

National Updates

Age Friendly Ireland Programme Managers Residential Meeting

This week our local Programme managers came together for our yearly residential meeting to discuss our Age Friendly Work Plan for the year.



The two-day session reviewed our key objectives for the year ahead and how we can improve and grow the programme further throughout Ireland.



On day two it was all about collaborations where we had wonderful guest speakers. Meadhbh Haiceid from Libraries Development LGMA spoke about Libraries Ireland and Ireland Reads, Clare McNally spoke about Adult Literacy for Life, Orlaith Carmody who is the Age Friendly Business Principle Advisors spoke about the Age Friendly Business Recognition Programme and Kathleen Goulding from the Central Statistics Office gave an overview of Key Statistics on Ageing.

Overall it was a very product meeting, great to get everyone together to discuss and brainstorm.

Carrick Street, Kells – Planning Approval by ABP



Age Friendly Ireland welcomes the decision of An Bord Pleanála to grant Meath County Council permission for the development of 47 residential units at Carrick Street in Kells, County Meath.



This development consists of 16 age friendly universally designed dwellings to meet the needs of the Older Person.

Read More Here: <http://tinyurl.com/2uye3m2j>

AgeWell Summerhill, Co Meath wins an European Economic and Social Committee flagship Civil Society Prize



AgeWell, a project of the Third Age Foundation based in Summerhill, Co Meath is among the final five international contenders for the European Economic and Social Committee (EESC's) 14th Civil Society Prize awarded to non-profit projects supporting mental health.

AgeWell is a social engagement network that improves well-being among older people who are isolated, frail and vulnerable. Using a combination of in-house visits and a smartphone application, it offers companionship and emotional support to those who lack them and identifies health risks at an early stage. AgeWell Companions, trained by Third Age who visit weekly, enrich their own lives as well as those of others.

AgeWell is supported and funded by Slaintecare.

The winners were chosen from over 100 applications from 23 Member States. The total prize money of €50 000 will be shared among the five front-runners. The winner of the first prize will take home €14 000 and the other four finalists will each

receive €9 000. The award ceremony takes place on March 7 in Civil Society Week in Brussels.

The Slovakian project promotes compassionate understanding of mental health among young people. A community centre in Finland offers people with mental health difficulties a nurturing and inclusive environment to enjoy nature and culture. A second prize-winning Finnish project has developed two games set in a futuristic world of hope and designed to support mental health. 'Telling Stories for Good' from Italy raises awareness among four million people suffering from anorexia by rewriting stereotypical narratives on eating disorders.

Welcoming the news of AgeWell's achievement, Aine Brady, CEO of Third Age said: 'AgeWell started as a pilot in 2018, where we began providing weekly visits to older people in and around Summerhill village. Its success led to its expansion to all of Co Meath. To date, 510 older people have benefitted. They are typically lonely, frail, at risk, and we support them to remain in their own homes'.

The programme has a number of unique aspects, she says. 'Every fortnight our Companions use a 20 Question App with each client so that any changes in physical, emotional and social health are noted, with the client referred as necessary to a range of services. The App also monitors any new symptoms such as confusion, changes in mobility, falls, decline in appetite, or pain. This works as an early warning system identifying and addressing health, social and environmental problems before they escalate'. she says.

Each AgeWell client receives a baseline assessment on entering the project and is reassessed every four months. Assessments invariably show and increase in social engagement, physical activity and a reduction in loneliness.

Read more [HERE](#)

Senior Smile Squad



Transition Year students from Colaiste Muire , Ennis, Co.Clare are on taking part in the YSI project this year. Their idea is to eliminate older people loneliness in their community. Their project name is the Senior Smile Squad.

'In order to do this we have gone to Clarecastle day care centre in groups and spent an hour with the visitors there. We played bingo with them , did arts and crafts , painted their nails , played trad music , Irish danced and got to know them.

One day we went in to Sisters of Mercy, St. Xavier's Convent in our town as the nuns that set up our school are connected to this convent.'

'We also have gone uptown during our lunchtimes and interviewed people. We asked them questions like "What makes you smile?" "What makes you feel valued?" We also set up social media accounts on TikTok , instagram , twitter/X. On these accounts we have posted our interviews, happy quotes to make people smile and TikTok videos to spread awareness about older people loneliness.'



If you would like to learn more about the Senior Smile Squad click on the links to their social media pages:

Instagram - [@senior.smile.squad](https://www.instagram.com/senior.smile.squad)

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

Local Updates

Age Friendly Programme in Co Louth



Louth Age Friendly Programme Manager Sinead McVerry gave a presentation on the Age Friendly Programme in Co Louth to members of the Dementia Café in Dundalk Library on Tuesday 20th February.

The Dementia Café meet on the third Friday every month in Dundalk Library and all are welcome.



The Café is a warm and welcoming place for people to come and meet others, also living with dementia/Alzheimer's disease. Carers, family and friends are all welcome. Maeve Montgomery, Dementia Advisor in Co Louth facilities the Café with help and assistance from the library team.



Library staff also provide wonderful music and a sing song for those attending the Café.

Minding your Brain Health promoted in the 2024 dlr Age-Friendly Magazine



The Age-Friendly Programme of Dún Laoghaire-Rathdown (dlr) County Council and the County Age-Friendly Alliance are delighted to launch the 2024 edition of the dlr Age-Friendly Magazine.

This is the fourth year of the annual free magazine aimed at our older community, funded by Creative Ireland, Healthy Ireland and Dún Laoghaire-Rathdown County Council and

the main theme of this year's magazine is promoting 'Good Brain Health'.

The free 84-page full colour magazine is packed with information on services and programmes to encourage and support us to take part and enjoy the many age-friendly social, cultural, creative, educational, leisure and fitness activities and services that are available across the county; activities which are the foundations to positive ageing and Good Brain Health. There is advice and guidance available also on issues relating to your brain health as well as creative writing, puzzles, local heritage and much more – all gathered together in one valuable magazine.



You can pick up your free hard copy of dlr Age-Friendly Magazine 2024 from all 8 Library branches, dlr County Council Offices, community centres, primary care centres, nursing homes, day care centres and shopping centres around the county, from this week.

If you would like a copy to be sent to you in the post, contact the **Community Section of Dún Laoghaire-Rathdown County Council, Marine Road, Dún Laoghaire, Co. Dublin on (01) 205 4893 / email community@dlrcoco.ie**

The 2024 dlr Age-Friendly magazine is produced by the dlr Age-Friendly Programme, the Community Section of dlr County Council and dlr Libraries.

You can also view and download the online version of the dlr Age-Friendly Magazine 2024 [HERE](#)

Read More [Here:](#)

For more information, contact:

Siobhán Nic Gaoithín, dlr Age-Friendly Programme Manager & Social Inclusion Officer, Community & Cultural Development Department, Dún Laoghaire-Rathdown County Council, County Hall, Dún Laoghaire, Co. Dublin, A96 K6C9.

01 205 4893 / community@dlrcoco.ie / www.dlrcoco.ie



Bunclody Library

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

New members welcome. **No booking required!**

Ireland Reads: Irish Illustrators Talk – Thursday 29th February at 7.00pm

Join Elaine (library staff member and art historian) for a discussion of the work of some of Ireland's most famous illustrators as part of our Ireland Reads programme. Booking required. Please telephone 053 9375466 or book online at www.wexfordcoco.libcal.com

Home Energy Saving Kits

Home Energy Saving Kits are now available to borrow from Bunclody Library. The kits 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.

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.



Ireland Reads Day Event in Wexford Library.

AS PART OF THE IRELAND READS EVENTS
Wexford Town Library
presents

MEET THE AUTHOR

Kathleen Murray

Saturday 24th
February
2pm

IRELAND READS

THE DEADWOOD ENCORE
KATHLEEN MURRAY

Wexford
County Council

Here is a great talk that I think a few of your members or local community would love to know about. It will be on in Wexford Library next Saturday 24th February at 2.00pm.

I have included the poster for the talk also if you want to distribute it and also the booking link on this email. People can call us to book also: 053-9196760.

Ireland Reads Day: Writing the Deadwood to Life with Kathleen Murray
On Ireland Reads Day join Kathleen Murray, from County Carlow, author of numerous short stories and the novel *The Deadwood Encore* (Harper Collins, 2022) in Wexford Library. Kathleen uses the wit and drama found in everyday life in her fiction. Come talk to Kathleen, get some tips and learn more.

Booking is essential. To book, please visit:

<https://wexfordcoco.libcal.com/event/4180837>



The Limerick
Opera Festival
"Opera for All"

The Limerick Opera

The Limerick Opera, has as it's immediate aim, to bring opera to all.

Access to the arts is an issue for some communities and this project aims to introduce opera to the community in a non-formal setting. By facilitating and supporting access to the various performances, it is hoped to broaden the possibilities for older community members to enjoy operatic performances.

This series of events will give older people an opportunity to participate in cultural activities (specifically music appreciation, through operatic performance, discovering different aspects of opera music in a social setting) in order to realise their creative potential and improve their quality of life.

Established in 2019, The Limerick Opera Festival was created to bring opera to all through a wide variety of live performances, operatic renditions, exhibitions and community events. The Limerick Opera Festival will host a number of events ranging from performances on street to gala performances.

Saturday May 4th 2024 On-street Opera

Saturday morning is a busy time for shoppers in the city. A big shopping day for families, singletons, young people and generally a great day to meet for a coffee or lunch in one of the many excellent cafes or restaurants in the city.

Our On-Street events are a really popular experience where we follow the Opera Trail around the city with on-street performances of well-known and beloved arias and classical songs. This truly encapsulates the belief and purpose of our Festival being Opera for All. Weather may sometimes drive us indoors but is no less enjoyable as the event remains impromptu and a very personal experience for everybody who is lucky enough to be in the area.

Operatic Aria Evening in The Blue Bar, Punches Cross, Thursday May 16th

Our much loved Operatic Aria Evening is back. This much loved event will be just as spectacular as our former fabulous evenings of opera, song and glorious food. We are moving to the amazing new space next door to the Green Yard Cafe restaurant to the new Blue Bar. Here you will be served a mouth-watering menu of canapes as you enjoy our operatic duo wandering through the room entertaining you with your favourite arias and some old classic songs.

Tickets are now on sale at the following link

<https://eventmaster.ie/event/4bE9f4rFEe>

Thursday May 16th 2024 Lecture on the life of Catherine Hayes, Laurel Hill School, South Circular Road

Catherine Hayes, married name Catherine Bushnell (1818 – 1861) was a world-famous Irish soprano of the Victorian era. According to London's Daily Express 'Hayes was the 'Madonna' of her day. She was the 19th century operatic equivalent of the world's most famous pop star'. Our lecture will be delivered by Ms Kathryn Hayes, Lecturer and Course Director of the BA in Journalism and New Media programme, University of Limerick since 2016. Ms Hayes is responsible for the design, delivery and assessment of a number of modules in the BA in Journalism and

New Media program and the MA in Journalism, which focuses on news, reporting and writing skills for multimedia platforms.

The Opera Trail Historical Walk - Saturday May 25th

Local historian Sharon Slater will take us on an amazingly interesting and informative walk around Limerick city showing us places of interest with an operatic theme. This walk & talk will be linked to our upcoming publication on the history of Limerick Opera which will be published in conjunction with our festival this year. An event not to be missed from Sharon & LOF!

Catherine Hayes Tribute Concert, St Mary's Cathedral, Saturday May 25th

This will be a reprise of last year's very successful concert highlighting the arias and classical songs performed by Catherine Hayes during her impressive career as the Hibernian Madonna. In her lifetime as a Prima Donna, she met such historical figures as Manuel Garcia, the famous tenor and singing teacher; Franz Liszt, the virtuosic pianist and Hungarian composer; Queen Victoria and Giuseppe Verdi himself. She sang everything from Moore's Melodies to Italian songs and arias and was known from Australia to America and everywhere in between. We will have two operatic performers accompanied by the wonderful timbre of St Mary's grand piano. This was a tremendous success last year, being extremely well received and enjoyed by all who attended. We are sure that this year's event will be of even greater success.

Tickets now available at

<https://eventmaster.ie/event/nGy1CplH0v>

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)

International Updates



IFA Global Café | In Conversation with Ms. Jo Loughran.

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ms. Jo Loughran on “Changing perspectives: Age without limits”

A promotional banner for the IFA Global Café event. On the left is a portrait of Ms. Jo Loughran, a woman with short brown hair wearing a pink sweater. Below her name and title is a green bar. The main part of the banner is dark blue with white text. It includes the IFA logo, the event title 'Global Café in conversation with experts', the topic '“CHANGING PERSPECTIVES: AGE WITHOUT LIMITS”', the date 'FEBRUARY 23rd 2024', and the time '07:00 AM (EST)'. A small logo for 'a contribution to the Decade of healthy ageing' is in the bottom right corner.

Ms. Jo Loughran
Director, Beech Hill Consultant, United Kingdom

ifa Global Café
in conversation with experts

**“CHANGING PERSPECTIVES:
AGE WITHOUT LIMITS”**

FEBRUARY 23rd 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

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