

National Updates

**New Coordinators for the Healthy Age Friendly Homes Programme**

Last week saw great progress for the Healthy Age Friendly Homes programme. 27 local Healthy Age Friendly Homes Co-Ordinators came together for training and support, to meet the teams all in the aid of helping them get set up in their new roles.

Over the coming weeks the remainder of the coordinators will be in place, making a total of 44 coordinators throughout the country. This is a huge milestone for the programme, and we wish our new team members all the very best in their new positions.



Sláintecare.



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 9248899**

## Updates from HSE Services



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

### Cold weather advice

See below tips on how to keep well over the coming weeks and information on what health services are available to you:

- **Cold weather sees significant increase in ED attendances for slips, trips, and falls.** HSE Injury Units treat injuries that are not life-threatening such as broken bones, sprains, dislocations and minor burns. Injury units can help with many of the injuries people go to the Emergency Department for. [Find information about your nearest injury unit here.](#)
- **Consider all options when you need care**, such as your GP, pharmacy, GP out-of-hours service or injury unit. Make an appointment with your GP if you feel unwell or talk to your pharmacist for advice on common minor illnesses.
- **For colds and mild viruses**, make sure you have what you need at home to take care of these such as a well-stocked medicine cabinet. If you are unwell, stay at home until 48 hours after your major symptoms have resolved and avoid people who are more vulnerable.
- **It is still not too late to get vaccinated.** COVID-19 and flu vaccines are available from your GP or pharmacy for older people, children aged 2-17, healthcare workers, people who are pregnant and those at higher risk. [Find a pharmacy to book an appointment.](#)
- **For life-threatening emergencies**, call an ambulance (112 or 999) or visit your nearest Emergency Department.

Visit [hse.ie/winter](https://hse.ie/winter) for advice on how to protect yourself and your family during winter, managing common illnesses and when to get help.

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### Think Brain Health Webinar - Discover how healthy behaviours support your incredible brain.

#### THINK BRAIN HEALTH

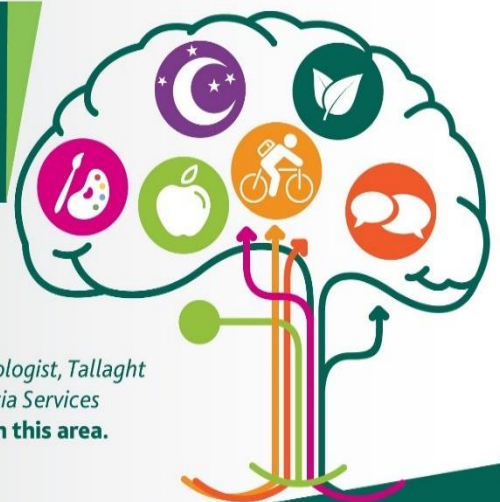
Discover how healthy behaviours support your incredible brain

Date **Wednesday 24th January**

Time **11.00am – 12.00pm**

**Online Webinar**

Presentation by **Dr Seán O'Dowd**, Consultant Neurologist, Tallaght University Hospital; and Clinical Lead, National Dementia Services followed by panel discussion with other experts in this area.



#ThinkBrainHealth



comhairle chontae na mí  
meath county council



HSE Healthy Ireland and the National Dementia Office invite you to register for our online Think Brain Health Webinar, taking place on **Wednesday 24 January**.

An expert panel joins Sarah Mc Cormack, HSE Healthy Ireland Lead, Health & Wellbeing, HSE and our working group chair Dr Sean O’Dowd, Consultant Neurologist, Tallaght University Hospital; and Clinical Lead, National Dementia Services to talk about our brain and the things we can do to look after it.

[Register here](#)

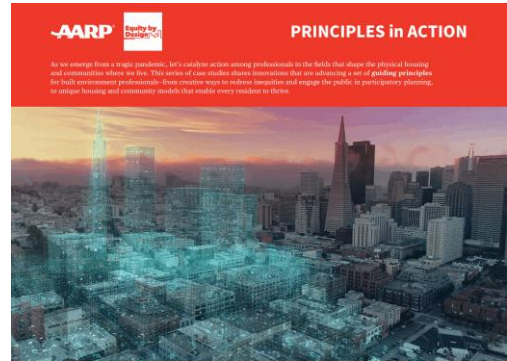


**Digital Twin Cities for All: Enabling Virtual Inclusion**

Involvement of people of all ages in Digital Twin City (DTC) projects is critical to creating the accessible and equitable virtual urban environments that inform city planning.

**Featured Speakers:**

- Silvia Urra - Senior Researcher in the Urban Transformation Lab of City, Territory and the Environment Area, TECNALIA
- Marine Luc - Project Officer, AGE Platform Europe
- Dr. Mani Dhingra - Senior Postdoctoral Researcher / Smart City Digital Twin Manager, Maynooth University, Ireland



[Register](#)

[Read Full Case Study](#)

**Digital Twin Cities for All: Inclusive Virtual City Planning**

By Stephanie Finestone and Anita Weaver

"Digital twin cities" (DTC), which use a variety of technologies including artificial intelligence (AI) to create real-time models of cities, are poised to revolutionize the way cities are planned. By utilizing the exponentially growing availability of real-time data, DTC models can guide city growth and development. Yet, practitioners advancing DTC projects must take active measures to include populations that have traditionally been excluded and often harmed through city planning models and their execution in the real world. This includes addressing the needs of older people in both the product and its development process, to ensure that DTC models reflect equitable visions of what cities can provide their diverse constituents.

[aarp.org/equitybydesign](http://aarp.org/equitybydesign)



**Open Call: Bealtaine Hero Award 2024**

We are excited to announce that applications for the Bealtaine Hero Award 2024 are now open!

The call for applications to the Bealtaine Hero Award is open to local, community-based groups (or individuals) who wish to submit proposals for an event that offers an ambitious, creative and experimental invitation to their community this May, and

that celebrates the spirit of the festival. All art forms and event types will be considered, however non-arts events will not be considered (please see guidelines for examples of arts and non-arts events).

Two awards of €500 will be made to the two successful applicants.

**Deadline: 5pm, Friday February 19th, 2024.**

**Application Process:**

Those wishing to apply for the **Bealtaine Hero Award** should complete the online application form, from the link below.

Online Application Form: <https://www.tfaforms.com/5103208>

Application Guidelines: [Bealtaine Hero Award 2024 guidelines](#)

**Eligibility Criteria:**

The project/event should be led by a community organisation or individual with a track record of organising community activities. The project/event should include at least one professional artist\* working in any art form. Artists may apply but only in partnership with a community organisation. The award is not intended for government-funded organisations such as local authorities, although community groups that are working in partnership with or in receipt of funding from local authorities are eligible. The award is also not intended for applicants applying to deliver their own workshops.

\*For the purposes of the award, we are defining a professional artist as someone who is either making a living from or attempting to make a living from their work, and/or who is a member of a professional representative body such as: Visual Artists Ireland, Film Director’s Ireland, Association of Irish Composers etc.).

[Online Application Form](#)

**Would you like to set up a befriending service?**



ALONE Community Impact Network are offering a programme of training in 2024.

The Support & Befriending Service Set-Up training will take place on Tuesday 23<sup>rd</sup> of January.

Find out more here <https://alone.ie/community-impact-network/#National-Community-Impact-Network-Directory>

## Applications are open for the Creative Youth on a Shared Island Funding Scheme



The Shared Island-dimension of the Creative Ireland Programme wants to explore creative opportunities for young people to connect.

The scheme seeks to reach children and young people across the island of Ireland. Our aim is to harness the experience and expertise of organisations working in the creative, cultural, arts, community and youth sectors to engage young people. Together we can bring children and young people together and nurture a sense of collaboration, understanding and hope for the future, through a creative medium.

We are seeking projects from partnerships that are of significant scale and ambition. Applications should have at least one partner based in each jurisdiction. Grant funding of up to €180,000 will be awarded to at least 3 projects. It is envisaged that at least one grant will be awarded to a partnership that targets seldom heard children and young people. The projects should run between June 2024 to December 2025.

A full briefing document and FAQ is available below:

[Briefing Document in English](#)

Applications must be completed online and submitted via Submit.com by **25th March 2024**.

A link to the application form is below.

[Apply Now](#)

**TrinityHaus**  
www.trinityhaus.tcd.ie

## Trinity College researchers seek your views on the Planning and Design of Nursing Homes

TrinityHaus have been avidly disseminating our Online Consultation Form with the goal of reaching 100 respondents. Firstly, a huge thank you to those of you who have already shared the form on your networks, you have been a huge help.

Unfortunately, we are still short of our participant goal and would sincerely appreciate if any steering committee members could raise awareness of the form on your websites/social medias/newsletters etc., if you have not already done so. We would also be delighted if those of you who have circulated the online consultation

form would be willing to recirculate it as a New Year's push, if appropriate, before we close the form at the end of February.

Here is a link to the news item on our website if you would like to grab some text and the questionnaire link: <https://www.tcd.ie/trinityhaus/news/news-2023/what-are-your-views-on-the-planning-and-design-of-nursing-homes-in-ireland/>

## Local Updates

### Monaghan Older People's Council Launches Drive for New Members



New members are being encouraged to join the Monaghan County Older People's Council which provides a way for older adults in the county to take a more active role in their communities and to have their voices heard. The Council is free to join and is open to all County Monaghan residents, aged 55 years upwards. The Council works with key state and voluntary agencies to make Monaghan a better place in which to live, prosper and grow old.

Members of the Older People's Council can raise issues of importance and inform the decision-making process of the Monaghan Age Friendly Alliance. Members are also kept up to date on social events, issues of relevance to them and the various Age Friendly initiatives through a weekly communication via the Age Friendly Newsletter.

The Older People's Council continues to campaign on a number of issues which affect older people living in Monaghan which includes how the move towards technology is having a negative impact on older people's lives, the difficulties that those being left behind face with the move towards a cashless society and a review of the public transport services in Monaghan.

Seamus McDermott, Chair of Monaghan Older People's Council, believes that "Monaghan Older People's Council is making a real difference in the county. It is vital that older people have a role in local decision making and I would encourage new members to join and have their say. The Older People's Council is also a great resource for receiving information on all the events and programmes that are happening throughout Monaghan, which are of interest to Older People. We are regularly invited to make submissions on a number of local policies, plans and public realm projects. We will also continue to campaign on issues that affect Older People in the county and believe that we can make a positive changes. I would like to acknowledge our local stakeholders including Monaghan County Council, HSE, LMETB, Alone, An Garda Síochána and Monaghan Integrated Development, who have positively engaged with us on many issues which affect our older citizens".

Barry Eaton, Monaghan Age Friendly Programme Manager, added, "Membership of the Monaghan Older People's Council is inclusive and is open to all Monaghan residents aged 55 and upwards, as we aim to reflect the views of all older people throughout the county. Everybody is made to feel welcome and I would encourage all interested people to get in touch if they would like to join."


If you are interested in joining or would like more information about the Monaghan's Older People's Council **please contact Barry Eaton, Monaghan Age Friendly Programme Manager**, by emailing [Beaton@monaghancoco.ie](mailto:Beaton@monaghancoco.ie) or by phoning **047 73750**.

As part of the drive, Barry Eaton and Chair Seamus McDermott were interviewed on Northern Sound radio. Click below:

<https://www.northernsound.ie/news/online-banking-a-major-issue-for-older-people-locally-228860>







## Sporting Memories Event



**Wexford GAA**  
in association with  
**The Alzheimer Society**  
are honoured to host their second  
**"Sporting Memories"**  
in  
**Clonard Community Centre**  
on  
**Monday February 5th at 2pm**  
**Many special guests on the day including Tony Doran, Dominic Williams and George O'Connor**

Sporting memories uses the power of sport to bring together people, young and old, especially those living with Dementia and their families. This informal event will allow our guests the opportunity to meet former stars and see match programmes to relive great games from the past.





## Bunclody Library Events

**Bunclody Library Knitting Group** – Every Thursday 10.30am to 12.00pm  
New members welcome. **No booking required!**

### Mindfulness, Meditation and Sound Therapy with Sundara Self Care - Thursday 18th Jan at 7.00pm

Join Bernadette Murphy from Sundara Self Care for a relaxing mindful evening which includes tips on bringing meditation and mindfulness into your daily life. The session will end with some sound therapy leaving everyone feeling relaxed, balanced & better able to cope with life!

**Places limited, booking required.**

### Adult Book Club – Thur 1<sup>st</sup> Feb at 7.30pm

Join us for a discussion on 'The Midnight Library' by Matt Haig. New members always welcome. No booking required. Copies of the book are now available for collection in library.

### Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks from Bunclody Library, all you need is your library card!

**For more information please contact the library.**



## Grantstown Pop-Up Dementia Café



**Wexford Dementia Alliance Pop-Up Dementia Café**  
Hosted by **GRANTSTOWN DAY CARE CENTRE.**  
**Wellingtonbridge Co Wexford. Eircode: Y35D4C4**



**Date and Time: Friday 26<sup>th</sup> January 2024**  
**10.00am – 12.30pm**

This **FREE OF CHARGE** Pop-Up Café facility is open to people in the community **living with or concerned about dementia.** Are you caring for a family member? We are **reaching out** to you to come to our Café. You are welcome to bring a friend and/or your family member living with Dementia.

- **Doors open 10am**
- **Informal opportunity to meet, share ideas & get support.**

**Presentation @ 11am: Angela Roche Physiotherapist.**

Angela is an experienced Physiotherapist who works within the integrated Care Program for Older People (ICPOP). This is a community specialist team which provides services for older people who have complex needs or require specialist multidisciplinary intervention to help maintain their independence and live well at home.

Visitors can expect to learn strategies, get support and share advice & tips to support you or your family members independence at home.

For further information please: Contact 051 561016  
[manager@grantstownpriority.com](mailto:manager@grantstownpriority.com), Eircode: Y35D4C4

Wexford Dementia Alliance



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Centae agus Cathrach  
County and City Management Association





## Louth Older People's Council Meet in Ardee

Members of Louth's Older People's Council (OPC) held their final meeting of 2023 in the Ardee Civic Offices on 6<sup>th</sup> December 2023. OPC members met with local community garda Austin Kelly who gave them an overview of community policing in Ardee & Mid Louth and explained about the new Garda structures in Co Louth. Ger Walsh & Aine McNamee from the HSE gave the members a presentation on the Living Well Programme and advised this is a peer to peer support training programme for those living with long term health conditions. A number of Living Well programmes will be rolled out across Co Louth in 2024.

Finally, the members met with Adrienne McCann who is the New Healthy Homes Co Ordinator for Co Louth. Adrienne outlined her new role as part of the Age Friendly Programme.



*Paulette, Joe & Harry from Louth OPC with Adrienne McCann, Healthy Homes Co Coordinator for Co Louth*



*Jane & Jacqui from Louth OPC, Ger & Aine HSE and Garda Austin Kelly An Garda Síochána*

### Louth Age Friendly Christmas Bag Project

The Louth OPC as part of the Age Friendly Programme supported the preparation of over 300 Christmas Bags for distribution to older and vulnerable people across Co Louth. Christmas Bags were filled with treats, sweets and goodies and were distributed to older and vulnerable people living in Co Louth. Community partners such as Meals on Wheels, An Garda Síochána, Louth Volunteer Centre, Alone, DDS4OP and others helped to distribute the bags.



*Louise from Louth Age Friendly Team LCC giving Christmas Bags to Librarian Yvonne Duggan for distribution to users of the Louth Libraries Housebound Service.*



**Louth OPC getting ready to deliver a suite of ageism initiatives in 2024 and beyond to challenge negative stereotypes around ageing and ageism.**

The challenges faced by older people were highlighted in the EU\_SHAFE Project Report on Ageism, which was launched by Louth County Council at the Louth OPC meeting in July 2023. The Ageism Report is the result of a survey on ageing and ageism published by Louth EU\_SHAFE (Smart Healthy Age Friendly Environments) in December 2022.



The survey was sampled by the Living Lab, Netwell Casala Advanced Research Centre, Dundalk Institute of Technology. There were over 700 responses to the survey, which focused on self-perceptions of ageing, society’s attitude to ageing and structural attitudes to ageing. The report found that while “the majority of people do not see themselves as old when asked directly, they also appear to have internalised the negative narrative that older people lack capacity and that ageing is unattractive.”

The findings also highlighted that “very high percentage of people are subject to jokes, media imagery and assumptions about their capacity on an almost daily basis.” Other results highlighted the stereotype that older people are “unable” to use technology with almost one third of under 34s agreeing. But more than two thirds of over 55s disagreed. The descriptions used to depict older people were also included in the survey, with 47% choosing “Older Person”. The least favourite choices were Pensioner, Elderly and OAP.

The report looked at ageing and ageism across services and concludes that there is still a lot of work to be done in this area. Following on from the launch of the report the Louth OPC & Alliance prepared a joint submission to the Louth LECP. This joint submission has now been included as an objective and an action in new Louth LECP

### **Louth Local Economic & Community Plan (LECP)**

- Objective 5.4 Continue to support an Age Friendly society for all.
- Action 5.4.2 Support the Age Friendly Programme to deliver a suite of ageism awareness initiatives.
- Louth OPC members will be busy delivering on this action in 2024 and over the lifetime of the new Louth LECP.

It is anticipated the initiatives will raise awareness around the whole concept of ageism, challenge the negative stereotypes around ageing and ageism particularly in relation to ageist language and attitudes in society and reframe the conversation around positive ageing in Co Louth.

### **Louth OPC hosting Meath OPC**

Louth OPC are looking forward to hosting Meath OPC at the Netwell CASALA Centre, DKIT on 24<sup>th</sup> January 2024

The purpose of the visit is for both OPC’s to be shown around The Netwell CASALA Centre, located on the DKIT campus.

The Netwell CASALA Centre is a research centre and Living Lab where staff, students and researchers design, develop, test and trial digital health and wellbeing solutions with and for older people, and those who care for and about them, to empower and support better and longer living in the community.

Suzanne Smyth Centre Director will host both OPC’s and give them a tour of the centre.

ICPOP Co Ordinator’s from Louth & Meath will also attend and present to both OPC’s about their respective ICPPOP Programmes in each county.

The visit will also be an opportunity for both OPC’s to get to know each other and explore the possibility of future collaborations including potential ageism awareness projects.

It is hoped the Louth OPC will travel to visit their colleagues in Co Meath later in the year.



## St Munchins Community Centre – Senior Club Christmas Party



The Age Friendly Limerick team were delighted to attend the Senior Club Christmas Party at St Munchins Community Centre on Wednesday 20th December 2023.

The Senior Club meets every Wednesday from 12pm until 4pm, which consists of Lunch, dessert, bingo & a singsong.



The senior club is a great place for the elderly to meet up with their friends and to get out of the house in a safe environment. Many thanks to Linda Ledger and her team for the invitation to the great event. All had a wonderful day.





## Line Dancing Intergenerational Programme

Dublin City Council, Ballymun Area has organised and commenced a 6-week line dancing intergenerational programme, as suggest by our NWA OPC.



The programme kicked off today Wednesday 17th of January and will run for 6 weeks. It is planned the students of our local school and the community members taking part will finish the programme with a finale performance on International Woman's Day.



## 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](mailto: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

## International Updates



### IFA Global Café | In Conversation with Ms. Adriane Berg

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ms. Adriane Berg on “Ageism and Tourism: Why the Hospitality Industry Ignores the Mature Traveler”.



**if** Global Café  
in conversation with experts

**“AGEISM AND TOURISM: WHY THE HOSPITALITY INDUSTRY IGNORES THE MATURE TRAVELER”**

**Ms. Adriane Berg**  
Founder of The Ageless Traveler Media Platform and Generation Bold Consulting

 JANUARY 19<sup>th</sup> 2024  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](mailto:agefriendlyireland@meathcoco.ie)

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

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

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://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