

National Updates

NATIONAL COMMUNITY ENGAGEMENT DAY – 27th April 2022



A great opportunity to meet and have a chat with your local Gardaí at a venue near you

This April 27th is National Community Engagement Day.

Running in 800 venues across Ireland, we are inviting you and your community to meet with local Gardaí along with representatives from the Irish Farmers Association and groups involved in the National Rural Safety Forum. Whether it's needs specific to policing, safety, security or service provision, we want to give local communities the opportunity to get to know the key organisations who are working for you.

The National Community Engagement Day, last held in 2020, provides an opportunity for people from all our communities, both rural and urban to discuss matters of importance to them. The meetings will be informal and will last approximately one hour.

A list of venues and times will be shared next Monday, so keep an eye on the An Garda Síochána website for more information. Everyone is welcome.

Together we are making our communities safer places to live. For more information and to find your nearest venue, visit www.garda.ie



COVID-19 vaccines

second booster doses are available to



Everyone aged 65 years and older



People aged 12 years and older, who are immunocompromised



Rialtas na hÉireann
Government of Ireland



Second COVID-19 booster vaccine

People aged 65 years and over are now eligible for their second COVID-19 booster vaccine. Those with a weak immune system aged 12 and over can also get their second booster, when it is due. Those who are due their second COVID-19 booster vaccine can:

- [Book a booster appointment online at HSE vaccination centre.](#)
- Participating GPs and Pharmacies will begin giving second boosters in the coming weeks
- Visit [hse.ie](https://www.hse.ie) for more information

The HSE encourages everyone in these two groups who has already had their first booster to get their second booster dose when they become eligible. This second booster will give you the best protection from serious illness caused by COVID-19.

Dr Colm Henry, Chief Clinical Officer, HSE, said: “We are now offering a second booster vaccine to those aged 65 years and over and those who are immunocompromised, and I am urging everyone in these groups to get this second booster dose.”

“People being recommended this second booster are those most at risk of severe illness from COVID-19. It is important you get your second booster to help maintain your protection from becoming seriously ill or needing hospital treatment if you catch the virus.”

Video explaining second booster

You can [watch this video](#) with Dr Eimear Hayes, Senior Medical Officer from the HSE National Immunisation Office. In the video Dr Hayes answers questions about the second booster dose of the COVID-19 vaccine for people aged 12 and older who have a weak immune system and those aged 65 and older, and explains their recommended COVID-19 vaccination course. Information about the recommended vaccine schedule for COVID-19 is available from the [National Immunisation Office Website](#).



comhairle chontae na mí
meath county council





Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



Save the date - The Art of Being Healthy and Well National Symposium

When? : Wednesday 22nd June 2022 (10am-2pm)

The Department of Health, the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, the Health Service Executive and the Arts Council will co-host a national symposium – The Art of Being Healthy and Well. The symposium will consider policy in relation to the effective use of creativity and arts in support of health and wellbeing while showcasing and reflecting on the learning to date.

The symposium is an opportunity to: consider the evidence base regarding the health benefits of participation in the creative arts; discuss arts and health activities in hospitals and community care settings that can deliver better health outcomes for patients, service users and their carers; and explore the operational role of the arts, cultural and creative sectors in delivering healthcare and wellbeing. Panellists will be senior Irish policy makers from the health and culture sectors, as well as national and international experts in the field.

The symposium will be a hybrid of in-person and online formats. The in-person event takes place in the **Royal College of Physicians, Kildare Street, Dublin 2**. Due to capacity restrictions, attendance will be by invitation only. The event will be broadcast live online for a wider audience.

Registration details to follow in the coming weeks.

SeniorTimes ^{LIVE!}
The Event for People who don't Act their Age

Senior Times Live Event

SeniorTimes Live is designed to be an informative, educational and upbeat event for the 1.2 million people who are over 50 in Ireland. It's ideal for people who are about to retire or already have and want to take up a new hobby or pastime, want to learn about their rights and entitlements, the financial implications of retirement and most importantly, keeping themselves mentally and physically active in their later years.



We were delighted to support the Road Safety Authority at the Senior Times Live event today!

[You can read more about the Senior Times Live Event by clicking here](#)



comhairle chontae na mí
meath county council



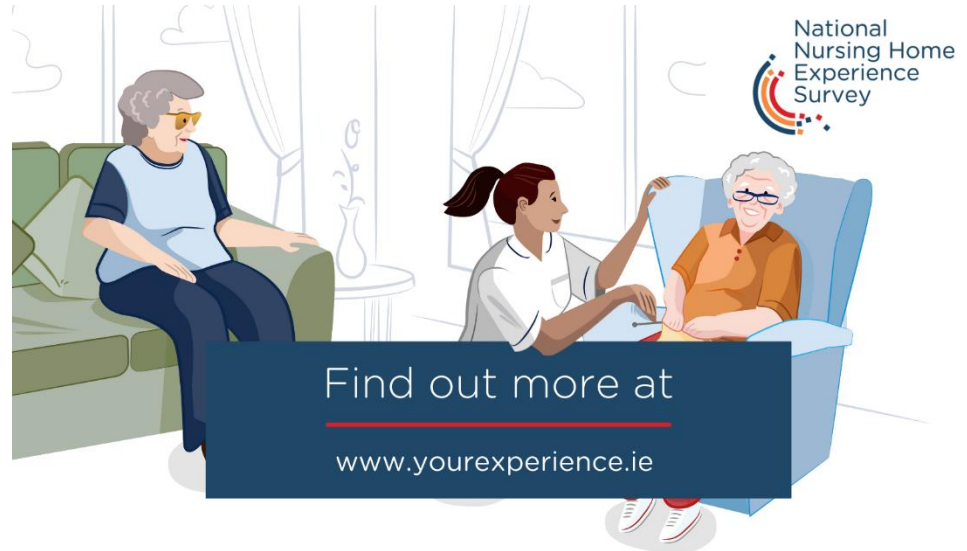


National Nursing Home Experience Survey

The National Nursing Home Experience Survey is underway and postal surveys have been sent to family members and friends of residents living in selected nursing homes.

By listening to, understanding and acting on people's experiences of care, we want to ensure that the needs of people living in nursing homes are met.

If you receive an invite, please take the time to speak about your experience of nursing home care and the improvements you would like to see.



You can return the completed survey in the Freepost envelope, or fill out the online survey at: <https://survey.yourexperience.ie/>



EXWELL

ExWell Medical invites you to join their weekly Zoom today Friday April 22nd at 5 pm and also to please share this invite with anyone you feel might enjoy or benefit from hearing about ExWell

The schedule is

- 5.00 pm: Welcome
- 5.05 pm: Heel Pain. Dr Noel McCaffrey
- 5.20 pm: ExWell Updates
- 5.30 pm: General Discussion

The link for the meeting can be found below

<https://us06web.zoom.us/j/87583061631?pwd=WStJYUpzbiNjc0VtZ1Z5QkQ3STZnQT09>

Facing into Change Workshops

DCU AFU is delighted to partner with Innovate Communities to offer free workshops on Facing into Change.

This is particularly suitable for people who are about to or recently retired living in Dublin 9 however those living in adjacent communities are also welcome.

The focus of the programme explores questions such as:

What is our outlook on life as we get older? As we approach retirement, do we intentionally face change and make things happen in our own lives and those around us, or just wait and let things happen? What are *my* needs and preferences at this point?

These are the questions that a short but impactful learning programme organised by Innovate Communities and DCU's Age-Friendly University will address. It will involve two busy half-day sessions working in a supportive group that will help you focus on the change you would like to see in your own life and in your community. An individual coaching session within a few weeks of the workshops will help you create an action plan to start to make these changes happen.

The programme is funded by Community Foundation Ireland and is free of charge. An information session which will take place on Monday, May 9th 10.30 – 12pm in Purcell House, All Hallows College, Gracepark Road, Drumcondra will provide an opportunity to hear more information from the programme presenters about the content of the programme.

You can book a place at this information session by going to [Eventbrite](#) or calling Grainne Reddy (grainne.reddy@dcu.ie) 01 700 5454.

Pledge to Plant

The Irish Hospice Foundation have launched [Pledge to Plant](#), their new fundraising initiative to plant, grow and sell to raise vital funds for Irish Hospice Foundation



Pledge to Plant has been created to give anyone wishing to support the work of Irish Hospice Foundation (IHF) the chance to plant seeds and grow flowers, plants and vegetables in April and May to sell to family, friends and colleagues in June to raise vital funds for services supporting those facing end-of-life and bereavement.

Spending time in the garden, planting and nurturing seedlings are great activities for grandparents to do with their grandchildren or those retired to do in their gardens and communities. The timing is perfect with Spring and the sunny weather upon us, having more time to get out in the garden and planting and gardening are great ways for those in their senior years to remain active and for communities to connect.

You can read more about Pledge to Plant here on their website: <https://hospicefoundation.ie/pledgetoplant/>

You can also read the Press release and their Pledge to Plant leaflet which outlines the initiative in more detail – everyone registering for the promotion receives this as part of the registration pack and free seeds to get started.



Rialtas na hÉireann
Government of Ireland

Government announces further measures to help households with rising cost of energy

The government have agreed to a number of new measures to help address the rising costs of energy.

They include:

- VAT on gas and electricity will be cut from 13.5% to 9% until the end of October
- excise reductions on petrol, diesel and green diesel will also be extended to Budget Day

- 370,000 Fuel Allowance recipients will receive a €100 lump sum
- a further reduction in green diesel excise levy

These are in addition to the €2 billion worth of cost of living measures announced as part of Budget 2022

<https://www.gov.ie/en/press-release/0a129-government-announces-further-measures-to-help-households-with-rising-cost-of-energy/>

Sláintecare.

Sláintecare and Healthy Age Friendly Homes Webinar

The 17th Sláintecare webinar takes place on Thursday 28th April from 15.30 to 17.00

In partnership with Age Friendly Ireland, they will explore Healthy Age Friendly Homes, a multi-agency programme which works with older people, improving their living conditions through access to continued health and social care supports, and tailored community supports

You will hear from people who have benefitted from the programme, as well as colleagues from a range of organisations involved in delivering this innovative person-centred programme.

Register here:

<https://bit.ly/3Eq7GEB>

You can read more about the Healthy Age Friendly Homes Programme by clicking the link below:

<https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/>

Dementia: Understand Together April update

dementia
understand together

HE

National
Dementia
Office

Research - Opportunity to participate in focus group

UCC are currently developing a guidance document on how Dementia Service Providers and Community Groups can support people with Younger Onset Dementia and their families. UCC are holding focus groups with Dementia Service Providers and representatives from Community Groups to examine their experiences of working with people with dementia and/or their insight into how people with young onset dementia may be better included in community activities. They are specifically looking for representatives from transport, retail, the Guards, Men's Sheds, Libraries as well as family resource centres and community/sports partnership programmes.

The proposed date for the focus group is Tuesday 26th April at 11am, but Caroline Kilty is happy to accommodate those who wish to join the conversation on another day. Please contact Caroline directly on 085 764 1000 and or by email caroline.kilty@ucc.ie to express your interest in joining a focus group and to support the development of this important resource.

Upcoming Events

- **Men's Sheds**

This Thursday sees the start of the Men's Sheds Walking Football Programme, in association with Age & Opportunity and Sport Ireland.

You don't need to be a Maradona or a Messi - walking football is for everyone, of whatever age. If you thought your playing days were done, think again!

When: The 5 week programme starts this Thursday, April 14th from 11am to 1pm.

Where: Inspire Fitness Centre, Ratouth Road, Cabra, Dublin 7.

For more information you can contact Lorraine at (01) 8916150 or email lorraine@menssheds.ie

- **Bealtaine**

Bealtaine is Ireland's national festival which celebrates the arts and creativity as we age. The festival is run by Age & Opportunity, the leading national development organisation working to enable the best possible quality of life for us all as we age.

You can now register your event to be part of the national programme of events for Bealtaine 2022 here <https://bealtaine.ie/registration/> or contact arts@ageandopportunity.ie Event registration will remain open until the end of the festival in May.

- **HSE Health and Wellbeing: Webinar series**

HSE Health and Wellbeing will host the first in a series of webinars on Masculinities and Men's Health on the 26th April from 12:00 – 13:00. You can register here: <https://bit.ly/3wWX4v8>.

This webinar will focus on farmer's health and highlight the newly launched research report on the Farmers Have Hearts initiative. This series of webinars is brought to you in partnership with the Men's Health Forum in Ireland, the National Centre for Men's Health Research in IT Carlow, and the Men's Development Network.

Conferences

- **Engaging Dementia**

The 14th international Dementia Conference will take place on November 14th and 15th in Croke Park and the call for abstracts is now open. The theme of this year's conference is "Fostering a Dementia Inclusive Ireland". Across the country you have been working on making our communities inclusive and this is a wonderful opportunity to share your work with others.

Abstracts can be submitted until May 12th. This is a link to the application form. <https://www.understandtogether.ie/news-and-events/news/abstract-application-form-international-dementia-conference-2022.pdf>

- **Alzheimer Europe**

Alzheimer Europe are inviting abstract submissions for the upcoming 32nd Annual Conference which will take place in Bucharest, Romania, from 17 to 19 October 2022, under the banner "Building Bridges". This event will be mainly in-person but will include some broadcast elements such as plenary sessions,

and other carefully selected parallel sessions and symposia to allow those still unable to travel to participate from the comfort of their home or office. The call for abstracts will close on 15 May 2022. [Click here for more information.](#)

- **HSE Health and Wellbeing**

Tobacco Endgame, Nobody Left Behind Conference Save the Date: 31st May 2022

The HSE Health and Wellbeing, Tobacco Free Ireland Programme invites you to register your interest to attend the upcoming conference; Tobacco Endgame, Nobody Left Behind. The event will explore the key elements and strategies for a Tobacco Free Ireland. It will be an all-day event and will be held at the Aviva Stadium on World No Tobacco Day, Tuesday 31st May. Please complete this survey to register your interest to attend -

<https://www.smartsurvey.co.uk/s/A8241K/>

Please note: Completion of this survey does not guarantee you a place at the conference. Formal invitations to register for the conference will issue on the 25th April.

Local Updates



Age Friendly Outreach Program Event

Established in 2019, The Limerick Opera Festival was created to bring opera to all through a wide variety of live performances, operatic renditions, exhibitions and community events.

With a splendid operatic history, Limerick has produced many iconic figures of the operatic genre - from European idol Catherine Hayes, to Joseph O'Mara, to (in more recent times) Suzanne Murphy. The aim is to foster a community that celebrates our past and brings beautiful creations into our future. The Limerick Opera Festival will host a number of events ranging from performances to workshops starting tentatively in May 2022

As part of the Festival of Events there will be a Community Opera/ Age Friendly Workshop presented by the renowned Una Hunt and soloists in St Marys Cathedral on May 24th 2022. The workshop will give a wonderful insight into the workings/presentation of operatic performance.

More information on the event can be found on the website:

www.limerickoperafestival.ie



Friendship Seating Area Launched in Ennis

Ennis Mental Association (EMHA) is a community-based volunteer-led organisation that, for the past 30 years plus, has consistently focused attention on mental health issues and promoted wellness and well-being in the wider community. Ennis Mental Health Association is also a member of the Clare Age Friendly Alliance Board.



Ennis Mental Health Association in cooperation with Ennis Municipal District and in association with the Ennis Age Friendly Town initiative, launched the town's first Friendship Seating area. Located by the Fergus in the Abbey Street Car park, the Friendship Seating area is designed to provide an attractive and inviting space where people can sit and be open to engaging in conversation with whoever joins them. The area has been specifically designed to provide

everyone, including those of limited mobility, with a convenient and comfortable place to meet, to rest and to connect with others.

Maria Molloy, Chair of Ennis Mental Health Association, speaking at the official launch on the 7th of April, welcomed people to the new Friendship Seating Area and hoped it would become a hub of conversation and friendship and even become a regular meeting place for the people of the town. Referring to the quotation from Yeats on the granite carving at the centre of the new Friendship Area ... "There are no strangers here, only friends we haven't yet met", Ms. Molloy commented on her vision that this new social space will in some small way assist those who may feel lonely or isolated and thereby create a sense of belonging and improve quality of life. Ms. Molloy also hoped that the location of this new Friendship area by the Fergus would improve interaction with nature, wildlife, and the outdoors, all of which are proven to help improve people's physical health, self-esteem, and life satisfaction. Ms Molloy concluded by acknowledging the assistance of Ennis Municipal District for their untiring work in bringing the project to completion.



Speaking at the official launch of the new Friendship Seating Area Cllr. Paul Murphy, Deputy Mayor of Ennis congratulated EMHA on this exciting new development for the town. Referring to mental health as a major concern for the communities, he encouraged everyone, young and old, to use this newly created social space to reach out in friendship and conversation and support to others who may use the new facility. Cllr. Murphy also called on the public to support the work of EMHA and especially commended the organisation for creating this very inclusive social space which he hoped would help to grow and strengthen people's social networks and improve mental and physical well-being.



New Age Friendly Strategy in Laois Being Prepared

Age Friendly Laois and Laois County Council are preparing a new 5-year Age Friendly Strategy, with the aim of making Laois a great county to grow old in. As part of this process, we are looking for relevant groups to complete a survey across the 8 World Health Organisation pillars.

There are:

- Outdoor Spaces, Buildings & the Physical Environment
- Transportation
- Housing
- Respect & Social Inclusion
- Social Participation
- Communication & Information
- Civic Participation & Employment
- Community Support & Health Services

There will be a raffle for 3 * €100 Laois Gift cards for completed surveys returned by 31st May, 2022

More info and guidance available from Tom Curran tcurran@laoiscoco.ie
05786 64150

[You can complete the survey by clicking here](#)

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 reavy@meathcoco.ie Information is one thing we can share right now!

International Updates



IFA Global Cafe | In Conversation with Dr Champion N. Nyoni on "Older Adults Care in Nursing Education in Africa"

ifa GLOBAL CAFÉ
In Conversation with Dr. Champion N. Nyoni:
Older Adults Care in Nursing Education in Africa
Senior Researcher, School of Nursing,
University of the Free State
📅 22 April 2022 ⌚ 07:00 - 08:00AM EDT

The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Dr Champion N. Nyoni on "Older Adults Care in Nursing Education in Africa"**.

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