

National Updates



Sláintecare.



Healthy Age Friendly
Homes Programme



Healthy Age Friendly Homes

Healthy Age Friendly Homes attend the Clare Age Expo

The Healthy Age Friendly Homes team attended the Clare Age Expo hosted by the Clare Older People's Council & Clare Age Friendly Programme. The Expo was funded by Healthy Ireland and held in Treacy's West County Hotel, Ennis.



At the event, there were more than 40 information stands, all of which featured resources for Positive Ageing in the County. Local Limerick Co-ordinator Jillian Robinson attended on the day to provide information for attendees and answer questions. Regional Programme Manager Karen Fennessy gave a presentation to participants about the services provided by the Healthy Age-Friendly Homes program. There were many excellent opportunities for networking with other agencies. The event also featured taster sessions of physical exercise programmes, a singing workshop and a 'cooking for one' demonstration by a nutritionalist.

It was very well attended by organisations and participants alike and undoubtedly a huge success. The feedback from attendees was that it was a great day out for all!

L-R: Karen Fennessy – HAFH Regional Programme Manager & Jillian Robinson – Limerick HAFH Co-ordinator

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

A Warm Welcome for all at Third Age Summerhill Open Day

It was sunshine and showers outside at the Third Age Open Day in Summerhill this month, but nothing could dim the warmth of the welcome from CEO Aine Brady and administrators Rosemary Doyle and Maeve Carton, supported by other staff members

Established thirty-five years ago this year, Third Age celebrated this milestone by showcasing its range of services to members new and old, while teas, coffees and homemade cakes were served all day.

Their A-Z of activities and services includes audiology, chaerobics, chiropody, counselling, drop in centre, library, line dancing, Men &

Women's Shed, reflexology, resource centre, yoga, plus twice-yearly holidays for members.



On Open Day there were free consultations from chiropodist Terry Cooper and audiologist Peter Burke. A reflexology taster from Maeve Carton also proved a popular draw. The rain cleared to allow the planting of a laburnum tree in the front garden - donated by Bernadette Lusk - by two of the centre's oldest members, Noeleen Pearle and Tom Holmes. 'We have over 100 members. People dropped in to see what we offer, and we are delighted that some signed up and will join us as new members', said Rosemary Doyle.



Lane Galvin, Meath's Rose of Tralee added a touch of glamour to the Open Day. She told the assembled group how she had been attracted to the competition as a child, and now as a 26-year-old she sees it as a vehicle to show the many roles of women. A good example of this herself, she works as a midwife in Our Lady of Lourdes Hospital, Drogheda, while studying for her master's degree researching improvements in maternal care.

Third Age's two national programmes were in evidence. SeniorLine, Ireland's national telephone service for older people had 28,000 callers last year and signed up some new volunteers. Failte Isteach, began in Summerhill, now offers free conversational English classes in every county in Ireland. Visitors also met staff from AgeWell, where trained Companions visit and support older people in Co Meath.

For further information about Third Age, telephone 046-9557766, or log on to www.thirdageireland.ie

Free Transport Passes and Seat Reservations

Older People's Councils have queried why some Free Travel Pass holders have not been given a seat on certain bus routes. The National Transport Authority explains that this is because on certain bus services there is a seat reservation charge.

The main difference is whether the bus is operated as a public service or whether its run by a private operator.

Passengers on Public Service Operators (such as Dublin Bus, Bus Eireann, Irish Rail, Luas and Go Ahead) in contract with the National Transport Authority are boarded on a **first-come first-served** basis, regardless of payment method. Passengers with online tickets do not have any priority over cash/leap/Free Travel Pass (FTP) paying customers as there is no seat reservation system in place on these services.

There is an exception with Irish Rail. Irish Rail have a number of seats that can be reserved by all passengers with valid tickets, including Free Travel Pass holders. When that allocation of seats is full a charge of €2.50 is applied for all passengers. More details here:

https://www.irishrail.ie/en-ie/rail-fares-and-tickets/guide-to-buying-online/booking-a-seat-only-reservation?gclid=EAlaIQobChMI5_qH54Lw_gIVS7DtCh30IweREAYASABEgJk1fD_BwE&gclidsrc=aw.ds

The Free Travel Pass is run by the Department of Social Protection. All the Public Service Operators, such as Dublin Bus, Bus Eireann, Irish Rail, Luas and Go Ahead are signed up to accepting them.

It is up to Private Bus Operators to decide to sign up to it, or not. They can also decide if they are charging a booking/reservation charge to all passengers and what that charge is.



THU, 11 NOV 21
Reserve your seat with your Free Travel Pass
Take it easy with your Free Travel Pass onboard Expressway.

Expressway (and other Private Bus Operators):

All holders of valid methods of travel, including Free Travel Pass holders, can pre-book or reserve their seat. Customers who have pre-booked their seat on a service are called to board ahead of customers who have not pre-booked a seat on their preferred service. A pre-booked ticket can be a ticket purchased online or from a Ticket Vending Machine (TVM). This includes Free Travel Pass holders who have gone online or to a TVM to reserve a seat on their preferred service. On **Expressway Services it costs €2 euro to reserve a seat.** Different private bus operators charge different amounts.

Customers who have not pre-booked are then boarded on a first-come first-served basis, regardless of whether they are paying with cash/leap/Free Travel Pass, provided there is space left on the coach.

If you wish to reserve your seat on an Expressway Service, there is a helpful video on this link:
<https://www.expressway.ie/service-news/reserve-your-seat-with-your-free-travel-pass>



FraudSMART Top-Tip: Be on high alert for text message scams

FraudSMART is warning Age Friendly Ireland members to be on high alert for text message scams as a recent report shows fraudsters stole nearly €85 million (€84.6m) through frauds and scams in 2022, an increase of 8.8% on 2021. Card fraud accounted for over 95% of fraudulent payment transactions and most of the increase was driven by online card fraud or ‘card not present’ fraud where a criminal uses the victim’s compromised card information to make an online purchase.

The report comes as FraudSMART warns consumers to be on high alert as text message fraud, known as smishing, continues to become more prevalent. A recent survey by FraudSMART revealed that this type of fraud is now the dominant channel for fraud attempts, with 1 in 2 adults having received fraudulent text message in the previous 12 months. These text messages often include a link and sense of urgency requiring immediate action.

Commenting on how consumers can stay alert to text message fraud, Ms

Davenport added: “The truth is any of us can fall victim to fraudsters. Frauds and scams are becoming increasingly more complex and credible and are often undertaken by criminal gangs who run large scale operations. Banks are using a range of measures such as encryption and continuous fraud monitoring to protect their customers and ensure every day payments can be made securely, but fraudsters are increasingly targeting businesses and consumers directly through online channels including emails and social media or by phone, so it is important for us all to know how to protect ourselves.”

“If you receive a text asking you for personal or financial information, whether its purporting to be from your bank, eFlow, the HSE, parcel delivery services or any other company, do not to click on the link, especially if there is a sense of urgency to it. Pause for thought and if in any doubt contact the company independently. Don’t be afraid to ask for help if something goes wrong.

Sometimes people who have given their bank details to a fraudster keep that fact to themselves out of embarrassment. If you have shared your bank details and realise that it is a scam, report it to your bank and the Gardaí as soon as possible. FraudSMART also provides a wealth of information and tips so visit the website at fraudsmart.ie to keep up to date on the latest advice.”

What to do if you receive a suspicious text message:

- Do not respond to messages with personal information.
- Do not click on links in text messages, instead log into your service provider account through the official website or app
- A bank will never text/email/phone looking for personal information.
- Contact your bank/service provider/employer directly.
- Never use contact details from a text message, always independently verify.

- Always double check before clicking links or attachments in random or unexpected emails or texts and never give away security details such as PINs or passwords to anyone.

Age Friendly Ireland members can access a wealth of other advice on how to avoid fraud by visiting www.FraudSMART.ie and signing up for email alerts on current risks and trends.

LGBT CHAMPIONS PROGRAMME

For Health and Social Workers Caring for Older People



In Ireland, as LGBT+ People get older they are often forced into the closet due to the fear of not being accepted, and if they can't be open about who they are with their health professionals then their mental and physical health may be at risk.

Our LGBT+ Champions create change in the healthcare system, making LGBT+ Older people visible, safe and assured that they will be accepted even at their most vulnerable time, so that they can go on to live happier, healthier lives as part of their communities.



The Champions Programme is targeted towards health and social care professionals working and supporting older people. There is a great need to ensure that the health and social care staff are properly trained and aware and that their services are inclusive of LGBT+ people.

The aim of the LGBT Champions Programme is to address this by developing the awareness, confidence, competence and commitment of the health and social care professionals working in older age services, so they can transform the care experience of older LGBT+ people to one of inclusion, respect and dignity. The Programme will build on the professionals' existing knowledge, expertise, skills and attitudes by training, empowering and supporting individual LGBT+ Champions within key health and social care support services.

Email: james@lgbt.ie for more information about the Champions Training Programme.

Age Friendly Ireland are part of the champion network and all our Age Friendly Ireland Older People's Councils welcome members from the LGBT community.



Rialtas na hÉireann
Government of Ireland

Check the Register

Your voice matters and your vote is important! If you're already registered to vote, now is the time to check and either confirm or update your details by providing your PPSN, Eircode and Date of Birth.



comhairle chontae na mí
meath county council

Visit <http://checktheregister.ie>

YOUR VOICE MATTERS AND YOUR VOTE IS IMPORTANT

checktheregister.ie

"I'm already on the register, I have been for years!"

Did you know even if you're already registered, you still need to update your PPSN, Eircode and/or Date of Birth

To update your details visit www.checktheregister.ie
Call 046 9097000 or email registerofelectors@meathcoco.ie



comhairle chontae na mí
meath county council



Rialtas na hÉireann
Government of Ireland



New Alzheimer's drug offers 'ray of hope' to sufferers

A new drug, that has been found to slow the progression of Alzheimer's, offers a "ray of hope" to sufferers of the disease according to Alzheimer's advocate Helen Rochford-Brennan.

A study published in the Journal of the American Medical Association says that donanemab slows "clinical decline" by up to a third, allowing people with the disease to perform day-to-day tasks including shopping, enjoying a hobby and taking medication.

Ms Rochford-Brennan, who was diagnosed with the disease in 2012, says that while the drug is not a cure, she is optimistic about the effect it could have on the treatment of Alzheimer's.

"I'm optimistic for all of the people that can be able to use this drug. It's not going to help me or people that are diagnosed for a long time. But what it is going to mean is that we want more people diagnosed early," Ms Rochford-Brennan told Miriam O'Callaghan on Prime Time.



Dr Laura O'Philbin from the Alzheimer Society of Ireland

The Alzheimer's Society said that treatments like donanemab could one day mean the condition could be likened to other long-term ailments such as asthma or diabetes.

"This drug is a game changer. It is a leap because for 20 years, there was no new treatment for Alzheimer's disease," Dr Laura O'Philbin, Research and Policy Manager at the Alzheimer Society of Ireland told Prime Time.

Full Article [HERE](#)



Ukulele Classes

Another round of ukulele classes are starting in Hollyhill Library from September 6th.



Free Ukulele Classes for Beginners

For adults aged 55+

Ukulele
provided

Friendly and relaxed
atmosphere, no
experience needed

Every Wednesday for 6 weeks
starting September 6

10:00 am - 11:20 am in Hollyhill Library.

Places are limited. To book
your place please contact
Hollyhill Library at
021 492 4928/021 492 4945



Leabharlann
Library

Comhairle Cathrach Chorcaí | Cork City Council



Age Friendly
CORK CITY



CÚRAM SLÁINTE POBAIL
CORCAIGH CIARRAÍ
CORK KERRY
COMMUNITY HEALTHCARE



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



Yes your Honour

Thursday July 13th, 2023 was a fine sunny morning, as the RAMS set off on our journey to visit Kilmainham Gaol. After two years of trying to book the Kilmainham Jail visit, 30 members finally got our booking. Members gathered at 10 am at the St Finian's Community Centre for coffee/tea and biscuits, with most of the members missing out on the usually weekly, freshly baked scones and jam. Our coach arrived punctual as always, for us to embark and take us to the Gaol.

Our time slot was for 12 noon, so a short trip from Newcastle Co. Dublin, the journey was easy as the traffic had eased, and we arrived at the destination 11.45 am. Disembarking and assembling at the Old Court House Kilmainham, we were ushered into the main entrance, and secured our tickets.

Our lovely tour guide Rosin greeted us and gave the usual safety guidelines. The building has been so well restored; it was wonderful to see the restoration done by the OPW. Lots of history, and one could even feel the atmosphere of time past. The 1916 rebellion has a real history at Kilmainham Jail, and Rosin almost brought tears to our older eyes, with her great knowledge of the Joseph Plunkett, and Grace Clifford. Rosin gave us a great experience of the Jail church where they were married, before Joseph Plunkett was executed. Pointing out the cell that Joseph and Grace spent ten (10) minutes before his execution. Very emotionally and with us all teared up.



A great tour of the courtyard, where more executions took place, and a history story behind all the patriots who were executed there. The tour took almost 90 minutes, and on exiting the building, the RAMS in Rhythm, under the direction of our Musical Director Mr Liam O Donnell, gave a wonderful rendition of Grace. Oh, Grace just hold me in your arms, and let this moment linger. A great group of visitors, and lots of them American visitors, who were in the vicinity gathered to listen to the music, and with great applause, enjoyed the singing. So not to disappoint the other visitors who had gathered across the road, we gave them a few more songs. Ireland went down very well with some of the Americans visitors, with one lady videoing and telling us, she is bringing it back to Nashville to play to all her family. We finished off before going to lunch with a Wolf Tones version, of On the One Road. The only way to spend a Thursday morning, and singing before one's lunch.

We the RAMS had a lovely experience in the Hilton Hotel, after our visit to Kilmainham Gaol. The Hilton Hotel is just across the road from the jail, and so easily accessible. We had pre-booked lunch for 26

members, and it was so easy to walk across the road, and to be greeted by the reception, and shown to the restaurant. Although we arrived 30 mins early, there was no issues in having our lovely lunch served. The light lunch was very well presented; no skimping on the sandwiches, great service by some lovely young staff. So friendly and attentive. It was a very leisurely lunch, no fuss, and a treat to all our men. Some of our members were coeliacs, and they too were well looked after. The light lunch consisted of freshly made soup/variety of sandwiches/ French fried potatoes/ coffee, tea. The price was very good for a luxury hotel. So many thanks to all the staff for making our experience so good. We also enjoyed some liquid refreshment and relaxed in the atmosphere for about two hours.

To keep up the memento, we embarked again for a trip to Bray, and enjoy afternoon tea in the Martello Bar, on the sea front in Bray. Another wonderful welcome for all the RAMS and a reserved special area (pen) for the RAMS. It got a good laugh from some guests, As the "RAMS are coming to town". A super afternoon tea and ice cream was served with such professional and friendliness. Our Musical Mr. Liam O Donnell was in true singing voice, as we sang in the Martello bar for the entertainment and joy of all their guests, and not to mention, the passing crowds. As it was a beautiful day weather wise, a number of members took a walk on the pier and reflected on the good times had when we all went to Bray in our youth. All aboard again and the return journey to Newcastle, and "one for the Road" Home RAMS home for Newcastle and into our home watering hole, to finish a memorable day. Well done to all. Isn't it great to be old. Thanks to Annie May's Public House Newcastle, for the hospitality, and the lovely finger food.

The RAMS are not ones to sit back, so The RAM in Rhythm were singing and fundraising the following Saturday at Avoca, The Gavin Glynn Foundation. The Gavin Glynn Foundation helps families of children battling cancer to travel overseas for treatment not available in Ireland.



We will also be in the Square on Friday 21st fundraising for Barnardos Children's Charity. RAMS will be in recess during August, but The RAMS in Rhythm will still be singing and entertaining during August



Bunclody Library Events

Home Energy Kit available now from your local library!

Our Home Energy Saving Kit is now available to borrow from Bunclody Library. This kit contains a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas.

Please contact the library at 053 9375466 or email bunclodylib@wexfordcoco.ie for further details.

Classic Film Morning

Join us on **Friday 28th July** at 11am 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. Please ring the library on 053 9375466 to book a space. If you require any additional assistance for this event, please let us know.

Sensory Friendly Hour

Every Saturday from 4-5pm, Sensory Friendly Hour will be observed in Bunclody Library.

We encourage you to come along and relax in the calm environment of the library. No booking required. All welcome!

buttons, zips & belt buckles - Dementia Awareness Event



On **Thursday July 27th** Filmwex Productions in association with Wexford County Council and the National Opera House present a Dementia Awareness Event. It begins with an opening address from Deirdre Lang, director of Nursing Older Persons Services, HSE.

Followed by the world premiere screening of 'buttons, zips & belt buckles' (80mins) a documentary film by award winning Wexford filmmaker Philip Bertrand Cullen. The documentary is a truthful, honest and open account of Edward and Deirdre Barker navigating their way through the complex journey of Dementia.

After the screening a Q&A session will be hosted by Sharon Clancy. Amongst the participating guests will be Professor Michael Reardon, Geriatrician, Julia Miller, Director of Nursing, Kerlogue Nursing Home, Deirdre McGarry Barker, Carer and Philip Bertrand Cullen, Filmmaker. There will also be audience guests including representatives of Family Carers Ireland and the HSE.

This is an opportunity for people to ask the questions that will inform, assist and connect them to the information they may need to navigate their own Dementia journey.

The intention of this event is to raise awareness and open up a discussion on dealing with Dementia and all it entails. To hopefully connect, inform and assist people who might find themselves starting out on the Dementia journey and to those who have already begun their journey.

Click [HERE](#) to book



Mobility Chairs Launch

Caithaoirleach Martin Harley, along with members of Donegal OPC, Donegal Age Friendly Alliance and Age Friendly Ireland came together to launch their new colourful Age Friendly Chairs on Tuesday the 18th of July.



Age Friendly seating will now be available in all Donegal County Council Public Service Offices (Lifford, Letterkenny, Milford, Dungloe, Donegal Town and Carndonagh)





Sheil Hospital in Ballyshannon

On Monday the 17th of July, Mairead Cranley Age Friendly Regional Manager along with members of Donegal Older Persons Council, Cllr Barry Sweeney, Victoria (Vicky) Matthew, Dave Leckey, Trudi O'Reilly Donegal Age Friendly Technical advisor, Donna Reid HSE and Lisa McMonagle HSE carried a walkability audit of the newly refurbished and extended Sheil Hospital in Ballyshannon.



The newly high tech Sheil Hospital is working towards been an Age Friendly Hospital so that all their patients can have a more comfortable experience during their stay in the hospital.



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 on all things Age Friendly happening around the country 😊

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Instagram: [agefriendlyireland](https://www.instagram.com/agefriendlyireland)

International Updates



IFA Global Café | In Conversation with: Prof. Jean-Pierre Michel

Prof. Jean-Pierre Michel
Professor Emeritus of Medicine - Geneva University Medical School
Head of the geriatric ward at the Geneva University Hospitals
Switzerland

21 July 2023 07:00 AM EDT

a contribution to the Decade of healthy ageing

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with Prof. Jean-Pierre Michel on "The evolution of geriatrics and the future 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

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