

National Updates



Sláintecare.



Healthy Age Friendly
Homes Programme



Healthy Age Friendly Homes

Energy Poverty Day



The Energy Poverty Stakeholder Forum took place in Dublin earlier this month. This forum focused on the Energy Poverty Action Plan which set out the range of measures that were implemented across Government during winter 2022/23, as well as longer term measures, to ensure that those least able to afford increased energy costs are supported and protected to adequately heat and power their homes.

The event focused primarily on the four key areas of the Action Plan: Meeting the Cost of Energy, Energy Efficiency, Research and Communications. Workshops based on these areas was held during the event. Eimear McCormack Healthy Age Friendly Homes Regional Manager attended the event and participated in the workshops. Outcomes from the day will directly inform Government policy and revisions to a future Energy Poverty Action Plan.

Pictured here are Justina Corcoran Principal Officer Department of the Environment, Climate and Communications and Eimear McCormack Healthy Age Friendly Homes Regional Manager

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**



AFU
Age-Friendly
University

A Taste of DCU

A "Taste of DCU" specifically designed for older people to experience all that DCU offers as an Age-Friendly University. The event will give participants a "taste" of the range and breadth of courses and other activities offered at DCU, as well as providing an opportunity to visit the campus and meet with DCU staff and students. More seasoned participants will also be on hand to share their Age-friendly University experiences. There is a free raffle and refreshments will be provided.

The event will take place at the School of Nursing, Psychotherapy and Community Health, DCU Glasnevin on Friday, September 1st from 8.45 am and the event will finish at 4.00 pm.

It is a free event and registration is on Eventbrite <https://www.eventbrite.ie/e/taste-of-dcu-2023-tickets-652659641557>



Age Friendly Business - Drogheda Credit Union

Members of Louth Older Peoples Council attended the recent launch of Drogheda Credit Union Age Friendly Business accreditation.



The Credit Union will now provide age friendly services to members over 65 years on the first Friday of each month from 9.30am -11.30pm and have appointed an Age Friendly Ambassador in their Drogheda branch.



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



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Consider all your Options

If you are unwell or in need of medical attention, remember to consider all your options.



Self care

Colds
Sore throats
Hangovers

Take care of minor ailments at home with a first aid kit and a well-stocked medicine cabinet.



Pharmacy

Headaches
Tummy aches
Coughs

Ask your local pharmacist for advice on common minor illnesses.



GP Surgery

Feeling ill
Back pains
Ear aches

Make an appointment with your GP if you're feeling unwell and it is not an emergency.



Local Injury Unit

Minor injuries
Broken bones
Burns

Get treatment for minor injuries, broken bones, dislocations and burns.



Out of Hours GP

GP Service outside normal clinic hours

If you urgently need to see a GP outside of normal hours, contact your local GP out-of-hours service.



ED or 999/112

Choking
Chest pains
Breathing problems

Visit an ED or call 999 or 112 if someone is seriously ill or injured and their life is at risk.

When care is needed, consider all the options.



Health Regions Implementation Plan published

The health service is being reorganised into six HSE Health Regions

Health Regions will allow us to:

- deliver more integrated care closer to patients' homes by bringing hospital and community services together
- plan and deliver services around the needs of local populations
- improve governance and accountability at all levels
- strengthen local decision-making
- provide consistent quality of care across the country

Health Regions will help shape the future of health and social care in this country. They will allow us to deliver safer, better care that is planned and funded in line with local and regional health needs.

The Implementation Plan sets out a high-level programme of work to establish Health Regions from February 2024. It includes key actions and timelines throughout 2023 and into 2024.

Read the Health Regions Implementation Plan [here](#).

Health service information for Ukrainian nationals

- Updated mental health supports information is [here](#)
- Disability services information is [here](#)
- Healthcare services information is [here](#)
- COVID-19 information is [here](#)
- COVID-19 vaccination [video](#), Dr Oksana Kozdoba, a Pediatrician from Ukraine, shares information about the vaccination programme in Ireland. She covers the vaccines offered in Ireland to protect babies, school children and adults.



Mullingar brothers who wrote 'Grace' honoured in their hometown

Two brothers who wrote the famous Irish song 'Grace' have been honoured in their hometown of Mullingar, Co Westmeath. Sean and Frank O'Meara from St Bridget's Terrace received the Gradam Na hÉigse award.



Mullingar Comhaltas Ceoltóirí Éireann honoured the brothers with the Gradam Na hÉigse award in recognition of their long-time commitment to Irish culture and heritage. The brothers wrote the song in 1985 about the artist Grace Gifford who married Joseph Mary Plunkett in the chapel at Kilmainham

Gaol just hours before he was executed in 1916. Grace has been recorded by numerous Irish and international artists and is now one of the most popular ever Irish songs.

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





Cycling Without Age Fingal

Cycling Without Age have 4 wonderful Trishaws in Fingal. Booking is simple, quick and free. Just log on to <http://thebikehub.ie/fingal> and pick the time and place that works for you.



Comhairle Contae
Fhine Gall
Fingal County
Council



CYCLING WITHOUT AGE FINGAL

1 What is Cycling Without Age?

CWA is a totally voluntary, sustainable and award-winning initiative that allows everyone enjoy the feeling of the wind in their hair



2



Locations

We have Trishaws in Skerries, St Catherine's Park, Santry Park and The Baldoyle Greenway

3 How to Book

Booking is easy, just log on to www.thebikehub.ie/fingal and select the time and location that suits you

3

BOOK NOW

4



Next Steps

After you get your confirmation email, simply meet your Volunteer Pilot at the chosen time and location and enjoy your spin

5 For More Information

If you have any questions, or need more information simply email active.travel@fingal.ie and we'll be in touch

5



www.fingal.ie

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 Dr. Andrew Sixsmith

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Andrew Sixsmith on “The future of AgeTech.”

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