

National Updates

**Regional Programme Managers Meeting**

This week our Age Friendly Regional Programme Managers met up to discuss the upcoming launches and initiatives taking place across the country in the name of Age Friendly.

Pictured below is Anne Rizzo West Region, Eileen Hughes Midlands Region, Mairead Cranley North Region, Emer Coveney National Programme Manager, Louise Edmonds East Region, Bruce McDevitt Dublin City and Alice Corbett South East Region joining them via Zoom.



**Healthy Age Friendly Homes Programme**



**Healthy Age Friendly Homes**

Our Healthy Age Friendly Homes programme is expanding, and our Age Friendly family is growing. This week our Healthy Age Friendly Homes Team moved premises to the beautiful town of Kells, Co. Meath, to facilitate all the wonderful new staff that will be starting with the programme in the coming weeks.

We managed to get a photo of some of our new team members and we will be doing an update on all the new staff joining our family.

We want to wish them all the best in their new roles and we look forward to working with everyone.



Pictured above are Mark Harrington Healthy Age Friendly Homes Programme Manager, Joanne Husband, Ashling Buchanan, Emma Hetherington, Tracie Kinsella, Áine Fitzsimons, Caroline Jordan and Liz Kenny.

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 9248817 / 046 9248825**

### Kevin Molloy - My Story as a Volunteer



Our very own Kevin Molloy, Older People's Council Chair for Wexford, was interviewed this week about his volunteer work.

Click here to listen to his interview

<https://youtu.be/aMDcCY3xMNY>





Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Updates to HSE Guidance on Management of COVID-19

Guidance on the use of face masks:

- The universal wearing of facemasks in hospitals and healthcare settings ends from today, Wednesday 19th April.
- Healthcare workers should wear a surgical mask or respirator mask in settings where patients have suspected or confirmed COVID-19 or respiratory illness.
- Patients and visitors will be advised by staff if they need to wear a face mask, to protect themselves or other people.
- Staff, patients or visitors can continue to use a mask if they choose and facemasks will continue to be available in health and care settings for staff, patients and visitors.
- Healthcare workers do not need to wear a facemask in healthcare settings where they are not clinically required. Staff will continue to do a [point of care risk assessment](#) before treating service users. Local risk assessments will decide which settings will continue or stop using facemasks.

The transition from routine mask use to risk-based mask use is a major change. Some staff members and some patients or visitors may wish to take some additional time to feel comfortable with the change. Hospitals will continue to provide masks to those who prefer to wear them. Staff members and patients who prefer to continue to wear masks will be facilitated by colleagues and managers.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## HSE Talking Health and Wellbeing Podcast, Episode 8 - Social Prescribing



### HSE Talking Health and Wellbeing Podcast, Episode 8 - Social Prescribing

This week, we speak to Caragh Munn, Social Prescribing Co-Ordinator with Bray Partnership, who explains how Social Prescribing focuses on ‘What Matters to the Person’ rather than ‘What is the Matter with the Person.’ People can self-refer to Social Prescribing or be referred by a health professional or community support worker who identifies a social prescription may assist rather than a medical prescription. A Social Prescribing

Link Worker aims to provide people with the support and encouragement they need to take an active role in their own health and wellbeing.

For some people, taking that first step helps them build meaningful connections and establish a sense of belonging within their community. Caragh shares examples of how Social Prescribing has transformed people’s lives and explains how you can access Social Prescribing Services in your community.

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.

All HSE-funded Social Prescribing Services are delivered by the HSE's community partners, such as Local Development Companies and Family Resource Centres. Details are available at: <https://allirelandsocialprescribing.ie/members-map/>



### Men and Mental Health Webinar

HSE Health and Wellbeing with their partners are hosting a Men and Mental Health Webinar on the 25th April from 12.00 – 13.15 which will explore ways men can improve their mental health. **You can register [here](#).**

The webinar will include inputs from:

- Former Irish International Athlete and Mental Health Advocate, David Gillick
- HSE Senior Psychologist, Mark Smyth
- Mental Health advocate and founder of Jumpers for Goalposts, Keith Kelly

The webinar will be hosted by Lorcan Brennan from the Men's Development Network.



### National Programmes for Age-Friendly Cities and Communities: Toolkit



The "[National programmes for age-friendly cities and communities: a guide](#)" is now publicly available and ready to use. This guide responds to the call of the UN Decade of Healthy Ageing (2021–2030) for the development of national guidance on fostering healthy ageing in cities and communities.

This guide provides direction to national authorities and stakeholders responsible for or involved in forming or sustaining national programmes for age-friendly cities and communities (AFCC). The guide includes suggestions for meaningfully engaging older people in creating age-friendly environments, detailed examples of existing national AFCC programmes, and practical steps for creating or strengthening such a programme, building on the wealth of experiences and examples within our Global Network for Age-friendly Cities and Communities.



The WHO guide to developing national programmes for age-friendly cities and communities is supported by a continuously updated toolkit to help you put the guide to action. Whether you are looking to develop and sustain a national programme on age-friendly cities and communities or to advocate for such a programme, please make use of the toolkit over the next months and years to come.

## Age Friendly Tourist Destination – Avondale Beyond the Trees



### Discover Beyond the Trees Avondale

IRELAND'S EXCITING NEW VISITOR DESTINATION LOCATED IN  
AVONDALE FOREST PARK, WICKLOW

Explore the Treetop Walk, a unique experience above the canopy of the trees culminating at the spectacular 38m high Viewing Tower with panoramic 360-degree views of the beautiful Wicklow mountains.

Book a guided tour of the historic Avondale House, *'At Home with the Parnells'*  
Take a step back in time into the much-loved home of Charles Stewart Parnell and his family, discover how Avondale Forest Park became the home of Irish forestry.



Seed Café | Group Rates | Accessible | Collite Pavilion | Walled Garden | Forest Trails | Picnic Area



[www.beyondthetreesavondale.com](http://www.beyondthetreesavondale.com)



comhairle chontae na mí  
meath county council





## An Invitation to Global Intergenerational Week 2023

We invite you to join us for the events this week marking Global Intergenerational Week. A lot of work has gone into planning and arranging the events, so tell your friends and family.

**All are welcome**, and refreshments will be provided.

### Monday 24/04 - **Let's Raise Intergenerational Awareness: A Sociology**

**Discussion.** A panel discussion with input from AFU Members and DCU Students.

Time: 2pm-4pm

Venue: Room CG04, Glasnevin Campus

Coordinator: Ursa Kapler

Registration link: <https://forms.gle/buqouzDQrhKp1Phq8>

### Tuesday 25/04- **Beyond the Number: Exploring Age-Related Bias in Finance, Insurance, and Financial Literacy and Cybersecurity**

Time: 2:30pm-4pm

Venue: Room CG04, Glasnevin Campus

Guest Contributors: Niamh Kavanagh and Pat Fitzgerald - ISCP and Dr. Caroline McGroary - DCU Business School

Facilitator: Mairead Hayes - Older Persons Champion and Advocate

Registration link: <https://forms.gle/za9UNwa586GEQoPz8>

### Wednesday 26/04 - **Intergenerational Games Night** in partnership with Hasbro International.

Come and take part in the Connect 4 Challenge and other board games and win a prize.

Time: 6pm-8pm

Venue: The Hive, Glasnevin Campus

Registration Link: <https://forms.gle/6Thxsa4HMPozZwMq6>

### 27/04 - **Living and Learning Together in Dublin City**

This will involve intergenerational interviews and discussion about shared experiences.

Time: 6:30pm-8pm

Venue: DCU Alpha Campus (beside the Met Office)

Coordinators: DCU and Localise Youth Volunteering

Groups welcome - contact Grainne to arrange transport

Registration link: <https://forms.gle/G5BFwgtjNpz634DJ7>

### 28/04 - **Webinar - Update on EU Green Paper on Ageing**

In 2021 over 300 participants took part in a consultation on the EU Green Paper on Ageing. This event revisits the Green Paper, which informs future ageing policy and explores what has happened since the consultation process. DCU's submission is available on the website [www.dcu.ie/agefriendly](http://www.dcu.ie/agefriendly)

**A Sociology Pamphlet "Reframing an attitude to ageing"** informed by AFU participants from the Sociology Module and DCU Students will also be launched on the day.

Time: 11am-12pm

Speaker: Dr. Charlotte Haentzel, Demography Unit - EU Commission

Facilitated by Ann Whyte

Registration link: <https://forms.gle/VxbVAWhvitiTFUUA7>

Webinar Link: will be sent the day before

## MSc in Ageing and Public Policy



OLLSCOIL NA  
GAILLIMHE  
UNIVERSITY  
OF GALWAY

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



## MSc Ageing & Public Policy

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 [christine.delargy@universityofgalway.ie](mailto:christine.delargy@universityofgalway.ie)

## The Universal Design Grand Challenge (UDGC) is back for 2023!



The Centre for Excellence in Universal Design (CEUD) is delighted to announce that **the UDGC is back for 2023**. This year, we are really pleased to be able to let you know that the awards night (dated for October 2023) will be an in-person event for the first time since 2019. We will give more details in due course.

### About the Universal Design Grand Challenge 2023

Applications open today (13<sup>th</sup> April 2023), and we encourage students across the Republic of Ireland, who are in their final two years of study, to apply for this year's awards. The competition is open to undergraduate and postgraduate students. There are three categories:

- Built Environment
- Products and Services
- Information and Communications Technology (ICT)

Universal Design is simply great design. It's design that works for people regardless of their age, size, ability or disability. It's intuitive. It's clever. It's creative and it's design that works for everybody.

In addition to cash prizes, this competition is a terrific springboard for students, helping them to build their reputation as a great designer. We are also delighted to announce that, in partnership with Enterprise Ireland, one project will win a 'commercialisation award' which will enable the winners to investigate the feasibility of taking their project further.



To get started, click here: <https://universaldesign.awardsplatform.com/>

Students can work on the application in their own time. The form will guide them through what's needed. They can save their work and return to it at any time. The deadline for completion of applications is Thursday 8<sup>th</sup> June 2023.

### **What Can You do?**

#### **Promote the Universal Design Grand Challenge**

Inspire and facilitate your students to solve real-life problems for people of any age, size or ability.

Spread the word about the UDGC within your courses and educational institution.

#### **Support Your Students in Submitting Entries**

- Encourage your students to apply before the deadline on 8<sup>th</sup> June: <https://universaldesign.awardsplatform.com/>
- Support them in identifying 4 or more ways that they can incorporate Universal Design Principles into their work.
- Confirm the student's entry: All student entries are required to nominate a course tutor or school representative to confirm they know the student project and the information in the entry form.
- Attend the awards ceremony: The finalists and their tutor/school representative will attend the Universal Design Grand Challenge Student Awards Final in October 2023

#### **Help and Support:**

The team at the Centre for Excellence in Universal Design are here to help and support educators in bringing Universal Design into the classroom. If there's anything that we can do to help or assist you along the way, please don't hesitate to get in touch.

## **Exwell Weekly Zoom**

Dear ExWell Participants and Friends,

Please join us this week on next **Friday April 21st at 5 pm** for our weekly Zoom. We will be discussing hernias. In addition, this week we will start introducing our staff to the audience. They will share their personal journeys into ExWell and what their normal weeks look like. This week we will meet Aodhghán Ó' Deasmhunaigh, who heads our CHO 7 project.

#### **The schedule is as follows**

5.00 pm:	Welcome	
5.05 pm:	Meet	Lorraine Corcoran
5.15 pm	<b><i>Walking / jogging for health</i></b>	<i>Danny Fagan</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/89571518656?pwd=Y0t3NDJReTlDT3p3OWVnRINDUldPQT09>



## Offaly Climate Action Workshop

### Climate Action Workshop

Members of Offaly's Older Persons Council, Active Retirement Groups, Tidy Towns Committee's, and interested locals attended the Climate Action Workshop on Tuesday 18<sup>th</sup> April in Lough Boora Discovery Park. (Age Friendly Ireland and CARO). Gavin Harte, Sustainability Consultant, Climate Action Coach and Environmental Activist, delivered the training. Items such as climate science, carbon footprints, energy saving, home energy upgrade were discussed. The Climate Action Team from Offaly County Council were also in attendance.



The second part of the day included a site visit to An Portach Ciúin at Lough Boora (The Quiet Bog), with a talk hosted by Julie McLoughlin, Visitor Experience Lead, Lough Boora Discovery Park, Bord na Mona. An Portach Ciúin is set in a woodland clearing close to a wetland. The area is rich in nature with trees, meadow grasses, reeds, bog cotton and the wetland supporting a wealth of natural habitats. Collectively, An Portach Ciúin provides a feast of senses including the forms and colours of vegetation; the sound of gentle breeze rustling through the trees and reeds; the glistening light reflecting on the lapping water; the skyscape directly above and also reflecting in the water; and the magical symphony of birdsong from dawn to dusk.





## Bunclody Library Events

### **Treasures of the National Gallery of Ireland with Elaine - Thursday 27<sup>th</sup> April at 7.00pm**

Join Elaine Hoysted, art historian, for a discussion on some of the treasures found in the National Gallery of Ireland, Dublin.

#### **Booking required.**

### **Classics Film Morning at Bunclody Library – Friday 28<sup>th</sup> April at 11.00am – 12.30pm**

Join us every month for a classic film for adults. Library staff will select the perfect movie to take you back in time to the golden age of Hollywood. This movie is for adults only. **Booking essential.**

To book a place for the above events please telephone 053 9375466 or book online at [wexfordcoco.libcal.com](http://wexfordcoco.libcal.com)

#### **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!

## Enniscorthy Library events

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.

## Wexford Town Library Events

**Thursday, 27th April at 11.00am** Staying Fit and Healthy. Information morning talk with Anna Flynn, Sports Active Wexford. Sports Active Wexford are delighted to welcome you to an hour-long interactive workshop with our Sports Development Officer, Anna. This workshop will go through some myths about exercise and older adults, the health benefits of physical activity, recommended guidelines, tips on getting started, tips for building an exercise plan and an opportunity for some questions and answers with Anna.

**Thursday 27th April, 7pm.** Rock N Poet a discussion between Tom Mooney and Peter Murphy on for Poetry Day Ireland. What makes a song also a poem and a poem also a song? How do we ascribe the trade of poet and songwriter to performers like Jim Morrison, P.J. Harvey and Joni Mitchell. Remember when Seamus Heaney described the lyrics of Eminem in glowing terms, that he had "created a sense of what is possible - not just through his subversive attitude but also his verbal energy." So, what can make a song also a poem, and a poem also a song, are among the pertinent issues of our day that will be discussed by two writers up to their tonsils in poetry, criticism and performance, former Sunday Times book reviewer and programmer of Jazz at Johnstown, Tom Mooney, and the front man of Cursed Murphy Versus the Resistance and cultural critic for the Irish Times, Hot Press and RTE's Arena and author of two novels for Faber, **John the Revelator** (2009) and **Shall We Gather at the River** (2013), Peter Murphy.



**New Ross Library events week beginning April 24<sup>th</sup>, 2023.**

**Monday 24<sup>th</sup> April 11.00am** Cumas Trad Band perform

**Tuesday 25<sup>th</sup> April 7.00pm** - Historical Hook Talk with Liam Ryan

**Wednesday 3.00pm** - Scrabble



**Older People Council Recruitment Meeting in Wexford**



Our OPC recruitment meeting in Wexford Town attracted over 40 people. The OPC Chair Mr. Kevin Molloy welcomed Mr. George Lawlor, Cathaoirleach Wexford County Council along with Her Worship Maura Bell, Mayor Wexford who both enthusiastically emphasised the benefits of membership of Age Friendly Wexford.

Further presentations were made on how to engage with our submission for Wexford County Council's LECP 2023-2028, Fire Service, Gardaí, Local Link and Library Services and there was very interested audience participation following the talks.

**Bandon Age Friendly Tea Party**

Mayor of the County of Cork, Cllr Danny Collins joined Bandon Age Friendly Committee and staff of St. Michaels Community Centre in Bandon for a Tea Party in the Munster Arms Hotel on Saturday 15<sup>th</sup> April. Attendees enjoyed tea and cakes, music and dancing, as well as information talks from service providers such as Alone and the Cork County Age Friendly Office.





*Aisling O'Sullivan (Cork County Age Friendly Coordinator), Carol Crean (Bandon Age Friendly), Pauline Crowley (Bandon Age Friendly), Mayor of Cork County, Cllr Danny Collins, Garda Francis Murphy and Mary O'Brien (Bandon Age Friendly)*



*Mayor of Cork County, Cllr Danny Collins at the Bandon Age Friendly Tea Party*



*Eileen Holland (Bandon Age Friendly), Marie Nolan (Healthy Age Friendly Homes Coordinator), Eileen Fitzgerald (Bandon Age Friendly), and Aisling O'Sullivan (Cork County Age Friendly Coordinator)*





**Meath Age Friendly Alliance  
Invites You To:**

**Meath Cares About Older People**

**Tuesday 16th May 2023**

**Venue: Fairyhouse Racecourse, Fairyhouse Road,  
Ratoath, Co. Meath, A85 XK30**

**Time: 10.30am to 2pm**

**Launched by Cllr. Nick Killian  
Cathaoirleach of Meath County Council**

The event will showcase a range of supports and services available to the older population in County Meath. There will be stands with information & talks will be given throughout the event.

Light refreshments will be provided.

Booking is recommended as places are limited.

For further details or to register attendance for yourself or your group

Email: [community@meathcoco.ie](mailto:community@meathcoco.ie)

Phone: 0469097400

We look forward to seeing you there!



## 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: Prof. Yun-Hee Jeon

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with: Prof. Yun-Hee Jeon, Susan and Isaac Wakil Professor of Healthy Ageing at the University of Sidney.

**Prof. Yun-Hee Jeon**  
Susan and Isaac Wakil Professor of Healthy Ageing  
at the University of Sidney

**21 April 2023** **07:00 AM EDT**

a contribution to the  
**Decade of healthy 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](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