

National Updates



Meet the Team – Healthy Age Friendly Homes Coordinators

This week we would like to introduce you to Mary Roach who is the Healthy Age Friendly Homes Coordinator for South Dublin. Mary is pictured here with her colleague (Mary is on the left-hand side) at an engaging dementia conference in Croke Park.



Hello, I'm Mary Roach the Healthy Age Friendly Homes Coordinator based in South Dublin County Council. I have been here since Sept 2021. As a coordinator, I have found it to be one of the best jobs I have ever had, working with the older population. It's a privilege to be involved with starting older people's journey and helping plan to set up 'their' future, whether it be assisting with forms, sign posting for services or just a bit of food for thought on planning the next part of their life.

Often people are worried about how they are going to remain in their homes happy and safe, but when I visit, they are relieved to hear that they are not alone with these thoughts. They are also happy to hear there are options for them to consider and plan for, instead of a crisis and pressured with decisions which can be the only stories they hear from others around them.

Every day is different, and you meet such a variety of likeminded people between the general public voluntary and private agencies as well as the HSE and County Councils.

I attend meetings with integrated care for older persons in Tallaght, where we work as a team to support an older person request to remain in the home, who may have a very complex need. I link in with the Age Friendly Programme Manager within South Dublin County Council on local events and I am also on

the team of the South Dublin County Council housing department to assist homeowners within South Dublin area through the rightsizing process, which is new for everyone involved.

If you are in the South Dublin area and would like to get in touch with Mary and learn more about the programme locally, you can contact her on **085-8622839** or Email **mary.roach@meathcoco.ie**

If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 909 7417**



Research Project

## Climate Change in Rural Ireland: Older People's Perspectives



**Are you aged over 55 years?**

**From a rural or agricultural background?**

Maynooth University and Age Friendly Ireland Research Manager would like to hear your thoughts of climate change on older people in rural Ireland

If interested in taking part, please contact Adrienne

[Adrienne.mccann@mu.ie](mailto:Adrienne.mccann@mu.ie) for further information

Or

**You can complete the survey here:**

<https://maynoothuniversity.onlinesurveys.ac.uk/climate-change-in-rural-ireland>

If you wish to request a hardcopy of the survey please contact **Adrienne** at **087 335 4932**

**Dr Adrienne McCann is a researcher and part-time farmer, concerned with how climate change will impact older people living in rural Ireland or from traditional agricultural areas.**

**This study aims to explore the older person's perspective of climate change, and how proposed changes may impact life in rural Ireland, particularly on agricultural practices and rural living.**



**SAVE THE DATE:** Unifying Generations Ireland Report - Ministerial Event



## Unifying Generations

Building the Pathway to  
Intergenerational Solidarity.



**Edwards Lifesciences is pleased to invite you to the launch of its report:  
Unifying Generations: Building the Pathway to Intergenerational Solidarity.  
On Thursday, 1<sup>st</sup> December 2022 from 10.00am to 11:10am.  
At the Alex Hotel, Dublin**

By 2051, the amount of people over the age of 65 in Ireland is expected to double – rising from 696,000 in 2019 to 1,563,000 by 2051.<sup>[1]</sup> This demographic change is often perceived as a burden, giving a misleadingly negative impression of the contribution of over-65s in society. In reality, this group plays a pivotal role in society as unifiers.

What role does the older population play in society? Can we still talk about intergenerational conflict? What can be done to greater enhance intergenerational cohesion?

During this event, experts will explore results from a survey conducted among **1,657 Irish citizens** aiming to measure the contribution of the over-65s to society, collect insights on how the younger and older generations perceive each other, and understand the impact of the pandemic on intergenerational interactions.

The report will be launched by **Mary Butler TD, Minister of State in Department of Health** with responsibility for Mental Health and Older People in an event hosted by **Ashwin Kher, Business Manager, Edwards Lifesciences Ireland**.

**Our panel of speakers includes:**

**Dr Catherine Elliott O'Dare**, Assistant Professor in Social Policy at Trinity College Dublin

**Dr Adrienne McCann**, Research Manager with Maynooth University and Age Friendly Ireland

Please [RSVP here](#) to attend the event in person.

The roundtable will be followed by a networking event.

We look forward to meeting you at the event.

Best wishes,

Andrea Woods-Murphy, on behalf of Edwards Lifesciences

**About Edwards Lifesciences**

Edwards Lifesciences is the global leader of patient-focused innovations for structural heart disease and critical care monitoring. We are driven by a passion for patients, dedicated to improving and enhancing lives through partnerships with clinicians and stakeholders across the global healthcare landscape. For more information, visit <https://www.edwards.com/gb> and follow us on [LinkedIn](#) and [Twitter](#).

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## Invitation to attend and circulate the Irish Cancer Society Hybrid Event - 'Life After Cancer: Breaking the Taboo for Men'

This **hybrid even for men** that the Irish Cancer Society are organising which aims to provide support and information for men affected by cancer called 'Life After Cancer: Breaking the Taboo for Men', on **Friday, 25th November in St. Peter's in Cork City from 17:45 -19:00.**

Attendees can opt to **come to the event in person** or **watch the event from anyway in the world online via a live stream.** Speakers will include Anita Cahill, Colorectal Nurse Specialist, and Dr Jack Gleeson, medical oncologist. The presentation will also include input from a patient who will outline their own cancer journey.

Our goal is to support men through cancer and life beyond. This hybrid event will include a panel discussion between both health care professionals and people affected by cancer and will aim to provide men affected by cancer with coping tools for during and after treatment. There will also be a Q&A session after the panel discussion during which online and in-person attendees can ask the speakers questions.

Attendees **must register for the event [here](#)** and indicate if they will be attending online or in person

### FREE HYBRID EVENT

#### Life after Cancer - Breaking the Taboo for Men

**A panel discussion and Q&A session: tools for men coping during cancer and beyond.**

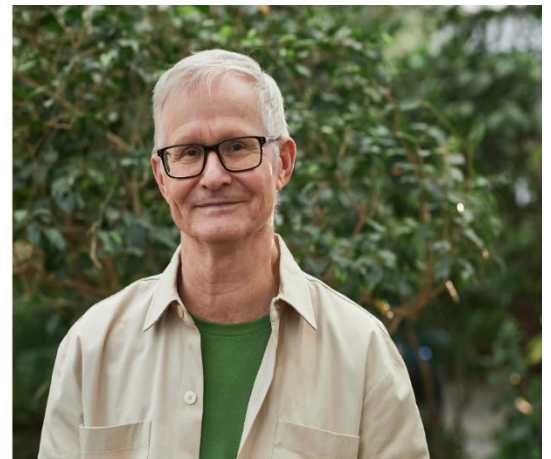
**Friday 25th November**

**5:45PM - 7:00PM**

**Venue: St Peter's, Cork City**

**Tea and coffee at 5:45 with panel discussion starting at 6PM sharp**

**Tickets are free but registration is required. To book at ticket, search 'Life After Cancer - breaking the Taboo for Men' on Eventbrite**



Creative Lives are delighted to invite you to **free one-day conference** in Dublin focused on '[Building Creative Communities](#)'.

- **Tuesday 29 November, 11am - 5pm**
- **Europe House, 12-14 Lower Mount Street**

This event will bring together arts practitioners and organisations to explore diverse perspectives and examples on community-based creative participation from across Europe.

Creative Lives' Chief Executive, Robin Simpson, and [Amateo](#) President, Piet Roorda, will formally open the conference and Create's Director, Damien McGlynn, and Creative Lives' Chair, David Bryan CBE, will give their closing speech.

We will also be joined by Sinéad O'Reilly, Head of Local, Place and Public Art at The Arts Council / An Comhairle Ealaíon, who will deliver a session on 'Increasing creative community engagement'.

You can learn more about the [event's agenda and purpose](#) and [register here](#).

# You are invited

## Building Creative Communities

### CONFERENCE



29 November 2022



Europe House, Dublin

[REGISTER HERE](#)



Co-funded by the  
Erasmus+ Programme  
of the European Union



**Creative  
Lives**

## 'Lock Up Light Up' Campaign

An Garda Síochána continue to advise home owners to lock up and light up during longer darker winter evenings. Gardaí warn home owners to beware of 'bogus callers' with an increase in this type of fraud to date in 2022.



An Garda Síochána  
**Crime Prevention**



LOCK ALL DOORS AND WINDOWS



TURN ON SOME LIGHTS



USE AN ALARM



DON'T KEEP LARGE AMOUNTS OF CASH



STORE KEYS AWAY FROM WINDOWS  
AND LETTER BOXES

IF YOU  
LOVE IT,  
**LOCKUP**  
AND  
**LIGHT UP**

Lock Up and Light Up as part of An Garda Síochána's Operation Thor  
For more information visit [www.garda.ie](http://www.garda.ie)

**Break-ins through front door most common entry route for burglars approximately 33% 'Body pressure' the number one method used to gain entry. 45% of winter burglaries occur between 5pm and 11pm. 1 in 5 access through an unsecured window or door.**

An Garda Síochána encourages homeowners to protect themselves and their homes during longer dark evenings over the winter months. Gardaí continue to advise people to 'close the door on burglars' as analysis show that approximately one third of all burglaries are through the front door with most burglars using their own body to gain entry. The incident of 'bogus tradesmen' is currently approximately 15% increase in 2022.

Gardaí are aware of an increase in the number of incidents of people impersonating Gardaí. Recent incidents of this type involve the 'conmen' requesting to check cash held by the injured party as a result of an increase in counterfeit cash circulating in the area, or that the 'conmen' need to check the security of the house as a result of an increase in burglaries in the area.

**An Garda Síochána will not cold call to a house and request to do either of these.**

An Garda Síochána wish to remind the public that any Garda member calling to your door will have identification. Should you have any concerns about the person at the door, you should not answer the door even if they are purporting to be a Garda. Genuine Gardaí will always provide details to allow you to confirm their identity with the local Garda Station and will be patient while you choose to so. An Garda Síochána continue to advise home owners to 'Lock Up and Light Up' this winter.

Nearly half of burglaries (45%) occur between 5pm and 11pm. Over 20% of winter burglaries involved a premises that was unsecured. There is also an



increase in access through rear entrances by burglars (45%), possibly due to being able to operate more easily in the cover of darkness.

Some simple steps can help protect your home, so whether you are at home or going out remember:

- Turn on some lights, LED bulbs are more energy efficient than traditional bulbs.
- Use timer switches/ motion detectors/ smart lights to turn on lights via phone
- Use motion detector/sensor lights outside, make sure they cover the door and not just the area near the door.
- Lock all doors and windows as part of your regular routine.
- Use an alarm – get it serviced and ensure battery pack is working.
- Store keys away from windows.
- Don't keep large amounts of cash or jewellery in the house.

Based on an analysis of burglaries from January to October 2022, jewellery and cash remain the most common objects stolen. Computers, mobile phones, TVs and games consoles are also among the top items stolen.

Meanwhile, the practice of 'fishing', where car keys are fished through a letterbox by burglars, also remains a problem with the Dublin region most at risk.

## Programme and speakers finalised for Healthy Planet Healthy People conference



**10am on Wednesday, 30 November, 2022**

The countdown is on. It is less than three weeks until the free 2022 Joint Public Health Conference, which takes place online this year and will focus on climate change and health.

On **30 November** hundreds of health professionals, researchers and policymakers, from across Ireland and Northern Ireland and beyond, will convene virtually for the **Healthy Planet, Healthy People** conference to consider the potential impacts of climate change on health, as well as the potential health benefits of taking climate action.

We are delighted to confirm that the [programme](#) for the **Healthy Planet, Healthy People** event is now finalised and can be accessed on the conference website at <https://healthyplanetconference.org/>.

The 2022 Joint Public Health Conference is one of the first major conferences to highlight the impacts of climate change on population health on the island of Ireland.

[Register Now](#)



A Government of Ireland Initiative brought to you by the  
Department of Public Expenditure and Reform

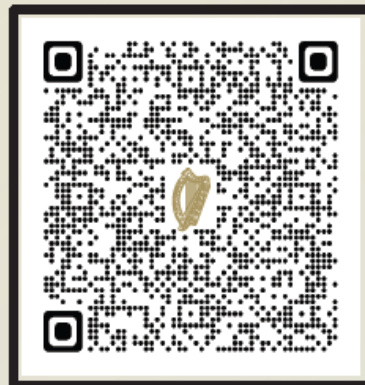
# Have Your Say!

## The future of Digital Public Services

- Do you have ideas for improving public services as we put them online?
- Are there reasons you don't use public services online?
- Are there public services you think should be available online?

Scan here with your smartphone  
camera to find out more:

[gov.ie/YourDigitalServices](http://gov.ie/YourDigitalServices)



*"This is a great opportunity for anyone to inform  
and set the government's digital priorities  
over the next 7 years."*

- Minister of State Ossian Smyth TD

This is a public Consultation and the  
Freedom of Information Act 2014 applies.



Minister McGrath and  
Minister of State Smyth are  
inviting members of the  
public to share their views  
and help shape the future  
direction for digital public  
services.

The Ministers are keen to  
drive up participation levels  
and to get the views of as  
wide a range of people as  
possible.

The QR code on the poster  
will allow you to easily  
access the survey by  
pointing the camera of their  
smart phones at the QR  
code image.

By way of some  
background, Minister  
McGrath, [when launching  
the consultation](#), said:  
*"I am delighted, with the  
launch of this public  
consultation, to give  
individual members of the  
public the opportunity to  
have their say in how we  
deliver government services,  
online or otherwise.*

*We are interested in three  
things: Do you have ideas  
for improving existing public  
services? Are there reasons  
you do not use digital public  
services? Are there services  
you think should be  
available online?"*

The [consultation](#) remains open until **20th November 2022** and fulfils a commitment in [Connecting  
Government 2030, the Digital and ICT Strategy for Ireland's Public Service](#)



# November Workshop: Montessori Education for Dementia



## MONTESSORI FOR AGEING AND DEMENTIA



**ONLINE TASTER INTRODUCTORY WORKSHOP**  
Jennifer Brush  
MA, CCC/SLP

**Learn how to create an environment of joy and purpose, where older adults can flourish.**

Don't miss this opportunity to learn techniques and strategies designed by an international expert in Montessori and Dementia practice.

WEDS 30 TH NOV 2  
PM - 5 PM

FEE: € 39

<http://bit.ly/smsidementia>

BOOK YOUR PLACE NOW  
STRICTLY LIMITED PLACES

+ 353 1 2300080  
info@smsi.ie

### About this Programme

You will learn about Montessori for Ageing and Dementia, an innovative approach which enables individuals to care for themselves, others, and their community—bringing purpose and meaning to older adults' lives, and significantly increasing staff satisfaction.

### About St Nicholas Montessori College

Our College is Ireland's leading provider of Montessori and Early Years professionals offering undergraduate and postgraduate teacher training programmes. Our programmes are accredited by QQI and are recognised by DCEDIYYA, Pobal and SUSI.

This programme supports our vision to bring excellence in Montessori education to the broader education landscape.

### About Jennifer Brush MA, CCC/SLP



Jennifer Brush, MA, CCC/SLP is an award-winning Dementia Educator, author and consultant. With over 25 years of industry experience, Jennifer serves on the Association Montessori International (AMI) Advisory Board for Montessori for Ageing and Dementia and she is the only AMI Certified Educator for Montessori for Ageing and Dementia in the USA.

Jennifer is the author of six nationally recognised books on Dementia and is widely known for her innovative work in *Spaced Retrieval Memory Intervention*, pioneering this area of study in speech-language pathology and publishing two books on the subject. Jennifer's new co-authored book about Person-Centred Care is now available from Wiley Publishing.

### Workshop Details

#### INTRODUCTORY 3 DAY

THUR MARCH 9TH 5PM - 9PM  
FRI MARCH 10TH 5PM - 9PM  
SAT MARCH 11TH 1PM - 5PM

#### ONLINE VIA ZOOM

Person Centred Care  
Why Montessori  
Applying Montessori to Care Settings  
Understanding Dementia & Memory  
Best Practice for Dementia Care  
Putting Montessori to Action

#### TASTER 1/2 DAY

WED NOV 30TH 2PM - 5PM

#### ONLINE VIA ZOOM

Overview of Ageing & Dementia  
Introduction to Montessori  
The potential for Montessori in Care Settings

Workshop Fee: €195

<http://bit.ly/smsidementia>

+ 353 1 2300080  
info@smsi.ie

### Certificate in Montessori for Ageing and Dementia (Level 6)\*



Having completed the introductory workshop, participants can continue to work towards the combined blended-learning QQI accredited 30 ECTS (6 mths) Certificate\* and AMI Diploma:

MD 1: Montessori Education across a Lifespan  
MD 2: Attention, Learning and Memory  
MD 3: Ageing and Dementia  
MD 4: Applied Montessori: Ageing and Dementia

Certificate & AMI Diploma  
QQI Cert. & AMI Dip.  
€995  
(includes workshop fee)



## Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on **Friday November 18<sup>th</sup> at 5pm** for our weekly Zoom. Aodhaghan will be discussing the science of balance, which is a really important topic. As usual, please share this with anyone you feel might benefit from or enjoy hearing about ExWell.

### The schedule is as follows:

5.00 pm: Welcome

5.05 pm: The Science of Balance     Aodhaghán Ó'Deasmhúnaigh

5.25 pm: ExWell Updates             *Danny Fagan*

5.35 pm: Q&A / Discussion.         *All*

### The link for the meeting is

<https://us06web.zoom.us/j/85746150581?pwd=czlrRmFXaWZSYkVOeXVWRzB2NzduZz09>

## Local Updates



## Wexford Library Events

Please find below events and services at Bunclody Library:

- Creative Writing Masterclass for Adults with Caroline Busher - **Thursday 24th November at 7pm.**

Whether you are already writing a novel or want to know where to begin, Irish Times Best Selling author Caroline Busher, will give you her top tips for success. Participants will be given the opportunity to discuss their work and advice on getting their work published.

Places limited, booking required.

- The Glucksman Viewpoints Touring Exhibition

This exhibition will visit Bunclody Library from **21<sup>st</sup> to 30<sup>th</sup> November 2022.**

- Sensory Friendly Quiet Hour

**Every Saturday from 4-5pm**, Sensory Friendly Quiet Hour is observed in the library.

We encourage you to come along and relax in the calm environment of the library. All welcome!

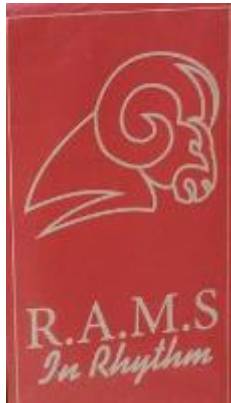


## The RAMS CD Launch

After many months of practice and singing the RAMS in Rhythm launched their first Christmas Carol CD.

The venue for the launch was with kind permission from the Mill Shopping Centre Clondalkin. A great honour, for us, to have the Lord Mayor of South Dublin County Council, Cllr Emma Murphy to launch the event for us. The





Mayor spoke very highly of the excellent support that the RAMS give to many various charities, and the great joy they bring to events, including Peamount Hospital, Tallaght University Hospital, local nursing homes, fundraising in shopping centres, for their nominated charities: SVP Local Branch, Down Syndrome, Our Lady's Hospice, and Capuchin Fathers.

Proceeds from the sale of the cd's will be donated to the four charities before Christmas.



We were so pleased of the presence of Deputy Emer Higgins, and Cllr Shirley O' Hara, who too joined in all the fun, and celebrations. The atmosphere in The Mill Centre was "electric" with so many of the shoppers gathering around and enjoying the launch and the fun. Many shoppers line dancing, doing a sing along, and getting into the spirit of Christmas. Diners in the Dunne's cafe, all clapped along to the new release songs on the CD.

Rudolf the Red Nose Reindeer, was such a favourite with the young children, as was "I say Mammy kissing Santa Clause".



The RAMS in Rhythm Cd contains eighteen of our favourite songs. **The Cd is now on sale**, and the RAMS in Rhythm are again in the Mill Centre next Friday at 12 noon, and we will also be fundraising for the Irish Cancer Society. They are also available for our Musical Director Mr Liam O'Donnell 0872655683.

The launch of the Cd, also coincided, with the fundraising for the Capuchin Day Centre Dublin. With Fr. Kevin of the Capuchin Fathers, calling out to wish the RAMS well with the sale of our Cd's.



Liam 0872655683

Retired Active Mens Social



R.A.M.S  
In Rhythm

€10



# 'Singing for Charity'

All funds (100%) raised from the sale of this CD will be donated equally to:



LauraLynn  
IRELAND'S CHILDREN'S HOSPICE



A total of €2,455 was donated to the Capuchin Day centre, from the generosity of the customers, staff, and the premises of the Mill Centre. The RAMS in Rhythm consist of 13 members (Matt Dowling, Ciaran Dowling, Liam O Donnell, Jim Nolan, Ray O Haire, Amby Maloney, Paddy Becton, Sean Keane, Jim Dwan, Lorcan Ryan, Foxy, Brian Tierney, Pat Weldon).

Our members range in age from 75 years of age to 89 years of age. The RAMS in Rhythm have many engagements now before Christmas, including the Square Shopping Centre on Saturday 2nd December from 12 noon, to 3 pm. Many thanks to all the patrons who purchased our discs, and to all our Families who came to support us.

## Celebrating 10 Years of Kilkenny Age Friendly Journey



For the first time in three years Kilkenny Older Peoples Council (OPC) held its conference in the Age Friendly Ormonde Hotel on Tuesday 1<sup>st</sup> November. Over 170 members and 30 guests attended the celebration of Kilkenny Older Peoples Council contribution to the first decade of the Kilkenny Age Friendly Programme. Those at the celebration were then treated to a premiere of a Video **"Celebrating 10 Years of Kilkenny Age Friendly Journey"** which as the title suggests, is a celebration of the Kilkenny Age Friendly journey from its launch in 2010 to the end of the decade 2019. It was filmed by Ballywire Media in Kilkenny City, & County in recent weeks. Nickey Brennan, Age Friendly Ambassador (pictured right) who led this project is to be commended for his extensive work on this production. He was assisted on the Steering Group by OPC members-Mary O Hanlon, Eileen Ryan, Betty



Dewberry & Michael Delahunty Mr Paul Collins from Ballywire Media is also to be commended his expertise and professionalism in this production.

The Video featured several members of the Kilkenny Older Peoples Council, our Age Friendly Ambassador, as well as representatives from several agencies and community groups. It contains features on the Programme beginnings including its launch by Actress Maureen O Hara, the role of Kilkenny County Council in hosting the programme, the role of the Age Friendly Alliance through which the programme is managed, the role of Kilkenny Older Peoples Council in being the voice for older people, initiatives undertaken by Kilkenny older Peoples Council including I Pads and tablet skills support, Thomastown Age Friendly Town plan, Health Promotion initiatives for older adults, the HSE's Integrated Care Programme for Older Persons, St Luke's Age Friendly Hospital projects and its many parts including its Geriatric Emergency Medical Service (GEMS) to address fragility amongst older people, the ending PJ Paralysis project and its infrastructural improvements, the Memory Matter-Dementia Friendly Town project in Callan, the Kilkenny Age Friendly Business Strategy & National Recognition Scheme roll out, McDonagh Junction Age Friendly Shopping Centre, K Bowl Bowling & The Works retail shop, the Kilkenny City Bus Service, Age Friendly Car Parking, Community Policing and engagement programmes through An Garda Siochana, Kilkenny Age Friendly Libraries services, Adult Education through Carlow/Kilkenny Education & Training Board, Leisure & Exercise through Kilkenny Recreation & Sports Partnership, the Kilkenny Men's Sheds network, Newpark Resource Centre, Clara Cairde Club. Towards the conclusion of the Video, the Chair of Kilkenny Age Friendly Alliance, the Chair of Kilkenny Older Peoples Council, and the Kilkenny Age Friendly Ambassador expressed their hopes for the future of the Kilkenny Age Friendly Programme.

Those who took part in the video were invited to the event. All attendees thoroughly enjoyed the coverage of the projects included. The video was enhanced by drone footage of the majestic scenery of Kilkenny City, its Kilkenny Castle, the River Nore, Nolan Park, the City's many historical buildings and locations. There was also footage of Thomastown & Graiguenamanagh. The Video, which is 53 minutes long, concluded with **"Shine on Kilkenny"** by the band The Kilkenny's, and contained stock footage of Kilkenny's prowess on the hurling field, enough to give every Kilkenny person goosebumps. A proud day for Kilkenny Older Peoples Council.

The Video is now available on social media through Age Friendly Ireland. The link is [https://www.youtube.com/watch?v=IVCk\\_4iCHz8](https://www.youtube.com/watch?v=IVCk_4iCHz8)



The video is part of a project that is being funded by Kilkenny LEADER Partnership (75%), Kilkenny Age Friendly County Programme Ltd (12.5%) and Kilkenny County Council (12.5%). Michael Delahunty, Chair of Kilkenny Older Peoples Council (pictured left) said **"I want to thank the three funding agencies and all those who contributed to the making of this Video. I**



*specifically thank those who have made their contributions to the past decade of progress, without which," he said, "we would not have reason to celebrate today"*



## Winter Safety Talks in Kildare

Winter Safety Talks ❄️ ❄️ ❄️

Kildare Age Friendly County Programme is partnering with Kildare Library Service and Kildare Garda Division to deliver a series of Winter Safety Talks around Kildare this November and December.

These events are aimed at older citizens and will cover topics such as home security, cyber security, scam telephone calls, and road safety in Winter weather conditions.

The events are free to attend, and pre-registration is not required.

Why not pop in for a cup of tea and some helpful advice from your Community Garda and others?

Please contact Carmel Cashin, Kildare Age Friendly County Programme, at (087) 7212966 for further details.

# WINTER SAFETY TALKS 2022

MONDAY 28 NOVEMBER 2022

**ATHY COMMUNITY LIBRARY AT 11 AM**

TUESDAY 29 NOVEMBER 2022

**RATHANGAN COMMUNITY LIBRARY AT 11 AM**

**MONASTEREVIN COMMUNITY LIBRARY AT 2 PM**

WEDNESDAY 30 NOVEMBER 2022

**MAYNOOTH COMMUNITY LIBRARY AT 11 AM**

THURSDAY 1 DECEMBER 2022

**BALLYMORE PARISH CENTRE AT 11 AM**

**NAAS COMMUNITY LIBRARY AT 11 AM**

**KILCULLEN COMMUNITY LIBRARY AT 2 PM**

MONDAY 5 DECEMBER 2022

**CARBURY GAA AT 11 AM**

**ACDAL ALLENWOOD AT 2 PM**

TUESDAY 6 DECEMBER 2022

**CELBRIDGE COMMUNITY LIBRARY AT 11 AM**

WEDNESDAY 7 DECEMBER 2022

**KILCOCK COMMUNITY LIBRARY AT 11 AM**

THURSDAY 8 DECEMBER 2022

**NEWBRIDGE COMMUNITY LIBRARY AT 11 AM**

**KILDARE TOWN COMMUNITY LIBRARY AT 2 PM**

Contact Carmel Cashin  
Kildare Age Friendly  
County Programme at  
(087) 7212966



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association





## Ceol le Chéile to kick off the Christmas Festive Season in Song

Donegal's Intergenerational Choir of ages "Ceol Le Cheile" will kick off the festive Christmas celebrations with their spectacular Christmas concert in St Marys Church, Stranorlar on Wednesday the 23<sup>rd</sup> of November.

Ceol le Chéile is an intergenerational choir made up of older people, children and young people, male and female from all walks of life in Donegal. This project was conceived as part of the Donegal Age Friendly Programme with the aim of promoting social inclusion and developing stronger relationships between older people, children and young people.

This project is up and running since April 2018 and was a great success for the people involved. The motto was always that the people in the choir needed the choir, rather than the choir needing the people. Relationships have since blossomed between both generations, it has helped members health both physically and mentally. It helped members confidence grow and most importantly it gave older people a regular social event to feel part off. They met for choir rehearsals each week and during Coivid they met online, each time they met they had different stories to share and great network of friendships are made.



In the past 5 years this initiative was kindly funded by Healthy Ireland, Donegal County Council, Health Services Executive, SITT - Local Links Bus, Creative Ireland with valuable support from the Atlantic Technology University.

The Choirs performance can be watched from all over Ireland and the world by clicking on the link below at 7.30pm on Wednesday the 23<sup>rd</sup> of November

<https://www.churchservices.tv/stranorlar>

## Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone.

Please **email us** your news to us at [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie) before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget we are on **social media** so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country 😊

**Twitter:** [@agefriendlyirl](https://twitter.com/agefriendlyirl)

**Facebook:** [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

## International Updates



### IFA Global Cafe | In conversation with world-leading designer George Lee "AGE ON TRIAL"

The International Federation on Ageing held a Global Cafe event this morning called: **In conversation with George Lee "AGE ON TRIAL"**.



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:** Call save 1850 24 1850

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