

National Updates

SAVE THE DATE for A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE | WEBINAR 5 - TRANSPORTATION



Age Friendly Ireland announces
International Webinar Series
streaming Live from the Solstice Arts Centre

- 2nd Nov 2021 Housing
- 14th Dec 2021 Community Support and Health Services
- 8th Feb 2022 Respect & Social Inclusion
- 8th Mar 2022 Communication & Information
- UPCOMING** 12th Apr 2022 Transportation
- 10th May 2022 Outdoor Spaces and Buildings
- 14th June 2022 Civic Participation and Employment
- 5th July 2022 Social Participation



Post-15th Global Conference on Ageing Thematic Discussions Among Experts Webinar

IFA are delighted to share details of the upcoming webinar as part of the series, *Post-15th Global Conference on Ageing Thematic Discussions Among Experts*:

Title: Age-Friendly Environments: Embedding healthy ageing considerations within the built environment
Date: Tuesday 12th April 2022
Time: 12:00 – 1:00 pm Eastern Time

Please click here to register:

Registration link: <https://bit.ly/35mDv4b>



Post-15th Global Conference on Ageing Thematic Discussions Among Experts



Ms. Catherine McGuigan
Age Friendly Ireland



Dr. Jane Barratt, Moderator
International Federation on Ageing



Ms. Stephanie Firestone
AARP

Age-Friendly Environments

Embedding healthy ageing considerations within the built environment

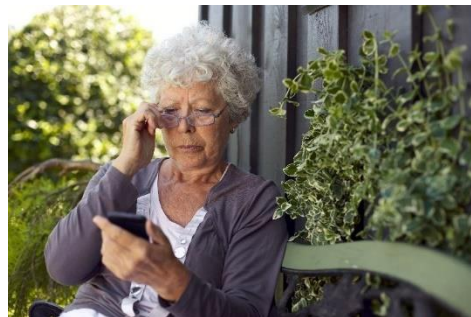
📅 12 April 2022

🕒 12:00 - 13:00 EDT

ComReg
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Trusted Advice and Support

Scam Calls and Scam Texts FAQs



What are scam calls and scam texts?

Scam calls and scam texts are unwanted, unsolicited, nuisance communications. The intent of scam calls and texts is often to mislead the receiver to share personal information or money to the scammer.

Why am I getting so many scam calls and scam texts lately?

More people are working from home, shopping online, banking online and using social media. This creates opportunities for scammers to steal data and money from unsuspecting users. Though your phone service provider is likely to be already blocking suspicious numbers, some calls get through as it is difficult to quickly recognise scammers and block their calls and texts efficiently without blocking genuine numbers.

How did the scammers get my number and why are they targeting me?

Scammers use software to call or text a range of numbers at the same time and then note which are answered. Answered numbers are recorded as genuine in-use numbers and may be sold on the internet to other cyber criminals. Therefore, making your number ex-directory or adding your number to the "do not call" register for direct marketing will not prevent scams. If you have fallen victim to a scam previously, you may be contacted

by other scammers who claim to be able to help you to get your money back for a fee.

What can I do to protect myself from being scammed?



Unfortunately, scam calls and texts can be difficult to identify. Vigilance is important, such as:

Do's

- **Hang up** if a caller pressures you, claims urgent action is needed or threatens negative consequences. **Ask someone you trust** if they think the call was genuine.
- If a call or text message claims to be from a bank, government agency or a company you do business with it is best not to engage with the caller or message the sender. Instead, **end the call, look up their official contact details** and contact them back to verify if the call is legitimate.
- If you have friends or relatives abroad that may be calling you, **store their number** (including the country prefix) in your phone. Get to know the prefix for the country they might be calling from.
- If you dial back an unknown number by mistake, **hang up immediately** if there appears to be no recipient on the other end or where you are left on hold.
- If you are receiving calls late at night, you could **turn down the volume** on your home phone or **select silent mode** or do not disturb mode on your mobile phone.
- If you are getting persistent calls from a number you don't know, **contact your service provider**, and request that **calls from that number be blocked**.
- Sometimes, scammers display a phone number like your own on your caller ID, to increase the likelihood that you will answer the call. If your number is being used in this way, contact your service provider and request that calls from that number be blocked.
- Some mobile phones have the capability of allowing you to screen, block or silence nuisance numbers from contacting you. **Check your phone settings** to see if this is a feature of your handset or contact your service provider who may be able to assist.

Don'ts

- **NEVER provide any personal information**, for example, banking details/PPS number/credit card details/name, address/passport numbers, passwords etc to someone who contacts you.
- Do not follow instructions from a recorded message.
- Be wary of receiving multiple calls or missed calls from the same unfamiliar number, especially if it is like your own number. **Do not**

	<p>call back any number that you do not recognise or where no voicemail message left.</p> <ul style="list-style-type: none"> • If you click on a link in a scam text, close the web page and message immediately. Do not follow any instructions given after clicking the link. • Never use a number given to you by the caller. <p>Who should I contact if I have shared personal information? Scam calls and scam texts are illegal. Therefore, you should contact An Garda Síochána immediately, as well as your financial institution if you have shared personal information relating to your finances.</p> <p>For more information on scam calls see the COMREG website: https://www.comreg.ie/advice-information/scam-calls/</p>
<p>Clár Éire Ildánach Creative Ireland Programme 2017–2022</p> 	<p>Creative Ireland awards over €1,000,000 to creative projects for older people</p> <p>Creative Ireland programme awarded €1,000,000 to creative projects that will enhance the health and wellbeing of Ireland’s older people.</p> <p>These projects are part of Creative Ireland’s Creativity in Older Age programme and will be rolled out this year by Creative Ireland’s national partners and local authorities.</p> <p>Creative Ireland is delighted to award €560,000 to 16 new Creativity in Older Age projects that will be delivered by local authorities.</p> <p>Creative Ireland has awarded €500,000 to the Mobile Music Machine to perform 400 concerts in residential care homes.</p> <p>For information on the Creative Ireland Programme Creativity in Older Age programme visit www.creativeireland.gov.ie</p> <p>www.gov.ie - Creative Ireland awards over €1,000,000 to creative projects for older people (www.gov.ie)</p>
 <p>Rialtas na hÉireann Government of Ireland</p>	<p>New National Retrofit Plan</p> <p>The National Retrofit Plan is a key element of the Government’s plans for economic recovery.</p> <p>The National Retrofit Plan, which was published as part of Climate Action Plan 2021, sets out how the government will deliver on our retrofit targets.</p> <p>As indicated in Chapter 13 of the Climate Action Plan, emissions from the Residential sector must reduce from 7 Mt CO₂eq. in 2018 to between 3.5-4.5 Mt CO₂eq. in 2030</p>

A retrofit or home energy upgrade enhances the energy performance of a home, carrying out multiple energy upgrade measures including wall and attic insulation, replacing windows and doors, addressing air tightness and ventilation and installing an efficient renewable heating system (such as a heat pump), as well as other renewable energy technologies (such as solar PV panels).

The Plan is designed to address barriers to retrofit across four key areas: driving demand and activity; financing and funding; supply chain, skills and standards; and governance.

Government Supports

- The government aims to achieve a target of 500,000 home energy upgrades, to B2 Building Energy Rating (BER) standard, by 2030.
- The Government recently finalised its review of the *National Development Plan (NDP)* allocations for Retrofitting.
- €5 billion of additional carbon tax revenues have been allocated to support residential retrofit to 2030.
- The government has approved a package of supports to make it easier and more affordable for homeowners to undertake home energy upgrades, for warmer, healthier and more comfortable homes, with lower energy bills.

The package of supports include:

- A new National Home Energy Upgrade Scheme providing increased grant levels of up to 50% of the cost of a typical deep retrofit to a B2 BER standard (up from 30%-35% grants currently).
- One Stop Shops to offer a hassle-free, start-to-finish project management service, including access to financing, for home energy upgrades.
- A significant increase in the number of free energy upgrades for those at risk of energy poverty (400 per month – up from an average of 177 per month in 2021).
- A special enhanced grant rate, equivalent to 80% of the typical cost, for attic and cavity wall insulation for all households, to urgently reduce energy use as part of the government's response to current exceptionally high energy prices.
- An Exchequer investment of €8 billion to 2030 will enable the supply chain to scale up, creating thousands of high quality jobs and delivering on this critical national objective.

S.E.A.I

The SEAI has been designated as the National Retrofit Delivery Body. In this role, the SEAI will act as the lead agency in driving the delivery of our retrofit targets.

[Improve a BER Rating | Home Energy | SEAI](#)

[Energy Efficient Homes - Home Energy Upgrades And Grants | SEAI](#)

[Understand BER Ratings | Home Energy | SEAI](#)

Local Authorities

- Local Authorities will continue to play a key role in supporting the achievement of our national retrofit targets through the expansion of the Local Authority Retrofit Programme.
- Local Authorities will be supported with increased project management support through direct funding from the Department of Housing, Local Government and Heritage.
- Approximately 36,500 local authority homes will be retrofitted in the next decade under the Local Authority Retrofit Programme
- These homes will be brought to a B2/cost optimal standard with a heat pump.
- In 2022, the Energy Efficiency Retrofitting Programme will see approximately 2,400 homes nationally being upgraded to a B2 or equivalent standard with a significant increase in funding support to Local Authorities to €85 million.

N.S.A.I

- The National Standards Authority of Ireland (NSAI) recently published “S.R. 50-4:2021 Building Services– Part 4: Heat pump systems in dwellings”.
- This document provides guidelines for the design installation, commissioning and maintenance of heat pump system.
- The NSAI will also publish a standard recommendation for the design, installation, commissioning and maintenance of solar PV panels in new and existing dwellings.

E.E.O.S

- An energy efficiency obligation scheme (EEOS) is a legal requirement placed on energy suppliers and/or distributors (‘obligated parties’) to help energy users save energy.
- The scheme to operate from 2022-2030 has been redesigned to align more closely with the commitments of the *Programme for Government*, particularly in relation to the residential sector, thereby better supporting the delivery of Ireland’s broader energy and climate ambition and targets.

<https://agefriendlyireland.ie/wp-content/uploads/2022/03/Retrofit-Plan.pdf>



Invitation: Launch of Stronger Together: The Mental Health Promotion Plan 2022-2027 - Wednesday, 6th April

You are invited to the launch of Stronger Together: The Mental Health Promotion Plan 2022-2027 on Wednesday 6th April 12:00 – 13:30 via webinar.

You can register [HERE](#)



WEBINAR INVITATION Launch of Stronger Together: The HSE Mental Health Promotion Plan 2022 – 2027

By Anne O'Connor, Chief Operations
Officer, HSE

Date: April 6th 2022
Time: 12pm – 1.30pm



Stronger Together is a five-year plan that includes a range of actions focused on promoting positive mental health across the population that are within the remit of the HSE and our external partners. The plan will be launched by Anne O'Connor, Chief Operations Officer and the event will include a number of inputs on mental health promotion as well as an overview of the plan followed by a panel discussion including experts from across the HSE and our external partners.

If you have any queries about this please contact mentalhealth.wellbeing@hse.ie



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WHITAKER INSTITUTE POLICY BRIEF SERIES



Dr Shane Conway

9 6

Creating an age-friendly environment in farming through 'Farmer's Yards', a social organisation for older farmers

Globally, policy aimed at stimulating generational renewal in agriculture tends to pay limited regard to the mental health and wellbeing of the older farmer, overlooking their identity and social circles, which are intertwined with their occupation and farm. This study, in probing this contentious issue, casts its net across what could be deemed as disparate literatures, namely connected to transferring the family farm and social gerontology. It investigates what steps could be taken at both policy and societal level to reassure older farmers that their sense of purpose and legitimate social connectedness within the farming community will not be jeopardised upon handing over the farm business to the next generation in later life. In doing



comhairle chontae na mí
meath county council



	<p>this, the study sheds light on the potential of transforming farming into an age-friendly sector of society, in line with the WHO's Age-friendly Environments Concept. Continue reading...</p> <p>The Whitaker Institute Policy Brief Series offers short and informative secondary analyses of Institute studies that reflect the views and recommendations of Whitaker Institute researchers on current public policy issues. The series aims to provide a summary of the background and recommendations from the ongoing work of the Institute to policy makers, journalists and the general public.</p> <p>The policy briefs cover a wide range of topics with emphasis on the Institute's three research themes: Business, Innovation & Economic Development Public-Sector Innovation and Reform Sustainable and Inclusive Societies</p>
	<p style="text-align: center;">Dublin Learning Cities Festival DCU Free Events April 4th to April 6th, 2022</p> <p>Come and join us over three days of free activities across the DCU Campuses.</p> <p>Monday April 4th All Hallows Campus - Room PG10 Patrick Bentley Writer - Writing and publishing your own book - Patrick Bentley. Patrick is a writer of crime fiction and has successfully written and published a number of books - come and learn more about Patrick's literary journey from conception to distribution - His books include - Darkline, The Jagged Halo, A Nation out of Time and Greenridge.</p> <p>Tuesday April 5th All Hallows Campus - 10am Room PG11 Welcome to DCU, the AgeFriendly University, Christine O'Kelly. Find out more about the pioneering work of DCU's Age-Friendly University - what it is, how it works and learn about how this concept has developed into a global network of age-friendly universities</p> <p>Tuesday April 5th Glasnevin Campus 12.00 - 1.00 Room HG06 (School of Nursing) The Sustainability Challenge - Samantha Fahy. Come and hear an overview of the sustainability challenge, some of the actions DCU are doing and what you can do to promote sustainability.</p> <p>Tuesday - April 5th - Cregan Library St. Patrick's Campus 1.00 - 2.00pm Botanical Art Exhibition - Dr. Tom Mc Cloughlin. We are delighted to finally launch the delayed exhibition of the 2018 and 2019 DCU AFU classes in Botanical Art where "art meets science" of complete novices in botany and/or art. The specimens used in the production of the works were in the DCU Herbarium and supplemented by photographs. All works were executed in watercolour.</p>

**Wednesday April 6th - Online via ZOOM - [https://dcu-
ie.zoom.us/j/93701814156](https://dcu-
ie.zoom.us/j/93701814156)**

14.00pm -14.30pm - 15 mins presentation & 15 mins questions and answers
Dr. Sean Healy & Dr. Breige Casey
Introducing a new master's programme at DCU: MSc in Health and Social
Inclusion

**Wednesday April 6th School of Nursing 10 - 12pm (please book one 30
mins slot)**

The NEX Project, Dr. Catriona Muprhy.

The NEX project aim is to develop a technological solution that will enable
older adults to remain living independently at home for as long as possible
and facilitate caregivers to care for their family members or clients/patients
in a non-intrusive manner.

Learn more about the NEX project- see it in operation in our demonstration
"Show Home" and see how it works and how you can get involved.

**Wednesday April 6th - School of Nursing Room Room HG06 10 - 12
Writing Memory - a Creative Writing Workshop"**

Dr. Mark Kelleher

There is a story in all of us come and join Mark to learn tips and tricks to
memoir writing to tell your story.

**Wednesday April 6th - The Hive at the UBuilding Glasnevin (facing Albert
College Park) Campus 3pm - 5pm**

A selection of Jazz music from the School of Philosophy and Music

3pm: Matthew O'Connell Quartet (student band)

4pm: Origin Story (faculty Band)

<http://www.matthewjacobsonmusic.com/origin-story.html>)

Please support the events and bring your friends and family, all are
welcome.

Book your free ticket [here](#)

ExWell Weekly Zoom Meeting - April 1

Please join our weekly Zoom meeting **TOMORROW AT 5PM. (April 1)**

As usual, please also share the details with anyone who you feel
might enjoy hearing more about ExWell.

The link (tomorrow, 5 pm) is

[https://us06web.zoom.us/j/87583061631?pwd=WStJYUpzbjNJc0VtZ1Z5Q
kQ3STZnQT09](https://us06web.zoom.us/j/87583061631?pwd=WStJYUpzbjNJc0VtZ1Z5Q
kQ3STZnQT09)

The schedule will be:

5.00 pm: Welcome

5.05 pm : Knee Pain. *Dr. Noel McCaffrey*

5.20 pm: Updates and News - *Danny Fagan*

5.45 pm: Discussion





Royal Visit

Waterford's Age Friendly agenda and strategies locally and nationally to keep older people living as much of their entire lives as possible in their own homes received a royal seal of approval from the Duchess of Cornwall when she visited City Hall on Thursday morning last.



During her historic visit to Ireland's oldest city with His Royal Highness Prince Charles, the future Queen consort, Camilla chatted with a diverse group from the Youth Services and Community/Voluntary sectors. Among those in the reception line in the Large Room at City Hall was Marion O'Mara, an Executive member of Waterford Older People's Council and a representative on the Waterford Age Friendly Alliance.

The Duchess of Cornwall listened attentively to a brief summary of the role of the Older People's Council and to how Waterford Age Friendly Alliance is ensuring that the city and county continues to have an age-friendly approach

to policies, programmes, services and infrastructure enabling people participate in society in a meaningful way.

She was particularly interested in strategies to enable older people to remain living in their own homes. She commented: "That is really important and something that I am very interested in and support."

The role of the Older People's Council was reinforced to the Duchess by Deputy Mary Butler, Minister of State for Mental Health and Older People. She told the Duchess that important work was being undertaken on voluntary basis in Waterford on behalf of older people and central to it was supporting our ageing population to be independent and safe in their own home environment.

"That is as it should be", commented the Duchess.

She also shook the hand and spoke individually to the other members of the reception line which was made up of Sean Hayes, Waterford Scouting, Padraig McGrath, Scouts Youth member, Etse Oshiogwemaoh and Oluwasimisola Popoola, Comhairle na nÓg, Michael Cuddihy and Hether Breen, Irish Water Safety, David O' Neill, St.Vincent dePaul, Padraig Cunningham, Meals on Wheels, Tramore.



Active Retirement Ireland honours Clare "Digital Ambassador"

The first Active Retirement Ireland Digital Ambassador from Clare has graduated at a special event in the Royal College of Physicians of Ireland in Dublin.

Volunteer Eugene Philips from Quin will be leading free digital skills classes for older people in their communities, as part of the Vodafone Ireland Foundation Hi Digital programme.



The Hi Digital programme has been developed to empower older people in Ireland to build basic and essential digital skills and help them to stay connected in their communities. Active Retirement Ireland in-person classes will cover essential topics including using the internet, using smartphones, sending emails, keeping in touch through social media or video calling, accessing online banking and government services, and shopping and making electronic payments online.

Tuition is also provided in online communication and recreational services including how to use WhatsApp, watch television or listen to the radio online, plan driving routes and other travel, and book events, outings and holidays online.

Newly conferred Digital Ambassador Eugene Philips, said: "I think for a lot of older people with low or no digital literacy, they perhaps feel as though getting online is too big a task or they're too far behind. You don't have to be a tech whiz - technology these days is designed to be easy for people to use and the Hi Digital courses are really accessible and designed for beginners. I am looking forward to guiding and supporting people so that they can see they really can do it".

Older people wishing to learn or refresh their digital skills can start today with the free, self-guided Hi Digital online courses, in both English and Irish, at www.hidigital.ie

Best of luck on your retirement Mary Reynolds.

This week Mary Reynolds, Longford Programme Manager, added her final Older People Council meeting prior to her retirement this month.



Mary Carleton Reynolds is a wonderful lady, of unbelievable energy and creative initiative warm hearted and caring, with a dazzling sense of style and good humour. Thank you, Mary, we were so fortunate to have you as the founding Age friendly Programme Manager in Co Longford. We wish you a very happy and healthy retirement. Go raibh mile, mile maith agat agus Slán leat."

Kitty Hughes, Chair Longford OPC





From everyone in the Age Friendly Family we would like to thank Mary for all her wonderful work and contribution to the programme and we would like to wish her all the very best for the future.

CORK COUNTY AGE FRIENDLY



To celebrate Positive Aging Week 2021, the Cork County Age Friendly Programme pledged a contribution to each Age Friendly Town who embraced the wonderful HSE Programme "Singing for the Brain" We are delighted that in house "Singing for the Brain" has now resumed at the Mitchelstown Hub.



Kathleen Griffin is at the helm with her accordion and the singing is in full swing. The group has just published its second Song Book so there is a large variety of favourites for the singers to enjoy. Singing For the Brain is supported by Cork Kerry Community HSE Healthcare. It brings people together through songs, stories and smiles in a fun and friendly environment.



There is lots of evidence to show that singing is not only good for our brain but for general wellbeing too.

Mitchelstown is one of Cork County's eight Age Friendly Towns.

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 Information is one thing we can share right now!

International Updates



International
Federation on
Ageing

IFA Global Cafe | In Conversation with Dr Srinivas Marmamula on "Bringing Vision Health and Ageing into Focus in India".

The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Dr Srinivas Marmamula on "Bringing Vision Health and Ageing into Focus in India"**.

ifa GLOBAL CAFÉ
In Conversation with Dr Srinivas Marmamula:
 Bringing Vision Health and Ageing into Focus in India
 Associate Director - Public Health Research and Training L V Prasad Eye Institute (LVPEI)
 📅 01 April 2022 🕒 07:00 - 08:00AM EDT

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>

Useful Contacts and Info

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

Or Email: agefriendlyireland@meathcoco.ie

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/AgeFriendlyIreland)

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Callsave 1850 24 1850

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