

**REGISTER NOW for A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE | WEBINAR 1 - AGE FRIENDLY HOUSING**

We are delighted to announce our upcoming International Webinar Series, working in partnership with the World Health Organisation. Each webinar will focus on one of the 8 themes of the WHO Age-friendly Cities Framework



INVITATION TO:  
**A SPOTLIGHT ON AGE FRIENDLY IRELAND**  
POLICY TO PRACTICE

REGISTER HERE

WEBINAR 1 | 2ND NOVEMBER 2021 | 12.00 - 2.00pm  
**AGE FRIENDLY HOUSING**



**SPEAKERS**



**Barry Lynch**  
*Director of Services, Meath County Council and Chairperson of the Housing Options for Our Ageing Population Implementation Subgroup*



**Mark Harrington**  
*National Manager, Healthy Age Friendly Homes Programme, Age Friendly Ireland, Meath County Council*



**Sarah Newell**  
*Age Friendly Housing Technical Advisor, Planner & Urban Designer, Senior Executive Officer, Limerick City & County Council*



WHO Global Network  
for Age-friendly Cities  
and Communities



comhairle chontae na mí  
meath county council

**To register and for more information [click here.](#)**

**National Updates**



Rialtas na hÉireann  
Government of Ireland

**Public Health Measures**

You can [find information here](#) about the public health measures in place.  
You can [find the public health measures here.](#)

**Additional COVID-19 vaccination dose for those who are immunocompromised**

Having a weak immune system puts you at higher risk of serious illness if you get COVID-19. Getting vaccinated will give you some protection against this.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

If you have a weak immune system, you may be offered another COVID-19 vaccine dose to give you better protection.

You can find information on [who may need an additional COVID-10 vaccine dose here](#).

Hospitals will identify the people who need an additional dose. You do not need to register or contact anyone. People who need an additional dose will receive a text message with an appointment for their vaccine. These additional doses will be given through HSE vaccination centre near you, or your hospital if you're an inpatient. GPs may also vaccinate some people.

### **COVID-19 vaccine booster dose**

If you have received a COVID-19 vaccine course, you will be offered a booster dose if you are:

- 80 or older, or
- 65 or older and living in a nursing home or long-term residential care facility

If you are living in long-term residential care and you are aged 65 or over, you will be vaccinated where you live.

If you are aged 80 or over and not living in residential care, you'll be invited for your vaccine by your GP. Some GPs will refer patients to a [vaccination centre](#).

You can find more [information about the COVID-19 vaccine booster dose here](#).

### **Flu vaccine**

It's flu season so if you're 65 or over, it's time to get your annual flu vaccine. While anyone can catch the flu, people aged 65 or older are more at risk of getting seriously ill or needing hospital treatment. So make an appointment with your GP or pharmacist today. You can find more information at [hse.ie/flu](http://hse.ie/flu)

### **Flu vaccine for people aged 65 or over**

It's time for people aged 65 or over to get their free, annual flu vaccine. While anyone can catch the flu, they're more at risk of getting seriously ill or needing hospital treatment. The new flu vaccine is the best way to be protected from the flu, and it's free from their GP or Pharmacist. Flu vaccines will also be available this autumn for healthcare workers, pregnant women and those with health conditions that put them at risk of becoming seriously ill if they get the flu. Visit <http://www.hse.ie/flu>

### **Sláintecare Healthy Communities Programme**

Sláintecare Healthy Communities is a new cross-Government initiative to deliver increased health and wellbeing services to 19 community areas across Ireland. The programme will be delivered in partnership with the HSE, local authorities, local communities, statutory, voluntary and community groups. A new €13m Sláintecare initiative has been launched to

support increased health and wellbeing services to 19 communities in Ireland.

The investment will fund new posts including staff working at community level to engage, support and coordinate these activities in an effective manner.

You can [find more information here](#).

### **Nursing Homes Support Scheme Legislation updated**

Changes to the Nursing Home Support Scheme also known as Fair Deal took effect from 20th October 2021.

The main changes to the scheme are:

- The net proceeds of the sale of the family home are subject to the 3 year cap.
- The 3 year cap is extended to Farm and Business Assets

The changes may affect:

- a person in nursing home care who intends to sell their family home
- a person in nursing home care who has already sold their family home
- farmers or business owners availing of nursing home care under Fair Deal

No one receiving nursing home care will be negatively impacted by these changes. [You can find more information on the changes to the scheme here](#).

### **Ava Housing Expanded Pilot in Dublin City**

Ava Housing is a government supported housing scheme for older homeowners which works to reconfigure family-sized homes, creating an adapted ground floor for the homeowner and a new rental unit for one person upstairs.

Ava Housing works with people who are currently living alone in family-sized homes, we manage the building works and help the homeowner to select a renter for the upstairs of the house. They then manage the rental so that homeowners can avail of tax-free rental income under the government's Rent-a-Room Relief.

They have successfully completed the adaptation of two demonstrator houses in Beaumont and Clondalkin and we are expanding our pilot in Beaumont and Artane in 2022.

Are you a homeowner who wishes to plan for retirement and would like to upgrade your home to include a rental unit upstairs?

The closing date for expressions of interest is Friday the 19th of November 2021.

To find out more please visit their website <http://www.avahousing.ie> or call them on (01) 485 1880.





Rialtas na hÉireann  
Government of Ireland

## New Local Government Services Website Launch

The Local Government Management Agency (LGMA), with support from the Department of Housing, Local Government and Heritage and the County and City Management Association (CCMA), has developed a new website called [services.localgov.ie](https://services.localgov.ie).

The website contains a catalogue of the services provided by the local government sector in Ireland. Information on over 1,000 services is presented in a user-friendly and accessible manner all in one place and is available in both English and Irish. Users can browse the catalogue in a number of ways and can link directly to their local authority to access a service. The project delivers on Actions 3 and 4 of Our Public Service 2020 to improve communication with the public and to make services more accessible. [Services.localgov.ie](https://services.localgov.ie) will also support the development of digital services across the local government sector. The project is contributed to and supported by all 31 local authorities.

In the coming weeks, [services.localgov.ie](https://services.localgov.ie) will be formally launched and you will be invited to attend the virtual event. This will be followed by a public media campaign to raise public awareness and encourage website usage.

In the meantime, if there are people within your organisation that you feel should be made aware of the new website, please share this information with them.

If you have any questions or feedback on the website, you can contact the Project Team at [servicecatalogue@lgma.ie](mailto:servicecatalogue@lgma.ie).

## Consultation for Commission on Taxation and Welfare: Now open

The Commission on Taxation and Welfare has opened its public consultation process and is seeking opinions on various elements of our taxation and welfare systems, in particular views on how public services are funded into the future.

You can read the full article [by clicking here](#).

## Housing Agency Research Call



An Ghníomhaireacht  
Tithíochta  
The Housing Agency

### Call for Research Proposals: The Housing Agency Research Support Programme 2021

The Housing Agency has opened a Call for Proposals under its **Research Support Programme (RSP)** which aims to fund projects which respond to key topical issues in housing and have the potential to impact on housing policy and practice. The 2021 RSP is strongly aligned with the Government's [Housing for All plan](#). For 2021 the Housing Agency is interested in proposals under the overarching theme of *Housing – Our Shared Future*, under two main research strands.

### Children and Housing

The Children and Housing theme responds to Pathway 2 of Housing for All “Eradicating Homelessness, Increasing Social Housing Delivery and Supporting Social Inclusion”. Research projects that focus on the impact housing has on children’s quality of life and life chances will be considered. This may include, for example, children with disabilities, children in precarious housing situations and children from minority ethnic backgrounds.

### Sustainability and Housing

The Sustainability and Housing theme reflects the Housing Agency’s strong commitment to supporting the development of sustainable and resilient communities. The theme also responds to the strong emphasis in Housing for All on embedding social, environmental and economic sustainability across the housing system. Research projects can focus on one or more aspects of housing sustainability, for example, the town-centre first approach and sustainable communities, housing and climate change and housing in the context of the UN Sustainable Development Goals.

### **Nature of Support and Timelines**

The grant funding can contribute to activities such as literature reviews, policy reviews, best practice guides, policy evaluations and various primary research approaches depending on the setting. We envisage that two successful proposals will be awarded grant funding in this round to a maximum of €60,000 per project (including VAT). Proposals awarded grant funding should be completed in 2022. The Agency is open to joint funding of research projects with partnership organisations and welcomes collaborative proposals which may involve academic/professional researchers and practitioners working in the local authority, approved housing body, NGO sector and government sector.

### **Application Process**

Those wishing to apply for funding can do so by completing an application form. Applicants are advised to consult the guidance document which provides further details on the programme. The closing date for receipt of applications is **12 noon, Monday November 15th, 2021**. All documents are available [here](#) on The Housing Agency website.

For further information please contact: [researchsupport@housingagency.ie](mailto:researchsupport@housingagency.ie)





**Join us live on Facebook**

**Monday 1st  
Wednesday 3rd  
Friday 5th**

**at 11am for**

**Age & Opportunity  
Movement Minutes**



**#AgeandOpportunity**

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available

## Local Updates



### Growing Together: Young and Old

Growing Together Young and Old, an initiative from Stamullen gardener Ciarán De Buitléar, aims to encourage young people to grow their own plants at home, strengthen community bonds between the young and older people and promote environmental awareness.

A collaboration effort between Ciarán De Buitléar, Meath County Council Climate Action team, Age Friendly Meath, Healthy Ireland and Scouting Ireland will see a total of 200 “bulb lasagne” kits distributed to young people in 5 locations throughout Meath this Autumn.

The kits will include written instructions and links to videos online to show the kids how to do the planting. The bulbs are planted in layers to give the maximum impact for the minimum outlay of materials. Once the bulbs are planted, the pots are collected by the youth groups involved and distributed



to older people living in the local community, both at home and in residential care settings. Each pot will come with a hand-written note from the child that planted it. The pots can be left outside the front or back door until the show begins in spring. Participants will be encouraged to take pictures of the pots in flower and their interactions with the older people to share with all involved.

Eco-friendly and long-lasting terracotta pots have been used along with minimal paper packaging, peat free compost and a mixture of visually attractive and pollinator friendly bulbs selected to provide a long period of flowering. Bulbs included in the kits are daffodil, tulips, muscari and snowdrops, pots can be left outdoors and the bulbs will flower for several years and multiply gradually.

It is clear that this initiative is not only great for children but also for older people, the wider community, pollinators and the planet.

## Facebook donates €20,000 to County Meath Chamber to support its Mí Meath shop local initiative

Facebook has announced that it will donate €20,000 to County Meath Chamber to support its Mí Meath shop local initiative. In partnership with MeathAge, the funds will be used to donate Mí Meath cards to 500 older people in Meath this Autumn.

You can read the full article [by clicking here](#).



## Lord Mayor pays visit to Cherry Orchard Family Resource Centre "The Bungalow"

Today, Wednesday the 27<sup>th</sup> of October, the Lord Mayor of Dublin, Alison Gilliland visited "The Bungalow" in Cherry Orchard, Dublin 10. "The Bungalow" is a family resource centre which was established in 1990 and has been at the heart of the Cherry Orchard community ever since.

Speaking at "The Bungalow", Lord Mayor of Dublin, Alison Gilliland said, "I was delighted to accept the invitation to visit this amazing facility. 'The Bungalow' is woven into the fabric of the Cherry Orchard community and the support the team has provided to locals over the last three decades has been incredible. I commend the centre's volunteers for their tireless work, particularly during the Covid-19 pandemic. They represent the selflessness and generosity of spirit that so many volunteers throughout the country have demonstrated over the last year and a half."

Back in the early 1990s when a number of housing estates were developed in the Cherry Orchard area, Dublin City Council provided the small bungalow





as a resource space for those new to the locality. With support from the Daughters of Charity, the centre became a place for local mothers to come



together and develop new skills.

With childminding services provided at the centre, mothers were free to attend cookery courses, which were among the first offered at “The Bungalow”. These were later complemented by first-step education classes, which became part of “The Bungalow’s” programme when it became a limited company and was enrolled in the Family Resource Centre programme in 1998.

Since its inception, the building has undergone many changes, with its most recent extension in 2009. The range of courses offered have, too, increased, with “The Bungalow” boasting an impressive catalogue of classes, including everything from Personal Development and Stress Management to Photography and Flower Arranging.



In addition to these courses, the centre also provides bereavement support and meal assistance schemes to those going through financial hardship. The focus on family is evident in the summer day-trips “The Bungalow” team organises, as well as the annual Christmas pantomime outing. One volunteer called Connie made a lasting impact at the centre through her development of special “fidget blankets”, designed to offer sensory stimulation for the user. These have been particularly effective for those suffering from Dementia or Alzheimer’s disease.

Volunteers at the centre have also crafted numerous blankets, aprons and bags for patients at Cherry Orchard Hospital. They have worked throughout the pandemic, providing much needed support for locals and making protective masks for local businesses and community groups.

**For further information contact:**  
 Dublin City Council Media Relations Office T. (01) 222 2170, M. 087 740 0277

### Let’s Talk Climate Action

**Let’s Talk Climate Action** is a 3-hour online workshop delivered over two sessions of 1.5 hours each. The workshop offers a general introduction to Climate Action and Sustainable Development, and is led by Gavin Harte. This workshop will assist participants to better understand the need for climate action at a local level and community level and help to build climate action capacity within local Age Friendly groups.

The Workshop is open to any older person to take part and it’s a free of charge to take part.

The registration link for both sessions is:

[https://us06web.zoom.us/meeting/register/tZAKduirqD0vH9d\\_MofYTflcg0pLeSHkafZx](https://us06web.zoom.us/meeting/register/tZAKduirqD0vH9d_MofYTflcg0pLeSHkafZx)

**Once registered the participant will receive an email with a link to join the session. The same link is used for both sessions.**

Session 1	Session 2
The Science of Climate Change	Examples of Climate Action
There Is No More Debate - Q&A	Exploring Climate Actions at a local level
Climate Action - Globally, Nationally and Locally	The Climate Is Changing! Will You? Changing Behaviour.
Adaptation and Mitigation What do they mean?	Sustainable Energy Community
<i>FOLLOWED BY SMALL GROUP EXERCISE</i>	<i>FOLLOWED BY SMALL GROUP EXERCISE</i>



8th and 9th November

11:00 – 12:30 AM



zoom



Let's Talk **CLIMATE**  
action workshop

Please note the workshops are delivered over 2 days **PART 1 and PART 2**. Participants should attend both days.

### Understanding Your Medication Talk



### Understanding Your Medication

Practical Tips for Medication Management  
with HSE Chief Pharmacist Colm Devine

**Monday 1st November, 11.30 - 12.10pm**  
**In-branch event at Blackrock Library**

Join Chief Pharmacist Colm Devine for advice and practical tools to help track prescription and other medicines. For individuals managing their own medications or family members responsible for the care of others.

**Free event but spaces limited. Booking required:**  
[blackrocklib@dlrcoco.ie](mailto:blackrocklib@dlrcoco.ie) / 01 2888117



## Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### IFA Global Cafe: In Conversation with Mr. Graeme Prior on "Royal Commission into Aged Care Quality and Safety"



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Mr. Graeme Prior (President, International Federation on Ageing, Co-Founder and CEO of Hall & Prior) on "Royal Commission into Aged Care Quality and Safety"

A recording of this event will be available on the Federation's website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

## Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

## Coronavirus COVID-19



**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.dfa.ie](http://www.dfa.ie)

### How to Prevent



### All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit [here](#) or phone HSE Line 1850 24 1850

### Symptoms

- > Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

### For daily updates visit

[www.gov.ie/health/covid-19](http://www.gov.ie/health/covid-19)



## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413

Or Email: [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie)

**HSE Advice Line:** Callsave 1850 24 1850

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

The following is the list of each **Local Authority's Helpline phone numbers**

<b>Local Authority</b>	<b>Community Response Number</b>
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	1800 300 174
Kilkenny County Council	1800 326 522
Laois County Council	1800 832 010
Leitrim County Council	1800 852 389
Limerick City and County Council	1800 832 005
Longford County Council	1800 300 122
Louth County Council	1800 805 817
Mayo County Council	094 906 4660
Meath County Council	1800 808 809
Monaghan County Council	1800 804 158
Offaly County Council	1800 818 181
Roscommon County Council	1800 200 727
Sligo County Council	1800 292 765
South Dublin County Council	1800 240519
Tipperary County Council	076 106 5000
Waterford City and County Council	1800 250 185
Westmeath County Council	1800 805 816
Wexford County Council	053 919 6000
Wicklow County Council	1800 868 399