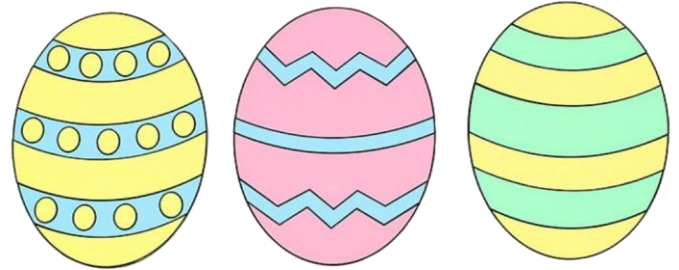


National Updates

**Happy Easter from
Age Friendly Ireland!**



HSE Talking Health and Wellbeing Podcast – Episode 6 and 7 now out!



Alcohol Action Ireland
Episode #6 - Talking Health & Wellbeing



**'There's 3 fundamental
ways you can turn
things around: pricing,
marketing and
availability'**

- Sheila Gilheany



The sixth episode of the HSE Talking Health and Wellbeing Podcast is now available on [Spotify](#), [Apple Podcasts](#), [Google Podcasts](#) and on the [HSE Health and Wellbeing YouTube channel](#).

In this episode, hosted by Noreen Turley, Dr Sheila Gilheany, CEO of Alcohol Action Ireland, outlines the work underway to help reduce alcohol consumption and reduce the harm caused by alcohol in Ireland. "Many of us enjoy drinking alcohol, but there is another side to drinking and that is the harm that's generated from the way we drink and the amount we drink."

Listen to the podcast which reviews the changes that have been made through the implementation of the

Public Health (Alcohol) Act 2018, including the areas not yet implemented. Sheila explains and discusses issues like alcohol advertising, the role of the alcohol industry and where the priority should now be to combat the long term health impact drinking alcohol has on the Irish population.



#7 Staff Choirs

with Fergal Fox & Alison Baker Kerrigan

The latest episode of the HSE Talking Health and Wellbeing Podcast is now available and is focused on Staff Choirs and their impact on health and wellbeing. We hear from Alison Baker Kerrigan, Arts Officer in Tallaght University Hospital, as she describes the impact of the Heartbeats Choir and podcast host Fergal Fox, tells us how he got involved in the HSE Tullamore Staff Choir. They both share insights about the positive effect that group singing has on their own wellbeing and how their choir performances have provided them with an opportunity to give back to their patients and communities.

Alison discusses her experience of getting involved in David Brophy's Frontline Choir and how during COVID, she was able to connect with a new group of health colleagues as part of their performances and practices via Zoom for the television series during. Staff choirs have been promoted in recent years in the HSE as a means of promoting staff health and wellbeing. Since 2018, HSE Health and Wellbeing have hosted an annual Staff Choir Concert for health service choirs which in recent years have been online due to COVID-19.

If you would like to set up a HSE staff choir, access the guide: [How to Set up a Choir for HSE Staff Health and Wellbeing.](#)

Listen to and follow the [HSE Talking Health and Wellbeing Podcast](#) wherever you get your podcasts or on [HSE Health and Wellbeing YouTube](#) and leave a review on your channel of choice.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Research Study Recruitment - An Investigation of the Active Stand Protocol in eliciting Heart Rate Recovery

A Trinity College Dublin PhD student called Cairtriona Quinn is looking for participants to take part in a research study entitled: "An Investigation of heart rate recovery responses to repeated Active Stand Protocols". The aim of the study is to determine the repeatability of the Active Stand protocol in healthy adults aged 18 to 75 years. Those who wish to get involved will be expected to attend the Clinical Research Facility in St. James's Hospital on three separate occasions at 7-day intervals. In two of these sessions you will perform the Active Stand once and this will last about 30 minutes. In one of these sessions you will perform the Active Stand three times and this will last about an hour and 45 minutes. The Active Stand involves lying down for 10 minutes while wearing a portable ECG monitor then standing up and remaining standing for 3 minutes. If you are interested in participating or would like to find out more information on this piece of research, feel free to contact Cairtriona via email at quinnc18@tcd.ie or call 018963613.

Volunteers needed

Volunteers: Male and female aged 18-75, non smoker, free from injury or illness, available for 3 testing sessions, one week apart

Researchers from the Discipline of Physiotherapy in the School of Medicine, Trinity College Dublin are conducting a study to investigate the repeatability of the Active Stand Protocol.

The Active Stand assessment is used to identify various cardiovascular and neural responses to standing. During the test, blood pressure and heart rate are monitored to identify any unusual changes

If interested contact Cairtriona Quinn, PhD candidate, Discipline of Physiotherapy, Trinity Centre for Health Sciences, St. James's Hospital.



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CYCLING
WITHOUT
AGE



Cycling Without Age – Open Day

Cycling Without Age – Open Day Public Meeting, Sunday, 23rd April 2023

Venue: The Studio, the Lexicon, Dun Laoghaire, Co. Dublin A96 H283

Time: 2.30 pm

Catering: Ink Café, in the Lexicon @inkcafe.dl, will be open from 11am to 4pm for refreshments at own expense.

Access: Good public transport options via DART and 46A bus. Car and bike parking underground the Lexicon. Lots of bike parking outside.

MEET THE FOUNDERS

- Welcome by Clara Clark, Ireland founder of CWA.
- Meet Ole Kassow, the CWA Danish founder.
- Speak with Ciara from Copenhagen Cycles.
- Meet some of our volunteer pilots.
- Hear passenger stories.
- Celebrate CWA Ireland's 6th Anniversary.
- Ask all the CWA questions you wish.
- Visit the Bike Hub, www.thebikehub.ie (A96 T447) to see how it works (open 1 pm to 5 pm).

You are invited to join us for this open day to hear all about Cycling Without Age, meet its Danish founder Ole Kassow, get feedback from volunteer pilots and passengers, and ask us questions about how to get started on you own CWA journey. We will demonstrate a trishaw. The Bike Hub, located nearby, will be open for visits.



Health and safety award for Longford County Council

Longford County Council has picked up the prestigious Public Sector Award at the Health & Safety Excellence awards ceremony. Judges assessed health and safety management systems in areas such as commitment and responsibility,



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organisational targets, outcomes and results and future uses. The council was also nominated as a finalist for the overall Health & Safety Excellence Grand Prix Award.

Congratulation to Longford County Council and our own Older Person's Council chairperson from Longford, Kitty Hughes on this award!

[You can read the full article here](#)



Changing Gears Kilkenny

arts | active | engage



Changing Gears

Building Resilience and Managing Transitions in Mid to Later Life

*'The future is not something out there that we step into
but ourselves as we choose to become.'*

Age & Opportunity is delighted to be offering Changing Gears in Kilkenny for free this April and May. Designed to boost wellbeing and resilience, it is a five-session in-person course funded by the HSE that focuses on managing transitions in mid to later life.

Changing Gears offers participants (aged 50+) time to:

- Develop skills and techniques to build resilience and confidence in managing life-changes or transitions.
- Reframe transitions in their lives as opportunities with positive options, challenging negative stereotypes about ageing.

The programme allows participants to reflect on challenges they have experienced in the past and life-lessons they have learned. In this way strategies for building resilience and managing change draw on personal experience to create a more positive and fulfilling future.

Sessions cover: Life Transitions (*Up to Now*); Building Resilience (*Here and Now*); and Mapping the future (*Where to from Here*).

Age & Opportunity is funded by





Communications Training in Knock House

A communications training day was held in Knock House Hotel today by AFI Regional Manager Mairead Cranley. Well done to all who got involved.



Local Updates



Bunclody Library Events

Bunclody Library Adult Book Club – Thursday 6th April at 7.30pm

This month 'Night Boat to Tangier' by Kevin Barry will be discussed. Copies are available at the desk in the library, why not call in and pick up a copy. New members always welcome to the book club. No booking required.

Sensory Friendly Quiet Hour

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



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

Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow from the library for a period of 4 weeks, all you need is your library card! Contact the library at 053 9375466 or email bunclodylib@wexfordcoco.ie if interested.

Enniscorthy Library events April 2023.

Beginner-friendly yoga classes for adults, 7pm, Thursday 6th April.

Join Sióg for a Beginner-friendly yoga class this April. Yoga can help strengthen our mind and body, increase mobility, improve balance and relieve stress. Sióg teaches accessible yoga that encourages a sense of ease and uses gentle movement with mindful breathing. Yoga mats to be provided.

Out at the Movies, 6pm, Thursday 13th April.

One Thursday a month we have cinema evening for grown-ups!

Talking Folklore with Rachel Uí Fhaoláin, 7pm, Thursday 20th April.

Rachel will be discussing old cures in Irish folklore.

Regular events: new members are always welcome.

The Slaney Writers meet the second Thursday of the month at 6:30pm

The Adult Book Club meet on the third Thursday of the month at 7pm.

Digital Ambassador:

Do you want to know how to use your device to access our library eServices, e.g. BorrowBox which is used to download e-books and e-audiobooks to a phone, tablet or laptop/computer.

Book an appointment to chat with our Digital Ambassador.

For more information and to book your place contact us on 053 9236055

Laois Living Well Expo

The “Living Well” Expo takes place on Thurs 13th April, from 4 to 8pm in Portlaoise College, Mountrath Road Portlaoise, and will be opened by Anna Mai McHugh(National Ploughing championship) This event is a joint collaboration between Healthy Laois and Age Friendly Laois, which aims to showcase the supports available to all ages in Co Laois and help people Live Well. There will be a main expo area, with over 70 exhibitors attending on the day, including sports and community groups, health services and technology providers.

In addition to this there will be a Live Stage Area, with presentations, talks and demonstrations on mental and physical health issues, cooking and nutrition, staying safe and more.



Showcasing supports, services and activities available to all ages in Laois



Healthy Laois

With Healthy Laois and Age Friendly Laois 50+ stands in attendance

Living Well EXPO EVENT

FREE

Thursday, 13th April, 4 - 8pm

Portlaoise College, Mountrath Rd, Portlaoise R32 N795

| Assistive Technology Talks, Stands & Demos |

| HSE Screening

| Support Groups

| Healthy Age Friendly Homes

| Healthy Cooking Demos

Grant Information |

Activity Hub Stands |

Community Groups |

...and many more... |

| Complementary Refreshments Served |

For more info and to pre-register groups contact:

Tom - tcurran@laoiscoco.ie | 086 036 3426

Emma - eoconnor@laoiscoco.ie | 086 066 5215

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.



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Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

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** **Facebook: Age Friendly Ireland**

International Updates



IFA Global Café | In conversation with Dr. John Beard on “Let’s Stop Boxing Older People In.”

The International Federation on Ageing are holding a Global Cafe event tomorrow called: In conversation with Dr. John Beard on “Let’s Stop Boxing Older People In.”

Dr. John Beard
Irene Diamond Professor & Director - International Longevity Center-USA Columbia University & former Director, WHO Department Ageing

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