

National Updates

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

Last 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. To view our Age Friendly Older People's Council Convention Photo Gallery, please click below.

<https://agefriendlyireland.ie/opc-convention-gallery/>

Ireland's Age Friendly Recognition & Achievement Awards 2022

Submit your Age Friendly Project or Initiative to be in with a chance to receive National Recognition

This year the Awards Event is being hosted by **Clare County Council** and will be held on **27th October in Dromoland Castle**



Ireland's Age Friendly Recognition & Achievement Awards 2022

Are you involved in a project that benefits Older People or makes your community more Age Friendly?

Register for our Age Friendly Recognition and Achievement Awards to be in with a chance of receiving National Recognition for your Project.

Click here for more information and to submit your application



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



comhairle chontae na mí
meath county council

With live events cancelled all around the world during the Covid pandemic, the Age Friendly Ireland shared service, hosted by Meath County Council, is thrilled to announce that we are back and looking forward to our first live awards event since 2019. Each year a local authority hosts the awards and we are excited to reveal that Clare County Council are hosting the National Age Friendly Recognition and Achievement Awards for 2022 on 27th October in Dromoland Castle, County Clare.

The primary aim of these awards is to recognise and reward achievement in age friendly initiatives around Ireland. We are calling for organisations, individuals/members of the public, agencies and communities to submit applications on projects or programmes that they consider to be age friendly, especially those initiatives that have supported older people throughout the pandemic.

This year, eight categories of awards, aligning to the WHO themes, have been chosen as they have a meaningful impact on the lives of older people in Ireland – Age Friendly Transport, Active & Healthy Ageing, Business Innovation, Safety & Security, Communication, Community Innovation, Environment, Housing.

To apply please click on the link below:

<https://eu.surveymonkey.com/r/LDTVSL3>

For more information please visit our website, click the link below:

<https://agefriendlyireland.ie/agefriendlyawards2022/>



LGBT Ireland's Pride 2022 Older Persons Healthcare Conference

Registration is now open for LGBT Ireland's Pride 2022 Older Persons Healthcare Conference. This will be LGBT Irelands first in person Pride event since 2019, and we couldn't be more excited to be together again.

Creating inclusive and accessible Health services' is everyone's responsibility -it is about logistics, clear and understandable explanations of medications and procedures – but is also about **ensuring everyone feels safe and assured that services are ready to meet and understand their needs should they need to access them.**

Join us for *'Visibility, Inclusion and Equality; Transforming the Care Experience of Older LGBTQ+ people'*

The poster features a dark blue header with the title in white. It includes logos for LGBT IRELAND and RCSI (University of Medicine and Health Sciences). The event details are listed: Friday, 3rd June 2022, 9:30 AM - 2:00 PM, at the Royal College of Surgeons in Ireland, 123 St Stephen's Green, Dublin 2. There are three circular images: a person in a red coat holding a rainbow flag, a person in a white shirt holding a rainbow flag, and a group of people holding a rainbow flag with the hashtag #HSE1a. At the bottom, it says 'LGBT IRELAND PRIDE 2022 LGBTQ+ HEALTHCARE CONFERENCE' and 'REGISTER NOW ON Eventbrite'.

When: Friday, 3rd June from 9:30 to 14:00

Where: [Royal College of Surgeons in Ireland, St Stephens Green](#)

Registration: [HERE](#) (or by response to this email)

Registration for the event is currently open to all those involved and interested in improving delivery of and access to older persons Health and Social Care services, please share details with friends or colleagues who may be interested in joining us.

SPEAKERS INCLUDE



REBECCA TALLON DE HAVILLAND
Trans & HIV Activist focused on bringing awareness and lifting stigma around the trans community



SEAN VAIL
Retired from Physical Therapist and LGBTQ activist



DEIRDRE LANG
Director of Housing/National Lead Older Persons Services, Office of the Housing and Disability Services Director/Clinical and Integrated Programmes



GRAINNE HEALY
Leader in the social justice sector, campaigner, expert, researcher and published author



AOIFE DILLON
LGBT Champion & Registered Advanced Nurse Practitioner in Gerontology

AND MORE TO BE ANNOUNCED

The event will bring together voices from the LGBTQ community, Health and Social Care Professionals, Policymakers, Advocates and Community Supports to discuss how we can enable older members of the LGBTQ+ community to flourish and enjoy inclusive, healthy, and fulfilling lives as part of their communities.

Registration is open now through Eventbrite - or just email me!



Údarás Náisiúnta Míchumais
National Disability Authority

Submission Deadline Extended: Universal Design Grand Challenge

Applications are flying in for the [Universal Design Grand Challenge](#). Students from all over the country are submitting their design ideas in 3 categories: Built Environment, Technology, and Products and Services.

We realise that this is a busy period for everyone involved in universities. Following a request from a couple of institutions we have decided to extend the submission deadline to 23:59 on Thursday 2nd June. We hope that this gives your students some breathing space after exams, and other end-of-year activities to get their entries completed and submitted.

Will you encourage your students to apply?

Remember, students only need to submit an **IDEA** ... not a fully developed project. The application process is simple. Simply visit <https://universaldesign.awardsplatform.com/>, create an account, answer 3 questions and upload sketches, drawings or visuals. That's it!

Prizes and Experience

We have a prize fund of €4,000 on offer. In addition, one project will be selected by Enterprise Ireland to access a €15,000 Commercialisation Fund. Finalists will have access to expert Pitch Training, teaching them how to professionally present their designs.

Thank you so much for your continued support of the [Universal Design Grand Challenge](#) and for encouraging your students to take part in this year's competition. If you have any questions just give me a call or drop me a line – I'm always happy to help!



Sláintecare.



Join our virtual session as part of the ICIC22!

Sláintecare.



Leading an innovative approach to prevention, community care and integration of care in Ireland
3.30pm – 5.00pm (Irish Time), Tuesday, 24 May

All attendees may register for full conference virtual passes supported by Sláintecare

Sláintecare, Department of Health and the HSE in association with IFIC Ireland
as part of 21st International Conference on Integrated Care



On **Tuesday, 24 May from 3.30pm – 5pm (Irish time)**, you are invited to join your colleagues from across Ireland to reflect on the advancements of the Sláintecare Integration Fund programme as we move forward towards the next phase of the programme.

The Sláintecare Action Plan 2019 established the building blocks for a significant shift in the way in which health services are delivered in Ireland, seeking to deliver on the Future of Healthcare Committee's vision of a health system in which care is provided in the right place, at the right time, by the right person. Budget 2019 provided €20 million for the establishment of a ring-fenced Sláintecare Integration Fund to test and scale how services can best be delivered. The Fund received submissions with a focus on prevention, community care and integration of care across all health and social care settings.

The selected projects needed to:

- Promote the engagement and empowerment of citizens in the care of their own health
- Scale and share examples of best practice and processes for chronic disease management and care of older people
- Encourage innovations in the shift of care to the community or provide hospital avoidance measures

This workshop, organised in partnership with the Health Service Executive (HSE) and IFIC Ireland, will reflect on this innovative approach to testing and piloting new ways of working and new models of care that shifted care from the hospital to the community and focused on prevention. The session will look at how the integration fund was implemented, how it worked, what were the outcomes and, look ahead to what happens next.

The workshop will hear from projects which were mainstreamed and hear about the challenges and opportunities that were presented along the way. As the Sláintecare Integration Fund moves to the next phase this is an opportunity to share lessons learned, ask questions and find out how we can continue to drive innovation and provide world class services in the delivery of health and care across Ireland.

All attendees of the workshop will receive a three day virtual pass to attend the 21st International Conference on Integrated Care (ICIC22) which is a unique opportunity to hear from integrated care projects and programmes from around the world.

To register your place at the conference click the link below and make sure to add this workshop to your diary! The workshop takes place on Tuesday, 24 May at from 3.30pm to 5.00pm (Irish time). The virtual passes are kindly supported by Sláintecare. Places are limited and on a first come basis.

[Register for Free Virtual Pass](#)



Edwards


Unifying Generations: Building the Pathway to Intergenerational Solidarity

SAVE THE DATE



 21st June 2022 | 10:00-11:15 CET

[Click to register](#)

 TownHall Europe, Sq. de Meeüs 5, 1000 Bruxelles, Belgium
Also accessible online

<http://bettersciencebetterhealth.com/unifying-generations-building-the-pathway-to-intergenerational-solidarity/>

Edwards Lifesciences is delighted to invite you to its round table event to mark the launch of its survey report conducted among 12,000 citizens across 6 European nations.

Join us in person or virtually to discover the data and listen to experts' insights on the role of the senior population in the society, the impact of COVID-19 on social cohesion, and solutions to enhance greater intergenerational solidarity.

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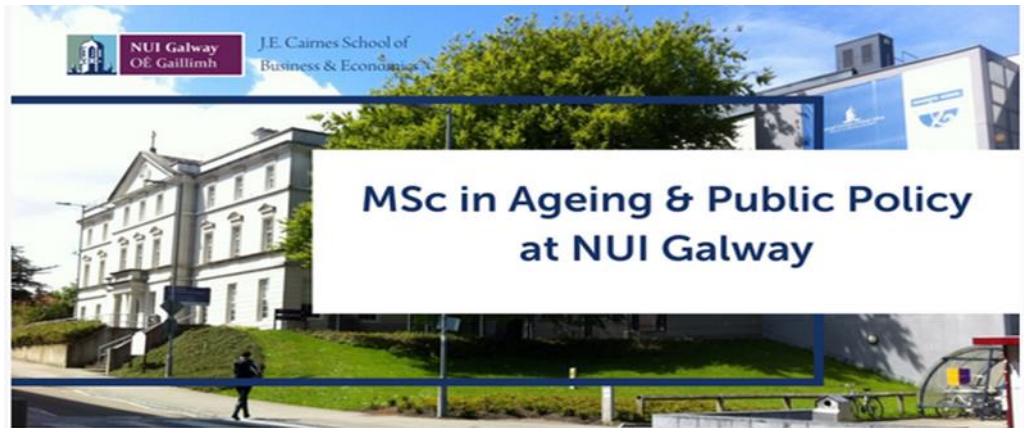


OÉ Gaillimh
NUI Galway

MSc in Ageing & Public Policy Taster Session

We are delighted to announce that we will hold an hour-long 'taster' and meet the lecturer's session for the MSc in Ageing and Public Policy on **May 26th 2022 at 11am.**

Register for this event - click [here](#) or contact icsg@nuigalway.ie



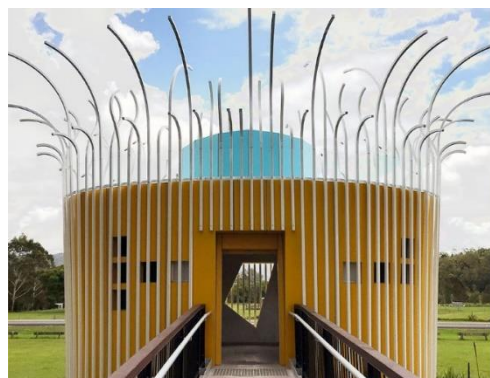
We will have four 10-minute mini-lectures, followed by a Q&A session, on the following areas:

- Dynamics of Ageing & Public policy
- International Policy & Ageing
- Work, Pensions and Retirement
- Social Exclusion and Inequalities in Later Life.

Virtual Spotlight – Restroom Deserts: Where to go when you need to go



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. This month we will explore restroom innovations that are helping to ensure all members of society can actively engage in the public sphere and what it takes to normalize the toilet conversation so more stakeholders will also come to see the issue in terms of public health, equity, and economics.



comhairle chontae na mí
meath county council



Most cities and communities do not have sufficient public restrooms for their populations. How is it that we relegate so little attention to such a basic human function?

Some 40% of the world or 3.6 billion people lack access to safely managed sanitation even at home. Join us on May 24 as we explore restroom innovations that are helping members of society, the elderly in particular, actively engage in the public sphere.

Please [join us](#) on **Tuesday, May 24 at 11 am ET** for a discussion with innovators in this space, including Jack Sim, Founder of World Toilet Organization (WTO).

Read the case study on Restroom Deserts: Where to go when you need to go, to prepare for a discussion on restroom innovations.

Case study link: <https://www.aarpinternational.org/resources/equity-by-design/equity-by-design-pia#next>

Series Landing Page: <https://www.aarpinternational.org/resources/equity-by-design/equity-by-design-pia>



Free Travel in Ireland

As everyone is getting out and about, **please make sure to check the expiry date on your bus passes**. A lot of people have not been travelling on public transport recently, but when they go to use the bus pass it might have expired.

The [Free Travel Scheme](#) allows you to travel, free of charge, on public transport and some private bus and ferry services.

Everyone aged 66 and over, living permanently in Ireland, can get the Free Travel Scheme. People with disabilities and carers aged under 66 may also qualify for Free Travel.


You must carry it with you when you are using public transport.

Paper free travel passes are no longer being issued but you can still use your paper pass, if it is valid.

You can use your Free Travel on most Iarnród Éireann, Bus Éireann, Dublin Bus, DART and Luas Services and on certain [private bus and ferry services \(pdf\)](#).

Free travel is also available on Dublin Bus [Nitelink](#), [Go-Ahead Ireland](#) and TFI (Transport for Ireland) [Local Link services](#).

[More details on the Free Travel Scheme can be found on their website.](#)



ExWell weekly Zoom

Please join our weekly Zoom meeting **tomorrow, Friday May 20 at 5 pm**. As usual, please share this link with anyone you feel may enjoy or benefit from hearing more about ExWell and what we do.

Schedule

5.00 pm: Welcome
5.05 pm: Chronic Disease Self-Management - *Sarah McCaffrey*
5.15 pm: Gluteal (Buttock) Pain - *Noel*
5.35 pm: ExWell Updates - *Danny*
5.45 pm: Discussion - *All*
6.00 pm: Finish

Local Updates



Age Friendly Library

2022 has been a busy year for Raheny Library so far. The library reopened at the end of April following essential refurbishment and upgrade works and is celebrating 50 years serving the community in November.

As part of our makeover we were particularly conscious of the needs of older people and managed to implement all 3 of our Age Friendly actions: Age Friendly Parking Spaces, Age Friendly Seating and Age Friendly LED Lighting and Shelving.



We are really pleased with our new Age Friendly Parking Spaces (including Age Friendly logo) which were painted by the Dublin City Council Traffic painting team on Thursday 21st April just in time for our reopening on Monday 25th April. They look absolutely amazing.



This is a pilot project for DCC Libraries which was made possible with funding from the Dublin City Council North Central Area office following initial contact

by our senior librarian Aisling Murray. Hopefully it can be rolled out to other libraries in Dublin city and maybe even replicated in libraries around the country.

Link to Raheny Library Facebook post here:

<https://www.facebook.com/RahenyLibrary/posts/5116157958445438>

Our consultation phase with older people took place in December 2021 using an in-house questionnaire (attached) as per the example in the Age Friendly Toolkit. We had 21 responses and feedback was very positive overall. People were particularly complimentary about how helpful and patient the staff are and the excellent level of service that we provide including online resources. We had a number of suggestions including classic movie nights, more age friendly events, have newspapers on display and assistance with mobile phones, laptops and iPads. One woman, Mary, said that her iPad kept her in touch with the world during Covid (her TV wasn't much good as she can't read subtitles and her hearing is not great).

As Age Friendly Champion for Raheny Library, I look forward to receiving our charter. If you require anything further, please get in touch.



The Mayor Meets..... Age Friendly Town, Mitchelstown, Co Cork.

Mayor Gillian Coughlan recently visited Age Friendly Town, Mitchelstown in County Cork. The local Age Friendly Committee Members and wonderful older community of Mitchelstown gathered in the Social Hub and told stories of the beginning of the Age Friendly journey and the path towards achieving the Age Friendly Charter. The walkabout through the town was testament to the ongoing efforts being made to make Mitchelstown an even greater town to grow older in.

The Social Hub's Singing for the Brain Group sang with joy and their Art Enthusiasts also had a very professional art display – just two of the many activities being held at the Social Hub, under the expert guidance of Hannah and Kathleen.



Mayor Gillian Coughlan being entertained by the Singing for the Brain Group from Mitchelstown Social Hub

The evening ended with a tea-party, chitchat and a singsong, joined in voice, by Cork County's Age Friendly Ambassador Charles McAllister.

As someone commented "It was like a Wedding Day Out" and it sure was... a good one, at that!! Thank you, Mitchelstown - the day of celebration, acknowledgement and meeting new friends will be fondly remembered by all who attended.



The Mayor Meets..... Mitchelstown AFT

Limerick Opera Festival



One of the central philosophies of Limerick Opera Festival is to present Opera for All. With this in mind, and in conjunction with Age Friendly Ireland, and Limerick City and County Council we are delighted to announce a special Age Friendly workshop as part of our inaugural festival.

Taking place in Saint Mary's Cathedral, Limerick **at 3pm on Tuesday 24th May 2022**, the internationally renowned pianist Una Hunt and celebrated Limerick bass Kevin J. Neville will pair up to present an afternoon workshop entitled "Ireland in Opera and Song".

The programme has been designed to include performances of arias from neglected Irish operas, a selection of Moore's Melodies and Irish songs, and piano pieces by Limerick's own composer, George Alexander Osborne and Waterford-born William Vincent Wallace, celebrating 210 years since the composer's birth. This is a very exciting afternoon of music, and tickets are a STEAL AT €5!!! Available to purchase from our website at the link below, we think you will agree this is an afternoon not to be missed.

<https://www.limerickoperafestival.ie/upcoming-events>

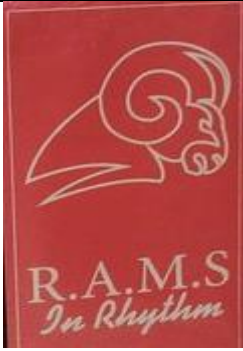
RAMS in Rhythm



Friday 13th May was a very special day for the RAMS in Rhythm, who presented the 4 District Responders, with a cheque for €1800, for the purchase of life saving equipment.

Making the presentation on behalf of the RAMS, were Chairman of RAMS Mr Paddy Becton, and our Musical Director Mr Liam O'Donnell.

Other members in attendance were Matt Dowling, Ciarán Dowling, Lorcan Ryan, Sean Keane, Jim Nolan, Amby Moloney.



The RAMS in Rhythm fundraise for the purchase of a defibrillator, for the village of Newcastle Co Dublin.



The RAMS in Rhythm sang at the Spar Supermarket Newcastle, and at Avoca Rathcoole, prior to Christmas. The RAMS in Rhythm sang, and performed, and the collection was done by the 4 District Responders.



With the generosity of Brian & Karan Kelly, who purchased the defibrillator for the use of the community.

This defibrillator is in situ at their shop in Newcastle.

As part of South Dublin County Council, Bealtaine Celebrations, the RAMS also sang at the Pieta House fundraiser in Corkagh Park, the 4 am until 6.30 am to the delight of the participants.

Friday the 13th we entertained patients and staff of Peamount Hospital, and again on Saturday 21st at the Mill Centre Clondalkin, from 12 noon to 3 pm.

The main recipients of our fundraising are

1. Capuchin Fathers
2. St Vincent de Paul

3. Down Syndrome Kildare branch.

The RAMS are very pleased to be performing again after such a trying time during lockdown.
The RAMS in Rhythm will again be in Avoca Rathcoole, singing and entertaining patrons of Avoca, and fundraising for the Capuchin Day Care Centre.
Photos courtesy of Evan Lee Dowling



Age Friendly Coffee Morning - Mary Immaculate College

As part of Limerick Lifelong Learning Festival 2022, Mary Immaculate College, Limerick is delighted to host an Age Friendly Coffee morning on Friday the 27th of May at 10:30am. This is an informal get together with the local community to discuss how we might make the Mary Immaculate College campus more Age Friendly and open and accessible to those older members of our community.

To register for this event please email patricia.osullivan@mic.ul.ie or telephone 061 205108

The flyer features the MIC logo (Mary Immaculate College) and the 2022 Limerick Lifelong Learning Festival logo. The text reads: 'MARY IMMACULATE COLLEGE INVITE YOU TO AN Age Friendly Coffee Morning Friday 27th May 2022 10:30 am G10, Mary Immaculate College'. On the right, it says: 'Have your say on how MIC can connect with and support the senior members of our local community! To register, please contact patricia.osullivan@mic.ul.ie or call 061 205108'. The bottom right of the flyer shows a photograph of a white coffee cup on a saucer with coffee beans scattered around it.

We look forward to seeing and speaking with you all on **Friday the 27th of May at 10:30am** in G10 in the main, Foundation Building.



Bealtaine Festival 2022

What's On for Bealtaine 2022



Each May, the national Bealtaine Festival seeks to inspire creativity among older people and to promote the skills, experiences and exposure that can lead to a richer, creative life. This year join us in dlr as we celebrate Creativity in Older Age with a packed programme of workshops, performances and much more, brought to you by dlr Age-Friendly Programme, dlr Libraries and dlr Arts Office. For more information on all our events, visit: <https://events.dlrcoco.ie/event/bealtaine-2022>

Get Moving!	Tech-Based	Fun & Informative		Creative Workshops	
Mixed Media Bookmaking with Nicola Faull 3rd 10:30am on Zoom	Guided Meditation with Srimanju Katragadda 3rd, 10th, 17th, 24th 7pm on Zoom	Mindful Chair Yoga with Sally Dunne 4th, 11th, 18th, 25th 10:30am Blackrock Library		Crochet Course with Margaret Goulding 4th, 11th, 18th, 25th 10:30am Shankill Library (book via Eventbrite)	Fairisle re-imagined with Pauline Gallagher 4th, 11th, 18th 2pm Dundrum Library
Photography Course with Fiona Ní Ghliasaín 5th, 12th, 19th, 25th 10:30am dlr Lexlcon (book via Eventbrite)	Get to Know dlr Libraries ACORN Tablet 5th 6:30pm Dalkey Library	Beginner's Drawing Course with Nicola Sedgwick 6th, 13th, 20th, 27th 10:30am dlr Lexlcon	Jewellery Workshop with Mary Daugherty 6th 10:30am on Zoom	Hand Reflexology with Hilery Condron 6th, 12th, 23rd at 12pm 20th at 6pm on Zoom 085 842 3307	Dementia Inclusive Tour with Claire Halpin 9th, 23rd at 11.30am 17th, 31st at 2:30pm dlr Lexlcon Gallery arts@dlrcoco.ie
Felting Art Workshop for Adults 9th, 16th, 23rd 2:30pm Shankill Library (book via Eventbrite)	Dementia Awareness & Tea Day 10th 11am-4pm dlr Lexlcon All welcome, no booking	Summer Wreath Making 11th 10:30am SWAN, 57 Ennel Court, Loughlinstown 086 1744863		Free Community Lunch 11th 12pm-1:30pm SWAN, 57 Ennel Court, Loughlinstown 086 1744863	Coiled Basket Workshop with Sharon Wells 11th 11am on Zoom

Fake News & Smart Habits 12th at 7pm 17th at 10:30am dlr Lexlcon (book via Eventbrite)	Theatre Performance with Carnation Theatre 17th 11am dlr Lexlcon Studio	Vintage Knitting Patterns with Pauline Gallagher 19th 6:30pm Dalkey Library	Archaeological Illustration with Sharon Wells 20th 11am on Zoom	Moving Skirts Dance Group 20th 1pm dlr Lexlcon	Tadhg Mac Dhonnagáin ag comhrá le Cathal Póirtéir & Tae Beag an tráthnóna 23ú 3i.n dlr Lexlcon Studio (book via Eventbrite)
'Under Surveillance' Film screening and panel discussion on Direct Provision 24th 2.30pm-4pm (book via Eventbrite)	An evening of Irish Traveller songs & stories with Thomas McCarthy 24th 7pm dlr Lexlcon Studio (book via Eventbrite)	Happy Birthday, Maeve Binchy! - Tea & Readings 26th 2pm Dalkey Library	Bealtaine Sing-Song, Music & Refreshments with Dún Laoghaire Active Retirement Assoc. 27th 2pm Boylan Community Centre	Vintage Youth STILL HERE! performance 27th 3:30pm Dance Theatre Ireland 01-2803455	

Additional events taking place throughout the month of May:

- Sing-along with Marion & Ruthie from 'Ma-Ru' in dlr Day Care Centres as part of Stirring Memories Project, funded by Creative Ireland
- Stirring Memories exhibition at Deansgrange Library
- Reflexology / Meditation & Stretch in dlr Day Care Centres & Nursing Homes



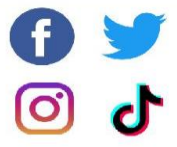
How to book for events:

- For **online events**, visit dlr Libraries at www.eventbrite.ie
- Note: If an event you wish to attend is booked, be sure to add your name to the waiting list as spaces may become available.
- Unless otherwise stated above, for **in-person events**, contact the relevant library via email /phone as listed.

Contact your local dlr Library:

Blackrock 01-2888117 blackrocklib@dlrcoco.ie	Dalkey 01-2855277 dalkeylib@dlrcoco.ie	Dundrum 01-2985000 dundrumlib@dlrcoco.ie	Shankill 01-2823081 shankilllib@dlrcoco.ie
Cabinteely 01-2855363 cabinteelylib@dlrcoco.ie	Deansgrange 01-2850860 deansgrangelib@dlrcoco.ie	dlr Lexlcon 01-2801147 dlrllexlconlib@dlrcoco.ie	Stillorgan 01-2889655 stillorganlib@dlrcoco.ie

Follow us on socials!



Bealtaine Festival

An Age & Opportunity arts initiative

An evening of traveller songs & stories with

Thomas McCarthy

Tuesday 24th May 2022
7.00pm

Studio, Level 1, dlr Lexlcon,
Dún Laoghaire

Acclaimed singer and storyteller, Thomas McCarthy will share his vast repertoire of traveller songs and stories as part of the Bealtaine Festival 2022 in Dún Laoghaire-Rathdown.

Traditional Singer of the Year, Gramam Ceoil TG4 awards, 2019

Recently profiled in the RTÉ documentary, 'Songs of the Open Road' directed by Pat Collins.

Organised by Dún Laoghaire-Rathdown County Council & Southside Travellers Action Group.

Don't miss the opportunity to experience this unique and wonderful artist.

All Welcome / Fáilte mhór roimh chách!

Bookings & Info: dlr Libraries Eventbrite.ie / 01 2801147
 Southside Travellers Action Group: 01 295 7372

Bealtaine Festival

An Age & Opportunity arts initiative

Tadhg Mac Dhonnagáin

ag comhrá le / in conversation with
Cathal Póirtéir

Tae Beag an tráthnóna ina dhiaidh
followed by Refreshments

Dé Luain / Monday
23/05/2022, 3p.m

Studio, dlr Lexlcon, Dún Laoghaire

Bi linn sa Lexlcon, áit a labhróidh an t-údar, foilsitheoir agus ceoltóir iomráiteach Tadhg Mac Dhonnagáin leis an gcráoltóir agus scríbhneoir ildánach Cathal Póirtéir, faoina chéad úrscéal 'Madame Lazare', a bhfuil an-rath air.

- 'Aitheantas speisialta' faighte ag 'Madame Lazare' ag Gradam Liteartha an Aontais Eorpaigh, Aibreán, 2022
- Leabhar na Bliana ag Gradaim Leabhar An Post, 2021
- Gradam Liteartha Oireachtas na Gaeilge, 2020

Beidh cóipeanna sínithe den leabhar ar fáil le diol ar ráta laghdaithe.

Join us in the Lexlcon, where the author, musician and publisher Tadhg Mac Dhonnagáin will be in conversation with writer and broadcaster, Cathal Póirtéir about his hugely successful, award winning first novel 'Madame Lazare'.

- 'Special Mention' for 'Madame Lazare', EU Prize for Literature, April 2022
- Irish Language Book of the Year, An Post Irish Book Awards in 2021.
- Oireachtas na Gaeilge, Literature Award, 2020

Signed copies of 'Madame Lazare' will be available at a reduced rate.

Fáilte mhór roimh chách! / All Welcome

Áirithint / Bookings: Conchúr Ó Sé, Oifigeach Gaeilge / coshea@dlrcoco.ie / 087 4301891





CHANGE THE WAY YOU SEE

I don't have crow's feet,
I have happy happy memories of laughing with friends until the tears flowed.

I don't have frown lines,
I have the marks of my frustration and confusion, which I battled through,
smiling in the end.

I am not going grey,
I have shimmering highlights of wisdom, dashed throughout my silver hair.

I don't have scars,
I have symbols of the strength I was able to find, when life got tough.

I don't have stretch marks,
I have the marks of growth and the marks of motherhood. My womanly
evolution.

I am not fat,
I bear the evidence of a life filled with abundance, blessings and good times.

I am not just forgetful,
I have a mind so full of stories, memories and moments there is scarce room to
hold much else.

I am not old,
I am blessed, with a life of great length, something not everyone can say.

Don't change the way you look my friend,
change the way you see,

change the way you see.

Donna Ashworth
From 'to the women' on amazon

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 us at agefriendlyireland@meathcoco.ie for inclusion in our weekly newsletter!

International Updates



IFA Global Cafe | In Conversation with Dr Jacqueline Stark Former Chair of the NGO Committee on Ageing in Vienna

The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Dr Jacqueline Stark Former Chair of the NGO Committee on Ageing in Vienna**



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