

National Updates

REGISTER NOW for A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE |
WEBINAR 4 - COMMUNICATION & INFORMATION



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

REGISTER HERE

WEBINAR 4 | 8TH MARCH 2022 | 12.00 - 2.00pm

COMMUNICATION & INFORMATION



SPEAKERS

- Anna McHugh | Head of Corporate Communications, An Post
- Sylvia McCarthy | Communications Manager, Age Friendly Ireland
- Orlaith Carmody | Principal Advisor | Age Friendly Business, Age Friendly Ireland
- Louise Edmonds | Regional Programme Manager (East Region), Age Friendly Ireland
- Fiona Crotty | Programme Manager, Tipperary Age Friendly



WHO Global Network
for Age-friendly Cities
and Communities



comhairle chontae na mí
meath county council

Click above or register @ https://zoom.us/webinar/register/WN_-ZB_sW_GRV2ZqKAvkVG7AQ

Health & Wellbeing Information Resources Launch.



The launch of the Health & Wellbeing legacy document took place on Wednesday 2nd March in Farnleigh House. This resource document captured initiatives that supported older people during the pandemic.

Des Mulligan described the health & wellbeing legacy document as a 'compendium of lifestyle medicine'.

Consultant Eithne Mallin described the process of developing the inventory of health & wellbeing initiatives for older people which are recorded in the legacy document.

Kitty Hughes, Chair of the National Network of Older People's Councils, speaks about her personal experience of services that supported older people during the pandemic including Longford Community Call.



Please click here to view Ireland's Response to Older People During COVID-19 - Health and Wellbeing Initiatives video - <https://www.youtube.com/watch?v=hTifYD7UXvs>

The launch was recorded and will be on our YouTube Channel **next week**.

The report is available online @ <https://agefriendlyireland.ie/wp-content/uploads/2022/03/A-Legacy-Document-of-Health-Service-Executive-Age-Friendly-Ireland-Other-Initiatives-Irelands-Response-to-Older-People-During-COVID-19.pdf>



A FREE online public bereavement information evening for people bereaved through any circumstance.

About this event

Date: **10th of March 2022**

Time: **7.30 - 8.30pm**

The North Dublin Bereavement Network are hosting a free online Bereavement Information evening this March. This event is for people bereaved through any circumstance – through illness or sudden death; and may have lost a partner, parent, child, friend, sibling, work colleague or relative. The event will provide information about grief and the range of bereavement supports available in the local area.

Our professional speaker, Niamh Finucane (Coordinator of Social Work & Bereavement Service, St Francis Hospice Dublin) will talk about the process of grief and the ways we can support each other. This year's event will also focus on coping with significant events and anniversaries after the death of someone close.

Our guest, Niamh Fitzpatrick will host our Q&A panel. Niamh, an author and a psychologist, experienced the sudden death of her sister, Capt. Dara Fitzpatrick, during an Irish Coast Guard Rescue operation in 2017.

<https://hospicefoundation.ie/bereavement-news/niamh-fitzpatrick-book-on-grief-and-loss/>

North Dublin Bereavement Network Information Evening

Thursday
10th March

Living With Grief

Coping with anniversaries and significant events

Supported by Irish Hospice Foundation

The poster features four headshots of the speakers: Niamh Finucane, Niamh Fitzpatrick, and Dara Fitzpatrick.

A number of our network members will be on the panel, some of who will talk about their own experience of grief and loss.

This is a free online event, but booking is required.

For more information, please visit

<https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/bereavement-support/bereavement-events/living-with-grief-event/>



Spotlight on Sláintecare Healthy Communities Roll Out



Last year we brought you news of the national launch of the Sláintecare Healthy Communities (SHC) initiative. Read on to find out more about our ongoing plans.....



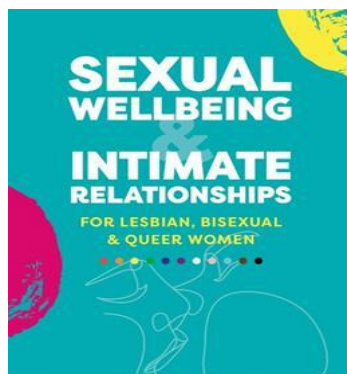
[Read More](#)

The HSE Living Well Programme is Expanding



Living Well, a programme for adults with long-term health conditions is expanding in 2022. This programme, part of the HSE Health & Wellbeing Self-management Support workstream, was originally funded by Slaintecare in 6 CHOs (1, 2, 5, 6, 8 & 9). These 6 CHOs have been successful in securing mainstream funding which will see Living Well continue to support adults with long-term health conditions. In 2021, using local funding, Cork Kerry Community Healthcare started to roll out Living Well and 10 programmes were delivered in 2021. March 2022, using local funding, will see Midwest Community Healthcare begin delivery of this evidence based chronic disease self-management programme (CDSMP).

[Read More](#)



A new, ground-breaking, Irish sexual health resource

The booklet addresses a range of topics in relation to Lesbian Bisexual and Queer (LBQ) women’s relationships and sexual activity and is the first of its kind in Ireland. Read on to find out more.....

[Read More](#)

Consumer Rights Bill 2022

Update on the new Government Consumer Rights Bill 2022

The Bill has been signed off by the Cabinet, but it has to make its way through the Oireachtas, which will take a few months. It is the biggest overhaul of consumer rights law in 40 years.

Many of the elements that will be contained in the Bill are already part of EU-wide law. The Bill does is enshrine a whole raft of consumer-friendly rules into Irish law.

When you buy a physical product and it breaks, you have certain rights. The new law will see more redress options put on the table. The new law also makes it clear that any form of redress must be free of charge and must be carried out as soon as possible. And a right to a refund, a repair or a replacement if something you buy fails you in some significant way shortly after you buy it.

Under the new law, consumers will have the same rights and protections over digital content and digital services, such as streaming, downloads, cloud products, as they do currently with any other products or services.

People will have will be the right to a full refund, exchange or repair when goods or services are not as described or not fit for purpose and be entitled to any upgrades to the product or service that are needed to ensure the goods continue to work as expected and agreed, free of charge.

The role of the CCPC is to give us a voice and answer any consumer-related queries we might have and to enforce competition and consumer protection law in Ireland. New enforcement powers available to it, it should become much more active in protecting consumers.

Plases click this link to the current rights

https://www.citizensinformation.ie/en/consumer/consumer_laws/your_rights_as_consumer_in_ireland.html



Get involved! Mobilizing civil society action for 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

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?

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 the initiative](#)

Upcoming opportunities to get involved



8 March 2022 — [International Women's Day](#): ensure older women are not left behind. Share what you're doing to celebrate older women and bring attention to the issues they face, on the [Decade Platform](#)

8 March 2022, 13:00 - 15:00 CET — A Spotlight on Age Friendly Ireland: Policy to Practice - Webinar on Communication and Information. [Learn more and register through the Decade Platform](#)

By 1 April 2022 — The Independent Expert on the enjoyment of all human rights by older persons is calling for inputs for her report on older persons and the adequate right to housing, to be presented to the UN General Assembly. [Find out more on the Decade Platform](#)

By 1 April 2022 — The Independent Expert on the enjoyment of all human rights by older persons is calling for inputs for her report on older persons deprived of their liberty, to be presented to the Human Rights Council. [Find out more on the Decade Platform](#)



Principles in Action:

Quiero Mi Barrio – I Love My Neighborhood Urban Regeneration Program



Join us on Tuesday, March 22 at 11 am ET for a conversation with Antonio Fritis Esaty of the Chilean Ministry of Housing and Urbanism. The Chilean government partners with local governments and citizens themselves, to improve the quality of life in historically vulnerable neighborhoods across the country through spatial and social interventions.

Register Today!



Info ExWell

Please join our weekly Zoom meeting **TODAY AT 5PM**. Please also share the details with anyone who you feel might enjoy hearing more about ExWell.

The link (today at 5pm) is

<https://us06web.zoom.us/j/89966757154?pwd=VzdzSW5LcVRXbDhDTFhMdUNVb1N0Zz09>

The schedule will be

- 5.00 pm: Welcome
- 5.05 pm : Thigh Pain *Dr Noel McCaffrey*
- 5.20 pm: Updates and News
- 5.45 pm: Discussion

IMPORTANT:

Please note we have decided (with regret) to cancel the choir until after Christmas because of the virus figures at the moment. Please bear with us on this. We will swing into action again when the time is right.

Dementia: Understand Together March update



- **Brain Health Awareness week March 14th to 20th.**

Dementia: Understand Together is planning campaign activity around this week to create better understanding of dementia, highlight the importance of brain health and to raise awareness and understanding of key lifestyle factors that can help reduce a person's risk of dementia. We are developing a media campaign which includes a partnership with RTE, radio stings, a press release and social media. We will share a detailed partner pack with information on the campaign, key messages and social media assets with you closer to the date. We'd be delighted if you would share key messages with your networks, and if you are planning any activities to promote Brain Health Awareness do let us know and we can share these through social media

- **Creative Brain week online and in person March 12th -16th.**

Creative Brain Week is a Global Brain Health Institute initiative at Trinity College Dublin. It's an exploration of how brain science and creativity collide to seed new ideas in social development, technology, entrepreneurship, culture, wellbeing, and physical, mental and brain health across the life cycle. A heady mix of artists, neuroscientists, business people and innovators will be exploring the role of creativity and brain health across the digital and physical Campus of Trinity College Dublin and out into the heart of the City. For more information and to register for events visit [Creative Brain Week](#),

- **Love your Brain**

This is an awareness campaign led by the Neurological Alliance of Ireland to coincide with National Brain Awareness Week March 14th to 20th. Love your Brain is supported by over 33 patient organisations and research groups which will be involved in organising events for Brain Awareness Week throughout the country.

To find out more about events taking place nationwide visit <https://www.loveyourbrain.ie/events>

Workshops

- **“Brain FM - tune in to movement” - Dance Workshops for Neurodiverse groups**

BrainFM is an educational tool that uses dance to learn about the brain. As part of Brain Awareness Week four events (two on-line and two in-person) will take place to spread awareness about the modifiable risk factors for dementia, specifically physical activity, social connection, and hearing, in a diverse intergenerational population in Ireland and around the world. Tickets are free, but numbers are limited so booking is required.

Sat 12th March – 4.00-5.00 pm (In-person) at the Samuel Beckett Theatre, Trinity College Dublin – for professionals in culture sector, health care and researchers. [BOOK NOW for Saturday 12th March](#)

Sun 13th March – 3.00-4.00pm (Online) for people living with dementia and carers – BY INVITATION ONLY. If you are a care partner or if you serve communities of people living with dementia and would like your community to be invited to the event, please email us on BrainFM.TuneIn@[gmail.com](mailto:BrainFM.TuneIn@gmail.com)

Mon 14th March – 10.00-11.00am (Online) for primary schools BY INVITATION ONLY – teachers are requested to register for this event as 1 ticket per class or class group. If you are a primary school teacher and would like your class to be invited for this BrainFM event, please email us on BrainFM.TuneIn@[gmail.com](mailto:BrainFM.TuneIn@gmail.com)

Wed 16th March – 6.00- 7.00pm (In-person) at Unit 18 – open to the community. [BOOK NOW for Wednesday 16th March](#)

- **Engaging Dementia and Joyce Fitzpatrick - Flourishing after the pandemic: nature and music activities to improve your own and your residents' mental health**

Flourishing after the pandemic is a webinar series to help nursing home professionals move forward in the post-pandemic world. In monthly meetings, there will be networking opportunities and practical resources to improve participants' wellbeing. New strategies will be presented based on music and nature to create social and individual programmes for your residents.

For more information and to register visit

<https://www.eventbrite.ie/e/flourishing-after-the-pandemic-tickets-266755923147>

- **Exhibition**

Artist and Poet Maria Noonan-McDermott presents a moving and heartwarming visual and literary portrayal in her new touring solo exhibition 'Time-Lapse'. This exhibition is an ongoing project that Maria has been unwittingly working towards over a number of years while helping care for her mother living with Alzheimers. The Abbey Arts Centre in Ballyshannon, Co. Donegal is hosting the exhibition which will continue until March 20th.

For more information contact the Abbey Arts Centre at

<https://abbeycentre.ie/>

Local Updates



DUBLIN SOUTH, KILDARE & WEST WICKLOW

invites you to participate in a free online

Stress Control Programme

Delivered by Dr Jim White, Consultant Clinical Psychologist

All of our lives are being impacted by Covid 19. It's normal to feel worried or stressed but there are things we can do to mind our mental health.

HSE are streaming Stress Control classes free-of-charge.

The next programme will start on **Monday 7th March 2022.**

There are 6 sessions, each session lasts approximately 90 minutes.

Each session will be available to watch during the times below.

Session 1 Monday 7th March, 9am until Thursday 10th March, 8am

Session 2 Thursday 10th March, 9am until Monday 14th March, 8am

Session 3 Monday 14th March, 9am until Thursday 17th March, 8am

Session 4 Thursday 17th March, 9am until Monday 21st March, 8am

Session 5 Monday 21st March, 9am until Thursday 24th March, 8am

Session 6 Thursday 24th March 9am until Monday 28th March, 8am

Watch the sessions, read the booklets and try out some of the breathing and mindfulness exercises. Friends and family can join in too.

There is no registration required.



Everything you need can be found at
www.stresscontrol.ie



Connecting for Life



Meath Claims Ireland's Friendliest Place Title

Slane was named Ireland's Friendliest Place 2019 at the National Retail Excellence Ireland Awards, on Saturday night in the Great Southern Hotel in Killarney. This accolade is credited to the wonderful Slane retailers, the strong community spirit and proud residents within the village.

The National Retail Excellence Ireland Awards named Slane as Ireland's Friendliest Place, with Jackie Maguire, chief executive, Meath County Council, noting: "We are extremely proud of Slane and all our retailers. It is a testament to the welcoming, wonderful, hard working ethos and spirit of



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

the retailers, community and residents of Slane to win such a wonderful accolade as REI Ireland's Friendliest Place Award 2019."



Click here for the full article: [Meath Chronicle](#)

Mitchelstown Social Hub

Hannah Casey and Kathleen Griffin, of Mitchelstown Social Hub making great use of their Age Friendly Desk Calendar, planning lots of exciting events for the Social Hub Activities Programme.





Meath Virtual Café

Meath Virtual Café on had a presentation done by John Kerrigan, Development Officer Age Action Ireland. John gave a very informative presentation on " Care and Repair: Hospital Discharge".

Age Action's Care and Repair does small DIY jobs, free of charge, for older people to help them maintain their homes and their independence. Operating in Cork, Dublin and Galway, Care and Repair does jobs that might be more difficult to complete as we get older but not big enough to call in a tradesperson.

For more information please click here:

<https://www.ageaction.ie/how-we-can-help/care-and-repair>

Can We Help?

Age Action's Care and Repair does small DIY jobs, free of charge, for older people to help them maintain their homes and their independence.

Age Action's Care and Repair prioritises carrying out jobs in the homes of older people who are being discharged or have recently been discharged from hospital. If someone is coming out of hospital, no matter where they live, we would support them to make sure their home is safe.

Care and Repair can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return.

If you require work done in your home to make it safer after a stay in hospital we can help.

If you are a professional working with older people who would benefit from this service you can download a referral form from www.ageaction.ie.

For all other queries about Care and Repair please contact us using these numbers:

Age Action national line: 0818 911 109
Age Action in Dublin: 01 4756989
Age Action in Cork: 021 2067399
Age Action in Galway: 091 527831
Email: careandrepair@ageaction.ie





Health Fair in Kildare

The Kildare Age Friendly programme are delighted to be partnering the Community Department in Kildare County Council with the support of the HSE and Healthy Ireland in delivering a Women's Health fair for International Women's day.

The event will be opened by Minister for Health Stephen Donnelly and is open to all Women in Co. Kildare and has something for all ages. We are delighted to be joined on the day by Age Friendly Ireland with Dr. Emer Coveney making a presentation. The Kildare Older Person's Council will have an information stand along with many other organisations including the Marie Keating Foundation..

The Event is on Wednesday **March 9th from 10am-1pm** in Newbridge Town hall. Anyone seeking to take an information stand can contact Carmel Cashin on ccashin@kildarecoco.ie

INTERNATIONAL
WOMEN'S
Join us for our FREE Women's Health fair and information Seminar

MARCH 9th 2022 10am - 1pm
Newbridge Town Hall

Opening by Minister for Health Stephen Donnelly
Guest speakers include
Mary Hulgraine Kildare GAA Star
Dr. Emer Coveney Age Friendly Ireland
Margaret McQuillan HSE
Ashleigh Tobin Hormone Health
Lisa Baggott SWRDATF

Free refreshments and information on a range of topics
e.g., Positive ageing, Hormone Health, Traveller Health,
Addiction, Smoking Cessation, Pelvic floor, Menopause,
Wellbeing

The Marie Keating Foundation and the NWCi will be in attendance

For more information or to take an information stand
contact Carmel on 0877212966 or
ccashin@kildarecoco.ie

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 Information is one thing we can share right now!

International Updates



International
Federation on
Ageing

IFA Global Cafe | In Conversation with Ms Robyn Widenmeier on "Raising Shingles Awareness"

The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Ms Robyn Widenmeier on "Raising Shingles Awareness"**

gsk GLOBAL CAFÉ ifa
Shingles Awareness Week Edition

**In Conversation with Ms Robyn Widenmaier:
Raising Shingles Awareness**

Global Medical Portfolio Lead, Herpes Zoster, GlaxoSmithKline

📅 4th March 2022 ⌚ 07:00 - 08:00AM (ET)

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

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: Callsave 1850 24 1850

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