

National Updates



Healthy Age Friendly Homes Programme



Healthy Age Friendly Homes

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](#)

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**

FraudSMART warns older people of increased risk of text message and investment scams

On the 3rd May 2023, speaking at the Safety and Security seminar at Dun Laoghaire-Rathdown County Council, Niamh Davenport, head of Financial Crime at the BPFi, spoke on the types of scams targeting older people. These included 'Smishing', wherein the victim receives a fraudulent text message from a bank or financial institution looking for them to enter their details, and investment scams, which target older people via phone with too-good-to-be-true investment opportunities. Davenport advised older people who encounter these scams to be informed, alert and secure. She advised attendees, if contacted by phone, to never assume the organisation is genuine just because they have some of your basic details, and to always verify by calling the organisation separately.

Over 55s key target for increasingly elaborate scams seeking investments of upward of €20,000 FraudSMART, the fraud awareness initiative developed by Banking & Payments federation Ireland (BPFi), along with Age Friendly Ireland (AFI), and the Garda Older Persons Association (GOPA) will host a second 'Safety and Security' seminar today, Wednesday, 3rd May, at Dún Laoghaire County Hall to highlight the most common frauds targeting older people in the community. The seminar follows widespread warnings about increases in text message scams (also known as smishing), phone scams and investment scams targeting consumers in 2023.



Group Photo: Karen Meenan, Senior Atlantic Fellow for Equity in Brain Health, Siobhán Nic Gaoithín, dlr Age-Friendly Programme Manager & Social Inclusion Officer, Tony McCarthy, Garda Older Person's Association (GOPA) & dlr Public Participation Network Secretariat, Deputy Cormac Devlin, Teachta Dála, Superintendent Fergal Harrington, Chief Superintendent Matthew Nyland, Minister Jennifer Carroll MacNeill, Minister of State with responsibility for Financial Services, Credit Unions and Insurance. Councillor Mary Hanafin, Cathaoirleach, Dún Laoghaire-Rathdown County Council, Margaret McCarthy, Garda Older Person's Association (GOPA), Nora Owen, FraudSMART Ambassador for Older Persons, Eilis Hession, Garda Older Person's Association (GOPA), Inspector Gordon Woulfe, Sergeant Georgina Reilly, Chairperson, Garda Older Person's Association (GOPA), Councillor Marie Baker, Detective Superintendent Brian O'Keeffe, Niamh Davenport, Head of Financial Crime, Banking & Payments Federation, Mike Hanrahan, Global Brain Health Fellow & Age-Friendly Ambassador, John O'Neill, Dún Laoghaire-Rathdown Older People's Council, Karen Heffernan, Community Section, Dún Laoghaire-Rathdown County Council

Speakers at the seminar include Niamh Davenport, Head of Financial Crime at the BPF, and Sergeant James Malone, Crime Prevention Officer with An Garda Síochána. The event was opened by FraudSMART Ambassador Nora Owen, former Minister for Justice, founder of the Criminal Assets Bureau (CAB) and Safeguarding Ireland Board Member. Speaking at the event, Niamh Davenport said: "We have noticed a recent upsurge in fraud activity, in particular investment scams and smishing, which are text messages seeking your personal and financial information."

Ms Davenport continued: "It is really important for consumers, particularly those coming close to or at retirement age who are a key target group right now, to be aware that the scams offer very convincing investment opportunities and once the money is 'invested' it disappears with no redress once the money is handed over to an unregulated 'firm'. It is also important to note that you will never receive a text from your bank directly requesting payment. Don't click on links, attachments, or images in an unsolicited text, and don't be rushed into responding. If you are uncertain as to whether a text or email is genuine, ring your bank."

For more information on the event please read below Irish Examiner:

<https://www.irishexaminer.com/news/arid-41130556.html>




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



In this podcast Mark Smyth, Senior Clinical Psychologist HSE, points out how to recognise the signs of mental health difficulties and explains that there is help available on yourmentalhealth.ie to seek help early. Mark advises that if you find you are experiencing these common mental health difficulties, don't delay in searching for help and support and speak to a trusted colleague, friend or family member in the first instance. We hear how Mark also advises that seeking information and

support will make a difference.

The HSE and their partners have a range of supports available to you online, by phone or text and in person which are highlighted on yourmentalhealth.ie.

	<p>Online self-help supports include:</p> <ul style="list-style-type: none"> • ‘Stress control’ - a HSE sponsored online programme can help you to recognise stress, how it is affecting you and more importantly help you overcome these feelings. • ‘Minding your wellbeing’ – videos that can help you develop a positive outlook using mindfulness, gratitude, self-care and resilience. • Online ‘Cognitive Behavioural Therapy’ - helps you to change your negative thoughts and behaviours that are causing current and ongoing stress and anxiety. <p>Listen to and follow the HSE Talking Health and Wellbeing Podcast wherever you get your podcasts or on HSE Health and Wellbeing YouTube for an informative and engaging episode.</p> <p>Please leave us a review on your chosen podcast channel.</p>
 <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p>	<p style="text-align: center;">Healthy Ireland Conference 7th July -LIVE Registration</p> <p>On the 7th July the HSE will host the first National Health Services Healthy Ireland Conference. As part of this Conference the Health Services Healthy Ireland Implementation Plan 2023 – 2027 will be launched. Further information will follow on the speakers and the programme.</p> <p>In 2013 Government for Ireland launched the Healthy Ireland Framework 2013 – 2025. Recognising the challenge of increasing rates of chronic disease, many of which are preventable, the framework calls on every sector of society and every individual to play their part in creating a Healthier Ireland. Our health, modern lifestyle and environment are intrinsically entwined. Never before have these essential elements been threatened to such an extent.</p> <p>This Conference is an opportunity to hear inspiring speakers on this topic, helping us, the Health Services, to build momentum for a Healthier Ireland. Places are limited.</p> <p>I hope that you will join us for this inspiring conference. Register your own attendance through this link CLICK HERE.</p>



HSE Healthy Ireland
Conference 2023



Healthy Ireland - The Time is Now

Act Today to Shape a Healthier Tomorrow

You are invited to the
HSE Healthy Ireland Conference 2023
with the launch of the

Health Services Healthy Ireland Implementation Plan 2023-2027

When: Friday 7th July, 2023, 9:30am to 3:00pm

Where: The Convention Centre Dublin, Ireland

[REGISTER HERE](#)

#Hlthetimeisnow



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HSE - Health service updates and information

COVID-19 vaccine spring booster dose available until the end of May

Spring COVID-19 booster vaccines are now available for people aged 70 and older, residents of long-term care facilities for older adults and people aged 5 years and older with a weak immune system.

The spring booster will top-up immunity against COVID-19 for the months ahead, protecting from serious illness or hospitalisation.

Spring boosters are available throughout the month of May. This will allow for the required period of time to pass before the same group can be offered an autumn booster, along with their flu vaccine, to protect them over the winter months.

If you are eligible, you can book a spring booster appointment at a HSE vaccination clinics online at www.hse.ie. You can also get a booster vaccine at participating pharmacies and GPs. [Find out more at hse.ie](#).

Today (Friday, 5th May) is World Health Organisation's Hand Hygiene Day

In recent years, Hand Hygiene Day was marked in the midst of a global pandemic and a very different way of delivering health services. While COVID-19 is still a



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

challenge for health services, we are moving into a phase where we need to go back to basics when it comes to infection prevention and control. #BacktoBasics is a key message this year for Hand Hygiene day. Put simply, proper hand hygiene is the most important tool in reducing healthcare associated infection.

You can [find more information here](#).

SunSmart Campaign 2023 – 1st April to 30th September

The annual SunSmart campaign is run by the HSE’s National Cancer Control Programme (NCCP), in collaboration with Healthy Ireland and cross-sectoral partners, and works to support people to reduce their risk of skin cancer by protecting their skin from the sun. The aim of the campaign is to increase awareness of the steps you, your family, friends and colleagues can take to protect your skin from the sun. This is the fourth year of the campaign and each year it continues to grow.

We have included a campaign pack at the bottom of this email with promotional content for you to use and share with your own networks to support the SunSmart campaign.

You can [find more information 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 (BPF). 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, 3rd 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.

Bealtaine Festival Events



Age and Opportunity who organise the Bealtaine Festival are looking at three separate themes including how different generations are depicted on TV, the media and what says about our value systems, what it means to be a man who's ageing, and how care is depicted on screen.

You can see more information on page 22 here: [Bealtaine-Festival-Programme-2023-digital.pdf](#)

The three titles are:

Generational Drama: inter-generational relationships, representation and culture

Online event

Wednesday 10 May, 3pm

Booking: [Generational Drama: Intergenerational Relationships Representation Culture Tickets, Wed 10 May 2023 at 15:00 | Eventbrite](#)

No Country for Old Men: ageing, men and identity

Online event

Wednesday 17 May, 3pm

Booking: [No Country for Old Men: Ageing, Men and Identity Tickets, Wed 17 May 2023 at 15:00 | Eventbrite](#)

We Care A Lot : representations of 'care' (film /TV)

Online

Wednesday 24th May, 3pm

Booking: [We Care A Lot: Representations of 'Care' Tickets, Wed 24 May 2023 at 15:00 | Eventbrite](#)

Sunflower Project

We are delighted to let you know that the new date for this event is Wednesday May 10th - Venue to be confirmed.

We are delighted to be part of a new collaboration with the Irish Red Cross and older Ukrainians from Kilkenny. To kick off the project, you are invited to attend a meet and mingle in DCU Glasnevin on Wednesday, May 10th next.

We have planned an informal day comprising a meet and greet, campus tour and lunch in DCU. A 54-person coach will take the visitors to campus, and we know you will support us in extending a warm welcome to them. We hope this will be the start of a new partnership and lead to interesting projects later in the year.

Please register on the form here if you wish to attend: <https://forms.gle/UEFLjVZWbeossmqU7>

"Room to Improve As We Age" Public Lecture

If you missed the excellent public lecture last Thursday 27th April, it is available to view:

<https://vimeo.com/manage/videos/821733191/privacy>

The lecture topic is: **"Room to Improve as We Age: Future Proofing our Homes and Communities."**

Speaker: Professor Rodd Bond, Architect, Founder and previous Director of Netwell Casala at Dundalk Institute of Technology, leading a dynamic research centre on ageing and environment.

Chair: Professor Rose Anne Kenny, IGS President, Regius Professor of Physic, Professor of Medical Gerontology Trinity College Dublin and Mercer's Institute for Successful Ageing, St James's Hospital Dublin.

Panellists:

- **Professor Fiona Newell**, Professor of Experimental Psychology, Trinity College Institute of Neuroscience



- **Íde O'Shaughnessy**, Clinical Specialist Occupational Therapist, University Hospital Limerick
- **Michael Goan**, Sustainability and Urban Design Manager, Land Development Agency
- **Tom Sheridan**, Tetrarch Homes, building age-friendly homes in the private sector in Ireland.

An excellent presentation and discussion on the principles and practices in ensuring our homes and communities are age-friendly. A current and future necessity.

RTÉ News

Drug slows Alzheimer's by 35%, trial shows

An experimental Alzheimer's drug developed by Eli Lilly and Co has slowed cognitive decline by 35% in a late-stage trial, the company has said, providing what experts say is the strongest evidence yet that removing sticky amyloid plaques from the brain benefits patients with the fatal disease.



Lilly's drug, donanemab, met all goals of the trial, the company said. It slowed progression of Alzheimer's by 35% compared to a placebo in 1,182 people with early-stage disease, whose brains had deposits of two key Alzheimer's proteins, beta amyloid as well as intermediate levels of tau, a protein linked with disease progression and brain cell death.

The study also evaluated the drug in 552 patients with high levels of tau and found that when both groups were combined, donanemab slowed progression by 29% based on a commonly used scale of dementia progression known as the Clinical Dementia Rating Scale (CDR-SB).

Using that scale, experts said Lilly's findings were roughly on par with Eisai Co and Biogen Inc's lecanemab, sold under the brand name Leqembi, which reduced cognitive decline by 27% in patients with early Alzheimer's in a study published last year.

Read the full article [HERE](#)



Help to make active travel more Age Friendly

Road accident statistics show that those aged 55 and above are involved in a high percentage of recorded collisions on the Irish Road Network. [Transport Infrastructure Ireland \(TII\)](#) want to understand how to make active travel safer for people in this age group. They have asked [Sustrans](#) and [CFE Research](#) to carry out research to help them with this.

What do you mean by active travel?

Active travel means making journeys by **walking, cycling, and wheeling**. These modes of travel are generally for purposeful reasons, include going to the shops, getting to work, running errands or visiting friends and family, but can also include journeys for the purpose of recreation, fitness or fresh air. In this study, wheeling includes those who use a **wheelchair** or **mobility scooter**. Cycling can also include those who use **adapted cycles** (such as tricycles and hand-bikes) and **e-bikes**.

How can I help?

We want as many people as possible over the age of 55 to fill in our online survey, telling us about your experiences of and views on walking, cycling and wheeling. This includes people who do not currently do any active travel.

[Click here to fill in the survey.](#)

We will invite some people who complete the survey to take part in a short follow-up interview, so we can find out more about your experiences and views. We will only contact you if you agree to this.

What does taking part involve?

The survey should take **no more than 10 minutes to complete**. We will ask you for some personal information (such as your age, nationality, if you have a disability and so on). This is so we can make sure we are getting the views of a range of people. The survey also asks if you would be interested in taking part in follow-up interview - this is optional. If you select yes to this option we will ask for your name and either email address or telephone number so we can contact you to arrange this.

Follow-up interviews are friendly chats with one of our researchers by phone or video call – whichever is your preference. The call will last approximately 30 minutes and take place at a time convenient to you. If you take part in an interview, we will send you a shopping voucher worth €25 as a thank you.

I can't get online / hate computers – can I still contribute?

Yes. If you are unable to fill in the online survey, contact CFE Research direct (details below) and we can either send you a paper copy of the survey or help you answer the questions over the phone. Alternatively, contact the Age Friendly Shared Service on 046 900 7413 for support.

What will happen to the data I give you?

All your personal data will be kept strictly confidential. Your contact details will be kept separate from your survey/interview responses and stored safely by CFE Research.

The information you provide as part of this research will be analysed alongside responses from other people. We will produce reports for TII which may be made publicly available. Published reports will contain only anonymous information and summarised survey results, so it will not be possible to identify you of what you tell us. We will never publish your personal information unless you specifically give us permission to do so. A detailed privacy notice can be found [here](#).

We will keep personal data for **no longer than six-months after the end of the research project**, at which point it will be securely deleted. The project is currently **due to end 30th October 2023**.

I still have questions – where can I find out more?

To find out more about this research, please contact Chris Milner at CFE Research by emailing chris.milner@cfe.org.uk or calling +44 116 229 3300.

Age Friendly Ireland can be contacted for more information on 046 900 7413.

If you want to check that this research is genuine, you can contact TII by emailing info@tii.ie or calling 0353 1 646 3600. Please quote 'Bryan Kennedy - active travel study' when contacting TII.

Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on next **Friday May 5th at 5 pm** for our weekly Zoom. We are delighted to welcome Professor Noel McCarthy, Professor of Population Health Medicine, Public Health & Primary Care in the School of Medicine, Trinity College, to speak about screening. In addition, this week we will introduce you to Cliona McGowan, one of our valued delivery team.

The schedule is as follows

5.00 pm: Welcome	<i>Noel McCaffrey</i>
5.05 pm: Meet Cliona McGowan	
5.15 pm Current Advice about Screening	<i>Prof Noel McCarthy, School of Medicine, Trinity College</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>



Local Updates



The Sligo's Older People's Council

Sligo Older People's Council training was carried out on the 27th of April in Sligo.



The Sligo's Older People's Council executive is only newly established in Sligo, so they were delighted to receive it and be part of the Sligo's Age Friendly Programme.



Bealtaine Events in Hollyhill Library, Cork City Libraries.

Musical Neighbourhoods presents Poetry Reading with Poets JJ Fisher and John Horan. Fri 5th of May at 1.15pm

Eurovision Through the Years presented by David McGrath. Featuring some winners, runners up and favourites from 1956 -present. Wed 10th of May at 11am.

Down Memory Lane with Linda Kenny and Alf McCarthy accompanied by David O'Sullivan on piano. Thurs 11th of May at 11am.

Guitar Club Pensioners Concert. Friday 12th of May at 1.15pm.

Singers Circle presented by John O'Leary. Singers, poets and listeners welcome. Friday 26th of May at 2pm.

Ukulele Concert, featuring Hollyhill library Age Friendly groups the Holly Ukes and the Holly Wednesdays. Tues 30th of May at 12noon.

Down Memory Lane



Join Linda Kenny and Alf McCarthy
with Dave O'Sullivan on piano,
for a magical sing song session celebrating music
and memories from the olden days.



In Hollyhill Library at 11am on:
Thursday 11th May and
Saturday 17th of June

Free events, all welcome!



Hollyhill Library

Harbour View Road, Knocknaheeny, Cork

T: 021 4924928 /4924945



We are Cork.

Mitchelstown Social Club Visit

This week Mitchelstown Social Club enjoyed breakfast at Carey's Ramble Inn restaurant in Mitchelstown over the May Bank Holiday weekend



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meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

Bealtaine Festival

An Age & Opportunity **arts** initiative

Monday, May 8th A talk by Michael Winkle on small shops of Waterford at 11 am in Central Library Lady Lane.

Sunday, May 14th. Morning Dew event - join us to see the Sun rise across the bay. Meeting point The Park Dunmore East 5.30am. Refreshments served. Reserve at woodhouseduo@gmail.com or 0838353673.

Monday, May 15th. visit Museums of Time and Silver Tours 11.30 am and 2 pm.Booking essential 051 371684

Thursday, May 18th. A walk with Ray McGrath including Statues and Monuments of Waterford. Meeting place Bandstand in the Park 2.30pm Reserve woodhouseduo@gmail.com 083835673

Saturday, May 27th. A guided visit to City Community Gardens with Justina Traore and Samhaadh Samhaadh Concert celebrating the arrival of Summer with Cathy Desmond and friends starting 3.30 pm. Music all afternoon from Community Garden Ensemble. Meeting Point, Top of the City Community Garden, St Carthages Avenue (near the top of Barrack Street 2.20 pm. All events are Free — Looking forward to seeing you.



WATERFORD OLDER PEOPLE'S COUNCIL

Working to make Waterford a great place to grow older in

Galway City Library Dementia-Friendly Signage



Galway City Library has recently installed dementia-friendly signage with thanks to grant funding from the Dormant Accounts Fund, supported by additional funding from Galway City Council's Age-Friendly Office. This pilot project saw the creation of new signage, designed in line with the best practices for clarity and understanding for people with dementia. It is part of the ongoing mission of Galway Public Libraries to make all our libraries dementia-friendly spaces.



The new signage incorporates:

- icons to provide understanding where cognitive impairment may impact on reading text,
- text to provide an explanation of the image, where cognitive impairment may impact perception and understanding of images.
- Braille text for users with visual impairments.

The use of strong contrasting colours for each sign (toilets (green), exit (maroon), information (blue)) provides further visual cues for people with dementia. The signage was designed by Wayfinders Ltd, an Irish company, whose dementia-friendly signage has been accredited by the University of Stirling's Dementia Services Development Centre. An additional benefit of the signage is its clarity for patrons for whom English is not a first language.

In its first week of installation, the number of queries to the library desks regarding location of toilets was reduced by approximately 75%.

It is hoped that this pilot project will provide the proof of concept which will enable the project to be replicated in the other Galway City libraries in 2024, subject to funding.



Pictured above is Theresa Donohue, AF PM Galway City, Ann Marie Cusack AF TA and Caroline Rowan, Executive Librarian.

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.



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

Retired Active Men's Social

Oh, what a buzz in the village of Newcastle on the 26th April, as the opening of the new Supervalu Supermarket, had their "Ribbon Cutting ceremony.



R.A.M.S.
Retired Active Men's Social



The tape was cut by our very own "Queen of the Tidy Towns" Mrs. Breda Flatley, and much to the delight of the residences of Newcastle, spectators and the staff alike.

The RAMS in Rhythm were so pleased to sing and entertain at the launch, and were in great voice, as they entertained approximately 1000 customers, who passed through the Supermarket on the morning.

The weather was good to us all, as many of the shoppers lilted into the shop, with happy smiles on their faces. Rock me Mama, was a real pleaser as some shoppers even line danced.

We almost had a full complement of RAMS, with 12 members belting it out, and enjoying the reaction from the shoppers, spectators, and the listeners.

With members in age from 70th to 90th, we were very pleased to have our very own, Mr Pat Weldon singing his heart out, as Pat has just celebrated his 90th Birthday last month.



Our Musical Director, Mr Liam O Donnell had such a wonderful repertoire of songs for the morning, I was hard not to feel a happy shopper. This was the first time the RAMS in Rhythm have sang at this venue, and we hope to be back again in the near future and fundraising for our various charities. The RAMs greatly appreciated the hospitality and generosity from The Management of SuperValu. The RAMS in Rhythm now look forward to our next event singing, which will be in Corkagh Clondalkin, singing and entertaining all the walkers, for Darkness into light on Saturday 6th May, at 3 am to 6 am. So, I wonder will be giving a good rendition of "Morning has Broken".

Matt Dowling member of the SDCC older persons council, secretary of RAMS, singer in the RAMS in Rhythm and baker to the RAMS.



Older People from Donegal

Older People from Donegal being consulted and having their voice heard for the design and development of their new Age Friendly Strategy





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.

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



International
Federation on
Ageing

IFA Global Café | In Conversation with: In Conversation Dr. Marie Beaulieu, Co-Director of WHO Collaborative Centre, Age-Friendly Communities/Elder Abuse 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 "*Understanding the Definitions of Mistreatment Against Older Persons.*" featuring esteemed guest Dr. Marie Beaulieu, Co-Director of WHO Collaborative Centre, Age-Friendly Communities/Elder Abuse



if Global Café
in conversation with experts

**“UNDERSTANDING THE DEFINITIONS
OF MISTREATMENT AGAINST
OLDER PERSONS.”**

 **5 May 2023**

 **07:00 AM EDT**

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

Dr Marie Beaulieu

*Co-Director, WHO Collaborative Centre,
Age Friendly Communities/Elder Abuse*

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



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meath county council

