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👶 🌲 13th December 2024 🌲 👶

### National Updates



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### Climate Action Training Workshop

Today saw the final Climate Action Training Workshop for this year, hosted by

Jacinta Barrins in Tullamore, Co.Offaly. Very interesting session learning about Climate Action, what it means and what you can do as an individual.



### WHO Conference on Assisted Technology

This week our East Regional Programme Manager, Mary Fitzsimons attended the WHO Conference on Assisted Technology





## National Advocacy Service for People with Disabilities (NAS) & the Patient Advocacy Service, Launch of Annual Report 2023

NAS are delighted to launch the 2023 Annual Reports of the National Advocacy Service for People with Disabilities (NAS) and the Patient Advocacy Service. Read more below.

[Find out more >](#)



## Security Advisory - Upgrade Scam Targeting Mobile Phone Users

Scammers are impersonating mobile phone providers and using deceptive tactics to gain access to your account and steal valuable mobile devices.

### How the scam works?

1. **Cold call:** the scammer calls you claiming to be from a mobile provider, offering and upgrade to your phone. They try to confuse the victim and ask various questions.
2. **Account access:** While on the call, the scammer uses the “Forgot Password” option on the mobile providers website. This triggers a verification code to be sent to your phone.
3. **Code request:** The scammer asks you to read out the verification code, claiming it’s necessary to process your upgrade.
4. **Account hacked:** Once the scammer has your code, they reset your online account password and gain full access.
5. **Fraudulent order:** the scammer orders a high-value phone to be delivered to your address.
6. **Second call:** After the phone arrives, the scammer contacts you again. When the victim expresses confusion or refusal, they offer to “resolve the issue” by collecting the phone and processing a refund.
7. **Collection:** the scammer arranges for the phone to be collected, leaving you without the device and potentially liable for the cost.

## How to protect yourself.

**Please note if you have a work phone, Eir will never call you regarding a phone upgrade. All business phones are provided through the IT section, and they are the only ones who can organise an upgrade to your phone.**

1. **Never share verification codes:** No legitimate company will ask for a one-time code or password over the phone.
2. **Verify the caller:** If someone claims to be from your mobile provider, hang up and call your provider directly using the official customer service number.
3. **Monitor your account:** Regularly check your account for unauthorised activity or changes.
4. **Use strong unique passwords:** avoid using easily guessed passwords and enable two-factor authentication, if available.
5. **Report suspicious calls:** If you receive such a call, report it to your mobile phone provider immediately.

## What to do if you are a victim of this scam?

1. **Contact your mobile provider** and inform them immediately.
2. **Change your passwords:** Reset your account password and any other accounts that use the same credentials.
3. **Report to the authorities:** File a report with your local Garda station.
4. **Contact your bank:** If you used your credit or debit card contact your bank immediately.
5. **Be vigilant:** keep an eye on your account and credit reports for any further suspicious activity.

## Local Updates

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### Roscommon's Age Friendly Christmas Festival 2024

Roscommon's Age Friendly Christmas Festival occurred on Wednesday, 4th December 2024 in Kilbride Community Centre, Roscommon. This was a wonderful event with a large number of groups and individuals from all over Roscommon in attendance. Follow the link below for more fun photos and the full story!

[Find out more >](#)



## Gorey Library Age Friendly December Events

### Seasonal Quiz for Gardeners

Tuesday 17th December at 7:00pm

### Gorey Choral Group Christmas Performance

Friday 20th December at 4:00pm

To book events, please telephone 053 9375466 or book online at

[www.wexfordcoco.ie/libraries](http://www.wexfordcoco.ie/libraries)



### Age Friendly Limerick Hosts Older Person's Executive AGM

On Monday, 9th December 2024, Age Friendly Limerick held the Annual General Meeting of the Older Person's Executive. The event marked a significant milestone as they bid farewell to three long-serving and deeply committed members.

Find out more >



## “Did I Ever Tell You” Project offers creative health and wellbeing programmes to HSE care settings across Kildare, Offaly and Westmeath

The "Did I Ever Tell You" storytelling initiative aims to collect the thoughts and memories of older individuals in HSE healthcare settings across the counties of Kildare, Offaly, and Westmeath through a variety of creative engagements and artistic mediums.

Read more below.

[Find out more >](#)

OVER 60's CONVERSATIONS ON CLIMATE CHANGE

**HOW WE CAN CARE FOR OUR EARTH**

**OVER A CUP OF TEA!**

A series of friendly, informal conversations with **Jacinta Barrins** about climate change for those over 60's who want to be more climate and carbon aware

**CARROWBEG HOUSE - WESTPORT**

Tuesday 14th - Tuesday 21st - Tuesday 28th January  
Tuesday February 4th - Friday April 18th 2025 all from 10.45 to 12.45

Admission is **FREE** but places are limited and booking is essential with **BRID McAULEY@086 8576425** or **MARY MANNING @ 087 2421330**

### Cahir Active Retirement Association Afternoon Tea

Cahir Active retirement association held their annual Christmas afternoon tea party at Cahir House Hotel on Wednesday 4th December. A wonderful selection of sandwiches,



hot food, cakes, teas and coffees were served to approximately 100 members. David Whelan from the Healthy Age Friendly Homes Programme who gave a presentation to the association during the Summer was invited back to pick the winning tickets for the Christmas raffle with an array of Christmas goodies being won on the day. The afternoon was finished off with some excellent singing, dancing and entertainment by local musicians.





# A STORYTELLING HOUR IN CAVAN

DANIEL  
DOWNEY



CAVAN  
YARNSPINNERS

# THE HOWLING HILLS OF CAVAN

Presented By  
Daniel Downey  
Hosted By  
Cavan Age Friendly

Book by calling Cavan Age  
Friendly on 049/4378545 or  
email [agefriendly@cavancoco.ie](mailto:agefriendly@cavancoco.ie)



CUMHACHTU TRI FHOGHLEAM  
AGUS DUL CHUR CINN DO CHACH  
EMPOWERMENT THROUGH  
LEARNING AND PROGRESSION  
FOR ALL



Adult  
Literacy  
for Life

Litearthacht  
d'Aosaigh  
ar Saoil



HOWLING YARNS OF CAVAN HILLS  
JOIN STORYTELLER DANIEL DOWNEY IN A SESSION OF YARNS AND TALES ABOUT WILD  
WOLVES AND HOWLING HAUNTS IN CAVAN'S ANCIENT PAST. FROM FOLKLORE TO FUN,  
FRIVOLITY TO FEROCITY .... THIS STORYTELLING SESSION WILL BRING MAGIC AND  
MYSTERY TO THE LISTENERS IN THEIR HOUR LONG ENTERTAINING.

**EVENTS SPACE, JOHNSTON LIBRARY, CAVAN: DEC 16 @10.30AM**

## International Updates



### IFA Global Café | In Conversation with Dr. Whitney Scott

IFA Global Café | In Conversation with Dr. Whitney Scott on “Promoting Equitable Access to Holistic and Person-Centred Pain Care.”  
 13 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](#)

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- If you wish to provide information that may be included in the Newsletter please email it to: [agefriendlyireland@meathcoco.ie](mailto: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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