



National Updates

Age Friendly Primary Care Centre

On Monday we were delighted to see Athy Primary Care Centre achieve Age Friendly Recognition and become the first Age Friendly Primary Care Centre. This is a key objective of the Housing Options joint policy with SlainteCare and the Programme for Government. Minister of State Martin Heydon formally opened the care centre.

A Primary Care Centre provides many of the health or social care services that you find in your community, their aim is to keep patients out of hospitals by providing these services locally. Access to health care is one of the most important issues for Older People, who cite challenges such as transport, access to buildings, appointments and wayfinding. The Age Friendly process relies on older people to co-design solutions to challenges that they identify. Age Friendly Ireland undertook to develop guidelines for Age Friendly Primary Care Centres because we recognised a unique opportunity to inform the planned development of new Primary Care Centres around the country.



Healthy Age Friendly Homes

This week we would like to introduce you to Marie Nolan who is the Healthy Age Friendly Homes Coordinator for County Cork.



Hi, my name is Marie Nolan and I am the Local Co-ordinator for County Cork with the Healthy Age Friendly Homes Programme. I am originally from Mayo and moved to Cork in June this year to take up this post. I am based in Cork County Hall and have loved getting to the know the older population of Cork, the Health and Social Care Professionals in local communities, Voluntary Organisations and my Colleagues here in Cork County Council. I have visited older people in their homes all over Cork County from Castletownbere to Mitchelstown to Bantry. I help Participants on the Programme identify an action plan which can improve their current situation from making their homes more accessible to supporting with referrals for Primary Care Services. The action plan is unique to each individual as it is person-centered and self-directed by the Older Person.

If you know of someone who would benefit from a referral or indeed if you would like to make a self-referral, please do not hesitate to contact me I would love to hear from you. I am also available to facilitate information sessions to groups who would like more information on the programme. I can be contacted on marie.nolan@meathcoco.ie and **0857483462**.

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**

Creative Initiatives



Last year TILDA research launched in 2021 and showcased evidence of positive health outcomes for older people from creative engagement . As a result of this Creative Ireland and Age Friendly Ireland worked together on creative initiatives for older people. A consultation with older people was done in six regions January 2022 and a call for expressions of interest from creative partners was put out. Six bespoke regional initiatives were designed and rolled out April –October 2022

Here are videos from just some of the Creative Initiatives that took place which you might like to view over the holiday period:

The Road of Life was a travelling roadshow of music and songwriting sessions led by professional Musician Ger Wolfe. Inspired by the people he met in the counties of Cork, Kerry, Clare, Limerick, Tipperary and Galway, Ger wrote songs and performs them in this video. Link: <https://youtu.be/u-fu0gkwL34>



The Autumn Medley events took place in five areas in the East region – these events were large scale creative happenings that allowed older people to sample a wide array of creative activity

Autumn Medley <https://youtu.be/I0lls7B7Keg>



Ceili Recall was a train the trainer initiative in adapted ceili traditional Irish dancing in the Dublin City area. You can see the animation made about the project on this link. <https://vimeo.com/user40953510/ceilirecallanimation>



All the initiatives were funded by Creative Ireland and delivered with support from local Age Friendly Programme Managers, Regional Managers, creative partners and Older People's Councils across the country.

Age Friendly Research

AN INVITATION TO TAKE PART IN RESEARCH ON OLDER LGBTQI+ PEOPLE'S INTERGENERATIONAL FRIENDSHIPS

What is the research about

Researchers in UCD and Trinity College Dublin are conducting research with older LGBTQI+ people in Ireland who have, or have had, friendships with LGBTQI+ people who are older or younger than them. This research is about the ways that LGBTQI+ people experience intergenerational friendships with other LGBTQI+ people in Ireland. It explores how and why LGBTQI+ people develop friendships with LGBTQI+ people significantly older or younger than them, and how these friendships impact their sense of belonging and community.

We would like to talk with you face-to-face or online

If you :

- Are 55 years of age or older
- Live in Ireland
- Have/had an intergenerational LGBTQI+ friendship (with someone not related to you who is 12/15 years or older or younger than you) for at least one year.

What taking part means

Taking part involves speaking with a researcher in complete confidence for approximately one hour, in person, online or over the phone - you choose what suits you best. If you are interested in taking part or would like more information, please contact:

Dr. Ernesto Vasquez del Aguila, either by Email: ernesto.vasquezdelaguila@ucd.ie or Phone: 01 716 8255 or WhatsApp 087 1843344 .

Dr. Catherine Elliott O'Dare by email elliott@tcd.ie or phone 01 8962058.

Theresa Schilling by email theresa.schilling@ucdconnect.ie or WhatsApp it's 089 220 8291.



Fuel Poverty in the Midlands Region: Older Person's Perspectives



Are you aged over 55 and live in the Midlands region?
Have your voice heard on fuel poverty and implications for older people here:

<https://maynoothuniversity.onlinesurveys.ac.uk/fuel-poverty-midlands>

Maynooth University and Age Friendly Ireland are undertaking a study on **fuel poverty** in the Midlands to identify the extent of fuel poverty, how many older people are affected and how those most at risk can be better supported.

For further information contact: Adrienne.Mccann@mu.ie



National Age Friendly Ireland Programme
A Shared Service Function of Local
Government





Kildare Older Person’s Council members and Naas Men’s Shed attended the Innovation Value Institute (IVI), at Maynooth University, over the course of 3 weeks in November to pilot test the new software developed in the framework of “Responsible AI for Person Empowerment on Health and Wellbeing – RIPE” project. The RIPE software is designed to help people better understand their symptoms and diseases, by providing them with health information that is relevant, of good quality, and easily understood using Artificial Intelligence. The RIPE software has been developed by Dr Marco Alfano, of IVI, in collaboration with some international universities.

During the three weeks of pilot testing, Dr. Alfano presented the RIPE software and some use cases, and Dr Adrienne McCann, Research Manager with MU and Age Friendly Ireland, facilitated the discussion and interaction with the participants. The pilot was part of a larger body of work, trying to make research opportunities more accessible to older people in the Kildare Region. Special thanks to Louise Edmonds, Age Friendly Ireland Regional Manager and Carmel Cashin, Kildare Age Friendly Programme Manager, who were key in coordinating the pilot and identifying participants to take part. Louise was also on hand to present certificates to participants on completion.



The final day of the pilot consisted of a focus group, ran by Dr. McCann, to gather feedback on the project. Professor Brian Donnellan, Vice President for Research, Maynooth University congratulated all for taking part.



'Speak Now Communicate Well in the Workplace' Book Launch

Many congratulations to our very own Orlaith Carmody who relaunched her book 'Speak Now Communicate Well in the Workplace' which launched Wednesday 14th. It is a new, fully revised version of Orlaiths previous book, 'Perform as a Leader', which came out 7 years ago. Delighted you are sharing your wisdom with us.



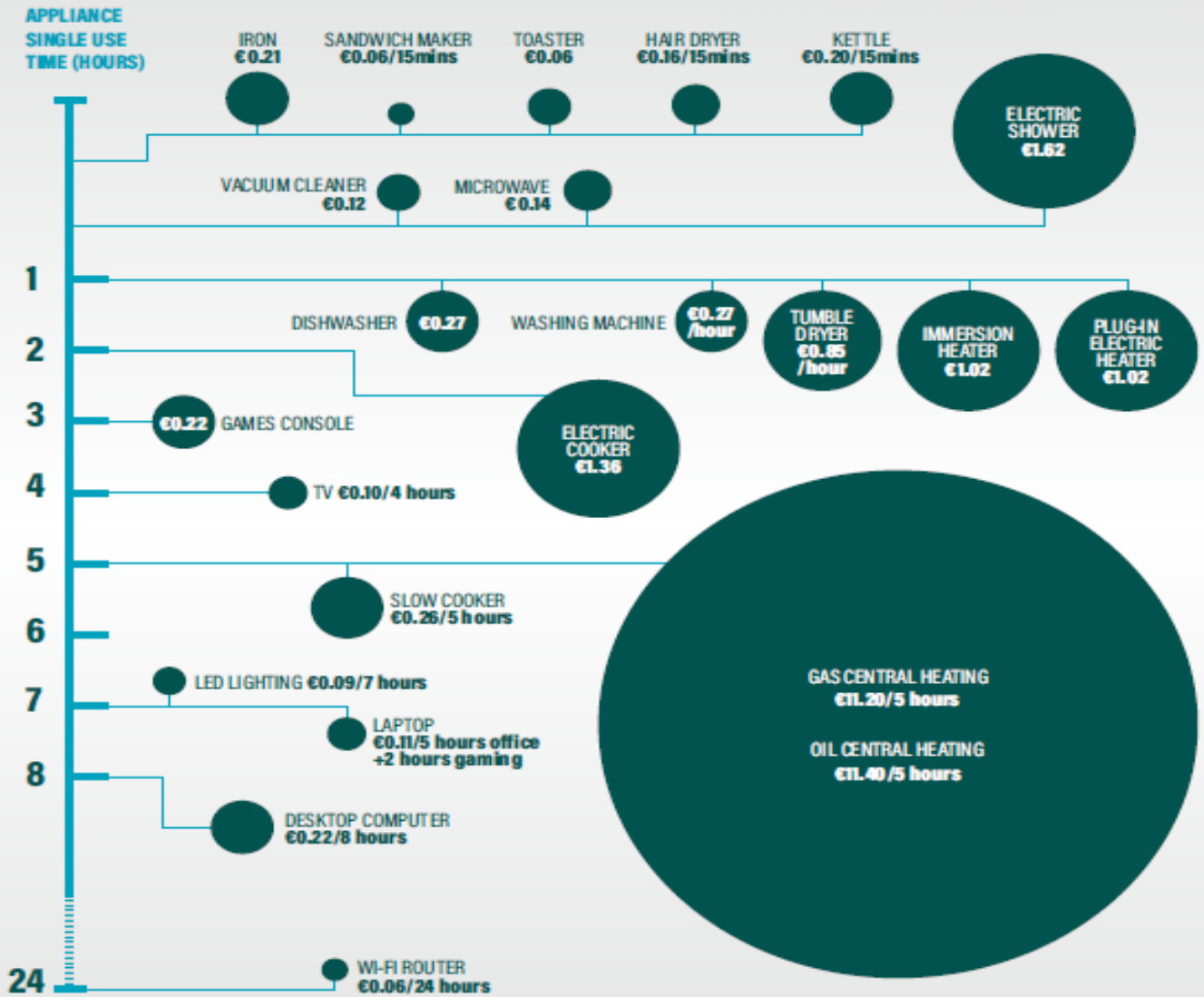
Pictured with Orlaith is her fabulous 92 year old mother, Blathnaid, who braved that weather to join her at the book launch.

Stay Warm and Winter Ready

The government are asking people, where safe and possible to do so, to turn their thermostat down and consider when they use larger appliances.

Know your appliances

This useful graph shows you which appliances use the most energy in your home: the bigger the circle, the more energy the appliance uses. Reducing how long you use them for can help to cut your bills. But be sure to only reduce your use when it's safe to do so, and stay warm and well this winter. More information on the calculations below can be found at gov.ie/ReduceYourUse



The Government of Ireland are aware that there are people we need to ensure stay warm and well this winter. That is why we are partnering with CRU, MABS, ALONE and SEAI, and have published a 'Stay Warm and Well' [Booklet](#) with details and advice for everyone.

Through Budget '23, Government are already introducing a range of supports to lessen the financial impact on families, households and businesses.

There are a range of organisations ready to help you stay warm and well this winter.

[CRU provides protection and supports for energy customers](#)

[MABS provides support and advice to manage money and bills](#)

[ALONE offers supports to enable older people to live at home](#)

[SEAI can help you to be more energy efficient in your home](#)

[The government is helping businesses manage costs](#)

[Government supports to help manage the cost of living](#)

Energy Poverty Action Plan

Announcement of a new plan to help deal with energy poverty, with a new Government fund to be created. The Energy Poverty Action Plan

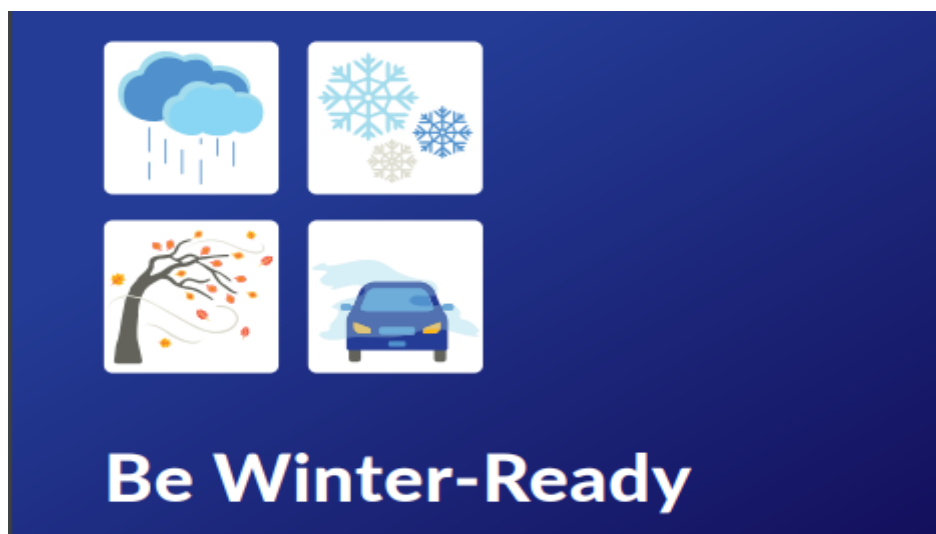
- the plan is the creation of a €10 million hardship fund
- the fund will be made available over the winter months and into early next year
- aimed to bolster existing hardship funds which are run by individual electricity and gas companies
- the fund is mainly used to support people who use pay-as-you-go (PAYG) gas and electricity meters
- people who receive the Fuel Allowance, Working Family Payment, One-Parent Family Payment, Domiciliary Care Allowance, Carers Allowance or are on Job Seekers Allowance for more than six months will be included.

For more details please click on the articles below:

<https://www.thejournal.ie/energy-poverty-plan-cabinet-5944479-Dec2022/#:~:text=The%20plan%20includes%20a%20%20E2%82%AC,fund%20for%20vulnerable%20energy%20customers.&text=ENVIRONMENT%20MINISTER%20EAMON%20Ryan%20has,over%20the%20next%20two%20years>

<https://www.bordgaisenergy.ie/home/help/what-is-the-energy-support-fund>

<https://www.electricireland.ie/news/article/customer-hardship-fund-support>



The 'Be Winter-Ready' campaign informs the public of what is being done in relation to winter preparations and where they can source valuable information that can assist them through a difficult period. The main message is simple: Be Prepared, Stay Safe and know where to find help should you need it

<https://www.gov.ie/en/campaigns/aa78b9-be-winter-ready/?referrer=>

<https://www.garda.ie/en/about-us/our-departments/office-of-corporate-communications/news-media/be-winter-ready-2022.html>

You can download these booklets from the websites above, or you can contact your local library, Garda Station or Local Authority office to send you out a hard copy.

Keep Well and Warm HSE Booklet



Cold weather can be a problem for anyone, especially older people, children, people with a disability and those with long-term illness. This booklet brings together all the information and support available to householders who may experience difficulties keeping well and warm during winter.

Download the booklet here:

<https://www.hse.ie/eng/services/publications/olderpeople/wellandwarm.pdf>

Age Action Keeping Warm this Winter



With many of us worrying about rising fuel costs and cold winters, OFTEC, the organisation that supports and upholds standards in the oil heating and cooking industry, has teamed up with Age Action Ireland to bring you all the information and advice you'll need to keep warm this winter – and get the most for your money on oil.

To download a copy of this booklet, click here:

https://www.ageaction.ie/sites/default/files/attachments/keeping_warm_this_winter_leaflet_2.pdf



Join the Jury to select the European Capital of Democracy

Join the international jury to select the first European Capital of Democracy

Three cities have been shortlisted by the Experts' Jury to become designated the first European Capital of Democracy (ECoD).

- **Barcelona** (Spain)
- **Braga** (Portugal) and
- **Brussels** (Belgium)

They have now entered the final phase of this exciting competition. The three cities' programmes convinced the Experts' Jury who shortlisted the finalists, with their multifaceted approach toward democracy, with innovative civil society projects, and proven ability to collaborate and inspire action across borders.

The title will be granted to one of these cities in January 2023 by a Citizens' Jury of up to 10,000 Europeans.

Will you be one of them?

Register as Citizen Juror until 31 December 2022 to play a crucial part in the future of the first European Capital of Democracy:

[Click here to join now!](#)

After the selection of the European Capital you will receive an official certificate as a Citizens' Juror and you will be offered access to info sessions, online trainings and surveys. With a bit of luck, you can even win tickets to events in the European Capital of Democracy!



Music Capital Scheme 2022

We are about to launch the [Music Capital Scheme 2022](#)

The scheme, which comprises three different awards, supports the purchase of musical instruments and is designed to respond to a broad range of capital needs within the music sector in Ireland. The Music Capital Scheme is supported by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media and managed by Music Network.

The three awards available are outlined below; please note which awards are most relevant to your organisation/members:

- **Music Capital Scheme - Award 1** supports the purchase of musical instruments by non-professional performing groups
- **Music Capital Scheme – Award 2** supports the purchase of musical instruments by individual established professional performing musicians

- **Music Capital Scheme – Award 3** supports the purchase of musical instruments by individual emerging professional performing musicians

The Scheme will be launched tomorrow 15th December and applications will be accepted until **2pm, Tuesday 28th February 2023**.



You can find details of the Scheme on the Music Network website here (this page will be updated tomorrow at 10am): <https://www.musicnetwork.ie/instrument-hub/music-capital-scheme>.

An extensive range of applicant supports will be delivered during January and February 2023. These supports will be available to both organisations and individuals, with a particular focus on supporting first time and previously unsuccessful applicants. These will include **two Music Capital Scheme Information Sessions** on Facebook live, **five Zoom seminars** on key topics relating to the application process along with a limited number of **one-to-one consultation sessions** with each speaker, and **one-to-one sessions on Writing and Presentation Skills**. Please visit the [Music Capital Scheme webpage](#) for full details of the supports available; all supports are provided free of charge to applicants.

HSE Health and Wellbeing Christmas Concert 2022 – Live Broadcast 4 p.m. on the 21st December.



**HSE Health and Wellbeing
CHRISTMAS CONCERT 2022**
Join us for some Festive Song!

Date: **Wednesday 21st December**
Time: **4 – 5.30pm**

Presenting *HSE Staff Choirs and Special Guests*

JOIN THE CONCERT LIVE ON THE DAY and you will be in with a chance to win a family ticket to **Toy Show the Musical** (2 winners will be chosen at random)


REGISTER HERE

#Sing4HealthyIreland

HSE Healthy Ireland Health and Wellbeing is once again hosting the Health and Wellbeing Christmas Concert. With festive song and season's greetings to staff, their families and friends across the country on **21st December**.
 The event will include performances from numerous staff choirs from the four corners of Ireland, with special guests stopping by to say hello throughout the show.

HSE Health and Wellbeing support and encourage staff choirs in the health service as a means of promoting the health and wellbeing of staff and this annual event gives some of our staff choirs the opportunity to share the joy of singing. This year's Christmas concert promises to be another wonderful event.

Registration is now open and can be accessed [HERE](#)



Exwell Weekly Zoom

Dear ExWell Participants and Friends,


Please join us this week on **Friday December 16th at 5 pm** for our weekly Zoom. This week we will focus on our new online offering (The Levels Project) with Danny and Fiona. As usual, please share this email 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 Levels Project	Dr. Fiona Skelly and Danny Fagan
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/89373434559?pwd=QIVOZHpwL2djc0ZFVURCeEM5WTVvUT09>

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 Mr. Kenneth Mugayehwenkyi on “Overturning the Ageist Preconceptions In Eastern Africa”

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Mr. Kenneth Mugayehwenkyi on “Overturning The Ageist Preconceptions In Eastern 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: Call save 1850 24 1850

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