

National Updates



Don't forget we are on social media so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country 😊

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

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

Agefriendlyhomes.ie – Information on Housing for our Ageing Population



Living well in later life is important for all of us. Older people's expectations are changing. The 'new old' are healthier, more active, and more technologically engaged. To meet these changing expectations requires a wider mix of age friendly housing options and healthcare supports to suit diverse lifestyles. This website provides resources, guidance and links to other sources of information to support people to live well as they age. Here you will find information on new and existing homes, grants and funding, healthcare, design information, technology, public realm, regulations, policy and research. It is now also home to our weekly Telehealth Blog.

[You can view the website by clicking here](https://www.agefriendlyhomes.ie)



Research Project: Climate Change in Rural Ireland: Older People's Perspectives

Are you aged over 55 years?

From a rural or agricultural background?

Maynooth University and Age Friendly Ireland Research Manager would like to hear your thoughts of climate change on older people in rural Ireland

If interested in taking part, please contact Adrienne at:

Adrienne.mccann@mu.ie for further information

Or

You can complete the survey here:

<https://maynoothuniversity.onlinesurveys.ac.uk/climate-change-in-rural-ireland>

Dr Adrienne McCann is a researcher and part-time farmer, concerned with how climate change will impact older people living in rural Ireland or from traditional agricultural areas.

This study aims to explore the older person's perspective of climate change, and how proposed changes may impact life in rural Ireland, particularly on agricultural practices and rural living.

National Age Friendly Ireland Programme

A Shared Service Function of Local
Government



Link to survey: <https://maynoothuniversity.onlinesurveys.ac.uk/climate-change-in-rural-ireland>



Bealtine Festival

There is still time to apply! Closing date for receipt of expressions of interest is Tuesday, August 2nd, 2022 at 5pm.



Do you have a background in arts in care settings?

This might be of interest to you! We're seeking expressions of interest from individuals with an interest & background in the arts and older people in a care context, to act as facilitator for a new **Age & Opportunity** Arts initiative, the Artists Care Exchange (ACE). Full details on how to apply: <http://ow.ly/jEtY50K1XNp>

Age & Opportunity Arts initiative, the Artists Care Exchange (ACE).

Learn more here: <http://ow.ly/LMXr50K1XNq>

Nursing residents & staff to gather for Nursing Homes Week 2022

Coming Together is the theme for the 2022 celebrations



Nursing home residents and staff across the country are preparing for Nursing Homes Week 2022, which will take place Monday 29th August to Sunday 4th September.

The national celebration that recognises the positivity of nursing home care and the integral role it fulfils within Irish society is returning following a two-year absence due to Covid19.

The theme for the Week is *Coming Together*, encompassing the togetherness and friendship between nursing home residents and staff which is a hallmark of nursing home care. This has never been more evident than the past two years during Covid19.

An array of special celebrations will be hosted by nursing homes across the country, bringing residents, staff and visitors together in appreciation of the special role nursing home care fulfils in meeting the health and social care needs of nursing home residents.

Tadhg Daly, Nursing Homes Ireland Chief Executive states: “We are delighted to welcome the return of Nursing Homes Week following its two-year enforced absence. We have taken opportunity this year to encourage celebrations that mark the very special bond between residents and staff that exists within our nursing homes. That bond has been so crucial in supporting people who were most adversely impacted by Covid19 in maintaining their resilience and keeping their spirits high. Support, friendship and person-centred care is integral to nursing home care and we are very proud to celebrate it during Nursing Homes Week 2022.”

A listing of over 400 NHI Member Nursing Homes is available to view at nhi.ie (<https://nhi.ie/find-a-nursing-home/>).

Further information in respect of Nursing Homes Week 2022 contact Michael McGlynn, NHI Communications & Research Executive at 01 4699800 or 087 9082970.

Invite for Age Friendly Activity



Feeling too old for Technology? We are here to help you!



Together We Can!

Who are we?

We are master's students from UCD Michael Smurfit Business school and we are here to help you with the recent trends in technology. We aim to reach out to older people and guide them with internet tips and tricks that would benefit them in daily life.

Learning Session Includes:

Internet Browsing Tips & Tricks
Online Shopping Guide
Telecommunication
Application



Event Details:

Date: 02/08/2022

Time: 12:00-12:30 pm

Join Here: <https://ucd-ie.zoom.us/j/67275727420?pwd=YkZNa3gyclkrdnQ3WERNREliMmlydz09>

For more information

neha.jadhav@ucdconnect.ie

bhakti.shirke@ucdcoonect.ie

Click Link Here: <https://ucd-ie.zoom.us/j/67275727420?pwd=YkZNa3gyclkrdnQ3WERNREliMmlydz09>

Older Persons Fund 2022



The Older Persons' Fund was established by The Community Foundation for Ireland and Atlantic Philanthropies in 2014 to promote the civic engagement of older people, as a means of working towards making a difference in their communities.

The Older Persons' Fund seeks to support older people's voices at a local and national level and their capacity to engage fully in all strands of society. In line with this goal, the mission of The Older Persons' Fund is to support strategic community based and national activities promoting Older People as Active Citizens and Advocates – including influencing policy, community decision-making processes, leadership, negotiation, and other ways to give greater “voice” to Older People.

Since 2014, over €1.5 million have been awarded to organisations working on these goals across the country from the Older Persons' Fund.

Irish organisations working with older people in Ireland to achieve the objectives above can apply for a grant under the following strands:

- Active Citizenship
- Advocacy

Organisations can apply once to one of the Strands above.

All applications must meet the criteria for the Fund, any organisation or project that does not meet the eligibility criteria will not be successful in this grant round.

We recommend that organisations read through each criteria document before making a decision about applying.

For more information and application [Click Here](#)



ExWell Zoom

Dear ExWell Participants and Friends,
Please join our weekly Zoom on **Friday July 29th at 5 pm**. This week we will hear from one of our recent intern students about his research project, as well as discussing Tremor.

As usual, please share this link with anyone you feel might enjoy or benefit from hearing more about ExWell

The schedule for Friday is:

4.00 pm: Long Covid Zoom link is

<https://us06web.zoom.us/j/85737507548?pwd=SzU1OTBKQzdDQnlqc3hDTE5VbzFCdz09>

5.00 pm: Welcome

5.05 pm: Rectal (Back passage) Bleeding *Dr Noel McCaffrey*

5.25 pm: ExWell Updates

5.35 pm: Q & A / General Discussion

6.00 pm: Close

The link for the meeting is below:

Join Zoom Meeting

<https://us06web.zoom.us/j/84547242751?pwd=Tmo3dDExTTJCamNnNGRuN3FidE9lZz09>



Cavan Age Friendly Programme

On Wednesday 20th July Cavan County Council's Cavan Age Friendly Programme launched the Cavan Age Friendly Strategy 2022 – 2024.

In launching the strategy, Cathaoirleach of Cavan County Council, Cllr John Paul Feeley was joined by Cavan County Council's Chief Executive and Chair of Cavan Age Friendly Alliance, Tommy Ryan, Chair of Cavan Older People's Council and Cavan Age Friendly Ambassador, Bob Gilbert, and members of Cavan Age Friendly Alliance, Cavan Older People's Council, and Elected Members of Cavan County Council.

This is the third Cavan Age Friendly Strategy, which will build on the significant progress made to date in making Cavan an age friendly county; a county where older people lead healthy and active lives, and where they are given opportunities to participate fully in community life while being valued and respected by others.



The strategy contains actions that are specific and targeted towards addressing needs identified in consultation with older people and the achievement of these actions will ultimately bring about changes required to make the physical, social and cultural environments of our county age friendly.

Launching the strategy, Cathaoirleach of Cavan County Council, Cllr John Paul Feeley said, "This strategy is an excellent blueprint for continued age friendly action by all stakeholders, who can build on our shared commitment to making Cavan an Age Friendly County. I also wish to congratulate all the businesses who participated in the Age Friendly Business Recognition Scheme, a forward-thinking initiative, which will make these businesses open and accessible to people of all ages".

[Click Here for Full Press Release](#)

Clare Older People's Volunteer of the Year Award 2022



Clare Older People's Volunteer of the Year Award 2022

WANTED

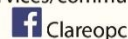
The search is on again to recognise those who give their time, energy and skills to help others in the local community

For an application form please email:
hmoloney@clarecoco.ie or visit
<https://www.clarecoco.ie/services/community/age-friendly-programme/clare-age-friendly-county.html>
or telephone (065) 6846240

**Application forms must be submitted by
Friday 16th September 2022**



<https://www.clarecoco.ie/services/community/age-friendly-programme>



Clareopc



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



A Great Send Off

Today was a tremendous day for the RAMS activity morning, in the Community Centre Newcastle. It was a real surprise to have the Lord Mayor of South Dublin County Council Cllr Emma Murphy, grace us with her presence, and enjoy the hospitality offered to them by our men. Also, to Deputy Emer Higgins who came to wish all our members a wonderful happy break and looking forward to hearing us sing in the many venues booked for the remaining months. The Lord Mayor spoke

of the great success of the RAMS and The RAMS in Rhythm. The Mayor complimented our group for supporting each other "As we Age" and wishing us health and happiness for the future of the RAMS. The Mayor spoke of the contribution that the RAMS have made to the Community Centre in the past years, and how well the Community centre looked. Both the Mayor and Deputy Higgins enjoyed the freshly baked scones, and beverages (tea/coffee) served by the men.

The scrumptious strawberries and cream were a real treat but skip on the cream!! Our very own Musical Director Mr Liam O Donnell presented The Mayor and Deputy Higgins, with garden gnomes, which he makes as a hobby. Liam makes these, when he is not practising singing for us RAMS in Rhythm. A man of many talents. The goodie photo is a presentation the RAMS Chairman Mr Paddy Becton gave of, Banana bread, wholemeal brown bread, freshly baked fruit scones.

As the visit was a half hour visit, The RAMS in Rhythm, surprised the Guests, with a rendition of songs to entertain them:

Dublin in the Rare old Time
Somewhere over the Rainbow
Oh, Lord I hope this Day is Good?

Had we had more time, the singing would have lasted all afternoon.

Our Chair Paddy Becton thanked the Mayor and Deputy Higgins, for giving of their valuable time to visit the RAMS, and for their kind words to our group. Our Guests received a standing ovation on their departure, and we look forward to having them visit us again for our Christmas Celebrations.

Matt Dowling, Secretary, RAMS

Grandparents and Older People Day in Knock



Picture Fr Richard Gibbons Parish Priest in Knock with Liz Downes, vice chair of Cork County Older People's Council and Catherine Wiley founder of the CGA.

Liz Downes, vice chair of Cork County Older People’s Council had a very memorable day at Knock Shrine on Sunday last. It was to celebrate grandparents and older people who are often overlooked.

Catherine Wiley the founder of the Catholic Grandparents Association (CGA) firmly believes that Grandparents and older people are needed more than ever, not just as teachers of the faith, but as fountains of wisdom and sensibility— qualities which our world needs these days. It was very moving and very enjoyable day.

Clár Éire Ildánach
Creative Ireland
Programme
2017–2022





Ceili Recall


Céilí Recall © is a ‘train the trainer’ style programme for older people in Dublin City in which older people are trained in adaptive Irish céilí (group) dance and assisted in organising adaptive céilí sessions for older people within their own local areas.





Facilitated by experienced arts and health practitioner/researchers, the céilí dance activity is the vehicle through which additional creative initiatives (namely collaborative story exchange in which the role dance has played in the lives of participants is recalled; an animation capturing the essence of the programme from the participants’ perspective; and an artwork) are generated throughout the project. The programme concludes with a performance event (details to be confirmed) involving an integrated céilí, panel discussion and a public showing of the animation and artwork.

Clár Éire Ildánach
Creative Ireland
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A River Flows Through it

Facilitated by artist Rachel Lartey, the initiative brings older people together in a creative response to the riverine and coastal communities in the south east of Ireland. Workshops are currently taking place in Carlow, Kilkenny, Wicklow, Wexford, Waterford and Kildare.



The work is funded by the Creative Ireland Programme and managed by Age Friendly Ireland in the context of creative activities supporting older people's health and wellbeing.



There will be a celebration concert event on 28th September to mark the great work done by participants in the Dolmen Hotel (Carlow) on Wednesday, 28th September @ 5pm.

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 Ms. Jane Teasdale and Ms. Jayne Armstrong on "Person Centered Care & The Seniors' Outdoor Activation Toolkit"



The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Ms. Jane Teasdale, Principal, Director of Business Development Mosaic Home Care Services & Community Resource Centres and Ms. Jayne Armstrong, Project Manager, 8 80 Cities**

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