

National Updates

Climate Action in Mountlucas

Our regional manager Eileen Hughes took part in a Climate Action visit to Mountlucas Windfarm visitor centre yesterday, to learn about Bog Rehabilitation, Restoration and Carbon Monitoring



Sláintecare.



Healthy Age Friendly  
Homes Programme



Healthy Age Friendly Homes Coordinators

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

## Select Hotels Awarded Accreditation as Age Friendly Business

Select Hotels an Irish Hotel Group which offers over 20 hotels nationwide, recently held their AGM at the Glenview Hotel, Co. Wicklow whereby 10 of their hotels received their *Age Friendly Charter*, certifying their attendance to the training programme lead by Orlaith Carmody and assisted by Ciara McManus of Meath County Council.



‘We worked closely with Orlaith over many weeks to ensure we fully understood the requirements of the programme and how best we could serve our older customers’, Michelle Campion – Sales & Marketing Manager, Select Hotels.

The remaining Select Hotels are also in the process of completing their training in their bid to receive their charter also.

It was great to see the time and effort the hotels put into the successful completion of the programme. Over 200 older customers were surveyed, and 15 staff took part in various aspects of the training and roll out.

Some of the actions carried out as part of the programme in some of the hotels were

- Dedicated Age Friendly Car park spaces near the entrance of the building.
- Improved menu, typefaces and text sizes for older guests
- Prioritising the allocation of rooms nearer reception/lifts for older guests
- Changing music volume during busy lunch times

Clodagh Whelan, Age Friendly Programme Manager for County Wicklow, was there on the day to present the hotels with their charters.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



## Meditative Music Therapy for family carers of people living with dementia



Online



# Music Meditation

group for **Family Carers**



of People Living with **Dementia**

Would you like to improve on coping skills and enhance well-being through meditative music?

We would love to hear from you.

We are conducting a 6-week study exploring the effects of mindfulness-based music therapy on family caregivers of people living with dementia

- Weekly 1-hour online music therapy sessions via zoom.

-All participants information will be kept completely anonymous.

-Study to commence end of January.



If you are interested please contact

Rachael at [21066523@studentmail@ul.ie](mailto:21066523@studentmail@ul.ie)

to hear more about the study.



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# Annual Health Promotion Conference



Save the Date!  
Annual Health Promotion Conference  
Thursday 22nd June 2023  
Áras Moyola, University of Galway

Further information on registration and abstract submission  
will be available on [www.hprconference.ie](http://www.hprconference.ie)



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**Maynooth University**  
National University  
of Ireland Maynooth

## Participants Wanted to participate in a Short Survey

Psychology student from Maynooth University is conducting an online survey on older adults in Ireland and their hobbies.

It is a short online survey (approx. 15 minutes) with the hope that the results of the study might help provide more resources and funding to older adults' leisure activities in the future.

The link for the survey is

[https://maynoothpsychology.qualtrics.com/jfe/form/SV\\_02pGusxKnjYzP9Q](https://maynoothpsychology.qualtrics.com/jfe/form/SV_02pGusxKnjYzP9Q)

# Participants wanted

## DO YOU HAVE TIME FOR A SHORT SURVEY?

**Participants aged 55 years and over required for a research study about cognitive health and your hobbies**

What is required of you?

- Completing a short (approx. 15 minutes) online survey
- All answers will be kept anonymous

Any queries? Please contact me at [jessica.murray.2020@mumail.ie](mailto:jessica.murray.2020@mumail.ie)

**Scan the QR code to complete the survey!**





## Ageism: What's The Harm?

Ageism is discrimination against someone because of their age. Ageism is often dismissed as being harmless, but evidence shows that it causes significant damage to individuals, the economy and society.

This report shows how ageism causes deep and lasting harm to people and society, directly and indirectly, exacerbating social divisions and inequalities and damaging our economy.

Click Here for the Full Report:

<https://ageing-better.org.uk/resources/ageism-whats-harm>



## Bealtaine Registration Now Open

Event registration for Bealtaine 2023, Ireland's national celebration of the arts and creativity as we age, is now open.

<https://ageandopportunity.ie/registration-now-open-for-bealtaine-festival-2023/>

Arts organisations, big and small, and community groups, individual organisers and artists are encouraged to register an event, which takes place in May 2023, on bealtaine.ie.

For inspiration you can look back at highlights of [last year's diverse programme on bealtaine.ie](#) or on [our YouTube channel](#).

Age & Opportunity invites applications for two awards that support the festival: the Bealtaine Hero Award and the National Arts in Nursing Homes Day Award (in partnership with Nursing Homes Ireland).

The Bealtaine Hero Award is for individuals and/or organisations who wish to create an exciting new festival event which may be online, blended or in-person. Two awards of €500 will be made to the successful applicants. The deadline for application is 5pm, Friday February 17<sup>th</sup> 2023.



National Arts in Nursing Homes Day Award applications are welcome from care settings who wish to organise interactive and engaging arts workshops and events for their clients & residents. Projects will culminate in a festival event as part of the third ever National Arts in Nursing Homes Day on Friday 19<sup>th</sup> May. One award of €1,000 and two awards of €500 will be made to three successful applicants. Deadline for applications is 5pm, Friday February 24<sup>th</sup> 2023. The final Bealtaine 2023 programme will be announced in early April. Event organisers are strongly advised to register by April 4<sup>th</sup> although registration will still be possible up to May.

Bealtaine is an Age & Opportunity Arts initiative, funded by the Arts Council and the HSE.

**For further information please contact [arts@ageandopportunity.ie](mailto:arts@ageandopportunity.ie).**



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Scoil Ghnó agus  
Eacnamaíochta J.E. Cairnes  
J.E. Cairnes School of  
Business and Economics



## MSc Ageing & Public Policy

### Aim

Driven by a commitment to research-informed interdisciplinary education, the [MSc in Ageing and Public Policy](#) examines demographic ageing from a public policy perspective, critically assessing existing approaches and future directions to secure an effective and fair means of engaging older people in ageing societies.

### Graduate Employability

The programme is aimed at preparing graduates, and/or enhancing the career prospects of existing employees, for policy, service planning and research positions focused on issues and programmes related to ageing and older people, and other areas related to social, economic and policy agendas.

Graduates with the skills taught in this programme are highly valued by public, civil-society and private organizations, such as government departments, the Health Service Executive, local authorities, research and policy consultancy groups, non-governmental organizations, and public and private care providers.

### Unique Programme Internationally

- First programme of its kind in Ireland, and one of the first that is available internationally.
- Hosted at an internationally recognised research centre - Irish Centre for Social Gerontology.
- Delivered in collaboration with international policy experts.
- Ageing-related policy placements with key national and international governmental, non-governmental and civil society, and research and policy stakeholder organisations.

### Why Ageing, Why Now

- With the world's older population projected to double by 2050, population ageing is recognised as a global challenge for sustainable development, and one of three major transformations facing the European Union, and the social, economic and health systems of its states.
- The Sustainable Development Goals 2030 Agenda and the European Commission Green Paper on Ageing testify to how ageing can create sustainability and equity challenges in every major policy domain – social protection, health, finance, housing and environment, employment, etc.
- The COVID-19 pandemic has not only exposed weakness in ageing-related policy, but also the neglect of the diversity of needs and preferences of ageing populations.
- There is a marked gap in graduate labour force skills, and capacity, to help public agencies, civil society organisations and private companies to address these challenges and to capitalise on the opportunities within ageing societies.
- This interdisciplinary programme will address this gap and will give graduates in-depth analytical skills sets which will enhance their employability in general and in age-specific public policy organisations.

### Graduate Skills

Provides topic specific and transferable skills sets including:

- In-depth knowledge of ageing related policy
- In-depth knowledge of public policy systems
- Capacity for critical thinking and theorizing
- Ability to assess and evaluate public policies
- Research, data and analytical methods
- Ability to apply data analysis techniques to real world policy challenges

### Entry Requirements and Recognition of Prior Learning

In addition to formal academic entry requirements ([click here](#)), the MSc in Ageing and Public Policy offers a Recognition of Prior Learning (RPL) process and encourages applications from people with other forms of certified learning and experience, and who may not fulfil these requirements.

For further information on this please contact [kieran.walsh@universityofgalway.ie](mailto:kieran.walsh@universityofgalway.ie)



### GNAFCC Affiliate Updates

- The healthy ageing unit of WHO Western Pacific Regional Office (WPRO) is hiring two consultants on site positions in Manila, Philippines. If you know of anyone who would be a good fit, please share the link

<https://www.unqgm.org/Public/Notice/190903> <https://www.unqgm.org/Public/Notice/190907>



- Exciting Marie-Sklodowska Curie Doctoral Researcher Positions on Ageing, Place and Home, under HOMeAGE, which is a new and exciting EU funded doctoral training network on 'Advancing Research and Training on Ageing, Place and Home' that address these research-policy deficits. HOMeAGE involves a nine-country collaboration between leading research units, major intergovernmental organisations, international civil society actors and governmental and non-governmental organisations. HOMeAGE aims to institute an interdisciplinary, intersectoral, and international programme of doctoral training and research that drives the development of new leaders in excellence for the advancement of evidence-based innovation on ageing in place. The 12 Doctoral Researchers will be hosted across the network. In addition to conducting an original research study, they will participate in a 36-month network-wide training program, public engagement activities and will collaborate with network members through short-term secondments in European and international intersectoral partner organisations.

For further information on this programme and how to apply, please see: <https://euraxess.ec.europa.eu/jobs/49103>, or e-mail: [homeage@universityofgalway.ie](mailto:homeage@universityofgalway.ie)



[Click here](#) to Register or find out more about

# Welcome to the 16th Global Conference on Ageing: Challenge – Transformation – Change

27th – 30th June 2023, at the Bangkok Marriott Marquis Queen's Park in Thailand

Be a driver of change to help influence and shape policy that improves the quality of life of current and future generations of older people.



## Time for Change? It Takes Ages - Workshop on Ageism

“Many of us can speak to the belief that we become ‘invisible’ as we get older. The experience of many older people is of feeling less valuable to society. If this sounds familiar, we welcome you to a safe space to air your thoughts and experiences.

We invite people to participate and form connections in a seminar on Older People and Ageing.

We will examine how ageist attitudes can impact on our rights and how this can limit our full participation in the community. We aim to challenge these

attitudes, share our lived experiences and offer guidance how we can manage these experiences moving forward. Please see details on our poster attached and feel free to get in touch for more information.”



# Time for Change? Its takes **AGES**



Many of us can speak to the belief that we become 'invisible' or feel 'less valuable' as we get older. We welcome you to this workshop on how these attitudes to aging can impact on our rights.

**15TH FEBRUARY @ 10.30AM**  
Mount Errigal Hotel Letterkenny

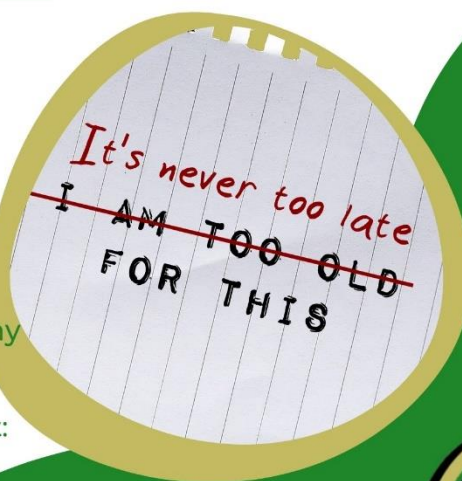


To register for free contact us at:

**office@seniors.ie**

or

**085 260 4957**



ISCP : The Voice of Older People



## Exwell Weekly Zoom

Dear ExWell Participants and Friends,  
Please join us today, **Friday, February 10<sup>th</sup> at 5 pm** for our weekly Zoom meeting. This week we will revisit a previous topic and will discuss knee arthritis.

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: Knee Arthritis

5.25 pm: ExWell Updates

5.35 pm Q&A / Discussion.

*Prof Frank Murray*

*Danny Fagan*

*All*

### The link for the meeting is

<https://us06web.zoom.us/j/89323001201?pwd=N0RQNTgwd2JoTUVJYncvdFpENVQ3QT09>



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### **Garda Older Persons Association (G.O.P.A) Safety & Security Seminar Friday the 3<sup>rd</sup> of March 2023**

The Garda Older Persons Association (G.O.P.A.) was established in 2009 to help deliver a policing service to address the needs of older people through communication and engagement. This committee is unique to Dún Laoghaire Garda DMR East Division. The committee consists of representatives from An Garda Síochána, Dun Laoghaire Rathdown County Council, local statutory and voluntary agencies and those with an interest in older person's needs. G.O.P.A has previously hosted Safety & Security Events, Crime Prevention Initiatives, Tea dances for residents of nursing homes and promotes the Senior Alert Scheme.

The Garda Older Persons Association will host its first **Safety and Security Seminar** since Covid on **Friday the 3<sup>rd</sup> of March 2023** at **The Talbot Hotel, Stillorgan, 11a.m.-2p.m.**



***Pictured from left to right:***  
*Eilish Hession, Garda Older Person Association (GOPA), Therese Langan, Director Community & Cultural Development, Dún Laoghaire-Rathdown County Council, Sergeant Georgina Reilly, GOPA Chairperson, Margaret McCarthy, GOPA, Garda Marion T. Power, GOPA, Chief Superintendent, Matthew Nyland, Sergeant James Malone, Crime Prevention Officer & Tony McCarthy, GOPA.*



## Garda Older Persons Association (GOPA)

### Safety & Security Seminar 2023

Date Friday 3rd March 2023 | 11a.m - 2p.m

Venue Carysfort Suite, Talbot Hotel, Stillorgan

#### Fraud is Everywhere - Know how to protect yourself

Speakers & Q+A with: Niamh Davenport, Head of Financial Crime, Banking & Payments Federation, Ireland.

Sergeant James Malone, An Garda Síochána, DMR East

#### The Assisted Decision-Making Act 2022

#### - Having control of our own decision-making as we age

Presentation & Q+A with Áine Flynn, Director Decision Support Service

**All welcome! – Fáilte mhór roimh chách!**

Free event, light lunch provided.

Spaces limited and to book your place, contact the Community Section, dlr County Council at

01 205 4893 or email [community@dlrcoco.ie](mailto:community@dlrcoco.ie)



#### Topic - Fraud is Everywhere-Know how to protect yourself.

**Speakers:** Niamh Davenport, Head of Financial Crime, Banking & Payments Federation, Ireland.

Sergeant James Malone, Crime Prevention Officer, Dun Laoghaire Garda Station, DMR East.

#### Topic - The Assisted Decision – Making Act 2022 – Having control of our decision-making as we age.

**Speaker:** Áine Flynn, Director Decision Support Service.

This is a free event with a light lunch provided. Any enquiries please contact Sergeant Georgina Reilly at [georgina.s.reilly@garda.ie](mailto:georgina.s.reilly@garda.ie). Dun Laoghaire Garda Station.

Spaces are limited and can be booked via the Community Section, DLR County Council at 01 2054893 or email [community@dlrcoco.ie](mailto:community@dlrcoco.ie)

**All welcome! Fáilte mhór roimh chách!**



**LOUTH**  
Age Friendly County

## **CO. LOUTH OLDER PEOPLE'S COUNCIL**

**DATE: 14TH FEBRUARY 2023**

**TIME: 10.30AM - 1:30PM**

**VENUE: THE D HOTEL, DROGHEDA**

Lunch Included and Transport Available to and from the Venue

### **Booking is Essential**

Reserve your place by 10th February

Email: [laura.mccarragher@louthcoco.ie](mailto:laura.mccarragher@louthcoco.ie)

Tel: 042 9324284



Comhairle Contae Lú  
Louth County Council



### **Bunclody Library, Wexford Library Events**

**Blackstairs and Mount Leinster - Placenames and history with Barry Dalby. –  
Thursday 16<sup>th</sup> February at 7.00pm**



Join Barry of EastWest Mapping for a fascinating talk on “Blackstairs & Mount Leinster, some thoughts on their placenames & history”. Barry will be looking at the origin of their names, regional history and importance.

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



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	<p><b>Digital Radon Monitors</b> Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks from Bunclody Library, all you need is your library card! For more information please telephone 053 9375466.</p> <p><b>Sensory Friendly Quiet Hour</b> Every Saturday from 4-5pm, Sensory Friendly Quiet Hour is observed in the library.</p>
	<p><b>Wicklow Town Library - New Programme commencing 23rd Feb - 121 - Digital Skills for adults</b></p> <p>Wicklow Town Library is teaming up with Transition Year students from East Glendalough School to show adults how to use their own device to access the internet and carry out ordinary everyday online activities. The classes will run over 6 weeks, starting on Thursday February 23<sup>rd</sup> from 2-3.30 pm.</p> <p>Contact Wicklow Town Library at 0404 67025</p> <p>For more information, see: <a href="https://www.wicklow.ie/Living/Services/Community/News-Events/one-to-one-tuition-digital-tuition-for-adults-at-wicklow-town-library">https://www.wicklow.ie/Living/Services/Community/News-Events/one-to-one-tuition-digital-tuition-for-adults-at-wicklow-town-library</a></p>
	<p><b>Community Engagement Events - Inishowen</b></p> <p>Community Engagement Events which will be held later this month. The dates are as follows</p> <ul style="list-style-type: none"> <li>- Monday 20<sup>th</sup> February 2023 – The Exchange Buncrana 7pm – 9pm</li> <li>- Wednesday 22<sup>nd</sup> February 2023 – The Community Centre Greencastle 7pm – 9pm</li> <li>- Tuesday 28<sup>th</sup> February 2023 – Colgan Hall Carndonagh 7pm – 9pm</li> </ul>



BUNCRANA GARDAI ARE  
HOSTING A NUMBER OF  
COMMUNITY  
ENGAGEMENT MEETINGS  
IN INISHOWEN THIS  
MONTH



**Crime Prevention Advice**  
**Online Fraud/Money Mule Advice**  
**Community Policing Information**

*Everyone Welcome, Your Feedback Matters*



- MONDAY 20TH FEBRUARY
- 7PM TO 9PM
- THE EXCHANGE BUNCRANA



- WEDNESDAY 22ND FEBRUARY
- 7PM TO 9PM
- GREENCASTLE COMMUNITY CENTRE



- TUESDAY 28TH FEBRUARY
- 7PM TO 9PM
- COLGAN HALL CARNDONAGH

### Age Friendly South Dublin First Official Meeting



Age Friendly South Dublin first official meeting held in January being addressed by Mayor Emma Murphy.



The photos include members of the executive and the committee members. The group have a broad representation from clubs and communities within South Dublin.

A work plan had been devised throughout the latter end of 2022 and is now strategically categorised into a 1 yr, 3 yr, 5 yr working document with achievable and attainable actions.

They will present the work plan at the next South Dublin Alliance meeting in March this year.

### HSE OT Client Group New Year's Party February 2023

Emer Donohoe (Senior Occupational Therapist, HSE) and her colleagues meet fortnightly with 8-10 of their clients with dementia in the Goldsmith Room in Ballymahon Community Library.





The intervention programme administered by Emer and her team is Cognitive Stimulation Therapy (CST). On Friday 3<sup>rd</sup> February, a New Year's party was held in the Goldsmith Room for the clients and their carers.

Entertainment in the form of music, singing and dancing was provided by TY students from the Mercy Secondary school Ballymahon under the guidance of their teachers.



## 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 Café | In Conversation With: Dr. Kathy Pichora-Fuller

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation With: Dr. Kathy Pichora-Fuller on "Making Ear and Hearing Care a Reality for Older Adults."

**ifa Global Café**  
in conversation with experts

“Making Ear and Hearing Care  
a Reality for Older Adults”

a contribution to the  
**Decade  
of healthy  
ageing**

FRIDAY  
10 February 2023

7:00 A.M.  
EST

Dr. Kathy Pichora-Fuller  
Professor Emerita Psychology |  
University of Toronto

ifa.ngo

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/Age-Friendly-Ireland)

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