

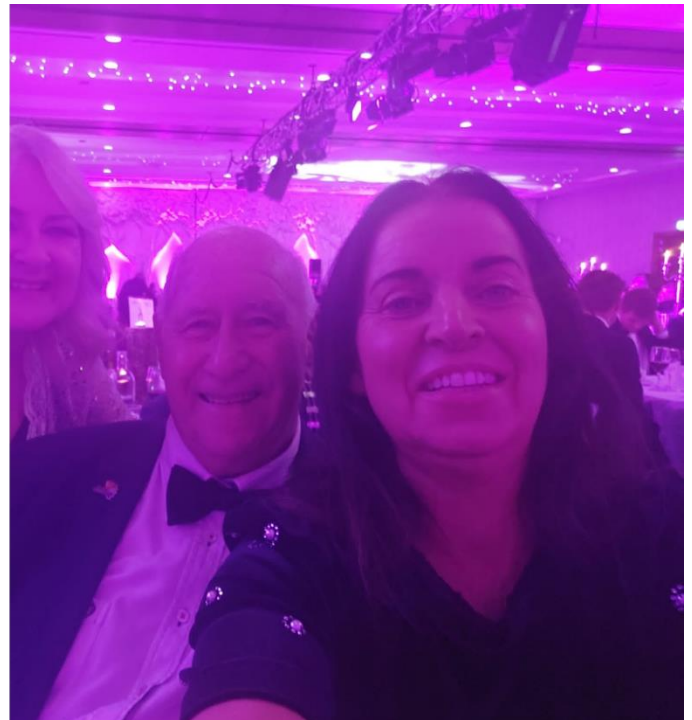
National Updates

Excellence in Local Government Awards 2022



The Excellence in Local Government Awards 2022 took place last night where Local Authorities from across the country come to celebrate their achievements and successes from the last year. In its 19th year, the Awards feature a total of 23 Local Authorities shortlisted over 15 categories.

Clare County Council were recognised for their exceptional leadership in Local Government and outstanding commitment to their communities. Wexford Telehealth won the Excellence in Local Government Award last night under the Age Friendly category. A prestigious recognition of the great work to date.



Representing Wexford Telehealth on the night was Anne Marie Laffan Sláintecare Healthy Communities Local Development Officer Wexford, Lousie Edmonds Regional Programme Manage Age Friendly Ireland, and Kevin Molloy Older People’s Council Wexford.

Meet the Team – Healthy Age Friendly Homes Coordinators

This week we would like to introduce you to Jillian Robinson who is the Healthy Age Friendly Homes Coordinator for Limerick City and County.



Hello, my name is Jillian Robinson and I am the Healthy Age Friendly Homes Coordinator based in Limerick City and County. As a coordinator, I visit older people in their own homes and create a personalised plan to help them to age in place. The job is challenging but more importantly rewarding and it is a privilege to help older people who want to remain living in their own homes or a home more suited to their needs. Another aspect of my role is to create awareness about the programme, I regularly present to groups throughout the county including Active Retirement Groups, Men's Sheds, Tidy Towns groups and others. I give an informative presentation and

encourage individuals to refer to the programme or to pass on my details to a family, friends or neighbours who may benefit from taking part in the programme. I always receive a warm welcome and the groups enjoy finding out about what the programme entails. I highlight videos which were filmed in Limerick and depict cases in real life.



Jillian is pictured with Anne Rizzo (Regional Age Friendly Manager and Catherine Bowes Kelly (Limerick Age Friendly Manager) (Jillian is on the right-hand side) at the Limerick Age Friendly Information Day which took place this week in Adare County Limerick.



This week I presented at Limerick Age Friendly Information Day which took place in Adare Co Limerick. The event was well attended with over 120 attendees and included a welcome by the mayor. The event

included presentations by the Regional and Limerick Age Friendly Managers and myself. The event also included exhibitions by key stakeholders, so I had an opportunity to network and create referral pathways.

If you are in the Limerick City and County and would like to get in touch with Jillian and learn more about the programme locally, you can contact her on **085-8622829** or Email jillian.robinson@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**

MacDonagh is First Train Station to Achieve Age Friendly Recognition

On 21st November, Age Friendly Ireland awarded age friendly status to MacDonagh Station Kilkenny following their successful implementation of the WHO certified four stage process, acknowledging it as the first age friendly train station in the country. MacDonagh Railway Station received its official Age Friendly Charter at a launch event and will now also be recognised by the World Health Organisation (WHO) internationally as model of good practice for age friendly stations. A case study publication was also launched today by Age Friendly Ireland, outlining the work undertaken by Irish Rail, Kilkenny County Council, the National Transport Authority and the Kilkenny Age Friendly Programme and other partners in the initiative.



Dr Emer Coveney spoke about how MacDonagh Train Station will be a demonstrator for other transport stations in Ireland and internationally to take on the Age Friendly recognition process. Our Regional Manager Alice Corbett took everyone through some of the improvements made as a result of the Age Friendly process, how Age Friendly Car Parking spaces at MacDonagh Train Station are easy access parking for older users of the station.

Click here for the full press release:

https://agefriendlyireland.ie/wp-content/uploads/2022/11/Press-Release-Age-Friendly-Train-Station_211122.pdf



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 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.



NetwellCASALA Notes



Thanks to panel members

It is hard to believe we are coming to the last stretch of 2022. Our Living Lab Panel has been very busy this year. We applaud and appreciate all our members for their contribution to a wide range of projects and events. We are looking to grow our panel over the coming year, as we expand membership to those over 55 years of age. Watch out for our end-of-year thank you event in the coming weeks.

Pilates for Positive Ageing Week

We were busy in October, during Positive Ageing Week, attending the Age-Friendly Autumn Medley event in Ardee, events at the Redeemer Family Resource Centre in Dundalk, and events at local libraries. It was great to see so many in attendance and enjoying the events.

Our very own Dr Oonagh Giggins held a free chair Pilates class for panel members. The feedback was so positive, that Oonagh has been persuaded to put on another class this month.

Free chair Pilates class for older adults

In NetwellCASALA, PJ Carroll Building, Dundalk IT

On Thursday, November 24th at 3pm

If you are a panel member and would like to attend the free chair Pilates class (and bring along a friend) call Breda at (042) 93770497.



2023

Panel Call

Do you know anyone over 55 years of age who would like to be part of our panel?

If so, please invite them to contact us about joining the Living Lab Panel for 2023.

Panel members can step down from the panel any time. To be removed from our mailing list, contact Suzanne or Breda at:

Breda.connor@dkit.ie

Suzanne.smith@dkit.ie

Or by phone at:

042 9370497

Love that lasts: Couples who have been together for decades share the secrets to a long and happy relationship

As Bono gushes about his enduring marriage to Ali Hewson, **Arlene Harris** asks three devoted Irish couples what the secret is to a long and happy relationship.



Mai and Frank Quaid, who are married for over 60 years, pictured at their home in Baltinglass, Co Wicklow. Photo: Frank McGrath

Our very own Mai Quaid, Chair of the Older People’s Council in Wicklow was featured in last weeks Independent sharing her insights on a long and happy marriage.

Click here for the full article:

<https://www.independent.ie/life/love-that-lasts-couples-who-have-been-together-for-decades-share-the-secrets-to-a-long-and-happy-relationship-42153920.html>

Energy and Appliances

How to compare different labels

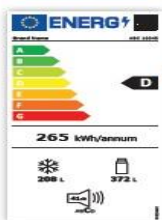
Energy labels explained

56/11 In Label News

The labels below compare information for two different fridge freezers. Electricity is measured by kilowatt hour (kWh).

A kilowatt hour is a way to measure the amount of electricity used in an hour.

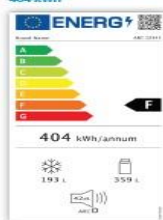
Product 1 is a D rated fridge freezer with annual energy consumption of 265 kWh



Product 1 uses 13.9kWh per annum less than Product 2

Based on an electricity unit tariff rate of 40c per kWh, Product 1 is €55.60 cheaper to run over one year than Product 2.

Product 2 is an F rated fridge freezer with annual energy consumption of 404 kWh

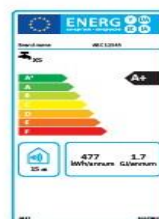


There are a range of energy labels, and each one has product-specific information.

The following pages explain the features of the energy labels for the product categories covered by this guide.

There are two types:

- 1 'Old' style labels with a blue border that have an energy efficiency class range extending to A+ and above
- 2 Rescaled labels with an A to G energy efficiency class and with no border



1 Electric shower energy label

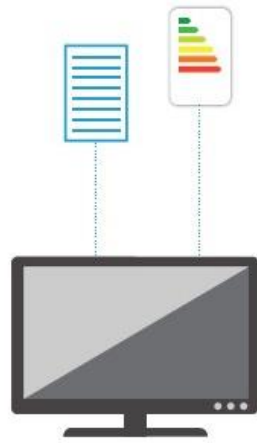


2 Refrigeration energy label

56/11 In Label News

Retailers must:

- Ensure that each product they sell has a clearly visible energy label e.g. placed on front or on top of each product on display.
- On request, at the point of sale, give customers a hard copy of, or show them, the product information sheet.
- Request a replacement label or product information sheet from the supplier if missing or mislaid.
- Cooperate with the MSA and remedy any non-compliances identified.



Important changes introduced by the EU energy labelling regulation:

The EU is phasing in changes to the energy label to make it simpler for consumers to understand. Consequently, certain products have been rescaled from ranges going up to A+++ back to the original A to G energy efficiency ranges. Dishwashers, refrigerating

appliances, washing machines, washer dryers and televisions were rescaled on the 1st March 2021. Lightbulbs (and other lighting products) were rescaled from 1st September 2021 and tumble dryers are scheduled to be rescaled in 2024.

What products must display the EU energy label?

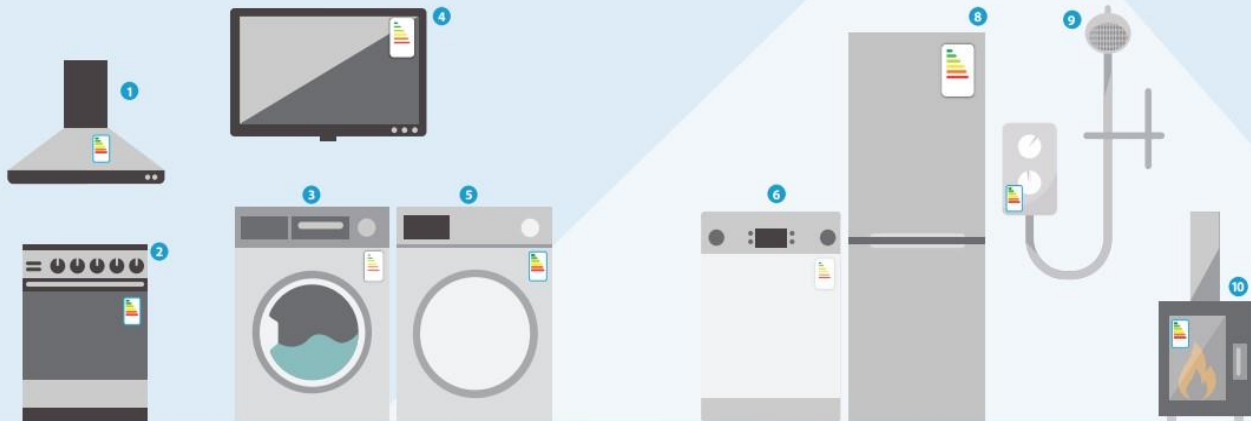
Products requiring an energy label

The energy label applies to a range of products purchased and/or used by domestic consumers. This guide deals with products that are typically sold directly to the consumer by the retailer.

It does not cover products usually purchased on a consumer's behalf by a third party e.g. by a plumber as part of a heating system installation.



The following products are required by law to display the EU energy label:



- 1 Range hoods i.e. extractors
- 2 Domestic ovens
- 3 Washing machines and washer dryers
- 4 Televisions and monitors
- 5 Tumble dryers

- 6 Household dishwashers
- 7 Lighting products
- 8 Refrigerators and freezers and their combinations (including wine coolers)

- 9 Electric showers
- 10 Stoves

- Products subject to the EU energy labelling regulations but not covered by this guide:
- Solid fuel boilers
 - Professional refrigeration storage cabinets
 - Refrigerating appliances with a direct sales function
 - Residential ventilation units

- Air conditioners and comfort fans
- Other space heaters and combination heaters
- Other water heaters, water heaters with solar packages and hot water storage tanks

'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, LOCK UP AND LIGHT UP

Lock Up and Light Up as part of An Garda Síochána's Operation Thor
For more information visit www.garda.ie

The graphic features a large blue padlock on the right side, with the text 'IF YOU LOVE IT, LOCK UP AND LIGHT UP' overlaid on it. The background is dark blue with a subtle pattern of Garda Síochána uniforms.

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.



An Roinn Tírfhóicha,
Rialtais Áitiúil agus Oidhreachta
Department of Housing,
Local Government and Heritage

checktheregister.ie

The electoral registration process has changed. Even if you are already registered, you now need to add your PPSN, date of birth and Eircode. This will allow your local authority to confirm your details and help to ensure the accuracy of the electoral register. You can now use this site to:

- Register to vote
- Confirm or update your details
- Download forms
- [Find more information](#)

For more information click here:
<https://www.checktheregister.ie/en-IE/>

The Floor is Yours!

[Dance Ireland](#) and [Age & Opportunity](#), in consultation with [Dance Theatre of Ireland](#) present **The Floor is Yours!** a networking event for dance artists, companies and organisations working with older people; which aims to strengthen and connect the sector. The event offers workshops, discussions and presentations from those working in the field nationally.





Date: Thursday, December 1st 2022 from 10am until 4pm

Venue: DanceHouse, Foley Street, Dublin 1

Admission: Free, Advance Booking Required



THE FLOOR IS YOURS!

a networking event for dance artists, companies and organisations working with older people

- THURSDAY, DECEMBER 1ST
- 10AM-4PM
- DANCEHOUSE, FOLEY ST
- FREE, BOOKING REQUIRED

www.danceireland.ie / 01-8558800 / info@danceireland.ie

Schedule Overview

10am: Welcome: Tea & Coffee reception in Dance Ireland Foyer

10.30 – 11.30am: SESSION 1: PHYSICAL PRACTICE FOR COMMUNITY & CARE SETTINGS

11:30am – 12.30pm: SESSION 2: THE CULTURE OF CARE

Break

12:30 – 1.15pm: SESSION 3: THE ROLE OF THE ARTIST IN COLLABORATIVE & PARTICIPATORY PRACTICE

1:15 – 2PM: LUNCH– Dance Ireland Foyer

Lunch will be provided on the day, please state your dietary preferences by filling out the Google Form [HERE](#).

2:00 – 2:45pm: SESSION 4: RESOURCING YOUR PRACTICE

2.45pm: BREAK

3:00 – 3.40pm: SESSION 5: A COMMUNITY OF CARE, ADVOCATING FOR YOUR PRACTICE

3:40 – 4pm: Plenary: some time to reflect on the issues of the day

Presenters

Read more about the presenters [HERE](#)

Booking

This event is free to attend, but booking is essential. Please register your attendance via Mindbody at the link included [HERE](#).

Lunch will be provided on the day, please state your dietary preferences by filling out the Google Form [HERE](#).
Queries can be directed to Arts Programme Administrator, **Madison Riffin** at arts@ageandopportunity.ie.

Travel Bursaries

Dance Ireland and Age & Opportunity are offering 6 travel bursaries of €100 to dance artists who wish to attend The Floor is Yours and are living over 75km from Dublin. Eligible applications for the bursaries will be considered. The closing date is Friday 25 November at 5pm
If you wish to apply. please fill in this form [HERE](#)

Siel Bleu Ireland

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EXERCISE FOR OLDER ADULTS

Increase Independence | Increase Strength | Increase Coordination | Increase Mobility |



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- Classes delivered by Siel Bleu Ireland Physical Trainers.
- Workouts can be done while seated, standing or a mixture of both.
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- Regular meeting with our trainers in the comfort of your own home.
- All for just €35 per session.

Open your camera and Scan the QR code to install the Glofox app on your phone



As well as our well-developed exercise programme's for the aging adult we at Siel Bleu are leading the way in exercise medicine application at an affordable price. We work with a variety of chronic conditions such as COPD, Stroke, Dementia, Heart conditions and much more.

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sielbleuathome@sielbleu.ie

0877440008
(9-5 Mon-Fri)



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Exwell Weekly Zoom

Dear ExWell Participants and Friends,



Please join us this week on **Friday November 25th 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: Understanding Breathlessness *Noel McCaffrey*
- 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



Bunclody Library, Wexford Library Events

Adult Book Club - Thursday 1st December at 7pm.

All are welcome to attend our Book Club meeting in the library on Thursday 1st December at 7.00pm. Snow Blind by Ragnar Jónasson will be discussed on the night. Copies of the book available to borrow, just ask at desk in the library.

Irish Christmas Folklore, Customs and Traditions: A talk by Michael Fortune – Thursday 8th December at 7pm.

Join Michael Fortune, artist/folklorist, for a special talk where he looks at Christmas from a uniquely Irish perspective. Delving into Michael's wealth of research and knowledge, this talk will introduce you to first-hand source customs and traditions found around the country- from Christmas mumming plays and carols, to the keeping of pieces of straw from the Christmas crib and the burning of last year's Christmas holly.

Places limited, book online at wexfordcoco.libcal.com or telephone 053 9375466.

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!



Age Friendly Laois Launch I.C.E. Card Initiative

Age Friendly Laois launched a new initiative on Tuesday the 22nd November 2022. It is the I.C.E.

(In Case of Emergency) card. Designed to be carried on the person, in a wallet or purse, the card was conceived as an aid to first responders, in identifying a person and having access to vital information. It is particularly important if a person is non-responsive.

The card's primary function is to provide valuable information to first responders such as: Name, Eircode, who to contact in case of an emergency, allergies, blood type and medication. These details are to be filled in by the holder of the card and kept on the person.



The input of first responders ie the Gardai, the HSE, and the Fire service was sought as to what was the most important information to have in case of an emergency.

The secondary function of the card is to contain some useful contact numbers, such as Emergency Services, ESB Networks and Gas Networks Ireland.

The third function of the I.C.E. card is to direct users of the card to a Community Information App “LocalHub”. Age Friendly Laois have a feed within this App, in which information regarding events, crime prevention advice & articles of interest are shared. The App is divided into various service categories/geographical areas of Laois, for ease of use.

Councillor Barry Walsh, on behalf of Cathaoirleach Councillor Thomasina Connell noted the importance of having this card and praised any initiative that could save precious time in the event of any emergency. He also saw the value in a Community information app for the county, as a way of getting localised information.

At the launch, first responders had the following to say about the I.C.E. Card Initiative-

Sergeant Graham Kavanagh, An Garda Síochána, said in supporting the initiative, that ***“in all circumstances, Gardaí like all first Responders have a duty to preserve life and property. Unfortunately, we all attend to situations where we find people gravely ill. Sometimes the individual is not able to communicate. The ICE card means that we have access to information to us as first responders and also to further services as required”***.

Mr Declan Power, Chief Fire Officer, Laois County Fire & Rescue Service complimented the initiative saying that ***“The ICE card, along with your Eircode, are the two most important pieces of information to have in the event of an emergency & you or your loved ones needing assistance.”***

Civil Defence Officer with Laois County Council, Mr Damien Dollard, welcomed the initiative and said ***“When attending someone who requires medical assistance first responders and ambulance crews rely on a patient’s medical history such as medical conditions, allergies and a list of what medications someone is prescribed. Having this information easily to hand along with Eircode and who to contact in case of emergency will greatly assist first responders providing medical support to a patient. “***



The cards are available from Age Friendly Laois and are also being distributed through Laois County Council's Library Service, Laois Sports Partnership, Laois & Offaly Education & Training board, An Garda Síochána & Laois & Offaly Local Link, all of whom are members of the Laois Age Friendly Alliance.



For more information and to request ICE cards for your group or to find out more about Age Friendly Laois, contact Tom Curran on 05786 64150/ 086 0363426 or tcurran@laoiscoco.ie

[More information on Age Friendly Laois is available on our website..https://laois.ie/departments/community/promoting-social-inclusion/#2](https://laois.ie/departments/community/promoting-social-inclusion/#2)

To download the Local Hub app, scan this QR code, visit <https://localhubireland.ie/> . Find Age Friendly Laois information on the app and for live notifications, hit subscribe!

Older Persons Council Training

Cavan's Older Persons Executive received the Older Persons Council Training yesterday 24th of November in the Cavan Crystal Hotel.



OPEN DAY FOR AGE FRIENDLY LIMERICK

130 attendees came along to the Woodlands Hotel Adare on Monday the 21st, November 2022 for our OPEN DAY. The focus on the day was to create more awareness about Age Friendly, to stimulate interest for new people to nominate themselves on to our Old Persons Executive and to continue our consultation process for our second Age friendly strategy.

All three objectives were achieved, and it was a very successful day. Mayor of Limerick City and County, Cllr Francis Foley opened the days event.





Presentations were given by Anne Rizzo our Regional Programme Manager, Ireland West International Relations Officer who gave a very Informative presentation on National Age friendly structures and also provided information about how older peoples councils work.

Jillian Robinson, Coordinator Limerick City and County presented on the Healthy Age friendly Homes programme and also hosted a stand on the day. The final presentation was given by Catherine Bowes Kelly, Limerick Programme Manager on the Local Age Friendly Programme and Catherine also did MC on the day.



Kathleen O' Meara of Mo Flynn Consultants Ltd then did an interactive piece focusing on seven questions to get opinions and needs of the group to widen the net for gathering information necessary for our second strategy. The group engaged very well on this piece of work and lots of information was returned on post it's we had provided to get the required information.

Stalls at the event were hosted by Bank of Ireland, Shannon Airport, Garda Community policing, Limerick Sports Partnership, Limerick Fire and rescue, Citizens Information, HSE Home support, Healthy Age Friendly Homes Programme, Limerick library service, HSE Nursing Homes support, and ICPOP Integrated Care programme for older persons.



Catherine Bowes-Kelly stated “We are delighted to have had such a wonderful turnout and to see so many people interested in Age friendly and the Older People’s Council in Limerick. The new OPC will be a key means of hearing the needs of older people in Limerick. Many on the day also took the opportunity to complete the survey designed for gathering information for our second Age Friendly strategy. I think it is fair to say the day was enjoyed by all with a great buzz, full engagement and lots of information of interest which attendees were delighted to hear and gather as they visited the stands on the day and listened to the presentations”

Mindfulness Packs – Kilkenny Older People Conference

For the first time in three years Kilkenny Older Peoples Council (OPC) held its conference in the Age Friendly Ormonde Hotel on Tuesday 1st 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.



In the photography is Executive Committee Members, Eileen Ryan, Janice Cully, Kathleen Meagher, and Charlotte Daniels busy registering attendees.

It was the first time for many to attend such an event. Betty Dewberry, former Chair, acted as MC for the day. She provided to the attendee’s informative introductions for all speakers, as well as the event arrangements.

Mindfulness Care Packs Launch:

Betty Dewberry had an additional role at the Conference as both Mary O’Hanlon and herself developed the idea of providing Care Packs to those who may need reminding that life can become very stressful, our minds filled with anxiety, planning and worrying as she highlighted the availability of care packs based on the practice of Mindfulness using the five senses -sight, sound, smell, taste and touch to help us slow down and live in the moment.

The items in the Care Pack are based on the practice of Mindfulness which is our basic ability to be fully present and aware of where we are and what we are doing so we're not so overwhelmed by what's going on around us.

- ◆ Sight -Spend time colouring or reading about life in Ireland in the sixties
- ◆ SOUND- Listen to the sound of the chimes in the garden or the house
- ◆ SMELL- Rub in the hand cream and concentrate on the lovely aroma
- ◆ Taste -Have a cup of tea and a biscuit, and savour each mouthful
- ◆ Touch- Feel the softness and warmth of the blanket or squeeze the stress ball to relieve tension



Mary O Hanlon and Betty Dewberry launching the Mindfulness Care Pack

“Wherever you are, be there totally” -Eckhart Tolle

OPC members were encouraged to bring a care pack to someone who they consider needs it. 100 packs are being made available through Kilkeny Older Peoples Council.

Information Stands: Information Stands were provided at the Celebration by Kilkeny Fire Service, An Garda Siochana, Kilkeny Volunteer Centre, Kilkeny County Library, ALONE, Carlow/Kilkeny Education & Training Board, McDonagh Junction Shopping Centre, Health Promotion Department of the HSE, Kilkeny Recreation & Social Partnership.

Helping at the Information Stands:



ALONE



Kilkeny/Carlow ETB



Kilkeny Library Services



Kilkeny Volunteer Centre



**KRSP (Kilkenny
Recreation & Social
Partnership)**



Health Promotion HSE



Kilkenny Fire Services



**MacDonagh Junction Shopping Centre
Dominique Dumez & Marion Acreman**

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 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 Ms. George Lee
"A PANORAMIC VISION ON LONG TERM CARE IN BRAZIL: CHALLENGES AND PERSPECTIVES."**

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ms. George Lee "A PANORAMIC VISION ON LONG TERM CARE IN BRAZIL: CHALLENGES AND PERSPECTIVES."

ifa Global Café
in conversation with experts

“A Panoramic Vision on Long Term Care in Brazil:
Challenges and Perspectives”



FRIDAY
25 NOVEMBER 2022



7:00 A.M. EST



KARLA GIACOMINI
DIRECTOR
FUNDAÇÃO CUIDADOSA

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: Call save 1850 24 1850

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