

National Updates

Congratulations on your Retirement



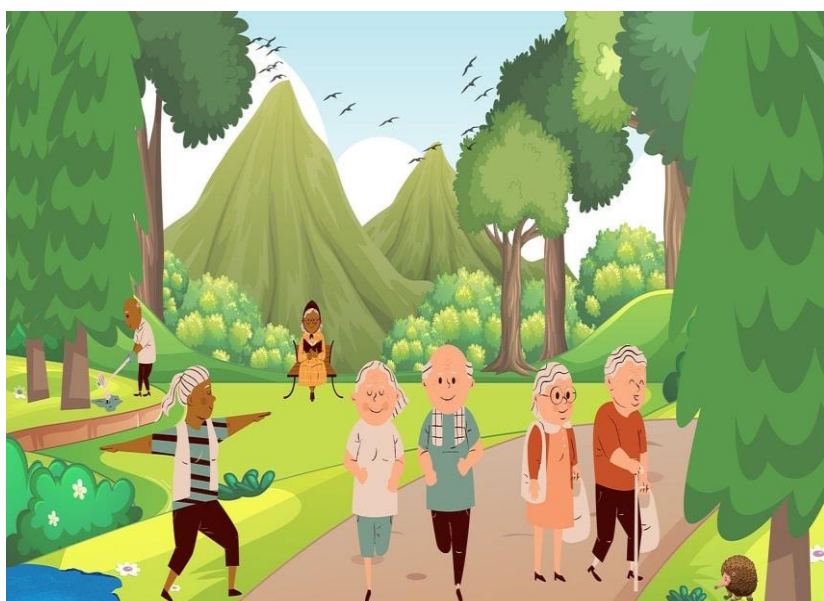
Age Friendly Ireland and Meath County Council would like to wish Michael Finnegan Meath County Council's Road Safety Officer and chair of the Meath Age Friendly Alliance, all the best on his retirement from the local authority.

Michael has worked with the Age Friendly Programme for many years.

We are delighted that he has agreed to stay on as Chair of the Meath Alliance for the interim period.

Picture: Catherine McGuigan, Age Friendly Ireland Chief Officer, Micheal Finnegan Meath County Council's Road Safety Officer and Chair of the Meath Age Friendly Alliance and Barry Lynch Director of Services Meath County Council.

A Walkable Neighborhood



It's time to admit that modern transportation systems & car dependency are forms of ageism – says the introductory line from Andy Boenau. Andy highlights the need to give more thought to how we look at ageism and all those issues that older people are facing on a day to day basis.

This article is mostly referencing the American population, however many of the the ideas can be applied internationally.

For the full article please see [HERE](#).

Inaugural International Adult Safeguarding Conference 2023



The School of Nursing & Midwifery were delighted to host the Inaugural International Adult Safeguarding Conference.



This Health Research Board-funded conference explored current issues in safeguarding adults in Ireland and internationally. The conference enabled attendees the opportunity to participate actively with the presenters during the keynote presentations and concurrent sessions.

We were especially pleased to welcome our international keynotes Dr. Yongjie Yon, World Health Organisation; Prof. Thomas Goergen, German Police University, Muenster, Germany, and Prof. Gillian Manthrope, NIHR Policy Research Unit in Health and Social Care Workforce, King's College London.

The conference recording is now available to view, along with some of the speakers' PowerPoint presentations.

Both may be accessed via the conference webpage at <https://nursing-midwifery.tcd.ie/events-conferences//adult-safeguarding-conference-2023/>

Three New Primary Care Centres Open



Minister for Health Stephen Donnelly T.D., officially opened Killeshandra, Clones and North Monaghan Primary Care Centres on Friday, 10th November 2023.

The 3 centres are part of the HSE Enhanced Community care programme which aims to offer services within the community.

Minister Donnelly met with service users, HSE management and staff at the three openings.

For the full article please see [here](#).



Update from the Health Service Executive 10th November 2023

On March 30th, 2020 CervicalCheck introduced the HPV test as the primary screening method for the detection of abnormal cervical cells which could develop into cervical cancer. At the same time the age range for cervical screening was extended **from 60 to 65 years**. This policy change was recommended in a report by HIQA and was made after approval by the Department of Health. This brings the Irish cervical screening programme in line with **international best practice** in cervical screening.

CervicalCheck now screens people aged 25 to 65 every 3 or 5 years, depending on their age. The increase in the age range from 60 to 65 means a greater number of post-menopausal women will potentially be screened.

Breast screening age range – women aged 50-69: We screen women up to this age because the evidence shows that the benefits gained by this group from screening – in the incidence of and mortality from breast cancer - outweigh the harms; and that the use of resources for screening is a cost-effective way of improving our population’s health. **Evidence shows that if a woman has come for screening regularly between the ages of 50 and 69 she has already increased her chance of early detection of breast cancer.** A recent study has also shown that women who have come for regular screening and subsequently develop breast cancer have better outcomes than unscreened women in the same age range – so we know that having had regular screening in the past has a positive impact on your future health. We advise all women to look out for symptoms of breast cancer, and if they have symptoms, to contact their GP without delay who will organise the appropriate follow-up care for them. See www.hse.ie for information on breast cancer symptoms.

Extending the screening age range

Part of our role is to monitor evidence and practice and respond when the evidence is sufficient to warrant change. In 2015, for example we increased the age range for screening up to age 69, and we keep the age range for breast cancer screening under review. **We are advocating to increase the age range for screening down to 45, and up to 74.** Our proposal is being considered by the National Screening Advisory Committee – this is the Government body that makes decisions about changes to all our national screening programmes.

What population screening aims to do: Population screening programmes must fulfil certain criteria. They are organised to achieve a balance of the benefits and the potential harms of screening, and to be cost-effective at population level. This means we are obligated to make the best use of our resources by concentrating them in the age range where we can make the most positive impact on people’s health at *population* level. On the current evidence this is decided by offering breast screening every two years to women aged 50-69, and by offering cervical screening up to the age of 65.



A Wexford Telehealth Project that aims to support older people to age in place.

A blog article was published by the LGIU [Local Government Information Unit] in relation to the ageing population and how telehealth can help those with chronic illnesses attend fewer A&E visits, hospital admission and re-admissions.

The article describes a specific pilot project in Wexford that was provided over a 12-week period to 50 patients with chronic diseases.

For the full article please see [here](#).



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

What are your views on the planning and design of nursing homes in Ireland? Research by TrinityHaus

The research team involving **TrinityHaus Research Centre/Trinity College Dublin, Age Friendly Ireland, Age Action, HSE, and the Centre for Excellence in Universal Design/NDA** would like you to complete a questionnaire on your views and experience regarding the planning and design of nursing homes in Ireland.

The main outcome of the research will be the development of a set of planning and design guidelines for new settings and the adaption and retrofit of existing settings, all underpinned by Universal Design principles.

Members of the public with experience of long-term residential care settings in Ireland, either as a resident or family member, as well as those working in this area are invited to participate in the research by completing the online survey below. The questionnaire will take approximately 10-15 minutes to complete, and all data collected will be anonymous.

Link to the questionnaire: <https://forms.gle/cmhKA8PNN9i8ar4JA>

For more information about the project, and about TrinityHaus research centre, please visit our website: www.tcd.ie/trinityhaus or contact Jennifer O'Donoghue at jeodonog@tcd.ie

What are your views on the planning and design of nursing homes in Ireland?
Online Questionnaire

Planning and design for quality of life and resilience in residential long-term care settings for older people in Ireland:
Research and Universal Design Guidelines for new-build, adaption and retrofit

HRB Health Research Board
Funded by:



An Garda Síochána Strategic Plan for 2025 – 2027

An Garda Síochána is in the process of drafting our Strategic Plan for 2025 – 2027 and we are keen to hear views from across civil society, on the challenges and opportunities facing our communities and the role An Garda Síochána can play working with you to improve community safety.

The current An Garda Síochána Strategy can be found [here](#).

Submissions may be returned to StrategicPlan2025@garda.ie, by 30th November 2023 please. Your engagement is much appreciated.



The First International Forum on implementing Care for Healthy Ageing

This meeting will be co-organized by a Member State, the Republic of Korea (ROK), which is one of the most rapidly ageing society and a continuous supporter of WHO's work on healthy ageing and integrated care and long-term care. The topics and the discussions in the meeting will also be relevant to the country's ongoing issues and challenges related to integrated health and care systems for older people.

Webinar - The First International Forum on Implementing Care for Healthy Ageing

- 20 - 22 November 2023 10:00 - 18:00 KST (1:30 - 10:00 CET)
- The webinar will be held in English, with simultaneous interpretation available in Korean
- Venue: Ambassador Seoul – A Pullman Hotel, Seoul, Republic of Korea

For the full article and link for the webinar please see [here](#).

Age Friendly University Christmas Lunch – Wednesday 13th December



The Age Friendly University Christmas lunch has been arranged for Wednesday December 13th in the 1838 Restaurant on the DCU Glasnevin Campus from 12.30 - 2.30pm. The 3 course lunch costs **€35.00 per person** and includes a free raffle. The 1838 is located in the Albert College building over to the left of the main student canteen.

It is located on the 1st floor and there is lift access. We will have notices across

campus.

The last day to confirm attendance is **December 7th**.

Please complete this [Form](#) if you would like to attend.

Payment will be collected over the phone, or you can pop into the office Monday to Wednesday from 10.00 - 12.00pm.

Unfortunately, we cannot offer refunds for cancellations.

Ireland's First Dementia-inclusive Shopping Centre in Mahon Point, Co. Cork



On Tuesday, 14th November 2023 The Alzheimer Society of Ireland have launched Ireland's First Dementia-inclusive shopping centre in Mahon Point, Co. Cork. This is a major step towards creating a positive and welcoming environment for people living with dementia and their families.

Meetings with the Garda Commissioner in Public

You can watch the September and October meetings by clicking on the links below and follow the discussion by agenda item.

28 September 2023. The Policing Authority, Dublin

- Policing Performance and Service Delivery
 - **Cork Drugs Seizure**
 - **Policing of Public Protests**
 - **Roads Policing**
- Human Resources Matters
 - **Roster Management**
 - **Recruitment and Retention**
 - **Garda Conduct and Disciplinary Processes**
- Data Management and Security
 - **Noting recent PSNI data breach**

26 October 2023. The Great National Hotel, Ballina, Mayo

- Responding to Local Policing Challenges
 - **Community Policing**
 - **Opportunity and Effectiveness of Multi-Agency Work**
 - **Circulation of inappropriate and abusive messages**
- Policing Performance

- Roads Policing
- Responding to Vulnerability in the Community

Quarter 3 report in Policing Plan performance



Recent Publications

The Policing Authority has published its Annual Report for 2022. The Report was submitted to Minister for Justice Helen McEntee T.D. in March and subsequently laid before the Houses of the Oireachtas in October.

In 2022, the Authority continued to listen to communities, to hear about their experiences of policing and other issues which impact on their levels and perceptions of safety. Priority was given to safeguarding the most vulnerable in society, with specific attention to gender based violence, child protection, drug related crimes and violence. The launch of the Policing Authority Strategy Statement for 2022-2024 further emphasised these key areas in addition to the ongoing need for effective policing, Garda integrity and human rights, leading through change, and informed public engagement on policing matters.

[Read Now](#)

New National Disability Strategy



The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) are developing a new National Disability Strategy. They have asked the National Disability Authority (NDA) to conduct some elements of the consultation on their behalf. The overall focus of the consultation is to inform a set of strategic actions that will address common barriers to inclusion and participation for people with disabilities across key areas of society.

The consultation focus groups run by the NDA are part of a wider consultation process. More information will be made available [here](#) in the coming weeks.

A consultation for Older People will take place on Wednesday 22 November, 2.30pm to 4pm. Register using the link :

<https://www.surveymonkey.com/r/RQKVNXC>

Local Updates



Christmas Social in Mallow



Mallow Cultural Companions is having their Christmas social on **Friday December 8th at 2pm**.
RSVP to culture@muinircork.com or phone 021-4500688.

Christmas Social in Bantry



Cultural Companions in Bantry will be getting into the spirit of the season with a Christmas social afternoon at the Maritime Hotel on **Wednesday November 29th at 2pm**.

Email to culture@muinircork.com or phone 021-4500688 for details.



Gorey Library Events

Movie Memories Morning - Monday 20th November at 11.00am

Join us for a classic film viewing. Have your say in choosing a film - we have lots of films featuring all the greats e.g. Doris Day, Bing Crosby, Lauren Bacall, Laurel & Hardy, Marlon Brando, Henry Fonda, Clark Gable and many more.

Drop in on the day or book in advance. Call Gorey Library on 053 9483820 or book online at: <https://wexfordcoco.libcal.com/event/4102256>

Meditation and Mindfulness - Thursday 23rd November at 11.00am

Join us for an Age Friendly session with Bernadette from Sundara Self Care.

Booking essential. Call Gorey Library on 053 9483820 or book online at: <https://wexfordcoco.libcal.com/event/4119523>

The Second World War off the Wexford Coast - Thursday 30th November at 7.00pm

A fascinating talk by Dr Michael Kennedy from the Royal Irish Academy.

This is a North Wexford Historical Society lecture.

Call Gorey Library on 053 9483820 or book online

at: <https://wexfordcoco.libcal.com/event/4109218>

Clare Farmers Weaving Stories Together Booklet Launch and Health and Wellbeing Expo.



Clare County Council's Age Friendly Clare and Healthy Clare teams welcomed 30 health and wellbeing organisations and over 100 people to the cultural epicenter of Ennis, Glór to launch the Clare Farmers Weaving Stories Together Booklet. Finola Colgan, a Development Officer with Mental Health Ireland who specializes in Farming Resilience was a guest speaker at the event and Jim Finn, presenter of Farm Focus on Clare FM launched the booklet on the day.



This Creativity for Wellbeing Project involved capturing the visual stories of farmers in 5 mart areas across County Clare. These visual stories, poems and other memorabilia collected along with way were then collated into a booklet which is available for free for everyone to enjoy. The project was developed by Clare County Council's Healthy Clare and Age Friendly Clare Programme and was delivered in partnership with Cuimhneamh an Chláir, IFA Clare and the HSE - Connecting for Life program. Creative Clare [funded](#) the project.

Please visit the Clare Farmers Weaving Stories Together dedicated [webpage](#) if you would like to;

- Read the [booklet](#), which are also available in the Clare Library branches.
- Rewatch the creative farmers [video](#) that was shown during the launch.
- Follow up with and find out more information on any of the [standholders](#) or,
- Look at any of the [photos](#) from the launch.

Knock Village as an Age Friendly Village

Mayo's OPC expressed a keen interest in developing Knock Village as an Age Friendly village. This exercise was considered very appropriate given that a new study has found that Knock in County Mayo has the oldest population of any town in Ireland, where the average age is 47. Also, Knock welcomes 1.5 million visitors each year. The most concentrated age profile visiting Knock is aged between 60 and 90 years of age.

A walkability audit was conducted on the 10th of October, in the centre of Knock village. The group consisted of people with various mobility issues, e.g. wheelchair users, impaired vision, mother and buggy, minor injuries (crutches) and members of Mayo's OPC. The Road Safety Officer of Mayo County Council also was available on the day to participate and facilitate.

The most common issues reported on the day were vehicles and "sandwich boards" on footpaths, overgrown hedgerows, uneven surfaces and signage at bus shelters. Groups completed questionnaires with their assigned facilitator. Details of which will be included into a full report for presenting to relevant agencies.

Age Friendly Mayo and Mayo's Older People's Council would like to thank all those who took part in the audit.

Ireland West Airport at Knock has previously undertaken an extensive process with Age Friendly Ireland to be recognised as an Age Friendly Airport.





Positive Ageing Week in Carlow



AFI Carlow held their Positive Ageing week between 1st and 7th October. They had multiple meet-ups in different locations as well as an Age Friendly Community Expo which was held in the Fairgreen Shopping Centre. There were over 3000 flyers distributed all over County Carlow.

That week has been a huge success in the community and they have created a short video which brings together all the wonderful initiatives that are available.

Please see link for the video: <https://www.youtube.com/watch?v=UckFcucRPs4>



Laytown Age-Friendly 'walkability study'

Work needed to make Laytown as 'walkable' as possible was identified in a recent 'walkability' study of the village.

The study was conducted by the Meath Age Friendly Programme with the help of local residents and students, and among the issues they looked at were pedestrian crossings, trip hazards and the need for traffic calming.



Mick Finnegan, Meath County Council's Road Safety Officer and chair of the Age Friendly Alliance was accompanied by Age Friendly Programme Manager, Valerie McHugh who organised the audit, Alison Lynch, a member of the Alliance, council engineers, Cllr Sharon Tolan, five students from Colaiste na hInse and a number of local people.

"The audit was an action of the new age friendly strategy to ensure older people are safer when walking," said Ms McHugh.

"We were looking to see if there were any barriers or restrictions that would be a problem to less abled people," she explained.

"We were mindful of older people walking, but were also conscious of the number of visitors that come to the area and students walking to school," said Mr Finnegan.

Full article [HERE](#)



Information Day for Older People Friday 24th November 9.30 a.m. – 2.00 p.m. - Hardiman Hotel, Eyre Square, Galway.

Older People from across Galway City & County are invited to an Information Day being hosted by the Galway Age Friendly Alliance and the Older Persons Councils for the City and County. At the event, there will be a series of talks and information stands on a range of services including:

- HSE Older Persons Services
- A Directory of Services for Older People in Galway City & County
- Living and Ageing Well
- Safety & Security

This event is free, and everyone is welcome, however, to manage numbers, it is essential to book your place at the event as follows:

- ☩ If you live in Galway City, please contact the Community Section of Galway City Council on 091 536 461 or e-mail agefriendly@galwaycity.ie
- ☩ If you live in Galway County, please contact the Community Section of Galway County Council on 091 509 521 or e-mail agefriendly@galwaycoco.ie

Lá Eolais do Dhaoine Scothaosta Dé hAoine 24 Samhain 9.30 r.n. – 2.00 i.n. - Óstán Hardiman, An Fhaiche Mhór, Gaillimh.

Tugtar cuireadh do Dhaoine Scothaosta ar fud Chathair & Chontae na Gaillimhe chuig Lá Eolais a bheidh á reáchtáil ag Comhaontas Aoisbhá na Gaillimhe agus Comhairlí Daoine Scothaosta na Cathrach agus an Chontae. Mar chuid den ócáid beidh sraith aoichainteoirí agus seastáin eolais ag déanamh plé ar raon seirbhísí, ina measc:

- Seirbhísí FSS do Dhaoine Scothaosta
- Eolaire Seirbhísí do Dhaoine Scothaosta i gCathair agus i gContae na Gaillimhe
- Ag Maireachtáil agus ag Aosú go Folláin

- Sábháilteacht agus Slándála

Tá an imeacht seo saor in aisce, agus tá fáilte roimh chách, áfach, chun uimhreacha a bhainistiú, tá sé riachtanach d'áit a chur in áirithe ag an imeacht mar seo a leanas:

✚ Má tá cónaí ort i gCathair na Gaillimhe, déan teagmháil le Rannóg Pobail Chomhairle Cathrach na Gaillimhe ar 091 536 *** nó seol ríomhphost chuig agefriendly@galwaycity.ie

✚ Má tá cónaí ort i gContae na Gaillimhe, déan teagmháil le Rannóg Pobail Chomhairle Chontae na Gaillimhe ar 091 509 521 nó seol ríomhphost chuig agefriendly@galwaycoco.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

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

International Updates



IFA Global Café | In Conversation with Mr. Bryan Gilmartin

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Mr. Bryan Gilmartin about "The prevention of financial abuse of older adults."

ifa Global Café
in conversation with experts

"THE PREVENTION OF FINANCIAL ABUSE OF OLDER ADULTS"

Bryan Gilmartin
Partner at WEL Partners, Canada

📅 NOVEMBER 17TH 2023 ⌚ 07:00 AM EST

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 9032170**

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