



Ageing with Independence

National Older People's Council Convention
Kilkenny 2024



9th and 10th May, 2024 | Ormonde Hotel, Kilkenny



Welcome

Fáilte go Chill Chainnigh. Tá súil againn go mbainfidh sibh taitneamh as bhur gcuairt. We are delighted to welcome everyone to Kilkenny for the 2024 Older People's Council Convention.

This year's theme is **'Ageing with Independence'**

As life expectancy is increasing the need to ensure that our country becomes a great place in which to grow old is becoming more and more important. Therefore, we must be ready to face the challenges that this will bring to society. We will continue to adapt and respond to the changing needs of our population and endeavour to provide supports where required. It is recognised that where we live, the physical, social and cultural environment impacts hugely on how we live our lives. An Age Friendly country is a place where more older people can stay living in their own homes and communities, lead healthy and active lives, stay connected and be valued contributors to their communities. The workshops chosen for the convention reflect this year's theme of 'Ageing with Independence' including cultural experiences and wellbeing.

The Age Friendly Ireland Shared Service is a National Programme supported by Government departments and the Older People's Councils are a core part of the implementation infrastructure of the local age friendly programmes. Age Friendly Ireland continues to ensure that older people play a valuable role in shaping their communities by giving them a voice to participate in the decision-making process at the Age Friendly Alliance and being responsive to their suggestions. Age Friendly Ireland emphasises the value of our older community and the contribution older people make to wider society, through their knowledge, life experience, volunteering and participation.

The convention brings the Older People's Councils together from all across Ireland giving an opportunity to discuss topics, network and learn from each other. We hope that you will enjoy your stay in Kilkenny and gain benefit from the Convention and that it will contribute to the work of the Older People's Council.

Lar Power
Chief Executive
Kilkenny County Council

Mary O'Hanlon
Chairperson
Kilkenny Older People's Council

As Chief Executive of Meath County Council which hosts the Age Friendly shared service, I am very pleased to meet delegates here today at the National Convention of Older People's Councils.

This is an extremely important occasion in our annual calendar, providing a direct connection to older people across Ireland and bringing your wisdom into the design of a future society that needs to be more accommodating towards ageing. Local government has been a driving force for changing the narrative on ageing and delivering results in terms of improved services for older people. We have championed diverse areas of work such as the delivery of age friendly housing, the development of age friendly libraries, age friendly car parking, all under the strategic approach that is set out in local Alliances. Along with our partners in public sector agencies, NGOs and the private sector, we are ambitious to realise a vision for an Age Friendly Ireland where older people are heard, included, respected and supported. With your expertise as co-design partners, I am more than confident that we will succeed in this vision. I look forward to our discussions today and to continuing further on our age friendly journey together.

Kieran Kehoe
Chief Executive
Meath County Council

Agenda

Wednesday 8th May Registration

- 6.00pm – 8.00pm Registration at the Ormonde Hotel (Foyer)
8.00pm Meet and Networking for all | Ormonde Hotel Lounge
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Thursday 9th May Day 1

9.00am Registration

- 9.45am Master of Ceremonies **Edward Hayden** | Chef and Radio Broadcaster
9.55am **Michael Doyle**, Cathaoirleach Kilkenny County Council
Official Opening of the 2024 National OPC Convention
10.00am **Lar Power**, Chief Executive, Kilkenny County Council
Welcome and Introduction
10.10am **Mary O’Hanlon**, Chair of Kilkenny Older People’s Council (OPC)
Welcome on behalf of Kilkenny OPC
10.20am **Kieran Kehoe**, Chief Executive, Meath County Council
Host to Age Friendly Ireland Shared Service

10.30am Comfort Break Tea/Coffee

Visit Information Stands and Networking

- 11.30am **Philip Hogan**, CEO, Cliffrun Media
Technology supporting Independence as we age
12pm **Catherine McGuigan**, Chief Officer, Age Friendly Ireland Shared Service
Age Friendly Ireland Shared Service National Update
12.20pm **Lorna King**, Clinical Specialist Dietitian for Older People

1.00pm Lunch

2.00pm

Meet for tours and workshops.

Kilkenny Castle

Shenanigans Walking Tour of Kilkenny

Kilkenny Mayfair Library-Kilkenny's Age Friendly library

The Smithwick's Experience

Visit to Ireland's First Age Friendly Train Station

Digital Inclusion - Solution Focused Consultation (in Hotel)

Minding your Wellbeing (in Hotel)



4.30 - 6.00pm

Return to Hotel - Free Time

6.00pm

The Garda Band and pre-dinner drinks reception

7.00pm

Gala Dinner

8.45pm

Guest Speaker **Nickey Brennan**

Former GAA President, Kilkenny Hurler and Manager

9.30pm

Music and Dancing

Friday 10th May

Day 2

9.30am

Catherine McGuigan, Introduction to Morning Session and Panel

9.35am

Panel: **Mark Harrington**, Age Friendly Ireland Shared Service, Healthy Age Friendly Homes
Aine Flynn, Director of Decision Support Services
Garret Doocey, Assistant Secretary, Department of Transport
Diarmuid Angland, Specialist, Department of Finance

Open Discussion Q and A



11.00am

Comfort Break Tea/Coffee

11.15am

Table discussions, **OPC priorities for the year ahead**

11.45am

Feedback to the Room

12.30pm

Mary Butler TD, Minister of State in Department of Health
Mental Health and Older People

12.45pm

Ita Healy, Chair of the National Network of Older People's Councils

1.00pm

Lar Power, Chief Executive Kilkenny County Council | Closing of Convention
Handing over of Gavel

1.15pm

Lunch

Ageing With Independence I Workshops

Kilkenny Castle | 2.15pm-3.30pm

Kilkenny Castle was once the principal residence of one of the most powerful families in Ireland and is of exceptional historical significance for its role in Irish political and cultural history. Standing on a strategic height, Kilkenny Castle was built by William Marshal, 4th Earl of Pembroke in the 12th Century to command the crossing of the River Nore. In the 14th Century Kilkenny Castle became the principal Irish residence of the Butler Family, Earl, Marquess and Dukes of Ormonde for almost 600 years. Today visitors can experience the exuberant spirit of the Victorian age, faithfully brought back to life in the restored Period Rooms of Kilkenny Castle. The Castle Park includes a 21 hectares of walled demesne parkland to the south and a formal terraced Rose Garden to the north. The estate overlooks the Nore River and features mature trees and shrubs with an ornamental lake and a children's playground. Kilkenny is a vibrant and compact city which hosts a number of renowned festivals each year. A variety of events such as concerts, art exhibitions, talks, workshops and street theatre are held throughout the year in the Castle and Park.

Please note that parts of the Castle may not be suitable for people with limited mobility. In order to protect the Castle's collection, please do not bring large bags to Kilkenny Castle.

This tour is off site and takes approximately one hour. Kilkenny Castle is a dementia inclusive community.





Shenanigans Walking Tour of Kilkenny

Tour 1 | 2.30pm- 3.30pm

Tour 2 | 3.30pm- 4.30pm

Award winning Shenanigans Walks brings an exciting modern twist on traditional tours and is an Age Friendly Tour. A unique blend of history, stories, Irish colloquial sayings origins, humorous anecdotes interspersed with magic effects. Voted TripAdvisor Traveller choice Award winner as the Best thing to do in Ireland 2021 and included in their top 1% worldwide of things to do.

Local expert guides lead a fun, informative and engaging adventure while tracing the footsteps of The Normans, Monks, Knights, Merchants and an infamous Witch.

Weaving a path through the picturesque medieval streets the story unfolds revealing incredible landmarks such as Kilkenny Castle and tales of the Greatest Knight who ever lived and Kilkenny's infamous Witch Alice. The real Magic is a refreshing blend of history, compelling stories, culture, interesting fun facts, and of course plenty of Shenanigans.

This tour is off site and takes approximately one hour to complete.



Kilkenny Mayfair Library, Kilkenny's New Library | 2.30pm- 4.30pm

This site tour will showcase the opening of a new, modern, purpose built public library providing 1,700sqm of space for the educational, informational, cultural and community needs of the citizens of Kilkenny City and County.

All of Kilkenny County Council Library Branches have been awarded Age Friendly status including the Mayfair library.

The new library services include:

- A wide selection of stock including large print and audio books.
- Staff trained in age friendly principles.
- Reading areas and comfortable seating to browse, read newspapers and relax.
- The building is fully accessible with a hearing loop available.
- Accessible shelving throughout the building.
- Community space for workshops, meetings and classes.
- Age Friendly programming which supports social connections such as book clubs, art and craft workshops, language circles, upskilling and lifelong learning workshops throughout the year including events during the Bealtaine festival.
- Provision of digital and online training with access to a range of technologies.
- The Mayfair library will provide a welcoming and accessible space with an array of supports and services that will enable older people to visit, learn and develop new skills, support social connections and a sense of belonging.

This tour is off site and takes approximately one hour to complete.



The Smithwick's Experience

Tour 1 | 2.30pm- 3.30pm

Tour 2 | 3.30pm- 4.30pm

The Smithwick's experience will lead you on a journey through the history of the iconic Irish red ale by a local Kilkenny tour guide, guests are immersed in the story of Smithwick's told as only a local knows how. The passion of the guides is what makes this experience like no other; combining over 300 years of Smithwick's history, with the extraordinary brewing innovations that makes it the brand we see today. The visit finishes in the intimate surroundings of the Smithwick's Experience bar, unequivocally Irish in its setting.

Harvested from our land, seasoned by our history, Smithwick's has been brewed here in Ireland since 1710. Enjoying your favourite Smithwick's Ale, while one of our local staff explains what makes it so unique, makes this one of the most enjoyable tours in Ireland.

There's no better place to plan your trip around Ireland's Ancient East than from here in the unforgettable setting of Kilkenny's Medieval Mile. You will find us in the heart of this beautiful city. We are less than a 10-minute stroll from the iconic Kilkenny Castle and are very proud to be part of Kilkenny's famous Medieval Mile.

This tour is accessible. The tour is off site and takes approximately one hour to complete.



Digital Inclusion - Solution Focused Consultation

2.30pm-4.00pm

This solution focused consultation workshop will look at problems faced by non-digital service users when attempting to access a range of everyday services, e.g. booking a seat on the bus or train, tickets to events, card only payments, online shopping and fraud.

We will have a representative from the Department of Finance on the speakers panel Friday morning. He will provide information on the development of the new National Payments Strategy which aims to address issues around digital payments. The aim of this consultation workshop is to examine the digital inclusion issues facing older people and agree solutions to present to the panel on Friday. If this is an area that interests you, we would invite you to participate in the workshop to help inform the panel discussion on Friday.

This consultation will be held on site in the Ormonde Hotel.



Minding your Wellbeing

2.30pm-4.00pm (Self-Care Workshop)

Minding your Wellbeing Self Care Workshop will support participants to care for their own mental health and wellbeing and to build good self-care practices for every day.

Ann Bray will present this workshop. Ann is the Health Promotion and Improvement Officer, with the Health and Wellbeing Department, HSE for the Kilkenny and Carlow area.

Ann has over 20 years' experience in healthcare and is a Registered General Nurse which has allowed her have many opportunities to work with the general population including older adults promoting health and wellbeing and with a remit for positive ageing.

Ann has a particular interest in the promotion of positive well-being and mental health with an enthusiasm to support individuals to live their best life.

This workshop will be held onsite in the Ormonde Hotel.

Ireland's First Age Friendly Train Station

2.30pm-4.00pm

This tour will take you by a tourist road train to MacDonagh Train Station, Ireland's First Age Friendly Train Station. Developed through a collaborative effort between Kilkenny County Council, Iarnród Éireann, Age Friendly Ireland and MacDonagh Shopping Centre, this achievement marks a significant milestone in making public transport more accessible and suitable for users across the course of life.

MacDonagh Train Station in Kilkenny City was honoured with the prestigious Age Friendly Transport Award at the National Age Friendly Awards ceremony in 2023. The station underwent a comprehensive World Health Organisation four-stage process to secure its Age Friendly status.

Following a visit to the train station you will have time for some retail therapy in MacDonagh Junction Shopping Centre which is an Age Friendly Shopping Centre.

This tour is off site and takes approximately 2 hours to complete.





Day 1 | Panel Speakers

Master of Ceremonies – Day 1



Edward Hayden

Edward Hayden is a chef and food writer and is very well known to audiences from his weekly cookery slots on Virgin Media's Ireland AM morning television show. He also presents a weekly radio show, 'The Saturday Show with Edward Hayden', every Saturday morning on a local radio station KCLR96fm.

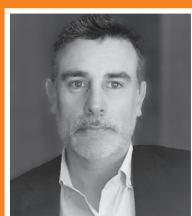
Edward works as a culinary lecturer in the South East Technological University. He is also the chef and proprietor of 'The Edward Hayden School of Cookery' in his native Graigueenamanagh which boasts a large selection of recreational cookery classes for both the novice and experienced home cook.

Edward has published three cookery books 'Edward Entertains' 'Food to Love' O'Brien Press (which was awarded the prestigious Kerry Food Book of the Year) and 'Food for Friends'.



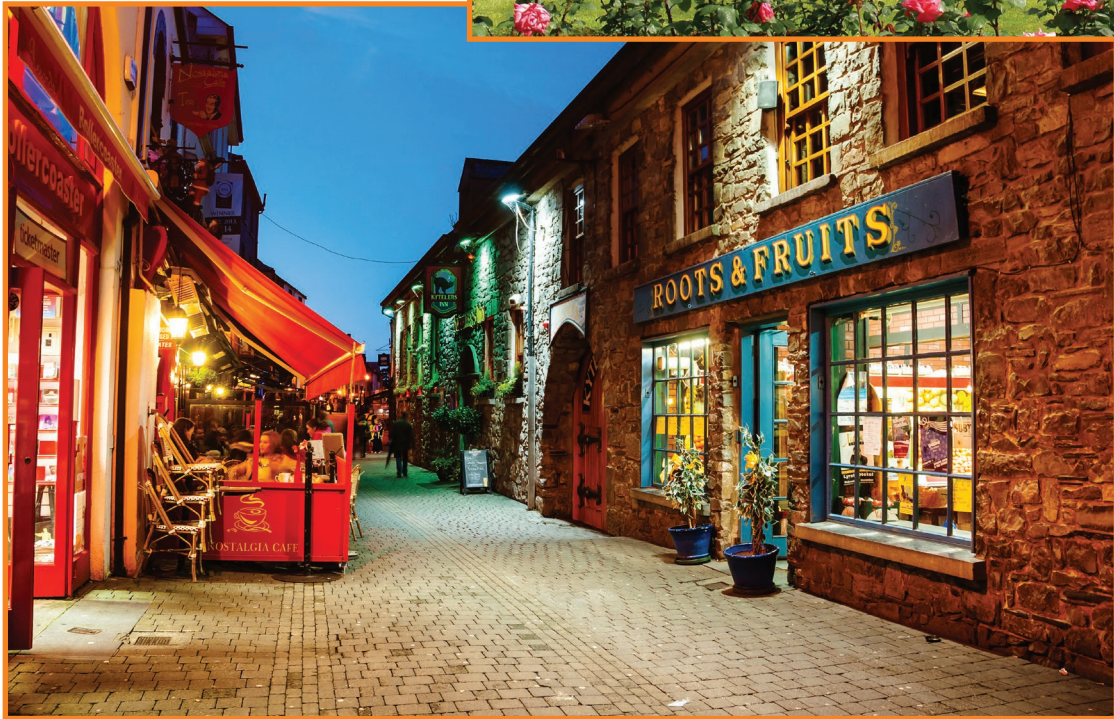
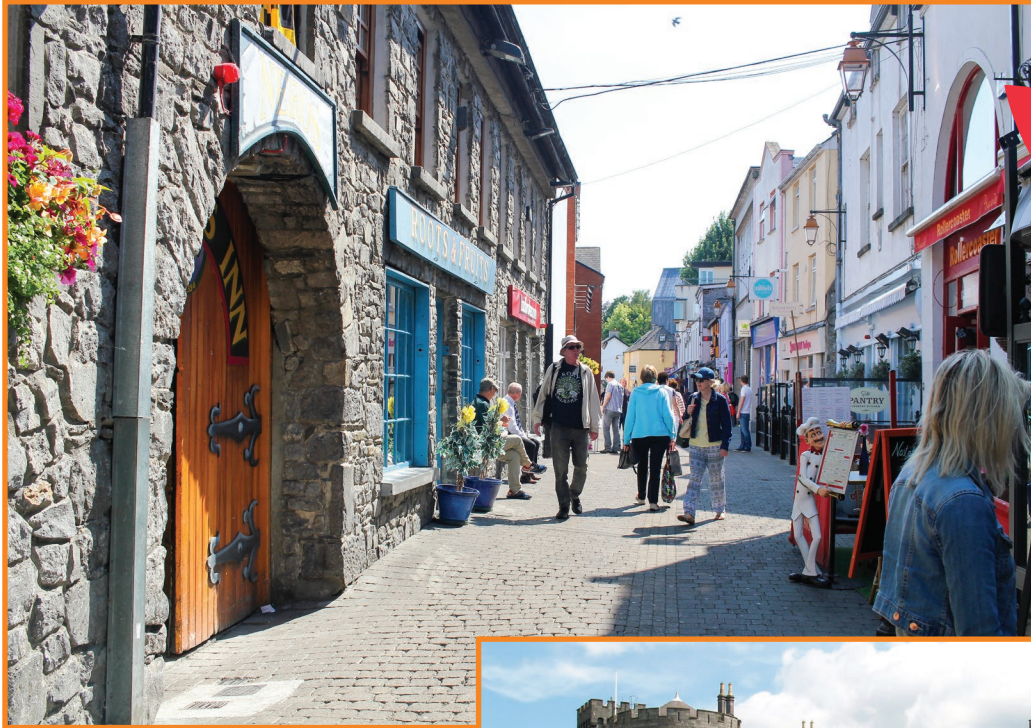
Lorna King Clinical Specialist Dietitian for Older Person

Lorna King is a CORU Registered Dietitian and has been working in the area of Dietetics for over 13 years. Lorna has worked in several specialty areas including Renal, Diabetes, General Medicine, Mental health and is currently working as a Clinical Specialist Dietitian for the Older Person. Lorna works as a part of the STEP Team, an ICPOP Community Specialist Team for the Older Persons in South Tipperary. Lorna has a special interest in Frailty and the Older Person. Lorna's presentation will look at eating well as we age and will also take a look at how and what we eat can change for different reasons as we get older.

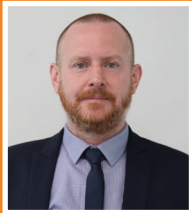


Philip Hogan CEO CliffRun Media & Health

Philip Hogan CEO of CliffRun Media & Health, a Dublin based technology company focused on technology solutions in the age tech space. Philip has over 28 years of experience in the ICT sector, he has led global sales, marketing and engineering service teams. Philip holds a number of non-executive advisory and Board seats in the Telecom, educational and Med tech industry.



Day 2 | Panel Speakers



Mark Harrington

AFISS IHealthy Age Friendly Homes Programme Manager

Mark is the National Manager of the Healthy Age Friendly Homes Programme in Age Friendly Ireland. Bringing over two decades of experience in local government sector management, Mark has a rich background in finance, planning, and housing. He has spearheaded the growth of the Healthy Age Friendly Homes programme from a two-year pilot in nine Local Authority sites to its successful national expansion in 2023|2024. Under his leadership, the programme supports older people to live in their own home with dignity and independence, for as long as possible, and reduce the number and rate of transfer to long-term residential care. This programme is a partnership between Age Friendly Ireland a shared service centre in Local Government, the Department of Health and the HSE, and represents an innovative approach in operating between housing services in local government and health.



Áine Flynn

Director, Decision Support Service

Originally from County Down, Áine graduated from Trinity College Dublin with a law degree and M.Litt. by research. She was admitted as a solicitor in 1999 and from 2012-2017 was a senior partner in Dublin firm, KOD Lyons, specialising in public interest law. She was on the panel of legal representatives of the Mental Health Commission and the Mental Health (Criminal Law) Review Board from their inception in 2006 and represented wards of court instructed by the General Solicitor. Áine has written and lectured on human rights and holds a further qualification in quasi-judicial decision-making. Áine has been a member of the Human Rights Committee of the Law Society since 2012. Prior to her present appointment, she was a member of the Law Society's Mental Health and Decision-Making Capacity Task Force. In October 2017, Áine commenced in post as the first Director of the Decision Support Service under the Assisted Decision-Making (Capacity) Act 2015.



Garret Doocey

Assistant Secretary General, Department of Transport

Garret Doocey is Assistant Secretary with responsibility for Land Transport Investment and Public Transport Policy. He has held a number of other roles in the Department of Transport in the corporate, maritime and public transport areas and started his Civil Service career in the Courts Service. Prior to joining the Civil Service, he worked in the private sector and holds a MSc in Major Programme Management, a MSc in Economic Policy Studies and a MA in Public Management.



Diarmuid Angland

Specialist, Department of Finance

Diarmuid Angland is leading on the development of a National Payments Strategy for Ireland in the Department of Finance. For over ten years prior he has worked in the Central Bank of Ireland on banking supervision and crisis management. He was involved in the last National Payments Plan of ten years ago. He has worked in European Institutions and represented Ireland in a number of European committees.

Gala Dinner Speaker | Nickey Brennan



Nickey Brennan is a former President of the Gaelic Athletic Association from 2006 to 2009, having previously served in many other senior roles in the Association. He is a five times All-Ireland medal winner with Kilkenny. He is also a former Chairperson of the Kilkenny Age Friendly Alliance and is currently the county's Age Friendly Ambassador.

An Update from . . .



Older People's Council Cavan

The primary objective of our OPC in Cavan is to ensure that the voices of older people are heard and respected in matters that affect their well-being and quality of life. We do this through Advocacy and Representation. We actively engage with Cavan County Council, Age Friendly Ireland, Community Groups and other stakeholders.

We provide information and support services on a range of topics including health, social services, housing and financial assistance. This helps older people navigate available resources and make informed decisions about their well-being.

We have organised and participated in many Community events. For several years now we have run weekly workshops over a period of months during the year with topics ranging from Will making, health and well-being, nutrition, gardening tips, how to use smart phones/tablets, craft workshops, Healthy Age Friendly Homes, Citizens Information and many many more.

We have held two sessions of creative writing courses which have resulted in two plays performed by our members taking to the stage in local theatres. The latest Ages and Stages is on the road at the moment following two sell out shows in the Townhall Arts Centre they are now performing in three local Nursing homes and Community centres throughout the County. This programme is funded by Creative Ireland and Creative Cavan through the 'Creativity in Older Age scheme 2023' and supported by the Cavan Age Friendly Programme.

Also over the past few years we have had social interaction with Transition Year students from local colleges. This has been so successful that many more colleges throughout the County wish to become involved.

We have conducted Walkability studies in public and indoor facilities eg Kingspan Breffni Park and Ramor Public Library, Virginia.

We have encouraged local businesses to become Age Friendly and following on from that our latest project which is also on our strategy is to become actively involved with the Cavan Branch of the Alzheimer Society of Ireland who are promoting their exciting new initiative making Cavan the first Dementia Inclusive County in Ireland.

We are continuing to pursue improvements in public transportation, public toilets, parking facilities, online bookings and utility providers.

We held our AGM in October 2023.

The work of our OPC has resulted in tangible benefits for older people here in Cavan and we hope to continue to make a positive impact on their lives ensuring that they are valued, respected and empowered members of society.



Clare Older People's Council

The Clare Older People's Council, supported by the Clare Age Friendly Programme in Clare County Council have been very active over the past twelve months. Along with holding monthly meetings, the Clare Older People's Council has held several events that highlight their work in County Clare.

The Clare Older People's Council hosted a very successful Health and Wellbeing Age Expo at Treacy's West County Ennis on 30th June 2023. The event provided a platform for Clare's older people to engage with organisations delivering health and wellbeing supports and services across the County. The Mid-West Community Healthcare - Integrated Care Programme Older Persons, Active Ennis, Clare Sports Partnership, Clare Libraries, Local Link, Alzheimer's Society of Ireland and Slainte an Chlair were just some examples of services that held an information stand at the event.

The Clare Older People's Council supported a public consultation that was held by the Clare Age Friendly Programme team for the Clare Age Friendly Strategy 2023 - 2027 during Positive Ageing Week (Tuesday 3rd October 2023) in Ennis. The workshop provided an opportunity for stakeholders and older people to have their say in the new Clare Age Friendly Strategy.

The Clare Information Guide of Services for Older People, 2023, was launched in October, which the Clare Older People's Council participated in compiling. This directory provides information on many of the essential services and supports available for older people and their families.

Over 170 people attended an event in the Woodstock Hotel in Ennis, County Clare, on Wednesday 10th April 2024, to celebrate with the fifteen people nominated for the Clare Older People's Volunteer of the Year Award 2024, hosted by the Clare Older People's Council. Brid Dilleen was awarded the Clare Older People's Volunteer of the Year Award 2024 by Clare Age Friendly Ambassador, Mike Hanrahan, and Leas-Chathaoirleach of Clare County Council, Cllr Gabriel Keating.



Cork City's Older People's Council

Cork Cities Age Friendly forums and Alliance met three times each over the past year.

The forum meetings played host to a series of speakers including representatives from

- HSE
- Customer service Unit Cork City Council
- Climate Action Team Cork City Council

The Cork Age Friendly City OPC completed one Age Friendly Access Audit of Pairc uí Caoimh for the Age Friendly Stadium programme, we are currently engaged with the Pairc for a follow up audit.

Members of Cork Cities forum took part in five consultation sessions with a group of PhD students from University College Cork to explore themes for Cork's upcoming Age Friendly Strategy.

Cork City Councils Age Friendly Forum met recently in Cork City Hall to reflect on the findings; over 60 attendees workshopped the themes identified in the process, and these will feed into the ongoing work and strategy for Cork City.



Cork Older People's Council

Cork County Older People's Council held their Annual AGM last year with over 100 attendees. Following the AGM a new executive committee was elected with Liz Downes leading the team.

With the support of Cork County Council, Niall Healy (Programme Manager) and Aisling O Sullivan (Age Friendly co-ordinator) the OPC team have achieved a lot over the past twelve months.

We were invited to take part in "Keep well Keep moving" health festival in Middleton GAA hall, aimed at helping older persons connect, access information, and support positive well-being.

This event enabled us to engage with older people when they visited our Age Friendly stand and were eager to sign up and become a member of the older people council.

We had our annual Cork County Council age friendly housing competition. This competition provides a platform for second year architecture students to showcase their ingenuity in designing Age friendly housing solutions. Students from UCC and MTU were challenged to design an age-friendly house with a special emphasis on disability-aware. A presentation was made to the successful students by the county Lord Mayor Frankie Flynn.

We took part in the launch of the “National Equality in Ageing Campaign” that took place in January. In a video recorded for the campaign I spoke decisively in my belief that no one should be forced to retire. This was aired on every National radio station and I received a great review from listeners who totally agreed with my sentiments.

We took part in the National Age Friendly awards with our film “The Art Of Living”. This was a short film about creativity which highlights, showcases and celebrates a selected group of older people. We were delighted when this film was shortlisted on the night.

We took part in an intergenerational project with the Irish Girl Guides, Vodafone and Older people. The Girl Guides were trained to teach older people “Hi Digital” and it proved so successful that it’s being made into a film by BBC. I’m representing the older people on Vodafone advisory committee.

A member tested the local government management agency new website to see was it user friendly for the older person.

We attended the following

- GBT workshop
- Transportation zoom meeting.
- Older people reference group for the national clinical programme
- AF Ireland submission to consultation on proposed postal strategy statement

The committee did the walkability audit around the Haven Bay Care Centre in Kinsale.

We engaged with members of the active retirement groups around the county in celebrating positive ageing week.

We were very involved with the final draft of the Cork County Age Friendly Strategy 2023-2028.

Our social clubs all over the county are busy supporting older people in Singing for the Brain, social outings, exercises for health, taking part in Positive Ageing Week, Bealtaine festival, intergenerational activities and much more. We have Men’s Shed in different areas in the county and recently Aghada village have started up their own Men’s Shed. So great activities are going on all over the county thanks to all volunteers who are making this possible.

Cork County Council re-launched Healthy Homes programme, a service available to residents of Cork County aimed at supporting adults over 65 to remain living in their own homes and communities. To keep up with the increasing volumes of referrals Cork County Council now has two co-ordinators Aisling O Sullivan and Nora Conway and a regional programme manager Anthony Holmes. All I can say as Chair of the older people council well done to all involved.



Scan the QR code to follow the link to a short video of some of the results



Older People's Council Donegal

Walkability Audits

Three Age Friendly Walkability audits were held in different locations in 2023. The Narin beach audit was undertaken on Monday 22nd May 2023. Attendees included representatives from the Donegal OPC, young members of Comhairle Na nÓg, a person using a wheelchair, people with reduced mobility, a person with visual impairment and a carer. The Donegal OPC also participated in similar walkability Audits in the new Ballyshannon Community Hospital and at Donegal Airport.

Annual AGM and Wellbeing Events

The annual AGM and two health and Wellbeing events were held in 2023. The AGM was hosted in the Clanree Hotel in Letterkenny in March and the Aging Well event was held in the Ballyliffen Hotel and Spa in Inishowen in November 2023. The Aging well event was organised in partnership with Inishowen Development Partnership (IDP) and with the support of Donegal County Council, as part of "One Donegal Social Inclusion Week".

Over 250 older people attended the events. The focus of the events was to provide information and a post- covid opportunity for older people to come together in a safe environment, access information on local health and social services available to older people in Donegal and connect socially.

Age Friendly Donegal Ambassador Moya Brennan was the guest speaker at the Ageing Well event and Gwen Mooney (Chair of OPE) was host for the day. Both events included keynote speakers from Irish Hospice, Mental Health Ireland and HSE as well as a range of information stands for various social and health services including health checks. Research was also carried out on the day through a questionnaire.



DLR Older People's Council

The Dún Laoghaire-Rathdown Older People's Council (dlr OPC) was established as 'Dún Laoghaire-Rathdown Network for Older People' in 2001. The dlr OPC is a representative group of and for older people, with some 40 member groups, clubs and associations across the county and is open to all non-commercial groups, organisations and individuals, committed to improving the quality of life of older people in the county.

The role of the dlr OPC is to:

- identify priority areas of need and to speak with a unified authentic voice on matters of concern for older people in dlr
- inform and influence the decision-making process of the dlr Age-Friendly Alliance and dlr Age-Friendly Programme
- represent the diversity that exists among our ageing population in dlr,
- participate in the National Committee of Older People's Council's.

Every year, the dlr Older People's Council run a Small Transport Grant and Events Grant Scheme for its registered member group to help cover the cost of transport and organising events during the year as well as arranging an annual event and AGM for its member groups. Member groups also receive regular updates on events, activities and funding opportunities and membership of the OPC is free of charge and open to all older people's groups, clubs, associations, Day Care Centres, Nursing Homes, designated older persons accommodation etc. located in dlr.

The dlr OPC works in co-operation with and receives funding from the Community Section of Dún Laoghaire- Rathdown County Council and is part of the national Age Friendly Ireland Programme.

The dlr OPC committee meet on a monthly basis in County Hall, Dún Laoghaire Rathdown County Council and from time to time, in the Dundrum area. The dlr OPC have the support of a part-time Administrator, Sinead O'Sullivan and Sinead is located in the designated OPC Office located in 88 Inagh Court, Ballybrack, open every morning from 9am – 12.30pm.

At this location photocopying and shredder services are available at a much-reduced rate to our member groups. Currently the dlr Older People's Council Committee are looking for new members from the western side of the county who are committed to improving the quality of life of older people in dlr. Please support us as we continue our work to enhance the quality of life for older people living in Dún Laoghaire-Rathdown.



Older People's Council Dublin City Council North Central Area (Clontarf, Donaghmede, and Artane-Whitehall LEA's)

Niamh Reilly, Area Community and Social Development Officer for Artane-Whitehall LEA, Dublin City Council was appointed as the Age Friendly Programme Manager for North Central Area in Q3 2023.

Older People's Council, North Central Area

Upon Programme Managers appointment, the first objective was to re-establish the Older People's Council for North Central, Dublin City. This included a comprehensive advertising campaign and an information day for people who were interested in joining their local OPC. This task was completed in Q4 2023.

Since this time, there has been three meetings of the newly formed Older People's Council within the LEA. This included their AGM which was held at the end of January '24. At the groups AGM a new Chairperson, Vice-Chairperson and Secretary were formally elected. North Central Area now currently has 30 members on the council from across all communities living within the area. The North Central Area community teams, Regional Manager, Bruce McDevitt and Programme Manager, Niamh Reilly will now work to support the OPC on their yearly work plan.

Vantastic, (health and shop bus route)

The North Central Area (through discretionary funding) provides funding to the Vantastic Project which provides both a health route and a shopping bus route for local people. This initiative has been supported for a number of years and would have begun from a recommendation through a previous OPC. The current OPC are planning an advertising campaign to highlight this service across the area.

Memory cafes

North Central Area in partnership with the HSE have two memory café's that meet on a monthly basis to support people with memory loss and their careers. Support for both is done through our age friendly remit.

Walkability Audits

The current OPC have agreed to start to plan a walkability audit of the Donaghmede area. The OPC will also review the work of previous walkability audits that were conducted in Raheny.

Safe Passage

Under the theme of Safe Passage, the OPC will look at the newly established cycle lanes within the North Central Area and how safe the lanes are for pedestrians especially at bus stops where a person has to cross the cycle lane to enter or exit the bus.



Older People's Council Dublin City North West Area

The North West Area OPC prioritised 3 key objectives for 2023:

- Build Communications in the North West Area.
- Age Friendly Public Realm.
- Provide more activities in the NWA for older people.

One of the highlights of this being two extensive EXPO's held in Finglas and Ballymun in June 2023.

Three Walkability Studies were conducted with members of the OPC in the Ballymun Town Centre, Finglas Town Centre and Balcurris Park Ballymun.

Based on the study accessibility issues were highlighted and two AF benches have been installed on Ballymun Main Street.

Four collaborative Afternoon Tea Dances were organised for Ballymun, Glasnevin and Finglas Residents. These social inclusion activities were fantastic opportunities to bring communities together, build new networks and make new friends.

Chair Aerobics classes in Ballymun and Finglas, classes conducted every term.

DCC Older Persons Sports Day was held for Positive Ageing Week.

Activities were organised in consultation with local clubs including St Pappin's bowls club. Activities included bowls, chair aerobics with Siel Bleu and pickleball. Local OPC members advocated for the pickleball demonstration after participating in the pickleball workshop at the AF conference in 2023.

Ballymun Community held an Intergenerational Christmas Party for the local school students, OPC members, various Community Group members and the local carer agency clients. This was a very successful event, bringing all ages and abilities of people together.

Key Objectives for 2024

- Transport
- Public Realm
- Age Friendly Services and Business

A NW OPC business sub group has recently been established; its aim is to liaise with local business and commercial organisations to improve the quality of service and to advocate for the specific needs of older people.

Social Inclusion Activities 2024

A Valentines day tea dance and music event took place for OPC members and older adults who live in the Ballymun, Glasnevin and Finglas Area. So far this year we have held another event for the community members of Ballymun, Glasnevin and Finglas Area.

Due to the interest and success of the pickleball demonstration at the Positive Ageing sports day; a weekly session is presently taking place the Poppintree Sports and Community Centre.

A six week Intergenerational line dancing programme is currently taking place with students from the Ballymun secondary school and older adults at the Ballymun Axis Arts Centre. The group is planning to undertake a line dancing demonstration on completion of the programme.



Fingal Older People's Council

A series of events to celebrate Positive Ageing Week took place throughout Fingal to celebrate and challenge ageism. Events and activities catering for the different interests and needs of older people were held in various venues.

The FOPC Annual Harvest Social was held in the Shoreline Hotel, Donabate. Representing over 25 groups, 130 older people from across the county were transported to the seaside town for an afternoon of food, fun and entertainment.

FOPC attended the following information events for Over 55s in Fingal, for the purpose of providing information on the OPC in Swords, Sutton and Blanchardstown.

FOPC were represented at a number of meetings and consultations throughout the year, including our monthly meetings (10) Age Friendly (bi-monthly) NOPC and Sub Committee meetings, International Federation on Ageism, Global Cafe, The Bank of Older People, National Payment Strategy Consultations and Age Friendly Alliance Transport Sub Committee.



You can see all 13
Galway City Heroes
on this short video



Older People's Council Galway City

During the summer of 2023, Galway City Council, Galway County Council, HSE Integrated Care Programme for Older People and members of both OPCs formed a working group to update and renew the Directory of Services for Older People in Galway City and County. The Directory was officially launched by both Chief Executives at an information event for Older People that took place in November 2023.

Ms. Joan Kavanagh, Chair of Galway City OPC participated on the National Reference Group and represented the OPC at the HSE National Clinical Programme for Older People.

Galway City Council was shortlisted under the Environment Category for the National Age Friendly Achievement Awards 2023. The project was O'Sullivan Park where the local authority and Medtronic part-funded the cutting back of overgrown pathways, hedgerows and dense shrub areas, the upgrading of pathways, the installation of new sections of footpath, new wildflower areas, new benches and new picnic and barbeque areas.

During Positive Ageing Week in October, Galway City shone a light on 13 people from across Galway City who are wonderful examples of the positive aspects of ageing and the vast and varied contributions of older people who quietly improve our lives, neighbourhoods and communities all year round. All the participants had their photos taken and a bio prepared and formed part of the Local Heroes Exhibition which was featured in the various libraries across the city.

In March 2024, the new Regional Programme Manager, Ms Ciara Farrell presented a training event to members of the City and County OPC. Since the last NOPC Conference, the Fingal OPC have been working hard organising events and attending meetings. In May 2023 we held our own Conference in Kettle's Hotel, Swords with 130 delegates attending. The theme was "Ageing Well in Fingal" with speakers in Ageism, Fall Prevention, Technology and The Rights of Older People. We are presently engaged in organising our 2024 Conference to be held on the 21st May.



Galway City Older People's Council

Health and Wellbeing Initiatives for Older People

The County OPC met the Creative Ireland Coordinator for the county to hear of upcoming funding opportunities for Older People's Groups through the Creative Ireland Bursaries and a targeted funding programme from Creative Ireland 'Creativity in Older Age' which aims to enhance health and wellbeing of older people in residential care settings, and in the community.

Age Friendly Libraries

The OPC met key library staff to input into the development of Age Friendly Libraries throughout the county and made some suggestions for enhancing the age friendly aspects of the library service, and for the development of library services across the county. The services available through "Healthy Ireland at your Library" were also outlined by library staff, with OPC Members making further suggestions on additional activities and health initiatives which could be progressed through local libraries.

Directory of Services for Older People in Galway

On the 24th of November 2023 Galway City and Galway County Council in conjunction with the HSE, launched the 3rd version of the Directory of Services for Older People for Galway City and County. The purpose of the Directory is to provide information and signposting to services for older people, their families, and carers, and as a resource for the various agencies involved in the Age Friendly Alliance. The directory was launched at an Information Event for Older People on Friday 24th November 2023 at the Hardiman Hotel, with over 200 people in attendance, and 15 Agencies provided Information Stands on their services at the event.

Our Older People's Council were actively involved in the development of the Directory of Services for Older People, with a member of the OPC from the City and County sitting on the Joint Working Group to develop the draft material for the Directory. In addition, the Older People's Council provided feedback on each chapter of the Directory, in terms of format, content and readability. Upon completion, the OPC were also central to the circulation of the Directory, directly circulating it for local groups, and providing feedback on priority services for the circulation of the Directory.

Joint Training Initiative

In March 2024, Galway County OPC attended a joint training initiative with Galway City OPC given by the Regional Age Friendly Programme Manager on the role of the OPC.



Kerry Older People's Council

Following a very successful OPC Convention here in Kerry last year, I have been involved in the following during the past year:

- Gave an interview to Kerry Radio encouraging Community Groups to join our Age Friendly Older People's Council.
- Member of Focus Group on Ageism by Human Rights and Equality Authority.
- Organised and Chaired Sean Chairde (South Kerry Older People's Network) Information Day, Killarney. Attendance of 160 members who were encouraged to join the OPC.
- Member of Steering Group - NNOPC - National Convention Kilkenny.
- Attended 5 meetings of KYCOCO LECP Consultations under OPC Kerry Age Friendly.
- Appointed to represent Older People on the South Kerry Development Partnership Community Development Committee.
- Appointed as OPC Representative on KYCOCO – Housing Strategic Policy Committee.
- Attended many committee meetings - OPC; Community Awards; PPN, etc.



Kildare Older Person's Council

It's been a busy year in Kildare Older Person's Council. My thanks to our dedicated committee for their participation in the various activities we undertook during the year under the guidance of Carmel Cashin.

Just to summarise for you what we got up to from 2023 to date.

We held an age friendly roadshow at Kilcullen Mart in Feb 2023 which was well attended. It was a very positive experience for our committee in partnership with Kildare West Wicklow IFA. Among the issues of concern conveyed to us on the day were farm safety and well being. A presentation on Fit Sticks for farmers proved very popular. The event later received an excellence in local government award.

Our committee began receiving feedback from their respective areas regarding access to GP services so we undertook a survey across the county through the Women's and Men's Sheds with an anonymous questionnaire. Over 400 completed questionnaires were received back which revealed that the majority of respondents were waiting up to 7 days for a GP appointment, 50% of GP's were not accepting new patients, no GP's were making house calls and 80% of respondents had to travel by car or public transport to access their GP. We shared our local findings at our meetings with the National Clinical Programme for Older People which had received

similar responses from across the country. The HSE representative took our findings on board and assured us that they are examining ways of improving the service. They also advised us of a Community Care Programme to be implemented for people leaving hospital.

Our participation in the Age Friendly Alliance meetings enable us to share our concerns with Kildare County Council, The Garda Siochana, Kildare/West Wicklow IFA and Kildare Sports Partnership.

A number of members participated in a Creative Writing Course in conjunction with Catherine Talbot Writer in Residence at Maynooth University which culminated in a booklet launch at the Riverbank Theatre Newbridge on July 8th.

A four week Digital Skills Course was conducted in Kildare Town in association with Kildare Leader Partnership and KWETB.

On May 25th we launched our Age Friendly Strategy at McAuley Place in Naas attended by Mary Butler TD.

A Climate Action Workshop was held in Ballymore Eustace Resource Centre in June and local environmental issues were discussed in detail.

A number of members attended the Opening of a new Day Care Centre of The Alzheimer's Society in Kildangan in August.

We participated in another Roadshow in Johnstown Bridge in September.

We conducted a Walkability Survey at Naas Racecourse which revealed areas of concern and our recommendations were adopted by the racecourse management. Naas Racecourse are celebrating 100 years of racing and had been recognised as the first racecourse in Ireland and possibly Europe to receive an award for ensuring access for all age groups.

Some Committee members have been involved in the Newbridge Access Group and the Adult Safeguarding Committee.

Two members also took part in a Health Research Project at Maynooth University.

We produced a Local Directory Of Services which was launched to an 80 plus attendance at our AGM in Clane on March 31st.



Kilkenny Age Friendly Older People's Council

Following elections in June 2023, 8 positions on the OPC Executive were filled. Further 4 positions were filled by co-option. Information meetings held with Active Retirement and retired Teachers groups to create a greater understanding of the Older People's Council.

Training was provided to the new OPC Executive by Alice Corbett.

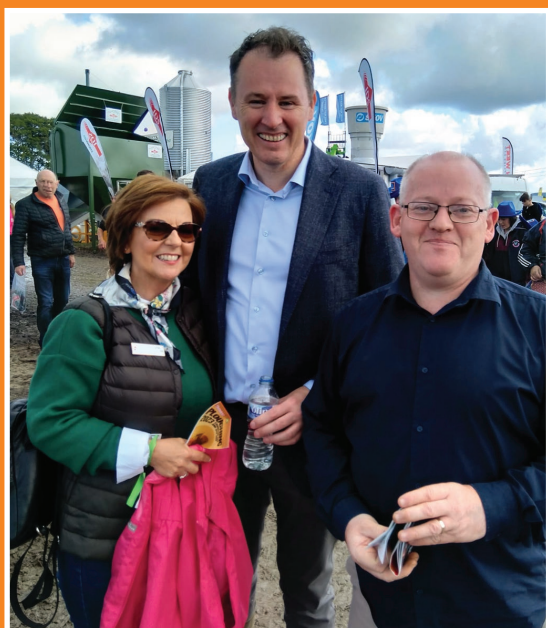
OPC Executive participate on the following groups, Older Persons reference group National Clinical Programme, Positive Ageing, St. Luke's Age Friendly Hospital Group, SPC Transport, National Transport Group, Kilkenny Access group, ICPOP, Community Resilience Group. PPN, NNOPC Chairs, Regional Adult Literacy, Kilkenny City Night Time Economy, LCDC.

Newsletters are circulated to the membership. An Age Friendly piece is provided to Kilkenny People.

OPC Executive put together 100 Wellness Care Packs. A pilot project was also initiated with the GEMS ward at St Lukes Hospital. The project was extended to cover patients with early onset dementia and older intellectual disability/brain injury patients.

The annual OPC Conference and AGM took place on 4th April 2024 in the Ormonde Hotel. The day included 12 information stands, two presentations on the Healthy Homes Co-Ordinator, Safeguarding and Assisted Decision Making. This was followed by music and dance.

Older people highlighted the need for a place to meet up, access information and socialise. A pilot centre will be set up at the New Mayfair Library. The library will also include ACORN tablets on a loan service to older people. OPC secured funding for these and welcome this decision.



Laos Age Friendly Older People's Council

Ice Cards continue to be distributed and to date approx. 8000 have been given to individuals and groups. The ICE card is a very practical tool and contains a lot of information in the case of an emergency.

Eircode Sticker

About 2500 of these have been issued so far since November 2023. These have been issued to individuals and groups such as active retirement groups and community alert groups since their initiation in 2023.

Age Friendly Guide to services in Laos

These continue to be distributed since we received the updated version in January 2024.

Trip to Google

On the 21st February, a number of active retirement groups were represented on a trip to Google HQ in Dublin for a senior technology day. Attendees brought their own devices and were helped with these by a whole team of Google staff. From phones, tablets, laptops all the group made the most of the help. Since then a team from Google has also come to Laos to help with devices at our Live Well Expo.

Ploughing 2023

Live Well Expo

Year 2 of this event saw record crowds attend.



Leitrim Older People's Council

Leitrim OPC have continued to meet regularly since the last convention. In January 2024 we had our annual election of officers and in April 2024 we held our annual meeting of the wider OPC, with 4 new people becoming members of the Older People's Council.

The OPC have raised a number of issues affecting older people in Leitrim, that were addressed at Alliance meetings.

The Older People's Council asked Councillors and TD's to work at reinstating the local volunteer car scheme in Leitrim.

Members of the OPC took part in walkability studies to inform new public realm works in Mohill and Manorhamilton.

Members of the OPC took part in a community consultation on transport with ATU.

Our local Retrofit Champion came to speak at the OPC to inform members of available schemes and grants for retrofitting homes.

Leitrim won an Age Friendly Recognition Award for Innovation for our Sweeter the Tune Project!!



Limerick Older People's Council

Limerick Age Friendly Greenway Familiarisation Trip

On the 29th June 2023, Limerick Older People's Executive in collaboration with the Tourism promotion section conducted a familiarisation trip to the Limerick Greenway to ascertain insights and views of our OPC members on making the greenway age friendly.

The OPC members were invited to cycle or walk a section of the greenway. Members of the group enjoyed cycling and walking sections of the greenway at Ardagh, which was followed by lunch at Barnagh, an area of outstanding natural beauty and scenic vistas. On the day, we were blessed by the splendid Irish sunshine and a wonderful day was had by all OPC Members.

Mini Walkability Audit – Carebright Bruff

TrinityHaus Research Centre in Trinity College Dublin and Medical Gerontology TCD are conducting research titled "Planning and design for Quality of life and resilience in residential long term care settings for older people in Ireland".

It's aim is to produce a set of Universal Design Guidelines for New Build, adaptation and retrofit of Residential Long-Term Care settings for older people in Ireland.

On Wednesday 22nd November, 2023, Limerick Age friendly were delighted to meet with the researchers to carry out a mini walkability audit at Carebright Dementia centre, Bruff on access to and egress from the centre. An area of 500 metres from the centre to the Post office in Bruff was walked on both sides of the road, taking into account condition of footpaths, road user behaviour, facilities and services.

One of the researchers joined the AF Programme Manager and three members of our Old Persons executive on the walkability audit which is one of the components of the research.

Pat Begley SVP Vincent's Volunteer of the Year

Age Friendly Limerick would like to congratulate our OPC Member Pat Begley who was presented with the 'Volunteer of the Year' Award for the Limerick and Mid-West Region at the SVP Vincent's National Retail Conference Awards earlier this year.

New Askeaton Active Retirement Group Established

On 11th April 2024 Age Friendly Limerick are delighted to announce the establishment of an exciting new Active Retirement group in Askeaton. The group will meet every Thursday at 11 am, where members gather at the local Community Centre to engage in various activities and foster new connections.

In a recent gathering, the group had the pleasure of welcoming Paddy Hyland OPC Vice Chairperson and the Active Retirement Mid-West Regional Development Officer. His vibrant and energetic presentation added a touch of inspiration and guidance as the members embark on their journey towards an enriching retirement experience.



Longford's Older People's Council

Kitty Hughes Chair of OPC County Longford attended The Age Friendly Ireland OPC Convention in Tralee on 10th, 11th and 12th May 2023. The theme was Reconnecting | Fáilte ar ais – Welcome back! A wonderful two days in Tralee of reconnecting, reflecting, learning, exchanging views and sharing hope for the future.

One of the highlights of the Bealtaine Festival Programme in May organised by Longford Library Age Friendly Programme in consultation with Longford OPC focused on a more serious theme – the presentation of the 'Putting Your House in Order-Think Ahead' seminar delivered by Irish Hospice Foundation Public Engagement Team in partnership with local solicitors. This took place in three libraries during the month of May. Many of our OPC members attended and feedback was very positive. Plans are underway for a similar themed initiative in 2024.

Longford Age Friendly Programme hosted a Let's Talk Climate Action workshop on 26th June in Ballymahon Library delivered by AFI and CARO for OPC members in Longford and Westmeath to better understand the need for climate action at a local level.

Longford County Council was successful in securing funding for the Creativity in the Older Age Scheme for our "Rocking and Bopping" initiative comprising of a series of concerts in nursing homes, day care centres and libraries in County Longford. Local musicians provided the music with concerts from traditional music, country, show band style and opera music which were enjoyed by all.

Longford Age Friendly Programme hosted a very successful "Wise and Well" Information Day in the Longford Arms Hotel as part of our Positive Ageing Week activities. This was attended by over 150 older people from County Longford. This year's theme 'Wise and Well' focused on positive health and ageing. The event was a collaboration between Longford Age Friendly and HSE Longford Primary Care Programmes. Our OPC Chair Kitty Hughes was one of the speakers on the day and there was great representation on the day from OPC members and from their respective active retirement groups as well as from individuals. Our Longford County Council CE Paddy Mahon also launched a new Handy Helps Collection of aids which can be borrowed by library members to assist them in their daily lives. Some of the more popular items include Jar Openers, Tap Turners, Button Hooks.

As NNOPC Chair, Kitty Hughes also attended many meetings during the year including, Zoom meetings with NNOPC, HSE, Transport Authority to name but a few and each time Kitty provided comprehensive feedback to the Longford OPC and the AF Programme.

October 24th saw County Longford's OPC AGM where Kitty Hughes stood down as Chairperson after 3 years plus one extra year due to covid. Kitty was thanked by Martina Needham, Age Friendly Programme Manager and all present, for her advocacy for Older People in Longford and Ireland on issues including transport, health, digital skills to name but a few of the 8 pillars on which AF was founded. Kitty Burkhill accepted the Chairperson's role of County Longford OPC. Yes, another Kitty. I have a hard act to follow, in Kitty Hughes's footsteps!

I attended a training session hosted by Eileen Hughes, Regional Manager on the 'Older Person's Council Guidelines' in November which was of great benefit to me.

I attended Acorn Tablet Training organised by Age Friendly Ireland in Longford Library in December 2023.

OPC was represented by Kitty Hughes at Longford Library Literacy Ambassador Programme Training in November 2023

On 16th February I attended the launch of Age Friendly Library Recognition Programme, where Minister Humphreys awarded Age Friendly Recognition Charters to Irish Public Libraries.

In March the OPC were present at the launch of the new Community Safety Ambassador Programme. A number of OPC members will be involved in this programme. It is a peer-to-peer information sharing initiative which is a collaboration between An Garda Síochána, Longford Age Friendly Programme and Longford Community Safety Partnership where trained Ambassadors can share Community Safety or Crime Prevention advice to their own networks.

Many of our OPC members are taking part in the Falls Prevention and Exercise Classes being organised by the Longford Physical Activity Officer in partnership with Sports Partnership Longford Age Friendly Programme and Longford Library Service.

It is great to be involved in planning new initiatives for 2024 such as the new pro-active Ageing Wallet- a collaboration between Longford Age Friendly, Longford Sports Partnership, Community Safety Partnership and Dementia Ireland.

A sincere thanks to Kitty Hughes, Martina Needham, Paula Mulry, OPC Members and all who have supported me in my role as Chairperson of County Longford OPC.



Louth Older People's Council

The Louth Older People's Council (OPC) was re-established in March 2023 and Joe Grogan was selected as the new Chairperson. The Louth OPC was established to represent the voice of older people in County Louth. It replaced the Older People's Forum which was previously in place. The OPC is a key structure of the local Age Friendly Programme.

Louth OPC members have been involved in the following events/activities in 2023/2024:

- Training for OPC members
- OPC members took part in Local Economic and Community Plan (LECP) focus groups and public consultations:
- Louth OPC and Louth Alliance jointly prepared a submission for new Local Economic and Community Plan (LECP) 2023-2029
- OPC members Joe and Harry attended Age Friendly Ireland Conference in Tralee, County Kerry with members of Louth Age Friendly Team
- Bealtaine Events; Age Friendly Louth supported a number of outreach activities and projects across the county
- OPC members attended launch of the EU SHAFE Project Report on Ageing and Ageism. Many OPC members took part in the survey on Ageism which informed this report.
- Paulette from Louth OPC presented at Age Friendly Louth Expo in Ardee Theme Keeping Safe at Home. Paulette gave a presentation on the Seniors Alert Scheme.
- Age Friendly Louth welcomed almost 200 people to the Ardee Parish Centre on 4th October 2023 to celebrate Positive Ageing Week.
- OPC members Joe and Harry attended Age Friendly Awards Wexford, County Wexford
- Rita and Mary from Louth OPC were invited to take part in a panel discussion on Digital Technology for Older People as part of the Louth Local Development Technology Conference. Mary spoke about Super Connectors and Rita spoke about day care at home. Both projects were initiated during Covid and were vital resources connecting older people during this time and beyond.
- OPC members Iain and Venora took part in secret shopper experience to assess businesses in County Louth with Age Friendly Accreditation
- Age Friendly Christmas Bag Project; Preparation and delivery of over 300 Christmas Bags to older and vulnerable people in County Louth.
- Louth OPC invited Meath OPC to the NETWELL Centre, Dundalk Institute of Technology (DkIT). Members from both OPC's took part in discussions on Ageism, they also discussed opportunities to work together on future projects and Suzanne Smith Director of Netwell Centre gave the OPC members a presentation on the projects and research taking place in the Centre.

- Members of Louth OPC, Drogheda Irish Wheelchair Association and members of DDS4OP and local residents took part in an Accessibility Audit along a section of the R132. Over 18 people with a variety of ages and abilities took part in the accessibility audit. Members prepared a comprehensive report with a number of key recommendations. The report was prepared and presented to Trinity College as part of their study. In addition the report was submitted to the Joint Drogheda Local Area Plan and the Active Travel Team in Louth County Council.
- Joe from Louth OPC and Gavin Duffy Louth Age Friendly Ambassador were at the launch of the Age Friendly Business Training Programme in Drogheda Credit Union to raise awareness of the Age Friendly Business Training Programme and to encourage other business to sign up and get involved.
- Several members of Louth OPC took part in the Climate Action workshop in Fairways Hotel on 30th April kindly organised by Age Friendly Ireland. In addition to the workshop attendees were given a guided tour of the award winning Blackrock Park in County Louth.



Mayo's Older People's Council

The Draft Westport Local Transport Plan

Members of Mayo's OPC attended the event and gave input to plan.

Some issues raised were:

- Coloured bricks to highlight a drop in the footpath
- All Courtesy Road Crossings should have Zebra Crossing markings
- Bus Stop Side Panel should be advert free in order for passengers to see the oncoming bus
- Westport town entrance signage on new motorway should read Westport East | Westport West

Intergenerational Games Evening (event for Social Inclusion week)

Working with Comhairle na nÓg and Mayo OPC. The event brought together young and old with a variety of traditional vs modern games!

Knock Village Walkability Study

Age Friendly Mayo with Mayo's OPC carried out a walkability Audit of Knock Village. This was carried out with a variety of expertise and mobility, e.g. service users of Irish Wheelchair Association, visual impairments, those with limited mobility, mother and buggy, Mayo Sports Partnership, Mayo's Road Safety Officer and technical staff from local Municipal District office. It is anticipated that Knock will be developed as an Age Friendly village.

Artificial Intelligence Talk

This talk was arranged in conjunction with Science Week to give some insight into what to expect from Artificial Intelligence and the advantages of it in everyday lives.

Clare Island Activator Pole Walking Programme

This programme is funded by HSE and supported by Mayo Sports Partnership. Age Friendly Mayo has established a new group of walkers to participate in the programme. Poles are provided for free to use and are available from the Clare Island community centre.

Valentines Vitality Event (Celebrating positive health and wellbeing)

This event was a collaboration with Age Friendly Mayo and Sláintecare Healthy Communities. There were talks on Alzheimer's, Nutrition, Age Friendly Homes, Physical Activity, Arts Programme. Croí also carried out free blood pressure checks. We also had over 15 stands in the room on the day. Many of Mayo's OPC attended this event.

Lunchtime Library Talks

Drop-in information sessions on various themes in Mayo County Library 2024. These sessions were free and open to all those aged 55+. The themes covered were Nutrition, Entitlements, Education, Genealogy Talks, Home/Personal Safety. Themes for these talks were developed with MOPC.

Sláintecare Healthy Communities (SHC) Co-designing Health Literacy Solutions Workshop.

Members of Mayo Older People's Council participated in Sláintecare Healthy Communities (SHC) Co-designing Health Literacy Solutions Workshop. The workshop was part of a SHC research project with Dublin City University, and in collaboration with Dublin City Council.





Meath Older People's Council

A walkability audit was carried out in Laytown in October 2023. AF Meath are currently in the process of arranging the next one in Ratoath.

A walkability audit of Blackwater Park in Navan was carried out in December 2023.

Failte Isteach, an initiative of Third Age (based in Summerhill in Navan), was shortlisted for the National Age Friendly Recognition Awards 2023, nominated through Meath Age Friendly Alliance. Failte Isteach is an initiative where older volunteers support language and integration needs of migrants, IPAs and refugees.

The IT Initiative was restarted for 2023. This free initiative pairs up older people (55+) in Meath with Transition Year students in secondary schools across the county to help learn basic IT skills. The first class was completed in Laytown in December.

Ita Healy, Chairperson of Meath OPC was appointed as a member of the Commission on Care for Older People.

In May, the Meath Cares About Older People event took place in Fairyhouse Racecourse, Ratoath. This event provided information to the older people of Meath on the supports and services available to them county-wide. At the event, forms were available to sign and return for inclusion in the wider OPC. 28 forms were completed at the event. Over 200 older people attended.

Ita Healy, Chair of Meath OPC was elected as the Chairperson of the National Network of Older Person's Councils (NNOPC).

In January 2024, Meath OPC were invited to visit Louth OPC at Netwell Casala in Dundalk and both groups discussed ageism at a joint meeting.

In July, the AF Meath Programme Manager judged the local Meath Pride of Place Awards under the Age Friendly Category. Through the process, more older persons groups were made aware of the Meath Age Friendly Programme, the OPC and the services available to them.

In September 2023, Meath AF secured and distributed 9 laptops for OPC members, members of their groups, and other older people in need of them. The laptops were pre-loved, in perfect working order and would otherwise have been thrown away, because of an upgrade in systems. These laptops will mean members can now have their own device for keeping in touch with loved ones, or using for the IT Initiative, or accessing emails sent through the OPC.

Ita Healy, Chair of the Meath OPC, was on the Michael Reade Show in July to promote the update of the register of electors (Rolling Register), encouraging older people to contact MCC for any help when filling out form, providing the public with the relevant contact details.



Monaghan Older People's Council

Monaghan Older People's Council has increased membership of its Executive Committee over the last twelve months, following a recruitment campaign. This has seen a corresponding increase in the level of activity and achievement in this period.

The OPC was involved in organising the Monaghan Age Friendly Wellness Event which took place on Tuesday 23rd May 2023. Approximately 100 Older People attended the event, along with over 20 local service providers. There were a number of speakers at the events including: HSE, Older People's Council, An Garda Síochána and the Banking Federation.

The event won Safety and Security category at the National Age Friendly Recognition and Achievement Awards 2023.

The Intergenerational Project at Beech Hill College also won a Judges Special Recognition Award. The project involves two groups of Transition Year students at the college recording news stories from the Northern Standard and broadcasting a regular news programme to the residents at local Nursing Homes in Monaghan. Access to the broadcasts have been extended to other Older People's Groups in Monaghan via representatives on the Older People's Council.

Other projects/issues which the OPC have worked on include:

- Monaghan Hospital – working on receiving Age Friendly accreditation
- A Directory of Services for Older People in Monaghan (currently being finalised)
- A review of the Monaghan Age Friendly Strategy 2020-2024

We continue to provide a voice for our Older People who cannot, or do not wish to, access digital/online services. We have contacted a list of service providers such as the national banks, Irish Rail, Bus Eireann etc., to ask them to ensure that people can access their full range of services without having to bank online or have a credit card. Our members have also voiced their concerns about the move towards a cashless society.

Finally, we are concerned about privacy and the protection of personal data which is increasingly becoming an issue in society. People are being asked to provide personal details to institutions such as Banks, Credit Unions and Hospitals in public settings. To combat this, we suggest that our Older People's Councils raise this as an issue with their Age Friendly Alliance and look for dedicated private spaces, preferably soundproofed, for one-to-one consultations. We also recommend the provision of a dedicated phone number for older/vulnerable people in institutions such as Banks/Credit Unions, etc., as well as staff members to assist in person when required. We firmly believe that the provision of personal details in Hospitals and Financial Institutions must be done in private settings.



Offaly Older People's Council

In 2023 Offaly's Older People's Council aims were to ensure that older people have a voice; to share information and to liaise with other organisations to organise programmes and activities. The past few years have been difficult times for older people with many social activities cancelled and many groups or community activities struggling to restart, but thankfully in 2023, there were greater opportunities to get back out there. The network played its part in lessening social isolation, anxiety and loneliness and was involved in the following throughout the year:

In May Offaly's Older People's Council liaised with Offaly Local Development Company, Offaly Age Friendly Programme, older persons groups, craft groups and older people throughout the county to create and implement Bealtaine in Offaly 2023. Events included the following: Kilclonfert celebrated Bealtaine with recitations, music, song and dance; Former Bord na Mona Workers Storytelling event in Daingean GAA Centre; Offaly Crafty Creatures event in Mucklagh Community Centre; Poetry and storytelling events in the Drop in Café in Darmagh Centre in Tullamore; Afternoon Tea in Mucklagh Community Centre; Bealtaine Walk in the Sculpture Park in Lough Boora Discovery Park; Banagher Craft Group demonstration and exhibition of work; Offaly Age Friendly Annual General Meeting in Tullamore Court Hotel; Creative Birr crafts exhibition in Library; Ballyboy High Mileage Group Rambling House event; Mollys; European Neighbours Day event in the Darmagh Centre in Tullamore and the Lunch Club Bealtaine Event in Banagher.

Offaly's Older People's Council hosted a Pop-Up Information stand in the Bridge Shopping Centre, Tullamore during Social Inclusion Week in September. Members chatted to passers-by and shared information on the network's activities and other supports for older people. This proved to be a very successful event and an activity to be replicated.

Offaly's Older People's Council celebrated Positive Ageing Week with a very successful and entertaining Rambling House event, on Thursday 5 October, in Tullamore Rugby Club. The Rugby Club function room was an excellent location for this event which aimed to recreate the old rambling house where people enjoyed an evening of music, song, stories and craic. The MC was Molly Buckley and fellow network members Alice Carroll who recited a beautiful rambling house poem and Frances Kawala got everyone singing also. The Bean an Ti Margaret Guinan introduced Alice Carroll; Ed Cunningham and friends; Frances Kawala; Rita Davis, Youth Work Ireland Tullamore and Music Generation performers; Beth Wogan; Pat Byrne and the event finished up with Johnny Butterfield and friends entertaining the over 120 attendees. This was a great way to celebrate Positive Ageing Week with the proceeds of €1440 from the Rambling House going towards Family Carers Ireland's excellent work in supporting carers in Offaly.

OPC representatives Frances Kawala and Molly Buckley played an active part on the Offaly Age Friendly Alliance. The Alliance has enjoyed working with other organisations to improve the lives of older people in the county

and is currently developing a new Offaly Age Friendly Strategy. The Offaly Age Friendly AGM took place, during Bealtaine in Offaly 2023.

Overall 2023 was another successful year for Offaly's Older People's Council as it continues to encourage communities and to collaborate with others to create more opportunities to celebrate creativity, and positive ageing while reaching out to older people experiencing social isolation or loneliness. The makeup of Offaly's Older People's Council, which includes recent members, are Alice Carroll, Ann Teahan, Bridie Costello Hynes, Frances Kawala, Geraldine O'Neill, Ita O'Kelly, Martina Gorman, Mary Hughes, Molly Buckley, Beth Wogan and facilitator Declan Costello.

The Older People's Council is supported by Offaly Local Development Company through the Social Inclusion and Community Activation Programme (SICAP).



Roscommon Older People's Council

Since the last OPC Convention Roscommon OPC has gone from strength to strength. Roscommon OPC meets monthly, either in the Leader offices or in one of Roscommon County Council's meeting rooms. The OPC meetings serve as a platform for brainstorming, planning, and coordinating an array of social and educational initiatives tailored for groups representing older people across County Roscommon. These initiatives, which are executed on a monthly basis, are designed to enhance the well-being and enrichment of our senior community members.

At these meetings, representatives from all active age groups are encouraged to participate, ensuring that diverse perspectives and needs are taken into consideration during the planning process. Through collaborative discussions, ideas are generated, and strategies are developed to address various areas of interest and concern within the older population.

From social gatherings to educational workshops, the initiatives cover a wide spectrum of activities aimed at promoting social interaction, lifelong learning, and overall quality of life for older adults. By fostering a sense of community and belonging, the OPC endeavours to create meaningful opportunities for engagement and enrichment among our senior residents.

The inclusivity of these meetings underscores the OPC's commitment to ensuring that the voices and preferences of older people in County Roscommon are heard and valued

Our February 2024 meeting, held in Roscommon County Council, had one of the largest attendances of the year due in no small part to the attendance of our Age Friendly Ambassador, Paddy Joe Burke. Paddy Joe spoke eloquently to those present and said he is honoured to be in the role. He stayed for the whole meeting and was very impressed with the range of topics that were discussed.

The April 2024 meeting is to be held in the County Library in Roscommon. This extremely impressive public building, once used as an infirmary, was built by Mrs. Walcott, sister of the Lord Chief Justice Caulfield in 1783 for the poor of the county. This is a great opportunity for our members to meet in such a historic building and a member of staff is coming to the meeting to discuss ways in which Roscommon libraries have made themselves Age Friendly and to inform us what Age Friendly initiatives are happening there.

Post Office: The OPC took a proactive step by submitting a compelling proposal to advocate for the preservation of the Post Office in Roscommon town. Members of the OPN demonstrated their commitment to the community's needs by engaging directly with decision-makers, including Minister Jack Chambers, local TDs, and councillors.

Through collaborative discussions and advocacy efforts, a consensus was reached to uphold the importance of retaining the Post Office in Roscommon town. This decision reflects the dedication of both the OPC and local representatives to safeguard essential services and maintain accessibility for residents.

The successful outcome serves as a testament to the power of community engagement and collective action. By voicing concerns and working together towards a common goal, the OPC and its partners have made a significant impact in preserving a vital resource for the community.

Roscommon Memory Cafe: the monthly dementia cafes will be held in the serene setting of Lough Key Forest Park in Boyle. These gatherings provide a welcoming space for members of the active age group and families impacted by dementia to come together and connect.

Amidst the natural beauty of the park, attendees can expect an array of activities designed to uplift and engage. From live music performances to heartfelt songs, the ambiance will be filled with warmth and harmony. Attendees will have the opportunity to engage in meaningful conversations, sharing stories and experiences in a supportive environment.

In addition to the entertainment, the dementia cafes will also offer valuable advice and resources for those affected by dementia and their families. Whether seeking guidance on caregiving or simply looking for a listening ear, support will be readily available.

These monthly gatherings serve as more than just social events; they are a lifeline for those navigating the challenges of dementia. By fostering a sense of community and understanding, the dementia cafes at Lough Key Forest Park aim to provide solace, companionship and hope to all who attend.

Story Telling Event: The storytelling event in Monksland was an absolute triumph! With 40 enthusiastic attendees, the evening was alive with energy and anticipation. Artists from Monksland and beyond lent their talents, weaving tales that captivated the audience and transported them to different worlds.

The ambiance was electric, charged with excitement and camaraderie. As the stories unfolded, laughter and applause filled the room, creating an atmosphere of pure joy and connection. It was a night where the troubles of the past seemed to melt away, replaced by the warmth of community and shared experience.

During the intermission, attendees indulged in steaming cups of tea and coffee, accompanied by freshly baked scones that melted in the mouth. Conversations flowed freely, friendships were forged, and spirits were lifted.

As the event drew to a close, it was clear that it had succeeded in its mission. Not only had it provided entertainment and inspiration, but it had also served as a reminder of the resilience of the human spirit.

Transport Issues: Members of the OPC brought attention to the challenges with public transport in County Roscommon, recognising the significant impact it had on the community's accessibility to essential services. In response to these concerns, Roscommon Leader Partnership (RLP) took proactive steps to address the issue.

RLP applied for funding through the Community Recognition Fund to acquire community transport vehicles specifically for the Ballaghaderreen area. Their efforts proved successful, resulting in the acquisition of two nine-seater vehicles dedicated to transporting individuals to hospital appointments and educational training..

These vehicles play a crucial role in bridging the gap in transportation services, ensuring that residents in the Ballaghaderreen area have reliable access to medical care.

Harvest Festival: The Harvest Festival, organized as part of a health and wellbeing initiative by the Roscommon OPC, was a resounding success, bringing together various organisations and activities aimed at promoting wellness among older adults.

The event featured information stands from prominent groups such as Alzheimer's Ireland, Alone, An Garda Síochána, and Roscommon County Council, providing valuable resources and support for attendees. Additionally, attendees had the opportunity to avail of blood pressure testing, promoting proactive health management.

In addition to the informative aspects, the Harvest Festival offered enjoyable activities to foster social engagement and physical activity. Social dancing

provided a lively atmosphere, encouraging participants to move and connect with others. A live cooking demonstration showcased healthy meal options and culinary skills, inspiring attendees to prioritize nutritious eating habits.

One of the highlights of the festival was a traditional threshing display, adding a touch of nostalgia and heritage to the event. This display not only entertained but also served as a reminder of the rich agricultural history of the region, connecting attendees to their roots and traditions.

Overall, the Harvest Festival exemplified the Roscommon OPC's commitment to holistic wellbeing, offering a blend of education, entertainment, and community engagement for older adults in the area.



Sligo Older People's Council

Some of the initiatives we were involved in locally;

- "Walk and Talk" for Sligo older people to walk for 2km in Doorly Park (more than 50 people participated along with the Cathaoirleach and local media)
- Peace Plus program for the Island of Ireland
- Community Connection Expo May 2023
- County Sligo Local Economics and Community Plan up to 2030
- Walkability Audit, Sligo City Centre
- "Moving Forward with Resilience" in support for lonely Widows and Widowers, my personnel idea for over 65 Widows and Widowers program, partnering with Sligo Library (in progress)

Some of the initiatives, projects and consultation we were involved with nationally;

- Reference Group HSE
- Local Government Management Agency (LGMA) to look at topic of Climate Action (Climate Focus Group)
- Challenges in Accessing GP Care
- Launch of Eir Older People Care line (1800 252 252)
- Focus Group for COMREG (Commission for Communications Regulation)
- IHREC National Public Awareness Campaign for Ageism

- “Let’s Sing Together” Project to support people with Dementia and their carers.
- Provide information (one on One) The Local Government Management Agency (LGMA) are working on a new national website
- The Focus Group on disability parking
- NNOPC Transport Working Group
- National Payment Strategy



South Dublin Older People’s Council

We have 15 active members and we are working through Year 2 of our Action Plan which was agreed in 2022.

We have had a change of Age Friendly Programme Manager; We said farewell to Paula Swayne and welcomed Joe Lumumba as our new Programme Manager.

We also welcomed Professor Rónán Collins as our OPC Ambassador and Alan Edge, Mayor of South Dublin who attended one of our meetings.

We had information sessions on Healthy Age Friendly Homes, the Rightsizing Programme and the Fair Deal Scheme given by Mary Gillan and Lorraine Madden respectively.

Our main actions and activities included:

- Walkability Studies (Peamount Hospital and Tallaght Centre)
- Community Car Scheme (Ongoing)
- Attendance at South Dublin Alliance Meetings and OPC National Network
- Updating and reformatting the “Over 55s Directory” for South Dublin
- Participation in consultations, reference groups and questionnaires representing the views of older people, for example:
 - Joint Policing Expo
 - National Clinical Programme for Older People and Older Persons’ Reference Group: ‘Age Friendly Health Systems’
 - LGBTQI+ Online Awareness Workshop
 - South Dublin PPN
 - Dementia Awareness
 - Local issues such as Home Safety and Energy Saving etc.



Tipperary Older People's Council

Tipperary Age Friendly OPC Newsletter May 2023

Tipperary's Older People's Council produced a newsletter to promote their work and encourage new diverse membership to their OPC.

Annual Tipperary Age Friendly EXPO

In June 2023 Tipperary Age Friendly hosted its annual EXPO in the TUS College Campus Thurles with over 60 stands and 800 people in attendance

Tipperary OPC AGM

On 12th September Tipperary Older People's Council held its AGM in the Anner Hotel in Thurles. Tipperary Age Friendly Ambassador, John Lonergan, also addressed the meeting, outlining the importance of keeping the mind and body active to live a longer and healthier life.

Regional Climate Action Workshop hosts

Tipperary Age Friendly hosted a Regional Climate Action Workshop in Cabragh Wetlands Centre on 25th September.

Positive Ageing Week 2023 1st to 7th October 2023

Age Friendly Tipperary organised workshops about Putting Your House in Order which featured the Irish Hospice Foundation and Lynch Solicitors.

Tipperary OPC Planning Day 4th December

On 4th December the OPC facilitated consultation and identified actions which will be considered together with the 2023 Action Plan and will inform the development of the 2024-2025 Age-Friendly Action Plan.

Road Safety and Local Transport information event on 21st March

On Thursday 21st March Tipperary Older People's Council hosted a Road Safety and Local Transport Workshop at the Horse and Jockey Hotel Tipperary.

Current Projects

Housing Energy Pilots with Eco Vision – promoting energy awareness and energy champion workshops ongoing across the county.

Launch of Trusted Tradesmen code of conduct with all builder providers in Tipperary.

Proposed reminiscing project, with participating Day care Centres, looking at how our involvement with the environment has changed, what traditions should be maintained and showcased.

Planning for our upcoming Annual EXPO on 20th June.

Age-Friendly Roscrea Business Recognition Programme

30 businesses in Roscrea completed the Age Friendly Ireland Business Recognition Programme. For the past few years, businesses all over Ireland have obtained their Age Friendly Charters and have proudly displayed their Age Friendly status on their shop window or in their reception area. They know that by doing this, they signal strongly that our older community is welcome, resulting in loyalty and increased custom.

Age Friendly Roscrea held its recognition and charter event with businesses who completed the Age Friendly Business Recognition Training, they were delighted to have the Tipperary Age Friendly Ambassador John Lonergan in attendance.

Tipperary Age Friendly continue our partnership and supports dementia awareness campaigns. Dementia cafes continue in Roscrea, Thurles, Tipperary Town and Glengoole. The virtual cafe in Nenagh and Ballina will transition to an in-person meeting in the new Family Resource Centre in Ballina/Killaloe and support the Alzheimer Society monthly meeting in the Nenagh library. The network of cafes will be supported by Tipperary Age Friendly in promotion and sourcing speakers. Tipperary Age Friendly and Healthy Ireland have also supported mindfulness programmes for families with dementia in Nenagh and Roscrea.



Waterford Older People's Council

Since our September AGM Waterford Older People's Council Executive has been occupied drawing up a new five year Age Friendly strategy for Waterford, which is now finalized and in the early stages of being implemented.

Meetings and working groups attended by our OPC members are as follows

- Older persons health reference group
- Wellbeing Working Group
- Transport Working Group
- Safety Partnership public meeting
- Communications Working Group
- Safe Guarding Group
- LGBT+
- Speaker Pam Buchanan
- National Network of Older People's Council meeting
- HSE Let's Sing Together

- HSE Road show March 4th (held in Waterford)
- Age Friendly and PPN road shows (eight) held in Waterford City and County
- Tuesdays with Ray McGrath - Nature Walk, Music and Storytelling
- May 1st celebrating Bealtaine

Waterford OPC are hosting a Coffee Morning with a talk by Aine Flynn from the government's office on Assisted Decision Making.

Waterford Older People's Council have welcomed Dylan White in his role as the new Age Friendly Programme Manager.



Westmeath's Older People's Council

In 2023 Westmeath Older Persons Council supported the Moate Town Centre First Plan by engaging and carrying out a Walkability Study in the town to feed into this plan. This walkability study looked at the accessibility in the town to older people, people with disabilities, parents with buggies and any obstacles that may affect someone using the town. Now in 2024 Westmeath Older Persons Council will now engage and carry out a similar walkability study with the Castlepollard Town Centre First Plan team.

- Trishaw bikes project
- Free Digital Skills Training for Older Persons
- Live longer and prosper programme in 4 areas with over 80 older people in attendance for this 4 week programme.
- ICPOP Directory of Services
- Age Friendly Sport and Recreation Expo which incorporated a number of guest speakers on health and wellbeing, there were a number of workshops – ExWell programme, Activator Poles, Games and Activities and Dance to Music. This was a full day event with approx. 200 in attendance.
- Climate Action Training for groups to focus on practicable changes that be done in the home and community, topics covered were reduce your waste through meal planning, preserving and growing your own, food storage, best before dates, composting, planting for change, what are the best pollinators, creating a perfect habitat, how to plant and what to plant.
- TFI Local Link – new routes commencing between Mullingar and Athlone (7 times a day with 3 runs to Belvedere).
- Extension of the Befriending service delivered by Westmeath Community Development

- Realisation of the visitation service for Older People in the Community through WCD
- Purchase of a wheelchair accessible Community Bus driven and managed by the Garda in Athlone through Healthy Communities Programme
- Secured funding through healthy Ireland for pilot Exwell programme in Mullingar
- Carried out capacity building with 4 – 5 older persons groups in the county
- Implemented a local Age Friendly Recognition Programme as part of WCC Cathaoirleach awards
- Allocation of Community Action Funding and Community Enhancement funding to Older Persons Groups across the county.
- Trained trainers to deliver Go for Life Programme across the county through Sports Partnership
- Implemented at least 4 -5 pole walking programmes in the county with Older persons Groups.
- Participated in the national “Make Way Day” event to gather information on obstacles in towns that block access to routes for Older People and People with Disabilities.
- Carried out consultation for submissions to several national and local strategies and plans.
- Secured funding for “Changing Places” facility for Athlone Civic Centre to support people with Disabilities and Older People.



Wexford Older People's Council

The Wexford OPC received OPC training in 2023 (November 7th of May 2023).

Ann Marie Laffan did a presentation on the Age Friendly County Programme as there were a number of newer Members on the Council. This was to provide them with an overall view of the Programme in Wexford.

Kevin Molloy is currently the Chair on the Wexford OPC.

Wexford held their AGM in May 2023.

Our OPC executive Chair attended a ‘HSE positive ageing’ seminar in Waterford on March 4th, 2023. It was launched by Minister Mary Butler and the Topics addressed included home support, the Fair Deal scheme, Frailty, Assisted Decision Making, Telehealth and Safeguarding, along with how to keep yourself well as you get older, cancer prevention and early detection, and other supports available in the community through the Integrated Care for Older People (ICPOP) and Community Support Team, Mental Health, Community Health Networks and Chronic Disease Hubs. Older people also gave their views on how they would like their voices to be heard on services provided by the HSE and other bodies. Across the day, attendees were also provided with information on activities through the Local Sports Partnerships, GAA Healthy Clubs, other Health Promotion activities and Healthy Homes.

Wexford OPC were delighted to host the National Age Friendly Recognition Awards in the Clayton Whites Hotel on Thursday 30th November 2023

Wexford Age Friendly Programme secured funding for ‘Lets get moving programme’ by healthy Wexford to promote social dancing.



Wicklow's Older People's Council

Over 120 older people from the five Municipal Districts in Wicklow attended the annual general meeting (AGM) of the Older People's Council in the Glenview Hotel, Delgany, in May 2023. This was first such event to be held since pandemic restrictions forced the postponement of the 2020 AGM. Following the AGM, the new Executive Older People's Council (OPC) was formed in June 2023 and an induction meeting for new members was held at Clermont House, Rathnew. The meeting was facilitated by Alice Corbett, Age Friendly Ireland Regional Manager for the South-East and Clodagh Whelan, Age Friendly Programme Manager for County Wicklow.

Members of the County Wicklow Older People's Council (OPC) took part in a guided tour of Avondale House in September to assess the accessibility of the venue and the experience for older people. In addition, the OPC Executive participated in a walkability audit of Beyond The Trees in Avondale before it was certified as the first Age Friendly tourist destination in Ireland in 2022 by Age Friendly Ireland. This innovative visitor destination was shortlisted for the National Age Friendly Recognition and Achievement Awards 2023, under the Business Innovation Category. The feedback on the venue and the experience for older people was very positive and detailed feedback was sent by Alice Corbett to the Coillte operations team. Members of the OPC also participated in a walkability study of Aughrim where a number of important recommendations were made in a report which was submitted to Wicklow County Council.

Kilkenny - A beautiful City and County to visit

County Kilkenny is a blend of medieval charm and a vibrant contemporary scene, making it an exciting and dynamic destination for all types of visitors. Abundant with things to see and do, exciting events and a warm welcome that will make you feel right at home, you will want to return to the Marble City and County again and again to experience even more.

Getting Here

You will find County Kilkenny in the heart of the South East of Ireland, conveniently located within 90 minutes from Rosslare Europort and Dublin Airport. The county is well serviced by motorways, bus and train routes so no matter where you are travelling from, a road trip to Kilkenny is a breeze.

History and Heritage

From tales of monks and witches to medieval dynasties, there are fascinating stories of Kilkenny's past around every corner. Ireland's Medieval Mile is a mile-long stretch through the medieval city of Kilkenny from St. Canice's Cathedral to Kilkenny Castle and is home to preserved historical buildings, blending old and new.

Renowned Festivals and Events

There is always something to do in Kilkenny with such a packed calendar of festivals and events. National and internationally acclaimed festivals take place throughout the year including Tradfest, Yulefest, Kilkenny Cat Laughs Comedy Festival, Kilkenny Arts Festival, Kilkenny Animated, Savour Kilkenny and much more.

Culture Corner

Kilkenny is a thriving arts and cultural hub, regarded as one of the best in Ireland. Discover live dramas on theatre stages, classical musical performances in incredible venues and works of art on display at Butler Gallery's exhibitions.



Plan your adventure now at VisitKilkenny.ie

Top Foodie Destination

Foodies will find themselves in a culinary haven with Kilkenny's incredible selection of award-winning restaurants, cafes and gastropubs. Indulge in it all from stellar pub grub to fine dining at Michelin awarded eateries. Local food and drink producers are proudly displayed on menus across the county, so why not take a tour and see how it's made?

World-Class Crafts

As one of just four regions in Europe to be declared a World Crafts Council Craft City and Region, it is no secret that the calibre of Kilkenny's craft scene is among the best in the world. Visitors are offered the unique opportunity to meet the crafters in their workshops as they craft high quality woollen textiles, ceramic pottery, glassware, jewellery and more.

Unique Activities

Kilkenny boasts a range of things to see and do year-round so no matter what time of the year you visit, you will always find something fun and exciting to do. Pull on your wetsuit for thrilling watersports along the river, meet creatures big and small at animal sanctuaries, brush up on your skills in the kitchen with cookery classes or try something new with the unique activities and experiences on offer. Kilkenny is also a popular choice for golfers thanks to its incredible choice of courses right across the county.

Stunning Scenery

Step outside the medieval city to discover the scenic beauty of Kilkenny's countryside. Both the River Nore and River Barrow run through the county, giving us gorgeous valleys and riverside towns. Don't miss the picturesque towns and villages either - they are bursting with character and even more to explore. Castlecomer, Thomastown, Graigueamanagh, Inistioge, Bennettsbridge, Windgap, Kells...the list goes on!





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