

National Updates



Sláintecare.



Meet the Team – Healthy Age Friendly Homes Coordinators

This week we would like to introduce you to Danielle Monahan who is the Healthy Age Friendly Homes Coordinator for Fingal.



Hello, my name is Danielle Monahan. I am from Co. Dublin and I'm a Capricorn- I am stubborn but loyal! My role is support older people to remain living at home, which is where they want to be, for as long as possible. Since I started in May 2021, a large part of my role has been helping people to apply for grants to adapt their home to make it more accessible and comfortable and I also link people into local health services and community support services.

This job is about people and I love people, especially older people! I enjoy meeting new people and hearing their story. We all have a story, some days there are tears but a lot of laughs along the way. The job satisfaction is knowing that I have made a difference to someone's day and hopefully the quality of their life. Everyone can feel vulnerable at any time in their life and I hope that someone will help and support me in the same way in the future. I better keep buying my niece presents!

*Danielle is pictured above presenting to Fingal Older People Council giving them an update about the programme.*

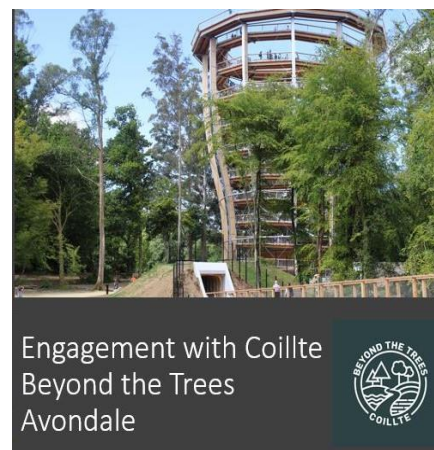
If you are in the Fingal area and would like to get in touch with Danielle and learn more about the programme locally, you can contact her on **085-8622861** or Email: [danielle.monahan@meathcoco.ie](mailto:danielle.monahan@meathcoco.ie)

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**



## Irish Physical Activity Research Collaboration Conference

This week Dr. Emer Coveney, Age Friendly Ireland National Programme Manager, was speaking at the Irish Physical Activity Research Collaboration conference in UCD about improving access to spaces for physical activity across the lifecycle, using the excellent example of Beyond the Trees Avondale and Coillte's work to improve recreational space for older people and other wonderful initiatives from around the country.



Engagement with Coillte  
Beyond the Trees  
Avondale



## A Homeowner's Guide To Heating Controls

Pointers on home maintenance:

- Heating can account for as much as 84% of Home Energy use.
- According to SEAI ( Ireland's National Energy Authority ) "Typically homeowners can reduce their energy usage by up to 20% by installing heating controls in their home and using these controls in an efficient manner.
- Smart Heating controls are all about matching your Energy needs to your working and living patterns.
- Heating systems should be split into two independently controlled "zones" 'Space Heating Zone' and your 'Domestic Hot Water Zone'

For more information click here:

<https://agefriendlyireland.ie/wp-content/uploads/2023/01/SEAI-Guide-To-Heating-Controls.pdf>

Also, boiler service guidance:

[Our Services | Bord Gáis Energy \(bordgaisenergy.ie\)](#)

[Servicing | Gas & Oil Boiler Services | Bord Gáis Energy \(bordgaisenergy.ie\)](#)



## Would you like to support the health and well-being of older adults?

University College Dublin is seeking older adults (65+) in Cork and Kerry to take part in a research project to help build a new platform to support people to live well and independently in the community.



The ValueCare Project is a Horizon2020 European-funded project, in collaboration with the HSE, which is investigating how technology can promote self-management and lifestyle coaching as people grow older. The technology has been created in partnership with older people based on their values:

“We are not building a service or technological solution by ourselves and assuming it will be helpful we are

collaborating directly with older people to build a solution through their experience and feedback - their values are at the heart of everything we do.”

This is an exciting and unique opportunity to contribute to a European-wide project that could revolutionise care through technology.

To get involved, participants only have to complete a short questionnaire!

**Would you like to know more?**

**Call us on 087 115 1502**

**Email us at [ethan.mcgrath@ucd.ie](mailto:ethan.mcgrath@ucd.ie)**

## New Community Programme for Older Adults - Maynooth University

### FREE! Community programme for people living with dementia!



#### Participants needed!

- ✓ Are you age 65+
- ✓ Have a diagnosis of early-stage dementia
- ✓ Not currently experiencing depression or anxiety
- ✓ Willing and able to attend sessions in Maynooth town

If so, you are eligible to take part in our project!



Memory trouble can affect a person's wellbeing. Here, we are looking for people who are living with early-stage dementia and wish to understand how to improve their quality of life. Reminiscence Therapy, where you reflect on memories throughout your life and share them with others, might help.

Taking part in our project involves answering some questions and participating in group activities. You will complete questionnaires about your mood, life history, and daily living experience. Then, once a week, we will meet in small groups (5-10 people) to talk about our memories and participate in activities like walking or listening to music.

A weekly session might look like :

- 15-minute settling-in and welcome
- 30 minutes of guided activity
- 15-minute comfort break
- 30 minutes of group reminiscence

You are invited to bring a family member/spouse/carer to the sessions. They will not have any tasks to carry out during this project, but they are welcome to attend for your comfort. You will meet once a week for six weeks.

#### How do I let you know I'm interested?

For more information and to take part, contact us to chat!

Email: [Muageing@gmail.com](mailto:Muageing@gmail.com)

Mobile: 087 398 5702

Or scan the QR code on your mobile:



#### Who designed this project?

This project was designed by people living with dementia, carers for people with dementia, and scientific researchers. People with lived experience selected the activities you will be participating in, so we believe it will be a positive, fun, and interesting experience! We look forward to meeting you!

# FREE! Learn T'ai Chi or Meditation and take part in a reminiscence group!



## Participants needed!

- ✓ Are you age 65+
- ✓ Have not been diagnosed with a cognitive disorder
- ✓ Not currently experiencing depression or anxiety

If so, you are eligible to take part in our project!



We are holding a FREE 6-week workshop for people aged 65 years or over, exploring positive memories from people's pasts and learning more about well-being.

Taking part in our project involves answering some questions and participating in group activities. You will complete questionnaires about your mood, life history, and daily living experience. Then, once a week, we will meet in small groups (10-15 people) to talk about our memories and participate in activities like T'ai Chi or meditation.

A weekly session might look like :

- 15-minute settling-in and welcome
- 30 minutes of guided activity
- 15-minute comfort break
- 30 minutes of group reminiscence

We are looking for people who want to learn a new activity and improve their quality of life. Reminiscence Therapy, where you reflect on memories throughout your life and share them with others, might help.

## How do I let you know I'm interested?

For more information and to take part,  
contact us to chat!

Email: [Muageing@gmail.com](mailto:Muageing@gmail.com)  
Mobile: 087 398 5702

Or scan the QR code on your mobile:



## Who designed this project?

This project was designed by older adults living in the community of Maynooth and scientific researchers. People with lived experience selected the activities you will be participating in, so we believe it will be a positive, fun, and interesting experience! We look forward to meeting you!

## LGBT Ireland 2023 - 2027 - Strategic Plan Launch



The Minister for Children, Equality, Disability, Integration and Youth Roderic O'Gorman launched our new Strategic Plan, entitled '*Making Ireland the Best Place in Europe to be LGBTQI+*'. As an important contributor to the work which we do we wanted to share the new Strategic Plan with you. You can view the plan by clicking the link below.

[LGBT Ireland 2023 - 2027 - Strategic Plan](#)

We believe that all LGBTQI+ people deserve to be able to live full, safe, authentic lives as part of communities, regardless of age or gender, where they live, how they identify or express themselves.

In this new Strategic Plan, we lay out an ambitious road map for how together we can build on the amazing achievements of the past decades, and through partnership, collaboration, compassion and empathy we can see Ireland become the best place in Europe for LGBTQI+ people to live.

We are very proud of our new strategy and we look forward to working with you collaboratively over the coming years to make Ireland the best place to be LGBTQI+ in Europe!

## Sport Ireland Outdoors



Sport Ireland Outdoors works with a large number of sporting bodies and other organisations to develop and promote a variety of outdoor sports, to support the development of recreational trails throughout Ireland, which are all developed to encourage more people to be active in the great outdoors.

Why not take a look at their video and see what wonderful activities you can take place in around the country.

Our very own Mai Quaid, Chair of the Older People's Council in Wicklow, can be seen in the video enjoying the scenery on a cycle in Wicklow.

<https://www.youtube.com/watch?v=KrE1inDMWsA>





## Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us today, **Friday, January 20<sup>th</sup> at 5 pm** for our weekly Zoom meeting. Niamh Smyth, one of our clinical exercise delivery team, will be discussing the principles that underpin resistance (strength) straining for our participants. This is very interesting and important.

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:	Resistance Training	<i>Niamh Smyth, BSc</i>
5.25 pm:	ExWell Updates	<i>Danny Fagan</i>
5.35 pm:	Q&A / Discussion.	<i>All</i>

### The link for the meeting is

<https://us06web.zoom.us/j/89323001201?pwd=N0RQNTgwd2JoTUVJYncvFpENVQ3QT09>

## Local Updates



## Bunclody Library, Wexford Library Events

### Heritage and Tourism in the Blackstairs Mountains: Collecting Oral Histories - Thursday 26<sup>th</sup> January at 7.00pm

CUPHAT is a project looking at the heritage and tourism of four upland areas in Ireland and Wales, including the Blackstairs Mountains, Wicklow Mountains, Preseli Hills and Cambrian Mountains.

One element of the project involves oral history interviews with people in both the Blackstairs and the Wicklow Mountains. Daniel Carey, the research project officer for community engagement, will give an introduction to CUPHAT and talk in particular about this aspect of it.

Booking essential, book online at [wexfordcoco.libcal.com](http://wexfordcoco.libcal.com) or telephone **053 9375466**.

### Home Energy Kit Now Available at Bunclody Library

Our new Home Energy Saving Kit is now available to borrow from Bunclody Library. This kit contains a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas.

Please contact the library at **053 9375466** or email [bunclodylib@wexfordcoco.ie](mailto:bunclodylib@wexfordcoco.ie) for further details.

### Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks, all you need is your library card!



# Country CONNECTS

## COME JOIN US FOR A SERIES OF MONTHLY WALKS IN COUNTY WEXFORD



Wexford Walking Trails, together with Wexford County Council, Healthy Wexford and the Irish Farmer's Association are inviting you to get outdoors and explore some of Wexford's fabulous country trails. These walks will take place on the last Sunday of each month on one of our established Wexford Walking Trails. These trails will be graded as 'moderate' and suitable for people with a moderate level of fitness. Good outdoor walking footwear, suitable clothing and snacks/drinks are all recommended.

### Save the Date and Enjoy Getting Active

- 29th January - Enniscorthy Riverside Trail 2-4pm
- 5th March - Tintern Trails 11 am
- 26th March - Kilanerin 2-4pm
- 30th April - Rosslare Harbour 2-4pm
- 28th May - Three Rocks, Forth Mountain 2-4pm
- 25th June - Cahore 2-4pm

Please refer to [www.wexfordwalkingtrail.ie](http://www.wexfordwalkingtrail.ie) for further information on individual walks. In the event of inclement weather, walks will be move to the following Sunday. ANY CHANGES WILL BE POSTED ONLINE.

Wexford Walking Trails can be contacted by emailing [office@wexfordwalkingtrail.ie](mailto:office@wexfordwalkingtrail.ie)



[www.wexfordwalkingtrail.ie](http://www.wexfordwalkingtrail.ie)







## Celbridge as an Age Friendly Town

Kildare County Council was delighted to officially launch Celbridge as an Age Friendly Town this week

The local community in Celbridge has worked with Kildare County Council, and Age Friendly Ireland to achieve this Age Friendly status. The main street in Celbridge is now fully accessible, safer, and more pleasurable for older people in the town.



Older people can walk safely, park their cars in the designated Age Friendly parking space, shop, socialise and rest of any one of the new Age Friendly seats that have been installed in the town. The community in Celbridge is delighted to receive the national status of Age Friendly from Age Friendly Ireland. Celbridge is one of many Age Friendly projects in Kildare.



Meath Local Sports Partnership are particularly proud of the work and programme we have initiated for Older Adults. Meath LSP have programmes/courses/events coming up in January & February to suit all ages and abilities!

Choose from a wide range of physical activity programmes suitable for all ages and abilities. So why not 'Spring into Motion' with the support of our programmes?? Please see timetable below.



## OLDER PEOPLE'S PROGRAMMES



PROGRAMME	VENUE	STARTS	TIME
Active Women Circuits	Colaiste na Hinse, Bettystown	25th January	7pm – 8 pm
Active Women Circuits	Dunboyne Community Centre	30th January	6pm – 7 pm
Midlife Yoga 40+	Online	26th January	7pm - 8pm
Activator Poles	Blackwater Park	24th January	11am – 12 pm
Activator Poles	Bettystown Beach	25th January	11am – 12 pm
Nordic Poles	Littlewood Forest Slane	26th January	11:30am-12:30pm
Active Retirement Bowls League	Various	16th January	Various
Mature Movers Navan	Pitch and Putt Navan	30th January	10am – 11 am
Mature Movers Piltown	St. Colmcille's GAA	30th January	11:45am - 12:45pm
Mature Movers Trim	Trim GAA	1st February	11am – 12 pm
Mature Movers Kells	Eureka House Kells	1st February	12am – 1 pm
Mature Movers Athboy	St. James Hall	1st February	11am – 12 pm
Mature Movers Ratoath	The Venue, Ratoath	2nd February	10 am-11am
Mature Movers Moynalty	Muntir na Tir Hall, Moynalty	2nd February	10am – 11 am
Mature Movers Dunboyne	Dunboyne Community Centre	3rd February	10:30 - 11:30 am
Pickleball Taster	Athboy Convent Centre	7th February	11am – 12 pm
Circuits for 50+	Claremont Stadium Navan	3rd March	11am – 12 pm
Circuits for 50+	Trim GAA	6th March	11am – 12 pm



OLDER PEOPLE

Enquiries & registrations to Luke Condie  
[Luke.Condie@meathcoco.ie](mailto:Luke.Condie@meathcoco.ie) | 0469067887



For more information please see: <https://www.meathsports.ie/spring-into-motion/>  
 To book contact Luke on [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie) or call 046 9067887.

## 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: Dr Suzanne Dupuis-Blanchard on "Fostering Healthy Ageing at Home."

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation With: Dr Suzanne Dupuis-Blanchard on "Fostering Healthy Ageing at Home."

ifa Global Café  
in conversation with experts

“FOSTERING HEALTHY AGEING AT HOME”

FRIDAY  
20 January 2023

7:00 A.M.  
Eastern Daylight Time

ifa.ngo

Dr Suzanne Dupuis-Blanchard  
Research Chair | CNFS

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