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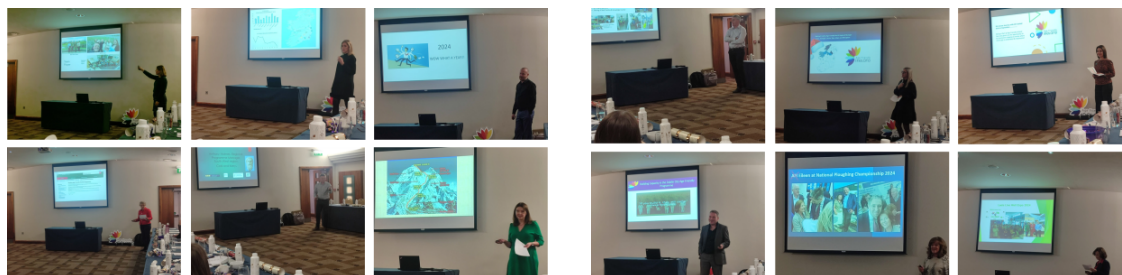
6th December 2024

National Updates

Age Friendly Ireland annual Christmas Team meeting



This week the Age Friendly Ireland Team had their annual Christmas Team meeting. Core staff from both Age Friendly Ireland and Healthy Age Friendly Homes came together to discuss all the wonderful work done throughout the year and what is planned for the year ahead.



Age-Friendly Australia National Conference



Our very own Dr Emer Coveney, Age-Friendly Ireland, National Programme Manager is attending the Age-Friendly Australia National Conference in Perth this week. Emer is speaking on a panel alongside representatives from Australia, Slovenia and Brunei discussing the benefits and disadvantages of implementing age friendly national programmes.

Dalkey Train Station



Dalkey Train Station is working towards becoming an age friendly train station. Age Friendly Ireland, Dún Laoghaire–Rathdown County Council and Age Friendly Dún Laoghaire–Rathdown along with Irish Rail carried out a walkability audit this week. Many thanks to all the participants who took part in the audit.

Age Friendly University Updates

Now Opening Enrolment for our



Semester 2 Programme

Audit modules will kick off on January 13th, so be sure to look at what is on offer and register with Grainne if you are interested in undertaking one before then. Here is a link to the list.

The Love of Lifelong Learning Programme will be updated in early January and open for registration on January 27th and modules will start on February 10th.

[Find out more >](#)

HSE Talking Health and Wellbeing Podcast



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

On this week's episode, we discuss essential strategies to help older adults stay healthy and well during the winter season, with guests Dr. Rory Nee, Consultant Physician in Geriatric Medicine and Integrated Care Program for Older People (ICPOP), and Aoife Quinn, Clinical Nurse Manager (ICPOP). They share practical tips for maintaining health and well-being such as staying up-to-date with vaccinations, managing medications, preventing falls, and combating loneliness.

Click below to watch on the HSE Health and Wellbeing YouTube.

[Find out more >](#)



Just a minute

Just A Minute Card

The National Transport Authority, along with Bus Éireann, Dublin Bus, Go-Ahead Ireland, Iarnród Éireann, Luas and Local Link are JAM Card® friendly. JAM Card® allows people with a communication barrier tell others they need 'Just A Minute' of patience discreetly and easily.

Read more below.

[Find out more >](#)



LGIU Ireland News

Global Local looks at how local government can support their disabled community members. Click the link below to see global best practice examples and resource, including guidance on tackling the accessible housing challenge and how to build age-friendly places.

[Find out more >](#)

Results from the 2024 Homeshare Survey on the benefits of Homesharing for Householders



Benefits of HomeSharing Survey Results are in!



- **100%** : Positive impact on their Lives
- **94%** : Feel more Comfortable & Secure at Home
- **83%** : Enjoy a sense of Purpose & Fulfilment
- **50%** : Reduction in Falls
- **41%** : Reduction in emergency GP visits or Hospital Admissions



www.thehomeshare.ie info@thehomeshare.ie

Local Updates

Healthy Ireland book collection at Douglas Library



Douglas Library is pleased to promote its special, Healthy Ireland book collection. The collection covers a wide range of books on health-related topics, including titles on ageing positively, fitness, retirement, diet, and positive mental health. You can also access health and wellbeing eBooks, eAudiobooks and eMagazines on Borrow Box, available free of charge to library members. And you can reserve any book from any library in the country and pick it up at your local library!



Promoting Positive Ageing In Drogheda

Age Friendly Louth hosted a workshop in The Barbican Centre Drogheda on 28th November 2024. The purpose of the workshop was to discuss and agree a suite of projects to promote positive ageing in Drogheda & south Co Louth.

[Find out more >](#)

Cavan Older People's Council Winter Drop in Information Sessions are taking place on Monday mornings in the Events Space in Johnston Central Library, Farnham Street, Cavan.

On Monday 9th December at 10.30am we are getting ready for Christmas 🌟🎄👴.

Bailieborough Creative Hub will lead a creativity workshop and you will be able to make some handmade ornaments, decorations and cards.

All materials provided (including a cuppa and some treats!)

The session is free to attend but registration in advance is essential - you can register by phoning 049 4378545 or emailing agefriendly@cavancoco.ie

Please tell your friends everyone is welcome!



Raheny Age Friendly



Raheny Age Friendly had their final coffee morning of the year and it was full of festive cheer. Thanks to some great work from their volunteers and generosity of local businesses, they had a raffle with so many prizes that, in the great traditions of the Late Late Show, they had one for everybody in the audience.

Some of our more creative volunteers made flower wreaths, while Christmas serviettes and table covers, mince pies and Christmas jumpers all added to the occasion.

The Clontarf Ukelele band provided the entertainment, giving them one Christmas hit after another.

A lovely morning to round out our 2024 coffee mornings.

International Updates

if Global Café
in conversation with experts

“THE MOVING FORWARD COALITION PROMOTING ACTION ON NURSING HOME QUALITY IMPROVEMENT”

Mr. Isaac Longobardi
Director
Moving Forward Nursing Home Quality Coalition

6 DECEMBER 2024 07:00 AM EST

a contribution to the Decade of healthy ageing

IFA Global Café | In Conversation with Mr. Isaac Longobardi

IFA Global Café | In Conversation with Mr. Isaac Longobardi on “The Moving Forward Coalition Promoting Action on Nursing Home Quality Improvement.”

6 December 2024, 07:00 A.M. EST (US and Canada)

[Find out more >](#)

If you would like a PDF version of the newsletter, please click [HERE](#)

- This Newsletter is prepared and circulated by Age Friendly Ireland
- The Newsletter is published weekly, every Friday
- If you wish to provide information that may be included in the Newsletter please email it to: agefriendlyireland@meathcoco.ie no later than midday on the Thursday. Age Friendly Ireland retains full editorial responsibility for content of the Newsletter.

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HSE Advice Line: Call save 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm

Saturday and Sunday



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