

National Updates



Age Friendly Meeting An Taoiseach



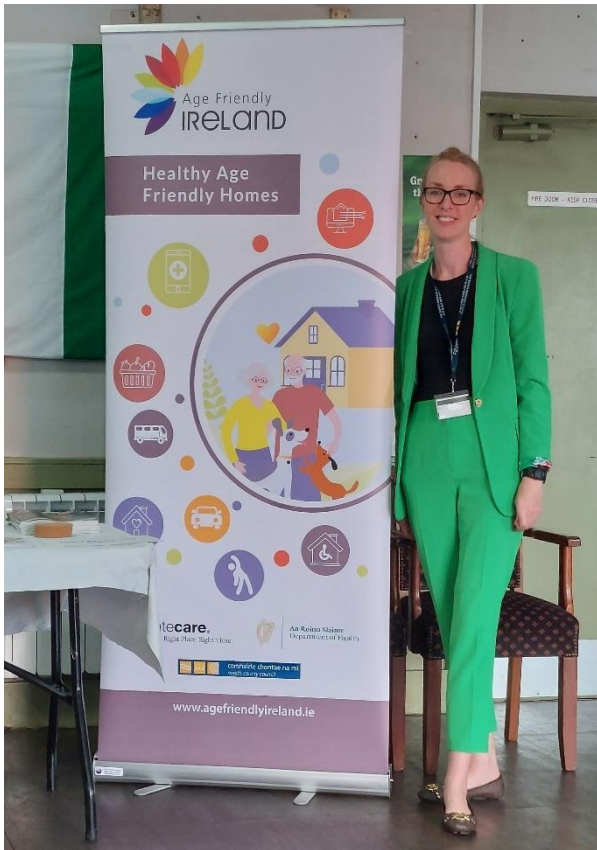
Outgoing Cork County Older People's Council Chair, Liz Maddox had the pleasure to meet An Taoiseach Leo Varadkar last Friday evening at an event. Here she is pictured with An Taoiseach and TD David Stanton. This was a fitting end to Liz's term as Chair of the Older People's Council. Age Friendly Ireland would like to thank Liz for her many years of leadership and support for the all things Age Friendly and for her great empathy and passion for improving the lives of older people. Liz will continue to support her local Older People's Council and the many great Age Friendly projects in County Cork.



Fingal County Council Event in Sutton

Yesterday Age Friendly Ireland took part in an information event in Sutton. Danielle Monahan, Healthy Age Friendly Homes Coordinator in Fingal, and Louise Edmonds, Regional Age Friendly Manager for the East attended the event to provide information on our services and programmes.

The information fair, with 17 different information stands, was a great way to reach out into the community as it had ; 150 older people attended from Sutton, Baldoyle and other surrounding areas. Danielle is pictured here above at the event, alongside Age Friendly Ireland Regional Programme Manager Louise Edmonds.



For 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**

For information on technology supports to age in place, contact **Louise Edmonds 087 647 4216**



Maynooth University
National University of Ireland Maynooth

Participants for Research

ARE YOU CURRENTLY USING, CONSIDERING PURCHASING, OR HAVING USED ASSISTIVE PRODUCTS? (EXAMPLES: HEARING AIDS, TABLETS, WALKING STICKS, WHEELCHAIRS, SCOOTERS, WEARABLES, PENDANT ALARMS, PROSTHESES, AND OTHERS SIMILAR).

ARE YOU 65 YEARS OR OLDER?



WE WANT TO HEAR ABOUT YOUR PERSONAL EXPERIENCES WITH ASSISTIVE PRODUCTS AND THEIR LINK TO YOUR SELF-IDENTITY.

What is expected from you? You will be invited to a series of interviews spaced apart. We will always agree on a place that best accommodates your preferences.



For more information or to participate, please, contact me:
YANET.MOREJONHERNANDEZ.2021@MUMAIL.IE

Yanet Morejon Hernandez (PhD Researcher)
Department of Psychology, Maynooth University



WOULD YOU LIKE TO BE IN CONTROL OF YOUR HEALTH AND WELLBEING?

If you are 55+, help us to shape research on health and technology by joining our focus group led by Dr. Marco Alfano (Maynooth University) on **Thursday 28th September 2023, 10:30am to 1pm**
Light refreshments and free parking provided

Location: IVI Institute, Eolas Building, Maynooth University.



To register,

CONTACT US

Rebecca Clinton - Public & Patient involvement Officer

Email:

rebecca.clinton@mu.ie

Mobile: 086 3698732



For more information visit our website ivi.ie/project_category/digital-health



Wicklow Further Education and Training



BORD OIDEACHAIS AGUS OILIÚNA
CHILL DARÁ AGUS CHILL MHANTÁIN
KILDARE AND WICKLOW
EDUCATION AND TRAINING BOARD

KWETB
Wicklow Further Education and Training Centres
Courses 2023-2024

Kildare and Wicklow Education and Training boards have published details of adult education courses available in 2023/2024, across the Wicklow Further Education and Training Centres.

Further education is for everyone who wants to learn a new skill, improve their language, literacy or digital skills, re-enter the labour market or become more active in their community. Many of the learners at KWETB Adult Learning Centre are over 55 years of age and staff can offer older adults a free, confidential, friendly and flexible adult learning service.



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County and City Management Association

Classes for older adults who want to learn new skill typically run from 2-6 hours per week, with part-time options for morning, afternoon and evening classes available.

Full details in the flip book brochure link, here: <https://heyzine.com/flip-book/e2e7ff2832.html>

For a hard copy of the brochure please email your request to fetadminwicklow@kwetb.ie

Or Call

Further Education and Training
Bord Oideachais agus Oiliúna Chill Dara agus Chill Mhantáin
Kildare and Wicklow Education and Training Board
Wentworth Place, Wicklow Town, Co. Wicklow.
T: (045) 988 000 | M: (087) 9299 707



Age Friendly 8 Week Free Course in DCU

SHORT COURSE IN ENTREPRENEURSHIP

DCU is offering a free (HEA funded) 8 week short course in Entrepreneurship. This course is for people with an interest in starting a business and who may find it difficult to access entrepreneurship education, advice and supports. The course will be practically focussed and interactive, with opportunities for networking and to meet successful entrepreneurs.



The free 8-week course is a series of two-hour sessions, one evening per week, designed to go into more detail about getting started on the entrepreneurial journey aimed at those who have a genuine interest in setting up a business, or have already begun their entrepreneurial journey and need solid knowledge and information.

Places are limited on the course. Please contact Claire Farrell (claire.farrell@dcu.ie) if you would like more information on the programme.

TOPICS COVERED:

1. Entrepreneurial Thinking
2. Setting up a Company
3. Teams
4. Financial Supports
5. Marketing
6. Sales Management
7. Leadership
8. Project Management

Location: DCU Glasnevin Campus
Collins Ave, Dublin 9.

Weekly on Tuesdays
3rd October - 21st November 2023
6pm-8pm

Places are limited
To register your interest, please email
claire.farrell@dcu.ie
before 18th September 2023



Ollscoil Chathair
Bhaile Átha Cliath
Dublin City University



HIGHER EDUCATION AUTHORITY
AN tÚDARÁS um ARD-OIDEACHAS

Learning Opportunities DCU 2023/24

For those considering a course of study to experience university without committing to a four-year programme, it is possible to undertake a single module from a selection we offer.

These modules are from the undergraduate programmes, with no entry requirements, assignments or exams.

A student card, a DCU student email and a Certificate of Participation are issued with these modules. This option costs €120.

There is also an option to earn credits for taking a module; don't hesitate to contact us for details.

For full course Timetable please follow the link:

<https://www.dcu.ie/agefriendly/learning-opportunities-dcu-202324>



Third Private Rightsizing Scheme announced by Limerick City and County Council

The local authority has a new scheme where homeowners older than 55 who find their dwellings too large for them, may request the council to purchase their home in return for a life-long tenancy in a managed Older Persons Scheme.



The Private Rightsizing scheme is entirely voluntary and in partnership with Clann, a division of Clúid Housing that provides dedicated age-friendly homes for people 55 years and older. This exciting new scheme is located at Woodfield Manor, Newcastle West and includes two-bed bungalows. It will be available from October 2023.

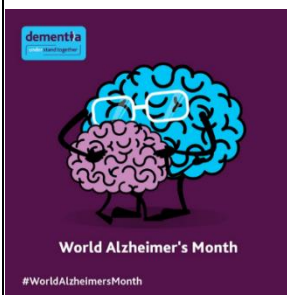
Both the Council and Clann are working together to deliver more age-friendly housing to Limerick residents, planning to ensure the right housing options and supports are in place as our population ages, reducing the likelihood of entering into nursing homes or care facilities.

The closing date for receipt of applications from eligible candidates over the age of 55 is the 8th September 2023 at 5pm.

Candidates who submit a full application with supporting documentation will be assessed to ensure they meet the eligibility requirements. Limerick City and County Council will hold a panel of approved candidates in excess of the number of available properties in case a selected candidate's circumstances change and are unable to accept the offer.

For the full article please visit the link below: <https://www.limerick.ie/council/newsroom/news/third-private-rightsizing-scheme-announced-by-limerick-city-and-county>

World Alzheimer's Month



This World Alzheimer's Month (WAM), the Dementia: Understand Together campaign is encouraging people and organisations to take simple actions to help raise awareness of dementia and the things we can do to improve and maintain our brain health.

The theme for WAM this year is "Never too early, never too late" with a focus on risk factors and risk reduction.

	<p>With the number of people living with dementia set to more than double by 2045, it has never been more important to recognise the risk factors associated with dementia and take proactive steps towards risk reduction. Through promoting brain health we hope to emphasise how by keeping our brain healthy we can delay and potentially prevent the onset of dementia, and encourage greater wellbeing for those with a diagnosis.</p> <p>www.understandtogether.ie/get-involved</p>
	<p style="text-align: center;">HSE Talking Health and Wellbeing Podcast, Episode 21 - Positive Mental Health</p> <p>In this episode we talk to HSE Health Promotion and Improvement Officers, Olive Fanning and Anne Marie Murphy, about Positive Mental Health and the HSE's Minding Your Wellbeing programme. Hosted by Fergal Fox, they discuss the programme content, which is available through a series of 5 videos along with other mental health supports on www.yourmentalhealth.ie, as well as talking through the many terms and concepts used in the field of positive psychology such as Self-Care, Resilience, Positive Relationships, Mindfulness and how we need to Manage Our Thoughts.</p> <p>The Minding Your Wellbeing Programme Support Booklet is also highlighted in the podcast as a useful tool for people who are working to improve their mental wellbeing and is available to order for free via www.healthpromotion.ie.</p> <p>Please get in touch to find out more about our podcast series or the work of HSE Health and Wellbeing Healthandwellbeing.communications@hse.ie Listen and follow wherever you get your Podcasts or on the HSE Health and Wellbeing YouTube channel.</p>
	<p style="text-align: center;">Minister for Health announces 215,000 people are newly eligible for free GP care from today.</p> <p>Minister for Health, Stephen Donnelly today announced the opening of applications for GP visit cards for up to 215,000 people who are newly eligible. This is the first of two phases which will provide free GP care to an estimated 430,000 people in Ireland on a means tested basis. It is part of the biggest expansion in eligibility for free GP care in the history of the state happening this year and covering up to 500,000 people.</p> <p>These changes apply to adults and children aged 8 to 69. All children aged under 8 and people aged 70 and over are automatically eligible for a GP visit card.</p>
 <p>Rialtas na hÉireann Government of Ireland</p>	<p style="text-align: center;">Fuel Allowance 2023 – 2024 starts on Monday 25 September 2023</p>  <p>In 2023-2024, the total Fuel Allowance payment over 28 weeks is €924. Fuel Allowance season starts on Monday 25 September 2023 to 5 April. It can be paid to you in two instalments. The first instalment will be paid in September 2023.</p> <p>https://www.gov.ie/en/service/00aa38-fuel-allowance/</p>

Home Share Collaboration with University of Limerick



THE HomeShare
Together Helping Eachother



THE HomeShare
Together Helping Eachother



UNIVERSITY OF LIMERICK
OLLSCOIL LUIMNIGH

New Housing & Social Support for Limerick

THE HomeShare is thrilled to announce its exciting collaboration with University of Limerick, a partnership that aims to revolutionise accommodation options in the region.

This groundbreaking initiative aspires to empower older residents of Limerick to continue living independently in the comfort of their own homes. By fostering connections between students and older community members, we hope to create a vibrant intergenerational living environment that benefits all involved.

This collaboration embodies our commitment to enhancing the quality of life for older individuals while offering unique learning opportunities for our students and is a positive step towards creating a more inclusive and age-friendly city.

Fighting Blindness



Fighting Blindness offers counselling services for those impacted by visual impairment as well as support groups where people can share their experience with peers who have been similarly affected.



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All of our services are **free of charge**, and you can find more information here: <https://www.fightingblindness.ie/how-we-can-help/support-services/insight-counselling-service/>

Support Services



Our Insight Counselling Service is **free** and **confidential** and provides **support** for all those affected by sight loss, both individuals and their family members and carers.

We offer:

- Individual sessions (aged 18+)
- Family support
- Support group meetings
- Telephone sessions are available as an option for those with travel limitations or to facilitate counselling with clients in distant locations

We offer **support groups** for people with a visual impairment - and for their families - to share their feelings and experiences with others facing the same challenges.

Partner's Peer Support Group	Dublin & Cork Technology Groups	Connections Coffee Morning Group	Dublin & Cork Peer Support Groups	Mindfulness Meditation Group
Directions: Young Adult Peer Support Group	Horizons: Parent's Peer Support Group	Borders Group	AMD Peer Support Group	

Local Updates



Bunclody Library Events

Bunclody Library Knitting Group – Every Thursday 10.30am to 12.00pm

New members welcome. Please note change of day! **No booking required!**

Autumnal Floral Arrangement Demonstration– Thurs 21st Sept at 7.00pm

Join Clare Dobson of Stems from Love as she creates an autumnal floral arrangement for you to copy at home! Get inspired and get advice from an expert! Places limited, **booking required.**

Culture Night Film Screening – Fri 22nd Sept 11.00am to 12.30pm.

For our Culture Night Film Screening, we will be showing an Oscar-nominated Irish film. This screening is for adults only.

Places limited, **booking required.**

Culture Night Event: A Celebration of Irish Art with Elaine Hoysted – Fri 22nd Sept at 4.00pm

Join Elaine Hoysted, Independent Art Historian and Library Staff Member, for a discussion of some of Ireland's most treasured paintings. Among the art works that will be discussed are The Marriage of Aoife and Strongbow by Daniel Maclise, The Liffey Swim by Jack B. Yeats, and The Nightingale by Harry Clarke. Places limited, **booking essential.**

To book for the above events please telephone 053 9375466 or book online at wexfordcoco.libcal.com.



Age Friendly Louth & Louth County Council Age Friendly Expo 2023

LOUTH AGE FRIENDLY EXPO 4TH OCTOBER 2023



*Ardee Parish Centre, Hale St, Ardee, Co Louth
10.30am -1.30pm*

Theme : Keeping Safe at Home

Information, advice , helpful tips and hints

This is a free event for over 55's book your place contact agefriendly@louthcoco.ie or 042 9324389



This Age Friendly event is scheduled to take place in the Ardee Parish Centre on Wednesday 4th October 2023 from 10.30am to 1.30pm.

The theme of the Expo is **Keeping Safe at Home**. A number of speakers and presenters will give helpful tips and advice to older people around keeping safe in their home on topics such as fire safety, crime prevention, dementia awareness, online safety, preventing trips and falls in the home, technology and much more.



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It's a free event and all people over 55 in Co Louth and surrounding areas are welcome to attend. Free parking and accessible facilities on site.

Louth Age Friendly Ambassador, Gavin Duffy, from RTE's Dragons Den will open the event. This will be followed by a suite of speakers on a variety of topics around the theme of Keeping Safe in the Home. There will be an opportunity for attendees to avail of light refreshments so there will be lots of time for a cuppa and a chat. There will also be a chance to peruse the stalls and stands at the Expo showcasing the groups, organisations and services on offer to Older People in Co Louth. Community groups, active retirement groups, organisations working with and supporting older people and individuals are all welcome to attend.

The event is free however booking is advised, to book a place contact agefriendly@louthcoco.ie or 042 9324389 for further details.

There will be a free bus to and from the event from Dundalk and Drogheda departing at 9.30am. Places are limited and booking is therefore essential.

The Expo is also an opportunity for community groups, service providers and organisations who help older people to showcase their services or organisation. If you would like to have a stall/pop up stand at the event please contact agefriendly@louthcoco.ie or 042 9324389 for further details.



Living Well

A programme for adults with long-term health conditions



Living Well is a free group programme for adults living with any long-term or chronic condition. It takes place over six weekly workshops (6 x 2.5 hours) – either online or in-person. It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management skills and confidence to live well with your health conditions. You will also meet other people who live with long-term health conditions and learn from each other's experiences.

Upcoming Living Well Programme Information Session

Venue	Date	Time
Dundalk Library	19 th September 2023	2:30pm
Drogheda Library	20 th September 2023	11:30am
Ardee Library	21 st September 2023	2:30pm

To book your place contact

❖ Aine McNamee – Living Well Co-ordinator
aine.mcnamee@hse.ie / 041 6850676 or 087 1140371

❖ Elaine Duffy – Living Well Administrator
elaine.duffy5@hse.ie / 041 6860710 or 087 4308735

www.hse.ie/LivingWell



*Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



Self-management Support

Sláintecare

Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.



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Avondale House Welcomes Older People's Councils

Members of the County Wicklow Older People's Council (OPC) took part in a guided tour of Avondale House on Tuesday last (Sept 12) to assess the accessibility of the venue and the experience for older people.

The newly refurbished Avondale House is an added attraction for visitors to Avondale Forest Park, in addition to the Beyond the Trees Walkway and Viewing Tower. Officially opened last June, guided tours are available for visitors which will take them through the home of Samuel Hayes, its first owner; the Parnell family who inhabited the house in the 1800s and the forestry school which was subsequently set up in the house once it was acquired by the state in 1904.

The OPC is a representative group of older people, established by Wicklow County Council as part of the national Age Friendly Programme. The key purpose is to provide the authentic voice of older people in the county, representing the diversity that exists among our ageing population. The walkability audit at Avondale House was co-ordinated by Alice Corbett, Age Friendly Ireland Regional Manager and Clodagh Whelan, Age Friendly Programme Manager for County Wicklow.

Carina Holmes, Chairperson of the County Wicklow Older People's Council, said: *"It was a great pleasure to visit Avondale House and the experience was enhanced by the knowledge of the tour guide, who made the history of the house and the families who lived there very real and accessible to all."*

Katherine Webster, Avondale Operations Manager, stated that *"Coillte are committed to ensuring that all its operations at Avondale are accessible to all. We also have two wheelchairs available for visitors to borrow, on request, if you feel that your legs need a rest at any stage of the one-hour guided tour of Avondale House."*

Overall feedback on the venue and the experience for older people was very positive and detailed feedback will be sent to Coillte operations team.

The Cathaoirleach of Wicklow County Council, Cllr Aoife Flynn Kennedy, commended Coillte on their commitment to seeking feedback from older people. *"It is essential that this very large demographic group be heard and that their needs are met. As our aging population is projected to increase, with people living longer into the future, we want to ensure that Wicklow a great place to grow older for all,"* she stated.

Beyond The Trees Avondale was certified as the first Age Friendly Tourist Destination in Ireland last year by Age Friendly Ireland while the innovative visitor destination has also been shortlisted for the National Age Friendly Recognition and Achievement Awards 2023, under the Business Innovation Category. Emer O'Gorman, Chief Executive, Wicklow County Council, also offered her congratulations to Coillte on being shortlisted for the National Awards, saying: *"It will be a great opportunity for you to showcase the fantastic work you've put in to making this such a successful initiative."*

Residents of County Wicklow and who are over the age of 55 and want to find out more about the work of the Older People's Council should contact: agefriendly@wicklowcoco.ie



Photo: Wicklow Age Friendly County Programme and Older People Council visit Avondale House. L/R: Rita McMullan (Avondale Tour Guide), Kathleen Kelleher, Anne Thornton, Margaret Byrne, Clodagh Whelan (Wicklow County Council); Tom Cavanaugh, Adrian Keogh (front), Gertrude Salley, Carina Holmes (Chair OPC); Alice Corbett (Age Friendly Ireland) and Mai Quaid.

Cork County Older People's Council AGM

Cork County Older People's Council held their AGM on **Wednesday, 13th September 2023 (11am-4pm)** in the Kingsley Hotel. Over 100 people attended a Cork County Council Age Friendly event where there were representatives from Age Friendly Ireland, Irish Hospice, Local Link, HSE Community Workers, Cultural Companions, Vodafone Hi Digital, ALONE and Cork County Libraries.



The Mayor of Cork County, Cllr Frank O' Flynn officially opened the event. There was a presentation made to the outgoing Chair of the Cork County Older People's

Council, Liz Maddox by the Mayor and the Chair of the Cork County Council Age Friendly Alliance, Niall Healy. The Mayor acknowledged “the remarkable leadership of the outgoing Chair, Liz Maddox. Liz has been instrumental in guiding the Older People’s Council through challenging times, most especially during the days of the Covid pandemic”.



After the event, the new executive for Cork County Older People’s Council elected Liz Downes from Mitchelstown as the new Chair of the Older People’s Council, Eleanor Coughlan from Clonakilty as Vice- Chair and Christy Roche from Fermoy as PRO.



New members are welcome to join the Cork County Older People’s Council which provides a way for older adults to take a more active role in their communities and have their voices heard. The Council is free to join and is open to all County Cork residents, aged 55+.

New members can fill in the application form or join online by visiting www.corkcoco.ie. For more information, email agefriendly@corkcoco.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. Habib Chaudhry

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Habib Chaudhry "Designing Dementia-Inclusive Spaces in Long-Term Care Settings".

Dr. Habib Chaudhry
Chair and Professor, Department of Gerontology, Simon Fraser University

15 September 2023 07:00 AM EDT

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

A recording of this event will be available on the Federation's website

<https://ifa.ngo/ifa-global-cafe/> and

<https://drbarometer.com/community/resource-library>

Useful Contacts and Info

Age Friendly Ireland Shared Service Office Telephone: **046 9097413**

Or Email: agefriendlyireland@meathcoco.ie

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