

National Updates

National Older People's Council Convention – Health and Wellbeing – Live Well Be Well

This week Meath Age Friendly Programme hosted the Annual Older People's Councils Convention in the Knightsbrook Hotel, Trim, Co.Meath.



The two-day event showcased wonderful speakers, workshops and presentations. Sinéad Hussey from RTÉ News also visited us on day one and documented the event and views of our older people.

Please click below for article:

<https://www.rte.ie/news/regional/2022/0512/1297609-older-people-home-care-package/>

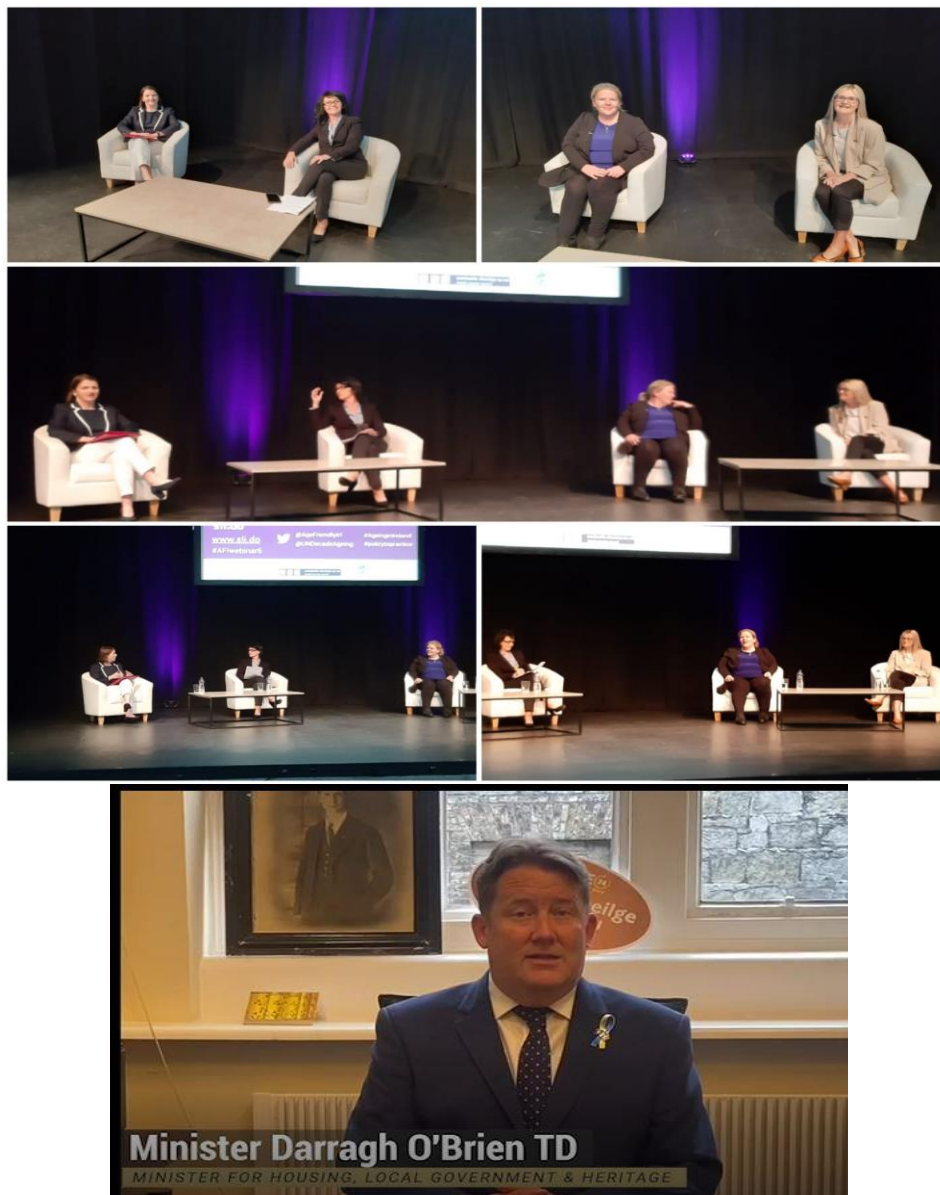
Please click below for news report:

<https://www.rte.ie/news/player/2022/0512/22096268-not-enough-staff-to-deliver-home-care-for-older-people/>

We will share all our wonderful photos and updates from the two-day event in next week's newsletter.

A Spotlight on Age Friendly Ireland | Policy to Practice | Webinar 6 – Outdoor Spaces & Buildings

This Tuesday we hosted our 6th webinar in our webinar series, A Spotlight on Age Friendly Ireland | Policy to Practice | Webinar 6 – Outdoor Spaces & Buildings.



Minister Darragh O'Brien gave a wonderful welcome address focusing on the WHO domain of Outdoor Spaces and Buildings.

Our panel consisted of Catherine McGuigan, Chief Officer, Age Friendly Ireland, Ruth O'Reilly, Senior Built Environment Design Advisor, Centre for Excellence in Universal Design, Leonore O'Neill, Senior Executive Officer, Clare County Council & Chairperson of Ennis Age Friendly Town Steering Group and Mairead Cranley, Regional Programme Manager (North Region), along with a presentation from Tadhg McDonnell, Principal Advisor Age Friendly Housing & Public Realm, Age Friendly Ireland.

You can re-watch the webinar on our YouTube channel.



National Advocacy Service awarded tender to deliver Patient Advocacy Service for further five years

The National Advocacy Service for People with Disabilities (NAS) will continue to operate Ireland's Patient Advocacy Service for another five years.

Following a competitive tendering process, the National Patient Safety Office in the Department of Health (DoH) has awarded the contract for the Patient Advocacy Service to NAS, running from October 2022 until October 2027. The Patient Advocacy Service is an independent, free and confidential service that provides information and support to people who want to make a complaint about an experience they have had in a public acute hospital. In 2021, the Patient Advocacy Service expanded its remit to include advocacy support for people in HSE-operated nursing homes.

Since 2019, when NAS commenced operation of the Service, its Advocates have provided support to over 1,600 people, covering more than 4,000 individual complaints issues.

The Service has also strengthened its cooperation with the HSE with the aim of ensuring that people receive a timely, compassionate and comprehensive response to their healthcare complaints.

Over the past four years, we have worked closely with the National Patient Safety Office in the Department of Health to develop the Patient Advocacy Service. We look forward to continuing to work with the department to deliver and expand the crucial advocacy provided by the Service in the years ahead.



Restroom Deserts: where to go when you need to go

Join us on **Tuesday, May 24 at 11 am ET** for a conversation with Jack Sim, Founder of World Toilet Organization (WTO), and Genevieve Schutzius, Board President of Public Hygiene Lets Us Stay Human (PHLUSH).

The dearth of public restrooms affects nearly everyone.

For older people, the uncertainty surrounding one's ability to access a public toilet causes many to stay home and can lead to isolation. Let's explore some restroom innovations to help ensure all members of society can actively engage in the public sphere.



[Register Today!](#)

Age & Opportunity Walking Football

IT'S TIME TO FIND OUT MORE ABOUT **WALKING FOOTBALL**

No Running & No Contact

Created for players in later life to enjoy the game they love but without the stresses of running and physical contact



Men Over 50



Women Over 40

The core of Walking Football players will be men over 50 and women over 40. With players in all age groups up to and including people in their 70's and even 80s!



Small Sided Games

Games are six-a-side on small pitches with smaller goals, all with unlimited substitutions. Mixed gender games are common and are encouraged. You can play for fun or play competitively, it's totally up to you.



Quality Referees

Referees that understand the game and can help it flow in the right way make a huge difference, that's why we have trained over 300!

Walking Football is Inclusive

No matter your ability, gender or ethnicity, there is a place for you in the wonderful sport



Physical & Mental Health Benefits

The health benefits of Walking Football are amazing. Increased strength, mobility, motor functions, resting heart rate, lowered cholesterol, improved blood sugar levels, bone density and reducing the risk of cardiovascular disease and stroke. The mental health benefits include high levels of personal reward and satisfaction with reduced levels of stress.



Social Benefits

Walking football also gives an often isolated section of the community the chance to become involved in something they really enjoy, make new friends, form lasting relationships with like-minded people

Now open to Men's Sheds and other groups in Dublin and Leinster

For further information please contact:

Paul Gallier: **E:** Paul.Gallier@ageandopportunity.ie **T:** 01 805 7705

Peter MacNulty: **E:** petermacnultysports@gmail.com **T:** 086 173 9692

**Infographic created by the Walking Football Association*



Age & Opportunity



SPÓRT ÉIREANN
SPORT IRELAND



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



Samaritans piece – Ennis Samaritans – April 2022

Life can be tough and at times we can feel under pressure and completely overwhelmed. This is particularly poignant just over two years on from when Covid-19 restrictions became part of our everyday lives.

So many people, especially older people, felt lonely and isolated throughout the pandemic, and may have been left struggling to cope as restrictions eased. A high proportion of Samaritans calls come from elderly people, generally living alone, who just need someone to talk to. These elderly people's families have moved on and made their own lives and usually do not realise how lonely and isolated their parents/relations may be. Samaritans is not just about suicide but in helping people in times like this by listening.

Most people will need extra support at times in their life and that's nothing to be ashamed of. Samaritans want to get the message out that its volunteers are here for you, your family, friends, and colleagues too. Call free any time, from any phone, on 116 123. The number won't show in a phone bill.

While Samaritans' vision is that fewer people die by suicide, you don't have to feel suicidal to get in touch. Only 1 person in 5 who call Samaritans actually say they feel suicidal.

Margaret MacMahon, of Ennis Samaritans, said: "People reach out for many reasons including loneliness and isolation, depression, relationship and family problems, bereavement, financial worries, job-related stress, bullying and disabling physical illness or pain.

"You could be going through something new or have been struggling to cope for some time. Either way, you may need emotional support to help you through.

"Unfortunately, some people do not have the support of friends or family they can turn to. While others do, they find talking to someone neutral can be beneficial.

"We want people to know we're here to listen on freephone 116 123. We hope as restriction ease, we can welcome callers back into our branch and can go out around the county, to show people we're here for them 24 hours a day, seven days a week."

Samaritans believe that - no matter the issue - if you're given the time and space to talk things through, you can find a way through your problems. Samaritans help you to explore your options, so you can make decisions that are right for you.

"If you're worried about someone and want to ask how they are, give them the space to talk, ask open questions, listen to what they say, and let them

know you're there for them. But make sure you have support too if you're helping a friend," Margaret added.

Struggling to cope

While you can't really generalise how struggling to cope can make you feel or act, there are signs that you - or a relative, friend or colleague - may be suffering in silence:

- Lacking energy or feeling tired
- Feeling restless and agitated
- Feeling tearful
- Not wanting to talk to or be with people
- Not wanting to do things you usually enjoy
- Using alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday things
- Becoming withdrawn or losing touch with friends and family
- A change in routine, such as sleeping or eating more or less than normal

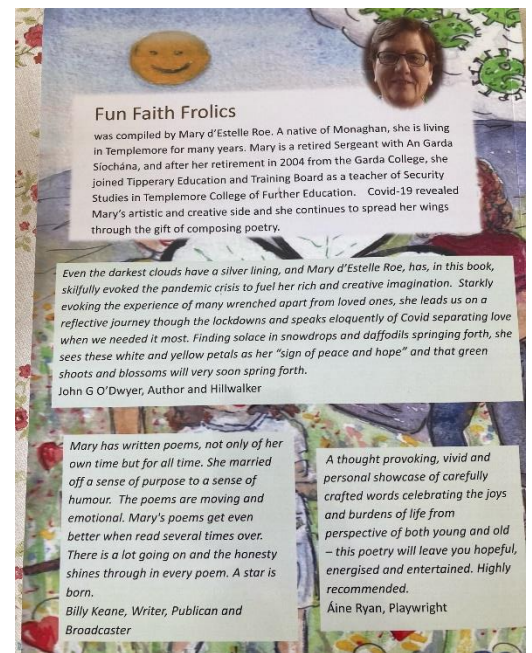
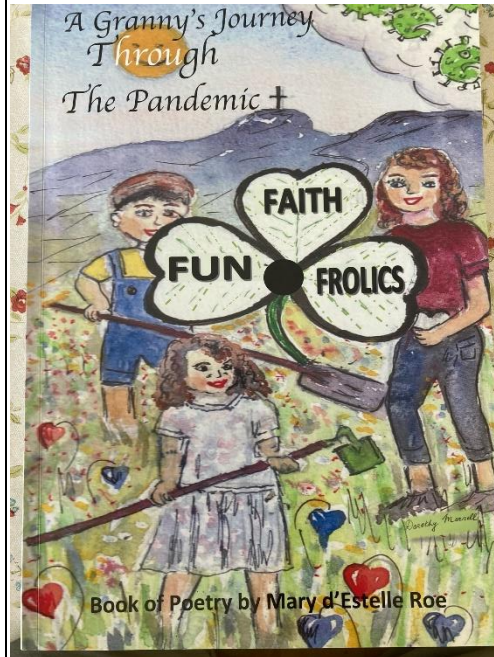
What can help you feel and others cope better with difficulties:

- Make time for yourself to relax and do things you enjoy, like reading, listening to music or going outdoors
- Have a healthy, balanced diet
- Spend time with family and friends
- Get plenty of sleep and exercise regularly
- Work out a plan to get through trickier times
- If you need to talk, we'll listen on freephone 116 123, email jo@samaritans.ie or get tips on supporting yourself and others on www.samaritans.ie
- To raise funds for Ennis Samaritans visit https://www.idonate.ie/5275_samaritans-ennis---clare.html

This article on the Samaritans was written by Larry Hally, Vice Chair of the Clare OPC and member of the Ennis Age Friendly Town Team. He is also a volunteer with the Ennis Samaritans.



Retired Garda Sergeant in Templemore launches her book 'A Granny's Journey Through the Pandemic'



A retired Garda Sergeant in Templemore has written a book of poetry, which will be launched towards the end of the month.



Mary d'Estelle Roe, like many, discovered a hidden talent and a love for something new during lockdown.

She had written small poems before, but while cocooning, she wrote more and will now launch her book 'A Granny's Journey Through the Pandemic'.

Click here for full article:

https://www.tipperarylive.ie/resizer/800/-1/true/2022_03_24/ITIS_24-3-2022_Mary_D_Estelle-Roe_21419027-1648146323344.jpg--

mary_d_estelle_roe_to_launch_her_book_a_granny_s_journey_through_the_pandemic.jpg?1648146323000



Dementia Awareness & Tea Day, dlr Lexlcon, Dún Laoghaire

Dún Laoghaire-Rathdown Dementia Awareness & Tea Day, Tuesday 10th May, dlr Lexlcon, Dún Laoghaire.

Dún Laoghaire-Rathdown County Council organised a Dementia Awareness Day on Tuesday 10th May from in dlr Lexlcon, Dún Laoghaire. To celebrate Bealtaine, and the Alzheimer Society of Ireland (ASI) National Tea Day, the event took place to inform the public and raise awareness about the various social and cultural supports that are available to people with Dementia and their families, carers and friends in Dún Laoghaire-Rathdown (dlr).



Launching the event, An Cathaoirleach, Councillor Lettie McCarthy encouraged everyone to attend saying that *“Many social and cultural supports are available to people diagnosed with Dementia, their carers and families and we hope that the day will raise awareness of these supports and also provide an opportunity for people to take part and engage in new activities available in Dún Laoghaire-Rathdown. It will also be an opportunity for people and families living with Dementia to inform the participating organisations of the assistance and supports that they need, and I would encourage everyone to attend this Dementia awareness and information sharing event.”*

The Alzheimer Society of Ireland had their Mobile Information Bus parked outside the Lexlcon on Haigh Terrace. This bus travels through towns, villages and cities around the country providing information and support to people with dementia and their families as well as those concerned about their cognitive health.

The social and cultural supports provided by Dún Laoghaire-Rathdown County Council for people with Dementia, families, carers and friends were also highlighted on the day. Taster sessions of the Dementia Inclusive Gallery Tours took place every hour, organised by the dlr Arts Office.

The various Dementia inclusive library supports that are available to the public, including the Tovertafels / Magic Tables and accessible books and resources were on display and promoted.

DLR Sports Partnership also demonstrated ‘Go for Life Games’, which are fun and inclusive activities to support coordination and muscle movement, outside on the green area in front of dlr Lexlcon.

A host of local support organisations had information and representatives available on the day promoting the creative and social Dementia support services available in dlr. These include Living Well with Dementia; The Memory Harbour, Clonskeagh; The Dementia Café; The Memory Technology Resource Room, St. Columcille’s Hospital; Siel Bleu exercise classes and more.



The Dementia Awareness Day is a key event in the dlr Bealtaine Festival Programme. The Bealtaine Festival is the national annual celebration of the arts and creativity as we age, organised by Age & Opportunity with information on dlr Bealtaine events available at <https://events.dlrcoco.ie/event/bealtaine-2022>

Further information available from Siobhán Nic Gaoithín, dlr Age-Friendly Programme Manager at snicgaoithin@dlrcoco.ie / 087 406 9748.

Kildare Libraries



1. Kildare Libraries Age Friendly Day Friday 20th May Location – all Kildare Libraries

Kildare Libraries will celebrate Age Friendly Day on Friday 20th May. So, on this day we would like to welcome all our older users (age 55+) to any Kildare Library for a cup of tea/coffee/refreshments. Staff will be around for a chat and to assist you with our eResources/online resources or any other queries you might have around library clubs, joining the library, receiving the monthly newsletters etc.

Note

Kildare Town Library are serving Tea/Coffee/Biscuits between 10.00am-12.00pm and 2.00pm – 4.00pm.

Additional Events on the day include:

Athy Library

Music and Song with John Wright 11.00am-12.00pm.

Naas Library

Photographic exhibition of 'Old Naas' on a TV screen, showing all day. Try out our new Age Friendly seating area and our Acorn Tablets.

2. Understanding grief and loss as we age Monday 23rd May 11.00am-1.00pm

Location – Naas Library

This is a free event for people in older age who have been bereaved through any circumstance – through illness or sudden death; and may have lost a partner, parent, child, friend, sibling, work colleague or relative. Part of the morning will include a short talk from our guest speaker George Brogan. George is a co-founder of Turas Le Cheile Bereavement Support Service. The talk will include: the different ways we can experience grief, particularly in older age; how grief can affect us; what can help in coping with grief; and ways we can support someone else who has been bereaved. There will be representatives from a range of bereavement supports available in the local area at the event.

Refreshments will be available throughout the morning. The event is hosted by the Kildare Bereavement Network and supported by Irish Hospice Foundation.

The event is FREE but you must book in advance

Book here: <https://app.tickettailor.com/events/naaslibrary/689082>

or alternatively, contact Naas Library at 045 879 111 / naaslib@kildarecoco.ie

3. Health literacy is the best medicine With Helen Ryan, Policy Officer, National Adult Literacy Agency (NALA)

Thursday 26th May at 6.30pm in Newbridge Library

We all need good health literacy skills to understand health information correctly, ask questions and make informed decisions. For example, reading and understanding a medicine leaflet or finding the x-ray department in a hospital. Health services are becoming more aware that they need to communicate clearly with people and take account of possible health literacy and numeracy needs.

At this talk we will look at what health literacy skills we need to engage fully with health services and tips to make this easier.

Booking via Ticket Tailor

[Reserve Ticket for Health literacy is the best medicine With Helen Ryan, Policy Officer, National Adult Literacy Agency \(NALA\) at Newbridge Library, Thu May 26, 2022 6:30 PM - 7:30 PM \(tickettailor.com\)](#)

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



IFA Global Cafe | In Conversation with Dr Cynthia Bullock on "Addressing Inequalities Through Multidisciplinary Innovation"

The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Dr Cynthia Bullock on "Addressing Inequalities Through Multidisciplinary Innovation"**



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