

National Updates



The National Age Friendly Achievement Awards 2022

27 Projects Shortlisted for National Age Friendly Recognition Awards Clare County Council Host Awards Ceremony in Dromoland Castle



Councillor Tony O'Brien, Cathaoirleach of Clare County Council welcomed over two hundred and 50 people from across Ireland to the wonderful Dromoland Castle for this year's National Age Friendly Recognition and Achievement Awards ceremony on Thursday, 27th October at 6.30 pm.

The Age Friendly Recognition and Achievement Awards showcase age friendly initiatives from around the country that are contributing to making Ireland a great place in which to grow old. The event was presented by Age Friendly Ireland, a shared service function of Local Government in Meath County Council and was hosted and sponsored by Clare County Council. Master of Ceremonies for the evening was the wonderful Marty Morrissey, Irish sports commentator and television presenter with RTÉ.



This is the sixth annual awards ceremony for Age Friendly Ireland since 2014. Clare County Council expressed an interest to host the awards with Age Friendly Ireland in 2020 however due to the pandemic in early 2020 and like many other events, our awards ceremony had to be postponed.



In 2022 in consultation with our Older People's Councils we collectively agreed that there was a huge appetite to bring back the awards, given the dreadful events of the previous two and a half years. Clare has been an Age Friendly County since 2013 and have made significant progress in embedding an age

friendly approach to all of their work, as such we were delighted to have the Awards Ceremony hosted in the beautiful County Clare.



This year eight categories of awards, aligning to the themes of the World Health Organisation Age Friendly Cities and Communities, were presented to age friendly projects in recognition for their innovative and creative approach to making Ireland a great place in which to grow old.





Age Friendly Community Innovation Award

Winner: Tipperary Age Friendly EXPO Event June 2022

Presented by:

Bairbre Nic Aongusa, Assistant Secretary, Department of Rural & Community Development



Age Friendly Transport Award

Winner: World's 1st Age Friendly Airports: Ireland West Airport Knock and Shannon Airport

Presented by:

Garret Doocey, Assistant Secretary General, Department of Transport



Age Friendly Communication Award

Winner: Cork City Partnership - Friendly Call Cork

Presented by:

Anna McHugh, Head of Corporate Communications, An Post



Age Friendly Housing Award

Winner: DLR, Rochestown House

Presented by:

Peter Burke, TD, Minister of State at the Department of Housing, Planning and Local Government



Age Friendly Environment Award

Winner: Ennis Age Friendly Town Strategy

Presented by:

Ger Craddock, Chief Officer, Centre for Excellence in Universal Design at the NDA



Age Friendly Active & Healthy Ageing Award

Winner: Wexford Telehealth Pilot Project

Presented by:

Dr Stephanie O'Keeffe, National Director, Strategic Planning and Transformation, HSE



Age Friendly Safety & Security Award

Winner: Digital Mapping Older Persons Register

Presented by:

Paula Hilman, Assistant Commissioner, An Garda Siochana



Age Friendly Business Innovation Award

Winner: Boots Ireland partnering on the Dementia Understand Together campaign

Presented by:

Margaret O'Brien, CEO Ennis Chamber on behalf of Chambers Ireland



Special Judges Awards

Winner: An Garda Siochana

Presented by: John Kerins (Judge), Age Friendly Awards Selection Panel

Full Press Release Here:

https://agefriendlyireland.ie/wp-content/uploads/2022/11/Media-Release_Clare-County-Council-host-National-Age-Friendly-Awards-2022.pdf

Meet the Team – Healthy Age Friendly Homes Coordinators

As you know last week, we celebrated our The National Age Friendly Achievement Awards 2022 in which all our wonderful Healthy Age Friendly Homes team attended.



This week we would like to introduce you to Tracey Thompson who is the Healthy Age Friendly Homes Coordinator for Tipperary.

Tipperary actually won this years award for Age Friendly Community Innovation Award for their “Tipperary Age Friendly Expo Event June 2022”, which Tracey was a part off on the day.



Hello, my name is Tracey Thompson and I am the Healthy Age Friendly Homes Coordinator in Tipperary. I have had the pleasure of visiting people in their homes since January 2022. For me this role is about making connections, providing information and helping people to make small changes that make their day to day lives easier. It is very individual service and completely led by the older people I engage with.

I am pictured here with 2 of my colleagues in Tipperary (I am the one on the left side) at a recent Age Friendly Expo day in Thurles. The Age Friendly team pulled together over 50 agencies to showcase their services and provide information on what they offer and how to

access it. It was a huge success and over 200 people attended on the day. Indeed the Tipperary Age Friendly team were given an award for the successful event at the recent AF award ceremony in Dromoland Castle on 27th October 2022.

I love my job and look forward to making connections with you going forward.

If you are in the Tipperary area and would like to get in touch with Tracey and learn more about the programme locally, you can contact her on **085-8603416** or Email tracey.thompson@meathcoco.ie

If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 909 7417**

Avondale, Beyond the Trees is the first Age Friendly tourist destination in Ireland.



Minister Mary Butler TD and Senator Patrick Casey enjoyed the launch of Avondale Beyond the Trees, at the recent event to award Age Friendly status to the facility, the first Age Friendly tourist destination in Ireland.

Minister Butler said: *I was honoured as Minister for Mental Health & Older People to award the Age Friendly Charter to Beyond the Trees Avondale*



This wonderful event made the front page of the latest Wicklow Times. There is also a page of coverage inside.

Here's the link:

http://wicklowtimes.net/wp-content/uploads/2022/11/Wicklow_Times_8_11_22.pdf



Join Our Free Online Age Friendly Business Training



Could you use a few more customers? How about
1 million more...



Did You Know . . . There are three quarters of a million older people (65+), living and shopping in Ireland and this is anticipated to grow to 1.5 million by 2051. Older people account for up to 50% of all consumer spending in the EU. They have the time to shop, they like to shop, and they are loyal customers. They will come back to you again and again if you make the consumer experience comfortable and pleasant for them.

Are you doing everything you can to capture and retain this powerful customer base?

Age Friendly Ireland Business Recognition Programme are now offering a number of open online training dates – not specific to a town or company – which everyone is welcome to attend. Please do tell your colleagues and fellow business owners about the opportunity, we would love to have them on board

Age Friendly Business Recognition Open Training

Wednesday 16th November 10am-12pm

Join Zoom Meeting

<https://us02web.zoom.us/meeting/register/tZAvd--qgT8pHdZNeOqBJdc17YFAJi-JAQ1>

Age Friendly Business Recognition Open Training

Wednesday 18th January 10am-12pm

Join Zoom Meeting

https://us02web.zoom.us/meeting/register/tZAsdumoqD0sE9YKp_LL3dmulBv3zP2Y12KL



Prevent Adult Abuse

11th. November 2022
safeguardingday.ie



Adult Safeguarding Day takes place on Friday November 11, 2022.

The event is an initiative of Safeguarding Ireland – and supported by the HSE – in partnership with a wide reach of organisations across the health, social, financial and justice sectors.

The aim is to raise a greater awareness and understanding of safeguarding with respect to 1) preventing adult abuse and 2) responding to adult abuse.

What is Safeguarding?

Safeguarding means putting measures in place to uphold our rights, to support our health and wellbeing, to reduce our risk of harm – and to empower us to protect ourselves.

Safeguarding involves ourselves, our families, services and professionals all working together to prevent and respond to adult abuse, neglect or coercive control.

Safeguarding means empowerment – that if we face challenges with our capacity, ability or independence our decisions are supported and respected.



[SAFEGUARDING: Prevent Adult Abuse – Decision-Making.](#)



Programme and speakers finalised for Healthy Planet Healthy People conference

10am on Wednesday, 30 November, 2022

The countdown is on. It is less than three weeks until the free 2022 Joint Public Health Conference, which takes place online this year and will focus on climate change and health.

On **30 November** hundreds of health professionals, researchers and policymakers, from across Ireland and Northern Ireland and beyond, will convene virtually for the **Healthy Planet, Healthy People** conference to consider the potential impacts of climate change on health, as well as the potential health benefits of taking climate action.

We are delighted to confirm that the [programme](#) for the **Healthy Planet, Healthy People** event is now finalised and can be accessed on the conference website at <https://healthyplanetconference.org/>.

The 2022 Joint Public Health Conference is one of the first major conferences to highlight the impacts of climate change on population health on the island of Ireland.

[Register Now](#)



A Government of Ireland Initiative brought to you by the
Department of Public Expenditure and Reform

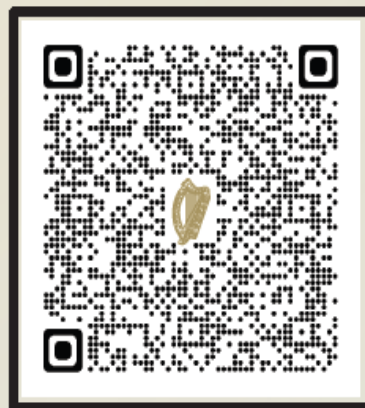
Have Your Say!

The future of Digital Public Services

- Do you have ideas for improving public services as we put them online?
- Are there reasons you don't use public services online?
- Are there public services you think should be available online?

Scan here with your smartphone
camera to find out more:

gov.ie/YourDigitalServices



*"This is a great opportunity for anyone to inform
and set the government's digital priorities
over the next 7 years."*

- Minister of State Ossian Smyth TD

This is a public Consultation and the
Freedom of Information Act 2014 applies.



Minister McGrath and
Minister of State Smyth are
inviting members of the
public to share their views
and help shape the future
direction for digital public
services.

The Ministers are keen to
drive up participation levels
and to get the views of as
wide a range of people as
possible.

The QR code on the poster
will allow you to easily
access the survey by
pointing the camera of their
smart phones at the QR
code image.

By way of some
background, Minister
McGrath, [when launching
the consultation](#), said:
*"I am delighted, with the
launch of this public
consultation, to give
individual members of the
public the opportunity to
have their say in how we
deliver government services,
online or otherwise.*

*We are interested in three
things: Do you have ideas
for improving existing public
services? Are there reasons
you do not use digital public
services? Are there services
you think should be
available online?"*

The [consultation](#) remains open until **20 November 2022** and fulfils a commitment in [Connecting
Government 2030, the Digital and ICT Strategy for Ireland's Public Service](#)

DCU

Ollscoil Chathair
Bhaile Átha Cliath
Dublin City University

Addressing Ageism in the Workplace

Date: **Thursday, 17 November 2022**

Time: **10am to 1pm**

Location: Solas Room, U Building, Glasnevin Campus, Dublin City University

Live Link: <https://youtu.be/ISLR-An0TPc>

For further details and to register your interest, please click [here](#)



The conference will be composed of a diversity of representatives from all age groups in industry, technology, and representatives from a diversity of workplaces, policy and academia.

This is part of a DCU research project called POWER AGING, which is funded by the Irish Research Council (IRC) under the New Foundations programme 2022.

POWER AGING builds on a DCU report (2020) on ageism and bullying, which discovered that informed strategies, policy and practice need to be developed to address ageism and bullying in workplaces (Corrigan and Morgan, 2020).

This project is a partnership approach between the Anti Bullying Centre (DCU) and the N.G.O. Age and Opportunity. It will provide strategies to promote economic, social, cultural, education and training benefits for older people in Ireland. This is in particular to address issues related to behaviours of both the mind and environment, which currently can impact younger and older workers either in a negative or positive way. The overall aim is to facilitate change to promote policy and practice, which supports positive ageing in our world today.



Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on **Friday November 11th at 5pm** for our weekly Zoom. We will be discussing bunions. As usual, please share this email with anyone you feel might benefit from or enjoy hearing about ExWell.

The schedule is as follows:

5.00 pm: Welcome

5.05 pm: Bunions

Dr Noel McCaffrey

5.25 pm: ExWell Updates

Danny Fagan

5.35 pm Q&A / Discussion.

All

The link for the meeting is

<https://us06web.zoom.us/j/85746150581?pwd=czlrRmFXaWZSYkVOeXVWRzB2NzduZz09>

+OY TOGETHER OLD & YOUNG

A not to be missed opportunity to learn how young children and older adults are learning together also in (post) COVID times.



Learn about intergenerational practice and create opportunities for intergenerational learning in your own area.

Presentations, videos, readings, discussion boards and quizzes.

**JOIN OUR FREE 5-WEEK ONLINE COURSE
STARTING ON 7 NOVEMBER 2022**

FREE

- Access to this course for 5 weeks
- Includes all videos, articles, self-assessment activities, discussion forums, quizzes and games

UPGRADE

- Unlimited access after course ends
- Includes all course materials
- Certificate of Achievement (provided you have 80% success rate on the quizzes)

50 euro

For more information and to register, visit the TOY website

Local Updates



Did you know about the Men's Sheds?

Don't sit in – join your local Men's sheds, a great social outlet for men

A men's shed is a community-based, non-commercial organisation that is open to men. Men's sheds provide a place where men can feel included and safe. The aim of men's sheds is to improve the health and wellbeing of their members. Currently, there are over 450 sheds in Ireland, with at least 10,000 men visiting a shed every week. All sheds are independent, and the range of activities carried out by sheds differ from the next. Most sheds engage in activities such as woodworking, gardening, carpentry and community work.

For a list of all Men's Shed and to find your local one, click here:

<https://www.gov.ie/en/collection/bf6ec-list-of-mens-sheds/>



Events and Services at Bunclody Library

WexSci Wexford Science Festival –

'DNA Science Of Life With Cas Kramer' on Thursday 17th November at 7pm.

Join Dr Cas Kramer for an interactive exploration of DNA, an extraordinary molecule that we all carry in almost every cell of our bodies and that defines who we are!

To book a space, please visit: <https://bit.ly/3ToOtce>

The Glucksman Viewpoints Touring Exhibition

This exhibition will visit Bunclody Library from 17th to 30th November 2022.

Sensory Friendly Quiet Hour

Every Saturday from 4-5pm, Sensory Friendly Quiet Hour is observed in the library.

We encourage you to come along and relax in the calm environment of the library. All welcome!



Ceílí Programme – Region – Dublin City



The Age Friendly Ireland and Creative Ireland Regional Arts 'Adapted Ceilí' Programme had its final session in the form of a Ceilí Mór last Wednesday in Dublin City Council's Dominick Street Recreation Centre led by Dublin City Council's Central Area Community Section and facilitated by Dublin City Council's Recreation Services.



The programme had run through the summer months at St. Oliver Plunketts Eoghan Ruadh GAA Club each week whereby different community leaders had come together to learn new dances under the guidance of the Munster Academy of Dance.



The eight-week programme has seen a number of local groups develop into sustainable weekly Irish Dancing groups within city. The Ceilí Mór brought these groups back together to showcase their talents and to have a bit of fun through Dance, Ceoil and Craic on the night. The Brian Ború Band provided great entertainment for the dancers, where over 80 participants danced the night away in what was a great fun atmosphere and highly sociable night.



WATERFORD OLDER PEOPLE'S COUNCIL

*Working to make
Waterford a great place
to grow older in*

SELF-AGEISM REPORT LAUNCHED

Mary Butler, Minister for
Mental Health and Older People
welcomes report.



Waterford Older People's Council have now released their 'Combatting Self-Ageism: Advocacy through the Arts' report which highlights the scale of ageist and self-ageist attitudes in Ireland today and the impact it has on people's health and wellbeing. Studies have shown that self-ageism strongly undermines older adults' physical, emotional and mental health, and therefore requires greater recognition as being a serious social and health threat to the people of Ireland. The Report which was funded by the Community Foundation of Ireland and produced by Rachel Lartey, was welcomed by Minister Butler at the launch held in the Waterford Medieval Museum.



INVITATION

Co. Wicklow Older Person's Council

Seminar and Open Day 2022

Friday 25th November 2022 - 10am to 3pm

Brockagh Resource Centre, Laragh, Co Wicklow

No charge for Refreshments. Light Lunch included.

BOOKING IS ESSENTIAL

Please RSVP by Tuesday 15th November

Book by email, phone or text - Contact:

Pauline Fahy: paulinebfahy@gmail.com tel : 086 312 0322

Or Mai Quaid: quaidfj@gmail.com tel : 086 382 4343



Co. Wicklow Older Person's Council

Seminar and Open Day 2022

Friday November 25th

Brockagh Resource Centre, Laragh.

10.00 Registration and Refreshments

10.45 **Welcome:** Mai Quaid, Chairperson, Co. Wicklow Older Person's Council

11.00 Keynote speakers:

'Managing your money in a changing world'

Michelle O'Hara, Regional Manager, South Leinster, MABS

'Planning Ahead and Safeguarding Yourself'

Patricia Rickard-Clarke, Sage Advocacy Services & Safeguarding Ireland

'Be Well – Aging at Home'

Conor Geoghegan, Head of Services (South), ALONE

11.45 **OPC Survey Results** - John A. Weafer, Weafer Research Associates

12.00 Questions and Answers – Panel Discussion

12.20 **Age Friendly Ireland Update** - Alice Corbett, Regional Manager South East

12.30 Break for Lunch

1 .30 **Music with 'The Wicklow Man' and Dancing**

2.30 Raffle

2.50 Concluding remarks – Mai Quaid, Chairperson, Co. Wicklow OPC

3.00 Ends

BOOKING IS ESSENTIAL – Please RSVP by Friday 18th November

To Pauline Fahy: paulinebfahy@gmail.com tel : 086 312 0322

Older Persons Council Training North Region

In the North Region, on Tuesday the 8th of November, Mayo's Older Persons kicked off the start with the role out of the Older Persons Council Training.



All Executive members welcomed the training and enjoyed many discussions around their roles, strengthening the membership going forward and ensuring that the Mayo's Older Persons Voice is being heard at local level and National Level.



The training was delivered by regional manager Mairead Cranley and that all regional managers will be delivering this in their local areas over the coming months.

Every training participant received a hard copy publication of the Older People's Council operating guidelines.

Creative Exploration of St Brigid in the North Region



Over 50 older people across the north region recently took part in a bespoke creative initiative that explored the culture and history associated with St Brigid. St Brigid holds a unique position in Irish culture, being the second patron saint of Ireland, and also having been venerated as a Goddess in pre-Christian Ireland.

Artist Marie Brett delivered creative straw, mask making and poetry workshops in 3 areas for older people across the six counties in the North region: Donegal, Cavan, Sligo, Leitrim, Monaghan and Mayo.



The final event, a modern-day celebratory pageant, took place in the National Museum of Ireland (Museum of Country Life) Turlough Park in Mayo. Forty participants took part in the final event which represented a coming together of older people across the region to celebrate the natural world and Brigit traditions including a procession with the crafted items from the workshops, and 'positive intentions' – a hope, or wish for the future carried by each individual to a ceremonial fire hearth.



The activity was co-ordinated by the Artist Marie Brett and Age & Opportunity with support from Age friendly Ireland's Regional Manager Mairead Cranley and funding from the Creative Ireland Programme. This initiative has laid the ground work for ways of celebrating the new bank holiday on St Brigid's Day o 1st February 2023 with the pageant event being documented via video recording.

Celebration Conference recently celebrating the first decade of our Kilkenny Age Friendly Programme



Kilkenny Older People's Council Celebrates

Kilkenny's Age Friendly Programme is hosted by Kilkenny County Council. The recently held Kilkenny OPC Celebration Conference was attended by Councillor Pat Fitzpatrick, Cathaoirleach, and Mr Sean McKeown, Acting Chief Executive, Kilkenny County Council and Chair of the Alliance. The event was also attended by Annette Fitzpatrick, Age Friendly Programme Coordinator (County Council) and Alice Corbett, Regional Support, Age Friendly Ireland, attended the celebration of Kilkenny Older Peoples Council contribution to the first decade of the Kilkenny Age Friendly Programme, (2010-2019)



An Cathaoirleach, Kilkenny County Council:

An Cathaoirleach, Kilkenny County Council, Councillor Pat Fitzpatrick, congratulated the recent programme of Consultation Gatherings held in the City & County. He highlighted several initiatives including many firsts-Kilkenny City being granted Age Friendly status by the World Health Organisation, the first City in Ireland to achieve this, the Ormonde Hotel- the first Age Friendly Hotel, St Luke's Hospital the first Age Friendly Hospital in Ireland, McDonagh Railway Station to be announced as the first Age Friendly Railway Station in Ireland and the first Age Friendly Shopping Centre-McDonagh Junction.



To read more, Click Here:

<https://agefriendlyireland.ie/wp-content/uploads/2022/11/AFI-Article-No-2-on-Celebration-Conference-Cathaoirleach-Acting-CE.pdf>

Kilkenny Older People's Council Celebrates

For the first time in three years Kilkenny Older Peoples Council (OPC) held its conference in the Age Friendly Ormonde Hotel on Tuesday 1st November. Over 170 members and 30 guests attended the celebration of Kilkenny Older Peoples Council contribution to the first decade of the Kilkenny Age Friendly Programme. A special effort was made this year to encourage new members to attend and to ensure a wider representative group from all geographical areas of the County, It was the first time for many to attend such an event.



Members of Kilkenny OPC attending its Celebration Conference.

To read more, Click Here:

<https://agefriendlyireland.ie/wp-content/uploads/2022/11/AFI-Article-No-1-Chair-of-OPC-Age-Friendly-Ambassador.pdf>



Free and Fun Introduction to Analogue Photography for Adults Aged 55

A promotional poster for a photography workshop. It features a large '55+' in white on a dark background. To the right, the text 'Casual Photography Meeting 2' is written in white. There are three small inset photos of people. A circular logo for 'THE SLOW CAMERA EXCHANGE' is in the top right corner. The background is a collage of orange and brown tones with faint images of people and a camera.

Thursday 24th November 2022
10am-1pm @ Hollyhill Library

Free Event | Analogue Photography 101 | Tips and Tricks | Fun, relaxed learning environment | Beginners welcome! | Age 55+

This workshop is FREE! All materials will be provided – just bring yourself!

Call Hollyhill Library on (021) 492 4928 to reserve your space or visit www.theslowcameraexchange.com/workshops for more information



Comhairle Cathrach Chorrail
Cork City Council



LIBRARIES
LEABHARLAINNA
Cork City Council | Comhairle Cathrach Chorrail



Cuideilíonn
Creative Ireland
Programmaire
2018-2022



comhairle chontae na mí
meath county council



55+



Casual Photography Meeting 3

Thursday 8th December, 2022
10am-1pm @ Hollyhill Library

Free Event | Analogue Photography 101 | Tips and Tricks |
Fun, relaxed learning environment | Beginners welcome! | Age 55+

**This workshop is FREE! All materials will be provided
– just bring yourself!**

Call Hollyhill Library on (021) 492 4928 to reserve your space
or visit www.theslowcameraexchange.com/workshops for more information



Comhairle Cathrach Chorcaí
Cork City Council



LIBRARIES
LEABHARLAINNA
Cork City Councils | Comhairle Cathrach Chorcaí



Clár Éire Idirnách
Creative Ireland
Programme
2017-2022



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 before 1pm Thursday for inclusion in our weekly newsletter.

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)



comhairle chontae na mí
meath county council



CCMA
Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

International Updates



IFA Global Café | In conversation with Prof. Ross Upshur “From COVID-19 to Climate Change: Can public health ethics aid in a more equitable inclusion of older adults?”



The International Federation on Ageing held a Global Café event this morning called: **In conversation with Prof. Ross Upshur, “From COVID-19 to Climate Change: Can public health ethics aid in a more equitable inclusion of older adults?”**

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: Call save 1850 24 1850

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