

National Updates



Happy New Year from all of us here in Age Friendly Ireland.
We look forward to the year ahead full of new opportunities, new firsts, growing the programme and sharing the Age Friendly message.



Sláintecare.



Healthy Age Friendly
Homes Programme



Meet the Team – Healthy Age Friendly Homes Coordinators

This week we would like to introduce you to Francis Kane who is the Healthy Age Friendly Homes Coordinator for Galway.

Hello, my name is Francis Kane and I'm the Healthy Age Friendly Homes Coordinator in Galway City and Galway County. I find my role incredibly rewarding and fulfilling, and it's a privilege to get the chance to meet older people in their own homes to discuss their needs and how I can help them. Working across Galway City and County presents many different challenges as one day you're helping an older person in a city centre apartment block and the next day you're supporting an older person living in a remote part of Connemara whose nearest neighbour might be 5 miles away. I receive referrals from amongst others, healthcare workers such as occupational therapists and social workers, support organisations such as NCBI and Family Carers Ireland, and from older people themselves or their family members. I especially enjoy promoting the programme to various groups and at information events such



as Carer Support Groups, Health Information Days, and Active Retirement Groups. People at these groups always comment on how much the programme is needed and how valuable it is in relation to helping older people navigate the various supports available in helping them to remain living comfortably and aging well in their own homes. The participants on the Healthy Age Friendly Homes Programme are always a font of knowledge and the conversations you have on a home visit are always so interesting. While older people may learn something from me when I visit them, I always learn a lot more from them!

Francis is pictured here at a recent Community Healthcare Information event hosted by Clarinbridge Men's Shed and Galway Rural Development.

If you are in the Galway area and would like to get in touch with Francis and learn more about the programme locally, you can contact him on **085-8622841** or Email: francis.kane@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**



Join Our Free Online Age Friendly Business Training



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



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 18th January 10am-12pm

Join Zoom Meeting

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

SeniorLine responding to current fears and worries among older people

SeniorLine, Ireland's national listening service received c25, 000 calls in 2022, with an increasing number from older people still affected by Covid who felt particularly lonely and isolated. More recently many were worried about keeping warm this winter and fearful about the future. SeniorLine became increasingly concerned about callers exhibiting symptoms of depression, anxiety and hopelessness and were funded by Mental Health Ireland to provide special training to 100+ volunteers offering increased support to such callers.



'Coming Through Covid' was presented to volunteers in small learning groups. This course brought volunteers together – greatly appreciated as they have been working separately during Covid. Volunteers spoke of the value of a meeting face-to-face to discuss common issues and concerns, and to

share ideas and suggestions on how to respond to callers causing particular concern.

The course included modules on:

- Definition of mental health/ill-health
- Responding to suicide calls
- Issues of bereavement and general losses in older age
- Workshop on callers/caller issues, sharing helpful responses
- Presentation and handout on The Wheel of Health, achieving positive physical, mental, emotional, social, societal health for both volunteers and callers.

The course offered each participant a resource pack containing Fact Sheets with hints and tips to support callers in winter 2022/2023. Volunteers said the most significant impact from the course was the help it gave on the day, and the ongoing support it continues to provide. One of the greatest strengths allowed a clear assessment of the current concerns affecting callers and to offer a response that meets the needs of both callers and volunteers.

SeniorLine has a model of listening which is to Connect, Understand and Empower the caller. The suicide module was particularly useful. SeniorLine receives a minority of calls when people talk about not wanting to go on, or feeling very hopeless or depressed. These calls can be daunting. Course handouts 'Facts About Suicide' and 'SeniorLine and Suicide' initiated a thorough discussion and provided factual information. There is general acceptance in crisis management services of the value of listening to a potentially suicide caller, being non-judgmental and meeting the caller where they are. The third handout offered comprehensive list of organisations offering support to people with suicide ideation.

The resource pack Fact Sheets provided to each participant covered:

- Eating for Mental Health – some suggestions
- Exercising for Mental Health – some suggestion

- Keeping Warm at Home & Saving Energy
- How to Live Your Best Life, (adapted from Professor Rose Anne Kenny's book 'Age Proof: The New Science of Living a Longer and Healthier Life')
- List of help organisations including Mental Health organisations to which volunteers could refer callers.

Our volunteers are keeping our Fact Sheets by the phone when on duty and referring to them for guidance. Age Friendly Ireland newsletter readers interested in obtaining a copy of one or all fact sheets should contact

annedempseythirdage@gmail.com

SeniorLine is open every day of the year 10am-10pm Freefone 1800 80 45 91

Locals Encouraged to Drop into Community Living Rooms

To help provide a network of friendly drop-in locations for people in need of support across north Dublin, Fingal County Council has launched a pilot initiative at three key centres that will give a welcoming and comfortable environment where people can feel at ease and at home.

<https://twitter.com/i/status/1611410414834696211>

Comhairle Contae
Fhine Gall
Fingal County
Council



These Welcome Rooms will give visitors the opportunity for social interaction and a relaxing space to unwind, with food and drink available as well as books to read, board games to play and film sessions. Fingal will develop further activities as the pilot programme progresses.

Read more here <http://www.fingal.ie/.../locals-encouraged-drop-community...>



Would you like to support the health and well-being of older adults?

University College Dublin is seeking older adults (65+) in Cork and Kerry to take part in a research project to help build a new platform to support people to live well and independently in the community.



The ValueCare Project is a Horizon2020 European-funded project, in collaboration with the HSE, which is investigating how technology can promote self-management and lifestyle coaching as people grow older. The technology has been created in partnership with older people based on their values:

“We are not building a service or technological solution by ourselves and assuming it will be helpful we are collaborating directly with older people to build a solution through their experience and feedback - their values are at the heart of everything we do.”

This is an exciting and unique opportunity to contribute to a European-wide project that could revolutionise care through technology.

To get involved, participants only have to complete a short questionnaire!

Would you like to know more?

Call us on 087 115 1502

Email us at ethan.mcgrath@ucd.ie

New Community Programme for Older Adults - Maynooth University

Have you been diagnosed with dementia? Are you looking for social activities?



Participants needed!

- ✓ Are you age 65+
- ✓ Have a diagnosis of early-stage dementia
- ✓ Not currently experiencing depression or anxiety
- ✓ Willing and able to attend sessions in Maynooth town



If so, you are eligible to take part in our project!

Memory trouble can affect a person's wellbeing. Here, we are looking for people who are living with early-stage dementia and wish to understand how to improve their quality of life. Reminiscence Therapy, where you reflect on memories throughout your life and share them with others, might help.

Taking part in our project involves answering some questions and participating in group activities. You will complete questionnaires about your mood, life history, and daily living experience. Then, once a week, we will meet in small groups (5-10 people) to talk about our memories and participate in activities like walking or listening to music.

A weekly session might look like :

- 15-minute settling-in and welcome
- 30 minutes of guided activity
- 15-minute comfort break
- 30 minutes of group reminiscence

You are invited to bring a family member/spouse/carer to the sessions. They will not have any tasks to carry out during this project, but they are welcome to attend for your comfort. You will meet once a week for six weeks.

How do I let you know I'm interested?

For more information and to take part, contact us to chat!

Email: Muageing@gmail.com
Mobile: 087 398 5702

Or scan the QR code on your mobile:



Who designed this project?

This project was designed by people living with dementia, carers for people with dementia, and scientific researchers. People with lived experience selected the activities you will be participating in, so we believe it will be a positive, fun, and interesting experience! We look forward to meeting you!

FREE! Learn T'ai Chi or Meditation and take part in a reminiscence group!



Participants needed!

- ✓ Are you age 65+
- ✓ Have not been diagnosed with a cognitive disorder
- ✓ Not currently experiencing depression or anxiety

If so, you are eligible to take part in our project!



We are holding a FREE 6-week workshop for people aged 65 years or over, exploring positive memories from people's pasts and learning more about well-being.

Taking part in our project involves answering some questions and participating in group activities. You will complete questionnaires about your mood, life history, and daily living experience. Then, once a week, we will meet in small groups (10-15 people) to talk about our memories and participate in activities like T'ai Chi or meditation.

A weekly session might look like :

- 15-minute settling-in and welcome
- 30 minutes of guided activity
- 15-minute comfort break
- 30 minutes of group reminiscence

We are looking for people who want to learn a new activity and improve their quality of life. Reminiscence Therapy, where you reflect on memories throughout your life and share them with others, might help.

How do I let you know I'm interested?

For more information and to take part,
contact us to chat!

Email: Muageing@gmail.com
Mobile: 087 398 5702

Or scan the QR code on your mobile:



Who designed this project?

This project was designed by older adults living in the community of Maynooth and scientific researchers. People with lived experience selected the activities you will be participating in, so we believe it will be a positive, fun, and interesting experience! We look forward to meeting you!



€500,000 Call to Support Agile Ageing

Individual grants of between €50,000 and €100,000 are available to enhance existing products or services, or to develop new solutions, that promote 'Agile Ageing' in the built environment.



The €500,000 Open Call forms part of SHAPES (Smart & Healthy Ageing through People Engaging in Supportive Systems), a €21m Collaborative R&D "Pathfinder" initiative, committed to fostering older adults' dignity, worth and security as valued members of society.

We are looking for potentially scalable solutions that empower end-users of differing abilities who have different requirements due to either ability, age or circumstance. Winning solutions will be trialed and evaluated across participating living labs and pilot sites, thereby constituting a valuable business development opportunity.

[Learn more](#)

The Call is open to European, including UK, based innovators.
The deadline is March 17th 2023.



Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us today, **Friday, January 13th at 5 pm** for our weekly Zoom meeting. We will be discussing another very complaint, constipation, a problem that can be be distressing and uncomfortable.

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: Constipation

5.25 pm: ExWell Updates

5.35 pm Q&A / Discussion.

Noel McCaffrey

Danny Fagan

All

The link for the meeting is

<https://us06web.zoom.us/j/89323001201?pwd=N0RQNTgwd2JoTUVJYncvDFpENVQ3QT09>

dlr Age-Friendly Magazine 2023 Launched

The Age-Friendly Programme of Dún Laoghaire-Rathdown County Council and the County Age-Friendly Alliance are delighted to launch the [2023 dlr Age-Friendly Magazine](#). This free 84 page, full-colour magazine is packed with information on Age-Friendly activities, services and supports available in Dún Laoghaire-Rathdown (dlr) as well as articles, creative writing, recipes, puzzles and much more!



As well as information in relation to the Age-Friendly work being carried out in the County Council by the Community, Libraries, Arts, Heritage, Housing, DLR Sports Partnership, Active Cities, Parks and Leisure sections, you will also find information from many organisations, associations, support groups and agencies representing the diversity of activities and communities living in Dún Laoghaire-Rathdown.



This is the third year of the dlr Age-Friendly magazine, and this free publication is available to [view and download here](#):

The magazine will also be available in hard copy from all 8 dlr Library branches, dlr County Council offices, community centres, churches, primary care centres, nursing homes, day care centres and shopping centres around the county and sincere thanks to the Community Gardaí, dlr Volunteer Centre and many Age-Friendly groups and organisations for dispersing the dlr Age-Friendly Magazine 2023 around the county.

If you would like a copy sent to you in the post, contact the **Community Section of Dún Laoghaire-Rathdown County Council, Marine Road, Dún Laoghaire, Co. Dublin** on (01) 205 4893 / email community@dlrcoco.ie

The 2023 dlr Age-Friendly magazine is produced by the dlr Age-Friendly Programme, the Community Section of dlr County Council and dlr Libraries and is funded by Creative Ireland, dlr County Council Community & Cultural Development Department and Healthy Ireland.



Bunclody Library, Wexford Library Events

An Evening with Wexford Volunteer Centre – Thursday 19th January at 7.00pm

Are you interested in volunteering or are part of an organisation that uses volunteers, please come and meet Join Eva Law, Development & Placement Officer with the Wexford Volunteer Centre. Eva can support you with all queries relating to volunteering, assist you in registering and teach you how to upload opportunities.

Heritage and Tourism in the Blackstairs Mountains: Collecting Oral Histories - Thursday 26th January at 7.00pm

CUPHAT is a project looking at the heritage and tourism of four upland areas in Ireland and Wales, including the Blackstairs Mountains, Wicklow Mountains, Preseli Hills and Cambrian Mountains.

One element of the project involves oral history interviews with people in both the Blackstairs and the Wicklow Mountains. Daniel Carey, the research project officer for community engagement, will give an introduction to CUPHAT and talk in particular about this aspect of it.

Booking essential for both events, book online at wexfordcoco.libcal.com or telephone 053 9375466.



AGE FRIENDLY SPORTS & RECREATION TASTER EVENT

Westmeath Age Friendly in conjunction with Westmeath County Council and Westmeath Sports Partnership held an Older Persons/Disability Sports and Recreation Taster event on Tuesday 06th December 2022. The event was held in the Bloomfield House Hotel, Mullingar and the aim was to highlight a range of different sports and recreational activities available to older persons or people with a disability.



The event was a huge success with 117 attendees from the different older persons and Disability groups throughout the County. There were 4 different workshops hosted with activities such as the Cube, Activator Poles, Botcha & Chair exercises and Dance exercises. This was an all-day event with workshops in the morning, followed by lunch and another round of workshops in the afternoon.



The activities sampled at the event were very well received. The outline of the expo was planned in conjunction with the older persons council members, who were particularly keen to ensure that the stereotype of older people's abilities, with regards to participation in sports and recreation, were challenged. As a consequence, all abilities were catered for, and everyone had great fun with the range of activities available on the day. The cube was a particular success with games such as nerf gun target practice, hula-hoop throwing, Jenga and switcheroo etc.

As a result:

- numerous organisations have made contact with the sports partnership to apply to establish localised programmes in their areas.
- There are calls for this to be an annual event.

The day was finished off with a Raffle and dancing for all.





My Gift to You - Waterford Libraries

The participants of the writing project, 'My Gift to You,' launched their books in Ardkeen Library on Christmas week. The idea for the project was created by historian Dr. Maxine Keoghan who saw the need, following numerous lockdowns, to help older people re-emerge and engage with their communities once more.

The project supported participants over the age of sixty-five to create a personal memoir. Executive librarian, Tracy McEneaney supported the project by providing the environment for the participants to meet in Ardkeen library. Each hardback book was filled with text, images, genealogy, family narratives and stories about the life of the participant. It is not only a legacy gift, but it was further an opportunity for the participants to learn how to write and create stories using their own personal experiences.



The books were edited, designed, printed, and bound locally. Book binder, Tom Carroll, put the final touch to the books by binding them with hardback covers with gold embossed print.

The writing programme and the book production took almost a year to complete. According to Dr. Keoghan, 'the programme is a great success and I would love to see it be introduced to many active retirement groups and for people who have had their lives shortened by illness. To recall one's life leaves a legacy gift like no other, it leaves those you love with your words and images, it's an opportunity for people to say what they may not say otherwise'. There were many people involved in the project and it is important to thank them for the generosity for volunteering their time.



The project was funded by the Ireland Funds and supported by Tramore Heritage and Waterford City and County libraries. The atmosphere on the night was just lovely with family and friends in attendance on a cold December night in Ardkeen Library.



Waterford Libraries

Ever feel lost when it comes to your smartphone or did you get a new one for Christmas?

Access I T CLG will be running a series of free smartphone classes in Carrickphierish Library starting on Wednesday 25th January for nine weeks.


Places are limited and booking is required

Contact Carrickphierish Library on 051 842696 or

carrickphierishlibrary@waterfordcouncil.ie

to reserve your space






FREE SMARTPHONE CLASSES AT CARRICKPHIERISH LIBRARY



**STARTING 25TH JANUARY
10 A.M. TO 12.PM FOR 7
WEEKS**

**SMALL CLASS SIZE
WITH A TUTOR FROM
ACCESS I.T.**

**BOOK YOUR FREE PLACE
TODAY ON 051 849696**



comhairle chontae na mí
meath county council





Photography Workshops in Hollyhill Library

The Slow Camera Exchange are offering free and fun introduction workshops to analogue photography for adults aged 55+.

Meetings will take place in Hollyhill Library from 10am to 1pm on Thursday 19th January and Thursday 9th of February.

55+ Casual Photography Meetings 2023

Thursday 12th January 2023
Thursday 19th January 2023
Thursday 9th February 2023

- 10am-1pm @ Hollyhill Library

Free Event | Analogue Photography 101 | All Equipment Provided | Fun, relaxed learning environment | Beginners welcome! | Age 55+

Call Hollyhill Library on (021) 492 4928 to reserve your space

Logos at the bottom of the poster include: Kíráide Cathrach Phrícaí / Cork City Council, LIBRARIES LEABHARLANNA, and other local organization logos.

All materials provided, beginners welcome.

Numbers limited, booking essential. To book your place contact Hollyhill Library on 021 4924928/ 4924945.

For more information check out

www.theslowcameraexchange.com/workshops.

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)

International Updates



IFA Global Café | In conversation with Mr. Paul McGarry on "GM Ageing Hub: Age-Friendly Environments in the Greater Manchester Region".

The International Federation on Ageing held a Global Café event this morning called: In conversation with Mr. Paul McGarry on "GM Ageing Hub: Age-Friendly Environments in the Greater Manchester Region"

ifa Global Café
in conversation with experts

"GM Ageing Hub: Age-Friendly Environments In The Greater Manchester Region"

PAUL MCGARRY
HEAD OF GM AGEING HUB

FRIDAY
13 JANUARY 2023

7:00 A.M. EST

www.ifa.ngo

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