



WELCOME!

Welcome to the second edition of the Galway City and County Older People's Council newsletter!

Here you can find out all about your local OPC, current projects they are working on and get news on activities for older people in your area.

GALWAY CITY & COUNTY OLDER PEOPLE'S COUNCIL NEWSLETTER SUMMER 2024

AGE FRIENDLY IRELAND CONVENTION 2024, KILKENNY

The Age Friendly Ireland Convention takes place every year and invites members of OPCs across the country to a weekend of talks and information sharing. The event took place in The Ormonde Hotel, Kilkenny this year and focused on the issue of the technological barriers faced by older people. Members from Galway City OPC and Galway County OPC attended the event. Members reported the event was very informative and welcomed the discussion on the government's move away from a 'cashless society' thanks to lobbying by older people. The group hoped, however, for more time to talk to other OPCs and fed this back to the organisers.



Mary Cronin, County Galway OPC, (centre) pictured at the Age Friendly Ireland Convention 2024

"Ageing is just another word for living"

WE WANT TO HEAR FROM YOU! To submit a piece for the newsletter contact Ciara on 083 0234390 or ciara@gcp.ie.

GALWAY CITY OPC UPDATE

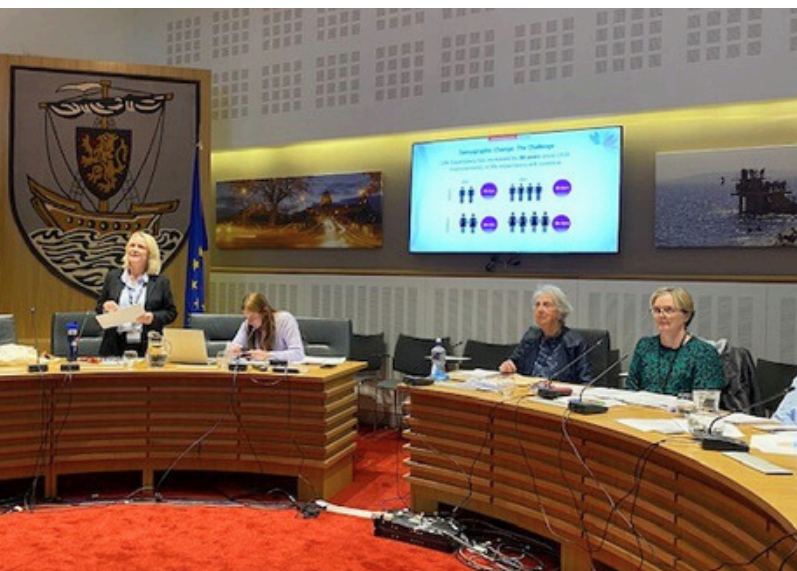


PRESENTATION ON HEALTHY AGE FRIENDLY HOMES

In May, the OPC heard from Carmel Manfredi, Galway City Healthy Age Friendly Homes Coordinator, who shared information on the supports available through the Healthy Age Friendly Homes Programme. The Programme aims **to support older people to live in their own home with dignity and independence, for as long as possible.**

Supports available include help with:

- **Housing:** adaptations, decluttering
- **Medical:** GP visits, transport to hospital appointments
- **Technology:** personal alarms, digital training
- **Community:** meals on wheels, social activities
- **Energy:** retrofits, grant information
- **Financial:** advice & support



SOCIAL PRESCRIBING PRESENTATION

Suzanne McKane gave a presentation to the OPC in March on **Social Prescribing**. She explained that Social Prescribing is a **free Support Service** for adults over 18 funded by the HSE and operated by Galway City Partnership. This short-term support enables people to transition to the local supports and/or activities they may need. It helps them to improve their lives and to take greater control of their health and wellbeing.

To find out more about how Social Prescribing might help you, you can contact **Suzanne on 083 1969370 or suzanne@gcp.ie.**



To contact
Galway City OPC

T: 091 536461
E: agefriendly@galwaycity.ie

Carmel Manfredi presenting to the Galway City OPC in City Hall

GALWAY CITY OPC UPDATE



CEANNT TRAIN STATION TO BECOME AGE FRIENDLY STATION

Ten train stations around Ireland have been chosen to be updated to **Age Friendly stations**. Thanks to Galway city OPC, Galway Ceannt Station has now also been added to this selection.

Programme Managers Theresa and Katie recently attended a meeting with Iarnród Éireann's Regional Manager for the South East, Emmett Cotter. Emmet informed them Galway Train Station is a **30-month project** with an end date of 2026. Age Friendly parking spaces will also be added to Augustine Hill carpark which is due to be completed in 2025. The **OPC will link closely with this development** and intend to visit the station closer to the completion date. The group are delighted with this progress and look forward to having a more universally accessible train station in Galway!



MUSIC IN RESIDENTIAL CARE SETTINGS

Across the months of **May, June and July**, musicians playing trad, jazz, folk, country, bluegrass, and other popular music styles, will perform **intimate concerts for residents living in five care homes across Galway City**. Musicians were selected for the quality of their music, range of their styles, and experience playing in community settings.

Members of the OPC attended the **launch** of this initiative on the 24th of May and thoroughly enjoyed the music and meeting with older people in residential care.

This programme of live music highlights **the value of live music in residential healthcare settings** and Galway city OPC hopes to continue to develop this link with care homes across the city.

This initiative was funded by the Galway City Council Age Friendly Programme, Healthy Galway City and the Creative Ireland Programme.

To contact
Galway City OPC

T: 091 536461
E: agefriendly@galwaycity.ie

GALWAY CITY OPC UPDATE



Chairperson Joan Kavanagh presents flowers to Theresa at her final OPC meeting

FAREWELL TO PROGRAMME MANAGER, THERESA

At the end of May, the Galway City Older People's Council bid farewell to Age Friendly Programme Coordinator, Theresa Donoghue, who is moving on from her role in Galway City Council. The group expressed sincere gratitude to Theresa for her kindness, support and progressing of actions for Galway City OPC over the past two years and will miss her greatly!



Joan Kavanagh, Theresa Donoghue and Katie Fahy pictured at OPC meeting in Galway City Council Chamber

WELCOME TO NEW PROGRAMME MANAGER, KATIE!

The OPC are delighted to welcome new Programme Manager for the city, Katie Fahy. Katie will continue the work of rolling out the Galway city Age Friendly Programme in collaboration with the OPC.

BREAK FOR THE SUMMER!



Members will now enjoy a well deserved break for the summer and return full of energy in September! Pictured are members hard at work at their final meeting this year before the summer break.

**To contact
Galway City OPC**

**T: 091 536461
E: agefriendly@galwaycity.ie**



MEN TAKING THE STEPS TO SUCCESS

To celebrate **Men's Health Week 2024**, Seid na bhFear Dhúiche Sheoighneach organised a "Gathering of the Men's Sheds" on Saturday 15th June which was a resounding success.

Representatives from Men's Sheds from Galway, Mayo and Roscommon came together in full force to partake in a scenic walk in Corr na Mona and spend the day in the company of their fellow men. And it didn't end there - a delectable buffet lunch awaited them at Fairhill House Hotel.

A great way to promote healthy bonding and well-being among our fellow men!

County Galway's Men's Shed's all ran Open Days during the week and we also sponsored branded Hi-Vis Vests for each of the Shed participants to keep them safe in their endeavours!

To contact

T: 091 509128

Galway County OPC

E: agefriendly@galwaycoco.ie

GALWAY COUNTY OPC UPDATE



UPDATE TO DIRECTORY OF SERVICES

Galway City and County Councils, working with the HSE and the Older People's Councils in the city and county, published a Directory of Services for Older People in November 2023. As part of that, we made a commitment to update the Directory taking account of any submissions regarding amendments or additions to information. The Working Group have now met and intend to update the Directory and republish it in September 2024 taking account of submissions made to date.

If there is any information which you would like to see added or amended in the Directory, please get in touch with us at agefriendly@galwaycoco.ie or agefriendly@galwaycity.ie

Directory of Services
for Older People
in
Galway City and County



2023



Cúram Sláinte Phobail, Iarthar
Community Healthcare West



Members of Galway County OPC at LECP consultation meeting

CONSULTING OLDER PEOPLE

Galway County OPC's Meeting on 24th June included consultation on the Local Economic and Community Plan for County Galway – this 6-year plan will set out the priorities for community & economic development in the County for the next 6 years, and the relevant funding schemes delivering projects. The voice of the older person is an essential element of the Age Friendly Programme and the views of the OPC were sought on all policy elements from climate action to community infrastructure, and economic & enterprise development.

To contact

Galway County OPC

T: 091 509128

E: agefriendly@galwaycoco.ie

NATIONAL AGE FRIENDLY AWARDS 2024



Ireland's Annual National Age Friendly Recognition & Achievement Awards for 2024 closed for applications on 12th July 2024. Galway County was honoured to receive the Active & Healthy Ageing Award in 2023 and pictured here receiving the award are Cathaoirleach Cllr Liam Carroll, Director of Services Alan Farrell, Andrew McBride of Healthy Ireland, and Anne Cassidy of Galway Rural Development SICAP Programme. We have now submitted our projects for 2024 which are:

- **The Local Heroes Campaign for Positive Ageing Week for Active & Healthy Ageing Award:** this showcases older people who embody active & healthy ageing (submitted jointly with COPE Galway, Galway City Council, Galway Libraries, Galway City Partnership, Galway Rural Development).
- **Cnoc (Inverin) and Casla Bus Shelters for the Transport Award:** these Bus Shelters were planned and designed to enable People with Disabilities and Older People to access nearby services, and were re-oriented in direction to shelter people from the westerly wind at these locations, thereby putting the user experience to the fore in these transport solutions.
- **The Directory of Services for Older People for the Communications Award:** the Directory has been developed on a partnership basis by the 2 local authorities working with our Older People's Councils and the HSE to deliver a plain English Directory that works not just for Older People, and their families & carers, but to act as a useful guide for Service Providers as well.

To contact

T: 091 509128

Galway County OPC

E: agefriendly@galwaycoco.ie

The Galway Age Friendly Alliance is a voluntary partnership of representatives from public sector agencies, Older People's Councils and other organisations that promote a positive approach to ageing.

Their latest meeting was chaired by the newly appointed Chief Executive of Galway City Council, Leonard Cleary, and Chief Executive of Galway County Council, Liam Conneally, as part of the Local Age Friendly Programme.

Agenda items included a new age-friendly strategy, Positive Ageing Week and a presentation on the Social Prescribing Service.

Age Friendly Galway City works to improve the services and facilities that older people have identified as being important to them, and the wider community, as they live healthy and active lives.

The programme involves a multiagency, multi-sectoral approach to age-related planning and service provision.



Back row: Daniel Connolly, Age Friendly Technical Advisor, Galway City Council; Mary McGann, Age Friendly Programme Manager, Galway County Council; Suzanne McKane, Social Prescribing Co-Ordinator, Galway City Partnership; Katie Grant, Social Prescribing Co-Ordinator, Galway Rural Development; Leonard Cleary, Chief Executive, Galway City Council; (on screen behind) Kieran Walsh, University of Galway (top); Jacquie Lynskey, Cope Galway (bottom); Liam Conneally, Chief Executive, Galway County Council; Katie Fahy, Age Friendly Programme Manager, Galway City Council; Siobhan Arkins, Galway City and County Library Services; Saoirse Kilroy and Chelsea McConn Joyce, Galway City Council. | Front row: Joan Kavanagh – Chairperson of the Galway City Older People's Council; Aileen Heverin – Chairperson of the Galway County Older People's Council; Helen Murphy, Galway City Older People's Council.

To contact

T: 091 509128

Galway County OPC

E: agefriendly@galwaycoco.ie



**Maynooth
University**

National University
of Ireland Maynooth

'ELDER ORPHANS': AGEING ALONE IN IRELAND

Researchers at Maynooth University's Department of Geography are seeking to explore older adults' experiences of aging alone in Ireland and seeks to understand the importance of health and wellness in older age. In particular, we are interested in talking to people who can be defined as 'elder orphans', living alone and with no immediate family care support around them.

We are interested in the views of anyone aged 55 years or older, who fit the definition of elder orphans. We wish to find out more about peoples' experiences of their care and support needs, how these are or are not met and their general perspectives of their local environments, taking into account any issues and challenges they may encounter.

The acknowledged views will be used to document a range of difficulties, but also positive things that people may be experiencing and the role place and where you live, impacts on their health and wellbeing as you age. The aim of the interviews is to identify knowledge that will feed into a doctoral study, but also help inform future thinking on policy in this area.

We will be holding one to one interviews either in person or online, in the coming weeks, and hope that some members of Age Friendly Ireland might be interested in taking part.

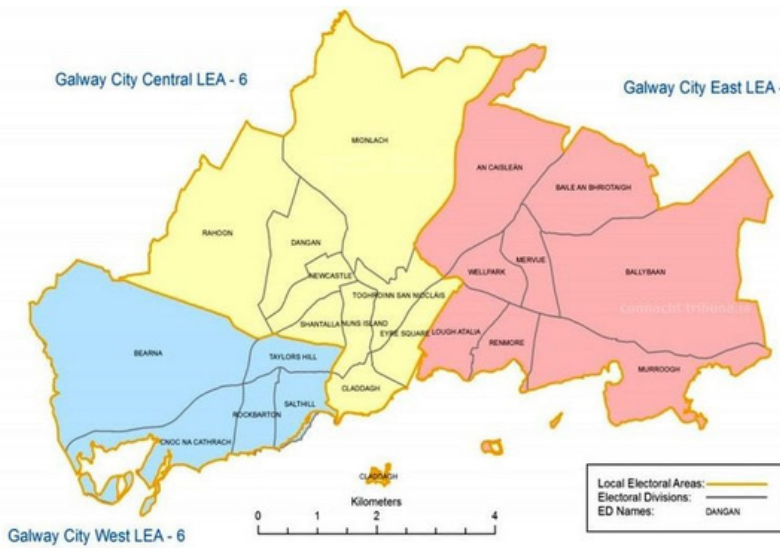
If so, please contact the researcher directly to find out more details and to make arrangements to meet and talk at sadhbh.gorman.2021@mumail.ie

To contact

T: 091 509128

Galway County OPC

E: agefriendly@galwaycoco.ie



HAVE YOUR VOICE OF YOUR COMMUNITY HEARD!

Galway City OPC has representatives from all areas of Galway city - Galway City East, West and Central. The group is very interested in expanding its membership and welcomes people aged 55+ from all walks of life and who are enthusiastic about creating positive change for older people in Galway city. The group is particularly interested in hearing from older people from the Traveller community and new communities.

The group meet **once a month** on a **Wednesday at 2pm** in **City Hall**, taking a break during the summer.

If you would like to get involved please contact **091 536461** or agefriendly@galwaycity.ie.

VACANCY FOR TUAM AREA

Galway County Older People's Council has representatives of older people who represent the voice of older people from each of the Municipal Districts in the County, i.e., Athenry-Oranmore, Ballinasloe, Conamara, Loughrea, and Tuam. We currently have a vacancy on the OPC **to represent the Tuam Municipal District**, so if you are a member of an older person's group, Men's or Women's Shed, or an individual who would like to represent other older people in your area, please get in touch with us at **091 509128** or agefriendly@galwaycoco.ie.

Please note that you will need to be based in an area in the Tuam Municipal District (outlined in red on map below) and be **available to attend OPC Meetings every 6-8 weeks** - these are usually held at 2pm on Mondays.



THE BUNGALOW

Your Community Hub for
Older Adults



Health promoting
activities

Community
events



Social
opportunities



CONTACT:

085 747 5021

thebungalow@copegalway.ie

MON

- ACTIVATOR POLES
12:30 - 13:30

- SIEL BLUE 11:00 -12:00
GENTLE EXERCISE

TUE

WED

- TEA & COFFE MORNING 10:00
- CHAIR YOGA 11:00-12:00
- DARTS CLUB 14:00 - 15:30

- WALKING GROUP 11:00
- LUNCH CLUB
(Book in advance)

THU

FRI

- Dance 12:00-12:30
- Bingo 13:00 -13:30




COPE Galway

- The Bungalow is also available to rent for your community.

The Bungalow, Suaimhneas, Walter Macken Rd, Mervue, Galway, H91 D25W

Le Chéile
WESTSIDE CO LTD

 (091) 582146

 info@lecheilewestside.ie

LEARN **SMARTPHONE BASICS**

1:1

ONE-TO-ONE LESSONS:

Learn how to use your smartphone & get the best out of your phone.



SHOP FROM ANYWHERE:

Learn to shop online safely from your phone.



BOOK TRIPS WITH A TAP:

We'll show you how to find and book the best deals on flights and hotels.



STAY CONNECTED:

Easily message, video call, and share photos with loved ones.



Where can you find **Le Chéile**?

Le Chéile Westside Co. Ltd, Westside

Enterprise Centre, Bóthar Le Chéile, Galway, H91 YW25

**CLASSES AT
10 EURO PER HOUR
1-TO-1 LESSONS**

BOOK IN ADVANCE  (091) 582146  info@lecheilewestside.ie

Learn Smartphone Basics with Le Chéile Westside. One-to-one lessons for €10. Shop from anywhere, book trips with a tap, stay connected! To book your place call 091 582464 or email info@lecheilewestside.ie.



Positive Ageing Week 2024

Positive Ageing Week will take place from **Mon 30th Sept to Sun 6th Oct** this year. A number of people in the community have been nominated for the Local Heroes exhibition in Galway City Museum that week.

Keep an eye out for more information in the local papers, Galway Bay FM and on social media!



Age Friendly Social Mornings in Westside

Every Wednesday Morning 10.30am-12pm at Westside Library. Drop in for a cup of tea, a game of chess or scrabble, a crossword and a friendly chat. You can also bring your own device and learn how to read newspapers, magazines and book on your phone! For more info call 091 509091.



Scrabble for Seniors

Wednesdays at 2pm in Galway City Library. All are welcome, however booking is required. Each week is a separate event, so there is no requirement to be there each week. Whether you are a serious Scrabble addict, or just looking for something social to do during the week, give it a go! Book your place by emailing city@galwaylibrary.ie or call 091-509094.

**ENJOY THE
SUMMER**