809
Monaghan County Council	1800 804 158
Offaly County Council	1800 818 181
Roscommon County Council	1800 200 727
Sligo County Council	1800 292 765
South Dublin County Council	1800 240519
Tipperary County Council	076 106 5000
Waterford City and County Council	1800 250 185
Westmeath County Council	1800 805 816
Wexford County Council	053 919 6000
Wicklow County Council	1800 868 399