

National Updates

**A Spotlight on Age Friendly Ireland | Policy to Practice | Webinar 3 – Respect & Social Inclusion**

Join us for Webinar 3 – Respect & Social Inclusion on Tuesday the 8th February from 12.00pm to 2.00pm (IST – Irish Standard Time)

Click [HERE](#) to register now



INVITATION TO:  
**A SPOTLIGHT ON AGE FRIENDLY IRELAND**  
POLICY TO PRACTICE

REGISTER HERE

WEBINAR 3 | 8TH FEBRUARY 2022 | 12.00 - 2.00pm

**RESPECT & SOCIAL INCLUSION**



**SPEAKERS**

- Paula Hilman | Assistant Commissioner, An Garda Síochána
- Alana Officer | Unit Head, Demographic Change and Healthy Ageing, World Health Organisation
- Áine Brady | Chief Executive Officer, Third Age
- Ciarán McKinney | Engage Programme Manager, Age & Opportunity



WHO Global Network  
for Age-friendly Cities  
and Communities



comhairle chontae na mí  
meath county council



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## HSE Partner Pack

**Our highlight communications updates for you from this week are:**

### **COVID-19 booster (4th) dose for people who are immunocompromised (have a weak immune system)**

People who have a weak immune system, also called immunocompromised, can now get a booster (4th) dose. People in this group were offered an additional dose of the COVID-19 vaccine last year, and can now get a booster dose if it has been 3 months since their additional dose. If they had the Pfizer, AstraZenaca or Moderna vaccine, this booster will be their fourth vaccine dose. See below for information on how to get your booster dose. You can find more information [here](#).

### **Treatment for people at the highest risk from COVID-19**

A new medicine is available to treat people with COVID-19 (coronavirus) who are at the highest risk of becoming seriously ill. [Sotrovimab](#) is also known by the brand name Xevudy. It is the first type of COVID-19 medicine available in Ireland. You'll be told by your doctor or consultant if this medicine is for you. Other COVID-19 medicines are expected to become available soon.

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

Most people will not need or benefit from these medicines. Most people can [treat the symptoms of COVID-19 at home](#).

The best way for most people to protect themselves from COVID-19 is to [get vaccinated and get a booster dose](#), when they can.

### **Vaccination clinics**

We continue to operate clinics for dose 1 and dose 2 vaccinations (for people aged 12 years and over), and booster vaccine clinics for healthcare workers, pregnant women and for people over the age of 16. Find the full list of clinics by county [here](#). You can also check [@HSELive](#) on Twitter for daily updates.

All of our vaccination centres are offering online booking for booster appointments, which can be booked up to 5 days in advance. You can find more information [here](#).

### **COVID-19 Testing**

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

### **COVID-19 Vaccination Programme**

You can find the latest information on vaccines administered [here](#).

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

Every COVID-19 vaccine makes a difference, helping to reduce the amount of severe illness caused by COVID-19. 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 giving mRNA vaccines
- Call HSElive on 1800 700 700

or

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

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

#### **HSE exercise videos**

Exercise is a great way of staying physically and mentally healthy. Even a small amount of activity can improve how you feel. [HSE exercise videos are available here](#), and are led by qualified exercise instructors. They are suitable for most people and are designed for beginners.

[You can read the full weekly update by clicking here.](#)

### **Applications are now being invited by the HSE for National Lottery Funding Grants.**

This funding is distributed by the HSE each year to community-based groups and voluntary organisations under the Respite Care Grant Scheme and the National Lottery Grant Scheme.

Groups and organisations involved in the provision of Health and Personal Social Services can apply for once-off funding of between €500 and €10,000 for suitable projects.

[Click here for more information including the application form](#)

Closing Date for Applications is 12 noon on Wednesday 23rd March 2022. Applicants will be advised as to the outcome of their application by 8th July 2022.



**Rialtas na hÉireann**  
Government of Ireland

### **Town Centre First Policy Launch**

Town Centre First was launched in Moate today by the Minister for Rural and Community Development, Heather Humphreys TD, the Minister for Planning and Local Government, Peter Burke TD, and the Minister for Heritage and Electoral Reform, Malcolm Noonan TD.

The aim is to create town centres that are “viable, vibrant and attractive” places to live and work. Town teams and Town Centre First offices will be set up around the country and towns will gain their own dedicated Town Regeneration Officers

The policy is designed to boost rural Irish towns to be launched by the Government today, Minister for Social Protection Heather Humphreys and junior housing minister Malcolm Noonan will announce the Town Centre First policy.

Derelict shops, pubs, restaurants and offices in town centres will be converted into homes and prioritised for social housing for older or disabled people.

You can view the full policy [by clicking here](#).

## YOUR LIVED EXPERIENCES DURING COVID-19



Are you 70 years of age or older?

Have you lived in Ireland since the pandemic began?

Volunteers are needed for a study exploring the experiences of older adults in Ireland during the COVID-19 pandemic

If you're interested in partaking in our study, contact Simon at:

**[s.farrell19@nuigalway.ie](mailto:s.farrell19@nuigalway.ie)**  
or **083 0769135**



**OÉ Gaillimh**  
**NUI Galway**



comhairle chontae na mí  
*meath county council*







TOGETHER  
OLD & YOUNG

## FREE ONLINE COURSE: Together Old and Young: An Intergenerational Approach

Are you interested in **bringing older adults and young children together** to share knowledge, skills, values and have fun?

Would you like to participate in a **learning programme** to develop your skills in intergenerational learning?



A not to be missed opportunity to learn **how young children and older adults are learning together** also in (post) COVID times.



Learn about intergenerational practice and create opportunities for intergenerational learning in your own area.

Presentations, videos, readings, discussion boards and quizzes.

**JOIN OUR FREE 5-WEEK ONLINE COURSE  
STARTING ON 28 FEBRUARY 2022**

### FREE

- Access to this course for 5 weeks
- Includes all videos, articles, self-assessment activities, discussion forums, quizzes and games

### UPGRADE

- Unlimited access after course ends
- Includes all course materials
- Certificate of Achievement (provided you have 80% success rate on the quizzes)

**50 euro**

**For more information and to register, visit the [TOY website](http://www.toyproject.net)**

The online course **“Together Old and Young: An Intergenerational Approach”** is unique in its focus on young children and older adults and aims to promote awareness and expertise to support you in developing good quality, sustainable intergenerational practice. Through this course you will learn about intergenerational practice and discover practical ways to create opportunities for Intergenerational Learning in your own area.

For further information visit <http://www.toyproject.net/project/toy-online-course/>

## 91 Year Old Irish DJ has “no intention of stopping”

Kildare man Patrick Murphy, who is one of the oldest DJs broadcasting in Britain at the age of 91, has said he has "no intention of stopping".

Patrick, who lives in Bradford, West Yorkshire, has had a twice-weekly show at his local hospital radio station for the past decade after he "got bored" with retirement.

"In 2012, I was a bit bored and I saw a story in the paper advertising for new DJs to help run programmes at hospital radio," he said. "I thought, 'That's just the job for me' so I went down to the station, had an interview, got the gig and have been there ever since. **"I absolutely love my time there... it keeps me young."**

Patrick broadcasts on St Luke's Sound Hospital Radio every Wednesday and Thursday, from 9am to midday.



He said it helps get him out of the house and he enjoys the "buzz around the hospital". "Hospital radio is an essential service, in my view. [It] means everything to me," he said.

"There's been too much misery recently in the world... For two mornings a week, I am pleasing people and bringing them joy so what's not to like about that?"

Patrick, who is originally from the Curragh in Co Kildare, moved to London in 1945 for work, before relocating to Bradford where he was in the engineering trade from 1951 until he retired in 1995.

You can read the full article [by clicking here](#)



## Living Well with Sight Loss course

Delivered online through Zoom™

**Thursdays, 11am – 3pm (with lunch-break),  
February 10<sup>th</sup> – March 10<sup>th</sup>, 2022**

### Are you living with a sight condition?

**This online course delivered through Zoom™ can provide advice, guidance and information on the practical and emotional supports you need to face the future with confidence. It also offers the chance to link in with others and make new connections amongst peers.**

This free course comprises a combination of sessions about what help and support is available and how it can be accessed.

A range of different themes are covered including:

- **Mobility**
- **Daily living**
- **Emotional support and wellbeing**
- **Assistive products & technology**
- **Eye health & conditions**
- **Leisure time & Sporting Activities**

**Early booking is recommended. Zoom™ training provided as required. Future Course Dates also available – please discuss if these listed dates do not suit.**

**To reserve a spot or find out more, please contact:**

Declan Meenagh/Mahon Carmody, Fighting Blindness “Need to Talk”  
Administrators

Telephone: 01 674 6496 (leave a message and we will call back)

This programme is being delivered through the 'Need to Talk' project, supported by the European Union's INTERREG VA programme, managed by the Special EU Programmes Body (SEUPB).



**RNIB reg. charity no: 226227 (England and Wales) and SC039316 (Scotland) Fighting Blindness  
reg. charity no: 20013349.**





## Get involved! Mobilizing civil society action for the UN Decade of Healthy Ageing

Do you work for a civil society organization (CSO)? Are you interested in working together with other CSOs for joint action during the UN Decade of Healthy Ageing?

**Civil Society Organizations Call for Action for the UN Decade of Healthy Ageing**

Join a global movement **by and for** Civil Society Organizations from a wide range of sectors to improve the lives of older people.

**Make your voice heard!**

#AddingLifeToYears #HealthyAgeing



Get involved in the [civil society mapping and engagement initiative](#): an opportunity run by CSOs towards uniting the diverse and powerful voices of civil society for the Decade.

Join the initiative and express your interest in a Decade of Healthy Ageing CSO Alliance by completing our questionnaire in [English](#), [French](#), or [Spanish](#) by **15 March 2022**

### Join us live on Facebook



**Monday 7th  
Wednesday 9th  
Friday 11th  
at 11am for**

**Age & Opportunity  
Movement Minutes**



#AgeandOpportunity

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.





### Acorn Tablet

The new ACORN tablet project from the dlr Digital Inclusion working group hopes to help bridge the digital divide by providing age-friendly, easy-to-use technology. The ACORN tablet is designed with the older person in mind, and the principle behind the tablet is to provide more accessible options for those with little or no computer or smart device experience. The home screen is clear and easy to navigate.

ACORN tablets are now available for lending to all dlr Library members. For more information on this lending scheme, contact your local dlr branch.

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**The principle behind the tablet is to provide more accessible options for those with little or no computer skills**

**For more information on this lending scheme, contact your local DLR Library**



## Your Voice



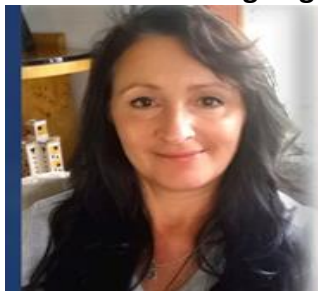
We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



International  
Federation on  
Ageing

### IFA Global Cafe | In Conversation with Ms Sarah Bird on "How Timebanking Model Works in Ageing Communities"



**ifa GLOBAL CAFÉ**  
In Conversation with Ms Sarah Bird:  
How Timebanking Model Works in  
Ageing Communities

CEO, Timebanking UK

📅 04 February 2022 🕒 07:00 - 08:00AM EST

The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Ms Sarah Bird on "How Timebanking Model Works in Ageing Communities".

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 9097413

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:** Callsave 1850 24 1850

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