

**National Updates**

**Local Coordinator Healthy Age Friendly Homes Programme**

The recruitment campaign for Healthy Age Friendly Homes Local Co-Ordinator's is now open. Through the Public Appointments Service applications are being sought from suitably qualified persons who wish to be considered for inclusion on panels for the position of Local Coordinator for the Healthy Age Friendly Homes (HAFH) Programme

The HAFH Programme is an initiative, funded by Sláintecare, that aims to enable older people to continue living in their homes or in a home more suited to their needs, live with a sense of independence and autonomy, be and feel part of their community, and support the avoidance of early or premature admission to long term residential care.



The HAFH Programme will be rolled out nationally across all local authority areas as part of Phase 2 of the programme and a total of 44 Local Coordinator positions will be in place across 6 Regions. The Local Coordinators will be employed by Meath County Council but will be based with a host local authority in their region.



For more information on the role and how to apply click [HERE](#)



Sláintecare.



Healthy Age Friendly Homes Programme



## Healthy Age Friendly Homes

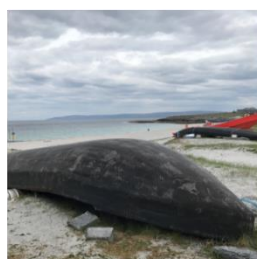
### Healthy Age Friendly Homes Programme on the Aran Islands.

Francis Kane, local coordinator of the Healthy Age Friendly Homes Programme across Galway city and county recently visited the Aran Islands of Inis Meáin and Inis Oírr to promote the Healthy Age Friendly Homes Programme as part of the Healthy Islands 2023 initiative led by Healthy County Galway and Galway Rural Development. This award winning and unique multi agency partnership promotes health and well-being throughout the islands of county Galway. Among the agencies providing information and free health checks were Croi Heart and Stroke Charity, Galway Sports Partnership, Mental Health Ireland, Alzheimer Society, Chime, Jigsaw, Parkrun, Gardaí, Galway PPN, along with Healthy County Galway and Galway Rural Development.

## Healthy Islands 2023

JOIN US FOR THIS SPECIAL #HEALTHYISLANDS EVENT,  
PROMOTING HEALTH AND WELLBEING

FREE Health Checks,  
Information Stands and Refreshments  
All welcome



Francis was available to inform islanders about the Healthy Age Friendly Homes Programme and answer any questions they had for him about services and supports available. Inis Meáin has a year-round population of about 200, making it the smallest of the Aran Islands in terms of population, while Inis Oírr has a year-round population of about 260, although the numbers on both islands increase in the summer months with tourists visiting. Great interest was shown in the Healthy Homes Programme and thanks to both Healthy County Galway and Galway Rural Development for organising the Healthy Islands initiative.



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

## HSE Health and Wellbeing Update



### HSE Talking Health and Wellbeing Podcast, Episode 10 - Mental Health



In the latest HSE Talking Health and Wellbeing Podcast Mark Smyth, HSE Senior Clinical Psychologist, talks about how to recognise the signs of mental health difficulties and explains how to seek help through others or through your services and supports.

[Read More](#)

## Sláintecare Healthy Communities Programme Launched in Cherry Orchard and Ballyfermot



As part of the continued roll out of Sláintecare Healthy Communities, Cllr Vincent Jackson launched the Cherry Orchard and Ballyfermot Sláintecare Healthy Communities Programme at a community event in the Ballyfermot Civic Officer on Thursday 27th April 2023.

[Read More](#)

## Arts + Health: The Creative Brain



Creative Brain Week 2023 included online and in person events exploring how brain science and creativity collide to seed new ideas in social development, technology, wellbeing and physical, mental and brain health throughout our lives.

[Read More](#)

## Universal Design Grand Challenge 2023



**Universal Design Grand Challenge 2023**  
**Be part of it!**

### Let's Get Started: What is Universal Design?

Put simply, it's good design that works well for everybody. It's buildings and spaces where the needs of diverse users are just part of the design, not an afterthought. It's products and services that work for people regardless of their age, size, ability or disability. And its ICT products, platforms and software that are accessible, understandable and usable to the end-user and make life better.

**Universal Design really is great design.**

**What is the Universal Design Grand Challenge?**

It's a competition for 3rd level students across the Republic of Ireland, in their final two years of study, to showcase Universal Design in action. We're looking for entries across 3 categories, which are:

- Built Environment,
- Products and Services,
- Technology.

**Why enter?**

Besides the chance to win the award and a cash prize, this competition is a brilliant opportunity for you to stand out as a great designer in your field. Use the competition as a springboard from college into your professional design life.

**How to enter?**

Complete the registration process on this page. Start working on your application in your own time. The form will guide you through what's needed, and you can save your work and return to it at any time.

The deadline for completion of your application is **23:59, Tuesday, 6th June 2023**

For more information on Registration please click [HERE](#)

**Top-Tip April 2023**



**FraudSMART Monthly Focus: Text Message Scams**

*Text message scams - Don't click on links, attachments, or images in an unsolicited text, and don't be rushed into responding.*

Niamh Davenport, Head of Financial Crime at the BPF, said, "Text message scams known as smishing *are targeting consumers in their everyday lives*. It is important to be aware of the risks posed by these scams and how to identify them. You will never receive a text from your bank directly seeking you confirm or verify your personal or financial details. If you are uncertain as to whether a text or email is genuine, ring your bank separately using the number on the back of your card, don't use contact details from the text or email. If you think you may have fallen victim to text or email scam, contact your bank immediately."



FraudSMART is a fraud awareness initiative developed by Banking & Payments Federation Ireland (BPFi). FraudSMART is delighted to have teamed with Age Friendly Ireland (AFI) for this year's campaign. Niamh Davenport will be speaking at an Age Friendly Ireland (AFI) and Garda Older Persons Association (GOPA) 'Safety and Security' seminar in Dun Laoghaire, Dublin on Wednesday, 3<sup>rd</sup> May to highlight the most common frauds targeting older people. This event follows the success of a similar event in Stillorgan in March and a briefing for SMEs with the SFA and which FraudSMART Older Persons ambassador, former Minister for Justice Nora Owen attended with Detective Chief Superintendent Pat Lordan, Head of the Garda National Economic Crime Bureau in March. Further seminars in Cavan and Monaghan will take place in May as part of the FraudSMART campaign.

### Exwell Weekly Zoom

Dear ExWell Participants and Friends,



Please join us this week on **Friday April 28th at 5 pm** for our weekly Zoom. We will be discussing **Good Hydration for Good Health**. In addition, we will introduce another member of our team to the audience. They will share their journey into ExWell and what their normal weeks look like. This week we will meet Edel, who is the Programme Lead for the Midlands.

**The schedule is as follows**

- |          |                                       |   |
|----------|---------------------------------------|---|
| 5.00 pm: | Welcome                               |   |
| 5.05 pm: | Meet                                  | Edel Larkin                                 |
| 5.15 pm  | <b>Good Hydration for Good Health</b> | Danny Fagan                                 |
| 5.25 pm: | ExWell Choir                          | Lorraine (Choir Master IWA and Dublin West) |
| 5.35 pm  | Updates Q&A / Discussion.             | All   |

The link for the meeting is

<https://us06web.zoom.us/j/89571518656?pwd=Y0t3NDJReTlDT3p3OWVnRINDUldPQT09>



**Wexford Dementia Café**  
**at St. Louis Day Care Centre, Ramsgrange, Co. Wexford**  
**Y34H283**

Date and Time: Thursday 11th May 2023 2pm –4pm  
(2nd Thursday of every month)

Guest Speaker: Laurence Collins, Wexford Dementia Advisor  
of Alzheimer's Society Ireland

Presentation Title: "Providing information on the disease and supports  
in the area, help identify the needs of the person with dementia"



The Café provides a warm  
and welcoming space for  
people with dementia,  
their family and friends,  
social and health care  
professionals to meet,  
exchange ideas and learning

For further information on how to attend please email:  
[stlouisdaycarecentre@gmail.com](mailto:stlouisdaycarecentre@gmail.com) or telephone 051-389509

The Alzheimer Society of Ireland, National Office, Temple Road, Blackrock, Co. Dublin.  
Charity Number—CH786 Email: [info@alzheimer.ie](mailto:info@alzheimer.ie) [www.alzheimer.ie](http://www.alzheimer.ie)  
The Alzheimer Society of Ireland National Helpline: 1800 341 341



## Bunclody Library Events

### **Adult Book Club - Thursday 4<sup>th</sup> May at 7.30pm**

Join us for a discussion of Mara Timon's 'City of Spies'. New members are always welcome! Copies of the book are available to borrow in library. No booking required.

### **Wexford Volunteer Centre Drop in Clinic – Tuesday 9<sup>th</sup> May 10.30 – 12.30pm**

Join Ewa Juodis, Volunteer Development Officer, for the Wexford Volunteer Centre. This clinic is open to anyone in Bunclody that wishes to learn more about volunteering in Bunclody. Ewa will answer any questions you may have regarding volunteering and will go through all the available opportunities in the area. No booking necessary just drop in anytime between 10.30am – 12.30pm.

## Gorey Library Events

### **Week ending Saturday 6<sup>th</sup> May**

Drop in Information session about Volunteering in Gorey - Wednesday 3<sup>rd</sup> May 10.30am to 12.30pm

Scrabble Club every Thursday 7pm-8.30pm  
New members welcome.

Sensory Friendly Quiet Hour 4-5pm every Saturday

## Enniscorthy Library events

**Beginner-friendly yoga classes for adults - In celebration of Bealtaine**, beginner-friendly yoga will take place Tuesday mornings this May on the **2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, & 23<sup>rd</sup> at 10:30am.**

Join Sióg for a yoga class on one or more of the sessions. Yoga can help strengthen our mind and body, increase mobility, improve balance and relieve stress. Sióg teaches accessible yoga that encourages self-compassion and a sense of ease and uses gentle movement with mindful breathing.

**Environment Awareness drop in Session**, Saturday 6<sup>th</sup> May between 10:30am to 12:30pm.

For tips on how to reduce your household waste, what can be recycled and how to segregate your waste and ideas to prevent waste.

**Flora of Wexford Churchyards Talk**, Thursday May 11<sup>th</sup> at 7pm.

Join Paul Green as he shares his passion for the flora of churchyards and cemeteries which he has been studying for a number of years. Paul has worked in wildlife since 2004 and has been studying the flora of Ireland since 1988 he has a passion for all wildlife but especially plants. Paul's job as Ireland Officer includes looking after all the volunteer botanists around Ireland, organising botanical conferences and running plant identification workshops.



**Out at the Movies**, Thursday, May 18th at 6pm.

One Thursday a month we have cinema evening for grown-ups! Join us this month for a 'book to screen' film.

**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.**



**ST. LOUIS DAY CARE CENTRE**  
**Ramsgrange Y34 H283**

# open day

*Join us in St. Louis Day Care Centre on Thursday 4th May 2023 for an informal chat, meet our Staff and see the available services. All are welcome. 9am to 12.30pm*

*In Conjunction with the Annual*  
**ALZHEIMER'S TEA DAY**

*Thursday 4th May 2023*

*From 9.00 am to 12.30 pm*



**ALL PROCEEDS GO TO THE ALZHEIMER SOCIETY OF IRELAND**

*Please Drop in and Support this Worthy Cause!*



*This project is supported by the Department of Social Protection and Pobal through the Community Services Programme*

*Directors: Dr. Kevin Byrne Dr. John Cox Ann O'Hanlon Sarah McDonald Andrew Doyle Claire Harney*

*Registered Office: Slenottstown Business Park, Drinagh, Wexford, Co. Wexford.*

*Incorporated in Ireland with Limited Cert No. 105102.*

*We confirm that our Organization complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland.*

*Charity Status Ref No. CHY 7812 – CRA No. 20017996*



comhairle chontae na mí  
meath county council





## Wexford Older People Council

On behalf of the Wexford Older People's Council, I would like to extend a fervent thank you to Wexford's Age Friendly Ambassador, Mr. Tony Dempsey, for his support and presence at our recent OPC recruitment meetings throughout the county of Wexford in the past two months. His enthusiasm for the Age Friendly Organisation has greatly strengthened our efforts to attract membership of our Older Person's Council and is greatly appreciated. Go raibh míle maith aige.



## Over 60s Concert Group Wow Another Audience in the Glen

A wonderful afternoon of song and dance was held at St Brendan's Senior Citizen Centre last week with the Over 60s Concert Group staging another of their hugely popular events.

The Lord Mayor of Cork City, Cllr Deirdre Forde joined attendees and staff of St. Brendan's Day Centre, The Glen, Cork City, along with the Cork City Age Friendly Programme Co-ordinator for a wonderful afternoon of song and dance. Music and entertainment was provided by Paddy O'Brien and the over 60s group.



See full article here: <https://www.echolive.ie/corknews/arid-41123692.html>

## Mitchelstown Social Club Visit

This week Marie Nolan the Healthy Age Friendly Homes Coordinator in Co.Cork visited Mitchelstown Social Club to present and discuss the Healthy Age Friendly Programme and its benefits.



*Hannah Casey Secretary, Kathleen Griffin, Chairperson, Liz Downs, Vice Chair of Older People's Council in Cork County and Marie Nolan Healthy Age Friendly Homes Coordinator in Cork.*

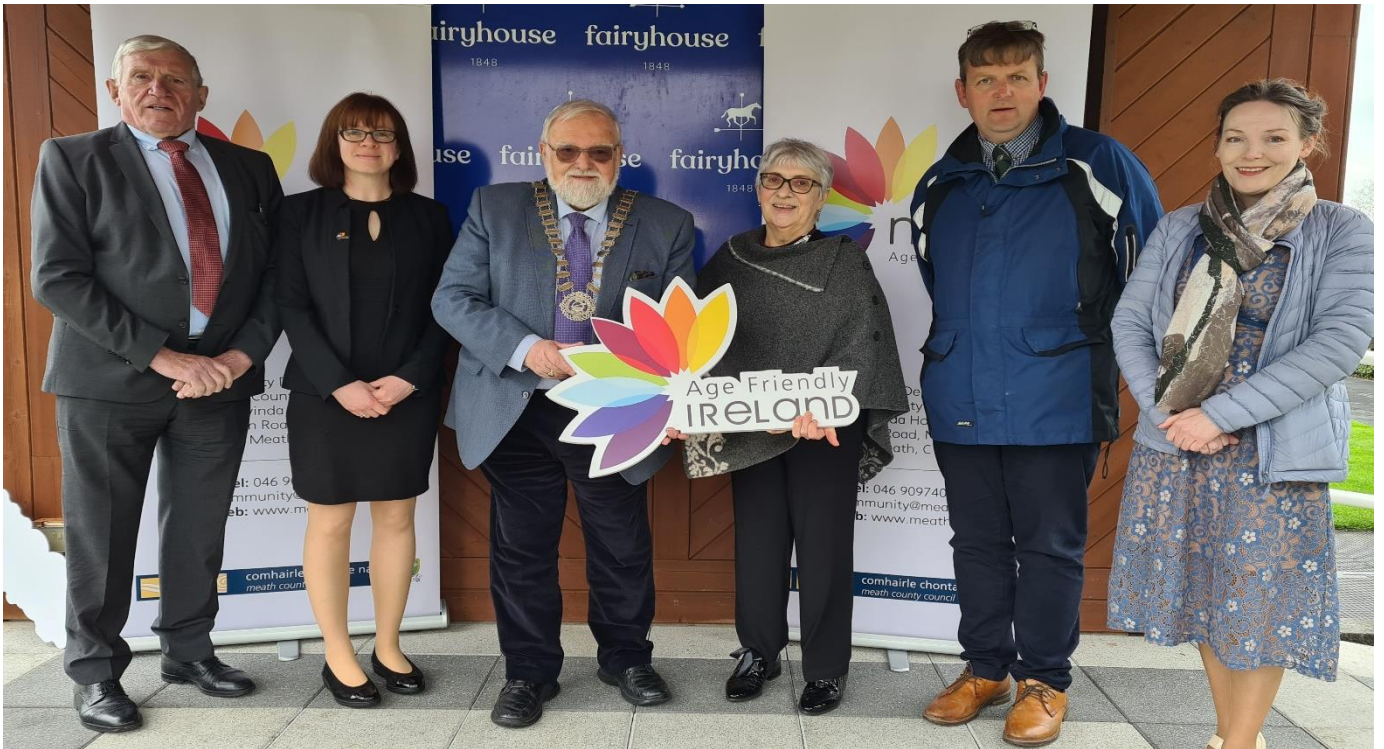


*Marie Nolan, Healthy Age Friendly Homes Coordinator for Co. Cork chatting with members of Mitchelstown Social Club.*



## Meath Cares About Older People

The Meath Age Friendly Alliance is inviting older people in Meath to attend a one-day event at Fairyhouse Racecourse on Tues, May 16 at 10am. Booking is recommended / please phone (046) 9097400 or email [community@meathcoco.ie](mailto:community@meathcoco.ie) More information at <https://bit.ly/3oF1vbW>



**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!**



## **Fingal County Council is delighted to welcome the appointment of Senan Turnbull as the new chair of Fingal’s Age Friendly Alliance.**

Fingal County Council is delighted to welcome the appointment of Senan Turnbull as the new chair of Fingal’s Age Friendly Alliance and takes this opportunity to thank Jim Glennon, the previous chair, for his hard work and dedication. Senan has a wealth of experience of volunteering from local to national levels including charities, sports, community and local development organisations.

Fingal’s Age Friendly Alliance works as a multi-agency hub for knowledge transfer, connections & networks and information exchange between each of the members service providers. The Alliance is committed to enhancing the quality of life of older people in Fingal, by guiding and coordinating the strategic development of Fingal as an age friendly county, through the development and oversight of cross sectoral age friendly initiatives.



Consisting of members from the Health Service Executive; An Garda Síochána; Dublin and Dun Laoghaire Education and Training Board; Dublin City University; TU Dublin Blanchardstown; Fingal Elected Representatives; Local Link Transport Co-Ordination Unit; Age & Opportunity; Fingal County Council Elected Members, Housing, Community and Libraries Departments; Local Link; Healthy Ireland; Alone; as well as representatives from Fingal’s Older Peoples Council, Fingal’s Age Friendly Alliance works collaboratively on delivering the actions that form the basis of the Age Friendly Strategy to ensure that Fingal is truly great place in which to grow old and to enjoy.

Senan has a wealth of experience of volunteering from local to national levels including charities, sports, community and local development organisations. Senan will chair the Alliance and will liaise closely with the Fingal Older Persons’ Council in overseeing the development of a new five-year strategy.

Tricia Matthews, Age Friendly Programme Manager said, “I am very much looking forward to working with Senan on the development and implementation of a new Fingal Age Friendly Strategy 2024 – 2029. A strategy that, through a multi-agency approach, will be action driven to improve the lives of all older citizens living in Fingal”

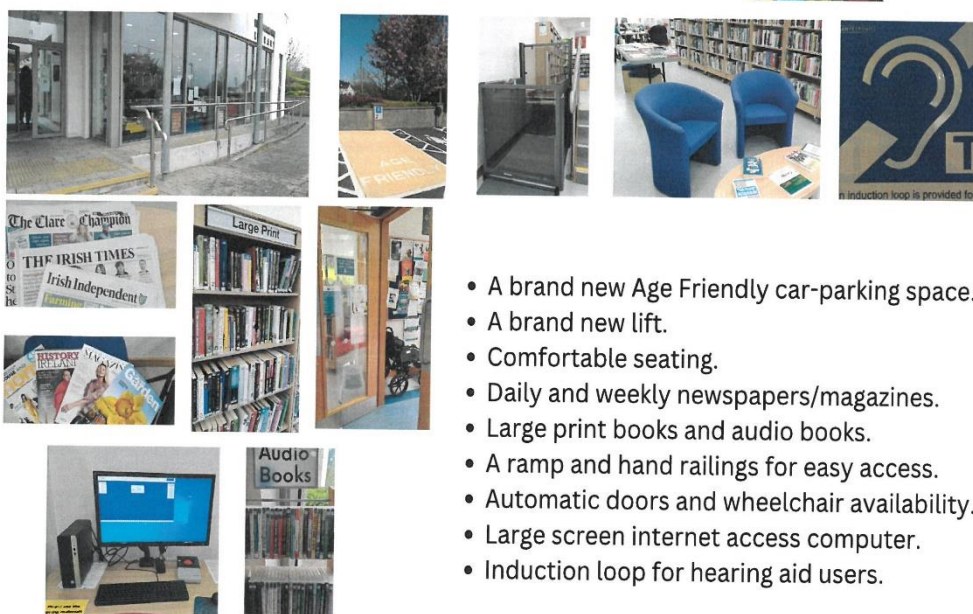
Senan understands that success in delivery of any Age Friendly Strategy requires input from the Fingal's older citizens who are living and experiencing life in Fingal from an older perspective. He encourages all to make submissions to the Strategy when called on later this year and encourages all older groups in the county to fully engage with the Fingal Older Persons' Council [opc@fingal.ie](mailto:opc@fingal.ie) to learn from and participate in its work in influencing the Alliance towards better services and infrastructure.



# Age Friendly Mornings at Scariff Library

Scariff library have services in place to enable and support older people in our community. You are welcome to join us every Tuesday morning from 10.30am to watch a film, read the papers, have a chat with friends, enjoy a cuppa or just relax and enjoy the space.

**Starting on Tuesday 25th April  
we are showing  
The Quiet Man at 10.30am**



- A brand new Age Friendly car-parking space.
- A brand new lift.
- Comfortable seating.
- Daily and weekly newspapers/magazines.
- Large print books and audio books.
- A ramp and hand railings for easy access.
- Automatic doors and wheelchair availability.
- Large screen internet access computer.
- Induction loop for hearing aid users.



The services are here to make the most of your visit to the library. For further information please contact us on 061 922893 or email [scariff\\_library@clarecoco.ie](mailto:scariff_library@clarecoco.ie)



## dlr Age-Friendly Programme & Garda Older Person's Association - Safety & Security Seminar



The dlr Age-Friendly Programme and the Garda Older Person's Association (GOPA) will organise their second free Safety and Security Seminar 2023 on Wednesday, 3rd May from 11:00am - 2:00pm in County Hall, Dún Laoghaire-Rathdown County Council, Marine Road, Dún Laoghaire, A96 K6C9.







# Garda Older Persons Association (GOPA)

## Safety & Security Seminar 2023

**Date:** Wednesday 3rd May 2023 | 11a.m - 2p.m

**Venue:** Assembly Hall, Dún Laoghaire-Rathdown  
County Council, Dún Laoghaire

**Welcome address** Councillor Mary Hanafin, Cathaoirleach,  
Dún Laoghaire-Rathdown County Council

**FraudSMART address** Nora Owen, FraudSMART Ambassador for Older Persons

### 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  
Tony McCarthy, dlr Senior Alert Scheme

### 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)



#### Speakers at the seminar will include

- Councillor Mary Hanafin, Cathaoirleach, Dún Laoghaire-Rathdown County Council
- Nora Owen, FraudSMART Ambassador for Older People
- Niamh Davenport, Head of Financial Crime, Banking & Payments Federation, Ireland
- Áine Flynn, Director of the newly launched Decision Support Service on the Assisted Decision-Making Act 2022
- Tony McCarthy, Senior Alert Scheme
- Sergeant James Malone, Crime Prevention Officer

and we are delighted that renowned musician Mike Hanrahan, Global Brain Health Ireland Fellow will perform for participants at this informative and enjoyable event.

Information & stands available also on Fraud SMART, Senior Alert Scheme, Dún Laoghaire-Rathdown County Council Services, ALONE and Decision Support Service.

This event is free but booking is essential and spaces are limited. To book your place, call the Community Section of Dún Laoghaire-Rathdown County Council at 01 205 4893 or email [community@dlrcoco.ie](mailto:community@dlrcoco.ie)



### Bealtaine Festival events in Waterford City and County

Lot of free events in Waterford Libraries and Waterford is home to Bealtaine Flagship Choir for 2023. Choir meet weekly in Waterford Libraries and first events will be the Dawn Chorus at 8am Sunday 7<sup>th</sup> May in the gardens of Dunmore East Library followed by sausage blaas.

<http://waterfordlibraries.ie/wp-content/uploads/2023/04/Waterford-Libraries-Bealtaine-Festival-Programme-2023-Final.pdf>



## Waterford Libraries Bealtaine Festival Programme Highlights

1ST - 31ST MAY 2023



## Kilkenny Earth Day Celebrations 2023



Former president of GAA and Kilkenny Age Friendly Ambassador, Nicky Brennan was present at Kilkenny Earth Day celebrations, speaking about green energy and sustainability from the perspective of the wisdom of older people and the leadership of the GAA.



### 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: In Conversation with Dr Aaron Wallace and Dr Laura Nic Lochlainn

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with: In Conversation with Dr Aaron Wallace and Dr Laura Nic Lochlainn

**if** Global Café  
in conversation with experts

"THE WORK OF THE IMMUNIZATION AGENDA  
2030 (IA2030) STRATEGIC PRIORITY 4  
WORKING GROUP - LIFE COURSE AND INTEGRATION."

28 April 2023 07:00 AM EDT

**Dr Laura Nic Lochlainn**  
Technical Officer in the Life course and  
Integration team in the Department of  
Immunization, (IVB) at WHO

**Dr Aaron Wallace**  
Epidemiologist at Global Immunization  
Division, Centers for Disease Control  
and Prevention

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