

National Updates

Brigid film by older people from Cavan, Donegal, Leitrim, Mayo, Monaghan & Sligo with artist Marie Brett launched 1st February

A new film created by older people from Cavan, Donegal, Leitrim, Mayo, Monaghan and Sligo, with artist Marie Brett, launched February 1st, 2023. 'Brigid, Our Spirit Stirring' captures the creative outputs of an Age & Opportunity art project carried out in these six counties in partnership with Age Friendly Ireland and funded by the Creative Ireland Programme. See [promo of the film here](#).

The project explored past and future views of Brigid and her transformative relationship to the Irish people. Participants worked with Marie in a series of craft and poetry workshops. They produced hand-crafted artefacts such as Brigid-style crosses, protective God's eyes, masks, hats and *Brídeóga*. These were brought together for a final pageant event held at the National Museum of Ireland, Country Life, in Mayo. Participants paraded their creations in a procession inspired by traditional ritual and holy pilgrimage.

'Brigid, Our Spirit Stirring' was filmed at the pageant event.



The film was being launched at W8 Centre, Manorhamilton, Co Leitrim on Brigid's Day, 1st February at 12 noon.

Creators and performers from the six counties who feature in the film attended. They once again created Brigid's crosses and make *Brídeóga* dolls, this time with Helena Golden, the 'Willow Woman', from Leitrim. Attendees stepped through the Brigid's Girdle while saying a personal prayer for protection

during the year ahead. The film is available to watch online [1st February on the Age & Opportunity YouTube channel](#).

Karen Horgan, CEO Age & Opportunity, said: *“This project has connected older people from the North West in a uniquely creative and celebratory way around the theme of Brigid, both Goddess and Saint. As an organisation that aims to enable the best quality of life for us all as we age, where we can be more active, more visible, more creative, more connected and more confident, we are delighted to have worked in partnership with Age Friendly Ireland and artist Marie Brett.”*

Lead artist Marie Brett said: *“It was such an enriching, creative experience to make this work, with so much elder knowledge. Together we combined pilgrimage tradition, Biddy Boys (which we’ve re-named Biddy-Girls) and Brídeóg custom, with thinking surrounding natural world learning, Celtic pathways, and elemental forces.*

“Brigid, Our Spirit Stirring’ is a digital fusion of a contemporary live event that reimagines collective and cross-generational folk custom. I loved creating this work; the contributors created beautiful, evocative poems and gorgeous processional artefacts.”

Mairead Cranley, Age Friendly North Regional Manager, said: *“Following consultations with older people in the North Region, we knew they wanted to explore traditions associated with St Brigid. This project was creative, colourful, and everyone got active. Age Friendly Ireland are always looking at ways to enhance the lives of older people and improve their quality of life. Participating in creative projects like this will be of huge benefit to them.”*

Feedback from project participants included the following comments:

- *“I didn’t know I’d be able for making such lovely things.”*
- *“The materials are lovely.”* [straw was one of the main materials used]
- *“It was lovely to see new place and to meet new people.”*

The project came about due to funding provided by Creative Ireland to Age Friendly Ireland for the delivery of regional creative initiatives for older people in the context of supporting health and wellbeing. Following a call for proposals, Age & Opportunity’s proposal with artist Marie Brett was selected for the North Region.



Sláintecare.



Healthy Age Friendly
Homes Programme



Healthy Age Friendly Homes Coordinators

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**

Last year, Music Network delivered the 'Making Music in the Midlands' initiative, providing music tuition to older people who were lapsed musicians and who wished to return to playing an instrument. The programme was funded by the Creative Ireland Programme and delivered with support from the Age Friendly Midlands Regional Manager.

The programme provided 6 introductory sessions, 166 one-to-one instrumental lessons, 12 coffee sessions, 27 group instrumental lessons and 12 full ensemble sessions. Instruments were provided for participants who lacked an instrument. An 'online residency' was also incorporated for people who were unable to travel to the in-person sessions. As a result of the initiative, 62 people aged 55+ returned to music-making.

Outcomes of the initiatives included a positive impact on health and wellbeing, opportunities to socialise and build friendships and a desire to continue learning in later life, as well as professional development opportunities for the music teachers.



Testimonials:

"Participating in this initiative has been a wonderful experience! I have been privileged to receive the expert tuition of Catherine, who delivered the lessons in an easy step-by-step, friendly and relaxed manner. She was also so encouraging."

"I found the whole programme very interesting and learned basic guitar skills."

"Delighted to get started playing. Realised my 'fears/anxiety' were unfounded. Teacher was adaptive and supportive. Material sent was easy to understand and follow. I've been encouraged to develop a set list to play for others. I thoroughly enjoyed the full experience."

I've told friends and work colleagues about the programme. Thanks very much for the opportunity”

“As a musician I was happy to be a part of this initiative as it gave me a new challenge and goal to meet. I had played the guitar some years ago and now mainly play keyboard/ piano, so it provided me with an ideal opportunity to re-visit the guitar again. Jazz was a genre I really hadn't played before, so it has opened a new challenge for me.”

Participating in this wonderful initiative has rekindled my love of wind instruments particularly in the jazz genre. I am pleasantly surprised that with Ciaran's expert tuition I can begin to play saxophone and continue to practice the skills and techniques he has taught me. I have a few challenges due to age but still manage to find the notes and I am working on developing a better embouchure.”

“The whole project has been a fantastic experience... meeting new people, learning new skills and having a goal. It has opened a new door in my life. I have enjoyed myself enormously even though I had to push myself to try.”

Music Network are keen to build on this success and continue working with older people. Age Friendly Programmes and other groups interested in finding out more about the music teaching residency can contact Music Network as follows.

Organisation	Music Network
Contact name	General Enquiries - Ciarán Kilbride
Address	National Concert Hall Building Earlsfort Terrace Dublin 2
Telephone	01 475 0224
Email	operations@musicnetwork.ie
Facebook	https://www.facebook.com/musicnetworkireland/
Twitter	@MusNetIrl
Website	www.musicnetwork.ie

Assisted Decision Making (Capacity) Legislation: Challenges & Perspectives



Assisted Decision Making (Capacity) Legislation
Challenges & Perspectives
Fortnightly Forum
STARTING WEDNESDAY FEBRUARY 8TH
The Boardroom. Dr Steeven’s Hospital. Dublin D08 W2A8 (Opposite Heuston Station)

Sage Advocacy has organised a Fortnightly Forum to provide an overview of the Assisted Decision Making (Capacity) Act of 2015 as amended the Assisted Decision-Making (Capacity)(Amendment) Act 2022. This long awaited legislation will be commenced shortly and with it the system of Wards of Court is being phased out and the Lunacy Regulations (Ireland) Act of 1871 will be repealed. A Decision Support Service has also been established to promote the rights and interests of people who may need support with decision making and it has prepared Codes of Practice for a range of professions and practices who will have a role under the legislation, including independent advocates.

This series of events, organised with the kind support of the HSE, is designed to familiarise people with the legislation and to address the challenges it will inevitably bring from a range of differing perspectives. **The sessions will begin at 17:30 and end by 19:30 and there will be plenty of time for discussion.** Please organise your own refreshments beforehand.

SCHEDULE

Wednesday 8th February

Chair: The Hon John MacMenamin (former Justice of Supreme Court).

Overview: Mary Condell. Legal Adviser. Sage Advocacy.

Perspective: Patricia Rickard-Clarke. Chair. Safeguarding Ireland.

[REGISTRATION](#)

Wednesday 22nd February

Chair: Nora Owen. Former Minister for Justice.

Overview: Ciara Dowd. Barrister.

Perspective: Judge John O'Connor. Circuit Court.

[REGISTRATION](#)

Wednesday 8th March

Chair: Tim Dalton. Former Sec-Gen Dept of Justice.

Overview: Mary Condell. Legal Adviser. Sage Advocacy.

Perspective: Helen Hall. CEO. Policing Authority.

[REGISTRATION](#)

Wednesday 22nd March

Chair: Mary O'Dea. CEO. Institute of Bankers.

Overview: Ciara Dowd. Barrister.

Perspective: Community Protection Manager. Retail Bank. TBC.

[REGISTRATION](#)

Wednesday 5th April

Chair: Ruadhán Mac Cormaic. Editor. Irish Times. TBC.

Overview: Mary Condell. Legal Adviser. Sage Advocacy.

Perspective: Seamus Dooley. Irish Secretary. National Union of Journalists.

[REGISTRATION](#)

Wednesday 19th April

Chair: Caoimhe Gleeson. National Office for Human Rights & Equality Policy. HSE.

Overview: Ciara Dowd. Barrister.

Perspective: Dr Siobhán ní Bhriain. National Clinical Lead. Integrated Care. HSE.

[REGISTRATION](#)

Next Living Well online programme Thurs 23rd Feb 2pm

Living Well

A programme for adults with long-term health conditions



Living Well is a free **online** group programme delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management **skills and confidence** to live well with your health conditions.

Upcoming Living Well Programmes

Day	Start date	Finish date	Time	Location
Every Thursday	23 rd February 2023	6 th April 2023	2:00pm – 4.30pm	Online

To book your place contact

Helen: 087 396 4307

www.hse.ie/LivingWell



Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



Sláintecare.



This is an SMRC Evidence Based Self Management Programme originally developed at Stanford University.

What is covered each week?

- Week 1**
 - Using your mind to manage symptoms
 - Fatigue and getting a good night's sleep
 - Introduction to action plans
- Week 2**
 - Dealing with difficult emotions
 - Physical activity, exercise, preventing falls
- Week 3**
 - Decision making
 - Pain management
 - Healthy eating
- Week 4**
 - Better breathing
 - Reading food labels
 - Communication skills
- Week 5**
 - Medication management
 - Positive thinking, dealing with low mood and feelings of depression
- Week 6**
 - Making informed treatment decisions
 - Planning for the future

www.hse.ie/LivingWell

What people have said about the programme

"It made me aware of my habits and gave me the tools to make positive changes"

"I have never done a course like this before. It was so truly enjoyable and I learned so much about myself and living with my illness"

"I met wonderful people with other illnesses and this made me feel 'not alone' which helped me emotionally"

For more information on the Living Well Programme, in Counties Cavan, Donegal, Leitrim, Monaghan or Sligo, please contact:

Helen O'Driscoll: 087 396 4307



Sláintecare.

Date of publication:
August 2022



Living Well

A Programme for Adults with Long-term Health Conditions



Sláintecare.

Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University



What is the Living Well programme?

Living Well is a free, group self-management programme for adults 18 years and older with long-term or chronic health conditions. A long-term health condition is one that can be treated and managed but usually not cured. Examples include asthma, COPD, diabetes, heart conditions, stroke, multiple sclerosis, arthritis, inflammatory bowel disease, chronic pain and many more. The Living Well programme may also be a support for those with long-COVID.

What is Self-management?

Self-management is what a person with a long-term health condition does every day. This may include:

- Recognising and dealing with symptoms
- Taking medication and managing other treatments
- Making lifestyle changes
- Coping with the emotional effects of the health condition.

Good self-management happens in partnership with your healthcare team. It is not about 'going it alone'.

Why should I join the Living Well programme?

Living with a long-term health condition can be challenging. The Living Well programme supports you to develop the skills and confidence that will help you to self-manage and to live well with your long-term health condition.

These skills include how to:

- Set goals to make changes in your life
- Make plans to achieve these goals
- Problem solve
- Manage your medications
- Cope with difficult emotions, low mood and feelings of depression
- Manage pain, fatigue and sleep problems
- Communicate well with your family, friends and healthcare team.

These skills become your toolkit for better health.



What does the Living Well programme involve?

- Living Well is a free group programme, which runs for six weeks. There is one workshop each week, which lasts 2.5 hours.
- You can do the programme in person or online.
- Two trained leaders deliver the workshops. At least one of the leaders lives with a long-term health condition.
- People taking part in the workshops may or may not have the same health condition(s).
- The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. Each person who takes part gets a book about self-management.
- For the online programmes, you will receive support to get online, if required.



Who is the Living Well programme for?

Living Well is for adults 18 years and over. It is suitable for those who are:

- living with one or more long-term health conditions
- caring for someone with a long-term health condition

The Living Well Programme is not suitable for people with significant memory or learning difficulties.



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

GNAFCC Affiliate Updates

- The healthy ageing unit of WHO Western Pacific Regional Office (WPRO) is hiring two consultants on site positions in Manila, Philippines. If you know of anyone who would be a good fit, please share the link

<https://www.unqgm.org/Public/Notice/190903> <https://www.unqgm.org/Public/Notice/190907>

- Exciting Marie-Sklodowska Curie Doctoral Researcher Positions on Ageing, Place and Home, under HOMeAGE, which is a new and exciting EU funded doctoral training network on 'Advancing Research and Training on Ageing, Place and Home' that address these research-policy deficits. HOMeAGE involves a nine-country collaboration between leading research units, major intergovernmental organisations, international civil society actors and governmental and non-governmental organisations. HOMeAGE aims to institute an interdisciplinary, intersectoral, and international programme of doctoral training and research that drives the development of new leaders in excellence for the advancement of evidence-based innovation on ageing in place. The 12 Doctoral Researchers will be hosted across the network. In addition to conducting an original research study, they will participate in a 36-month network-wide training program, public engagement activities and will collaborate with network members through short-term secondments in European and international intersectoral partner organisations.

For further information on this programme and how to apply, please

see: <https://euraxess.ec.europa.eu/jobs/49103>, or e-mail: homeage@universityofgalway.ie

Welcome to the 16th Global Conference on Ageing: Challenge – Transformation – Change

27th – 30th June 2023, at the Bangkok Marriott Marquis Queen's Park in Thailand

Be a driver of change to help influence and shape policy that improves the quality of life of current and future generations of older people.



ValueCare



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.

ValueCare, funded by EU Horizon 2020 and delivered in collaboration with the HSE, is working in partnership with older people to learn how technology can promote self-management and lifestyle coaching.

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

To learn more call 087 115 1502 or email ethan.mcgrath@ucd.ie



Exwell Weekly Zoom

Dear ExWell Participants and Friends,
Please join us today, **Friday, February 3rd at 5 pm** for our weekly Zoom meeting. This week we will be discussing earache.

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:	Alcohol and Your Health	<i>Prof Frank Murray</i>
5.25 pm:	ExWell Updates	<i>Danny Fagan</i>
5.35 pm:	Q&A / Discussion.	<i>All</i>

The link for the meeting is

<https://us06web.zoom.us/j/89323001201?pwd=N0RQNTgwd2JoTUVJYncvdFpENVQ3QT09>

Local Updates



Bunclody Library, Wexford Library Events

Starting a Medicinal Herb Garden with Forager Feebee Foran – Thursday 9th February at 7.00pm

Learn what to plant, and how to grow some common herbs that you can use in your everyday life.

Blackstairs and Mount Leinster - Placenames and history with Barry Dalby. – Thursday 16th February at 7.00pm

Join Barry of EastWest Mapping for a fascinating talk on “Blackstairs & Mount Leinster, some thoughts on their placenames & history”. Barry will be looking at the origin of their names, regional history and importance.

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

Wexford Library – Upcoming Events

Tuesday 7th February at 7.00pm: Pioneering Women in Science with Dr. Sheila Donegan, Director of Calmast, SETU. To celebrate the International Day of Women in Science, Dr Sheila Donegan, Calmast , SETU will explore the role of women in Science, focussing on the contribution of Irish Women to Science. Book on 053-9196760

Thursday 9th February at 7.00pm. Looking Back at Wexford in Fifty Photos with Nicky Rossiter. Nicky Rossiter takes us back over a number of decades of Wexford history through a collection of images of our past. Book on 053-9196760



Wexford Smart Phone Classes



wwetb
Bord Oideachais agus Oiliúna
Fhornt Láirge agus Loch Garman
Waterford and Wexford
Education and Training Board



SMARTPHONE SMARTS



NEED A HAND WITH;

- Phone Banking?
- Online Security
- Apps?
- Saving & Sharing Photos?
- Online Forms?

**Small Groups, Once Per Week,
Free of Charge, for Adult Learners**

Interested?

Call Laura on 087 094 3023

Or

Rory on 087 667 8748



Wexford Digital Literacy
Westgate & Whitemill
centres



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



Kildare Age Friendly Roadshow

This is a county-wide event. The roadshow will take place in the **Kilcullen Mart** on **Tuesday Feb 7th**. **Doors open for this event at 10am** and open to all you do not have to be a farmer **until 2pm** with lunch served at **1pm**.

The Kildare Age Friendly programme are delighted to be partnering with **Kildare West Wicklow IFA** to bring you a community roadshow for anyone over 55.

We will have 20 plus services attending everything from information on Lyme Disease, An Teagasc, Farmers Journal, IFA farm families to Education, libraries, Age friendly Housing, Mental Health, ICA etc.

The Garda will also have their property marking machines available on the day for anyone who would like to avail of this free service. This event is free to attend for anyone over 55 in Kildare.

Looking forward to seeing you all on the day.



**FREE Age Friendly Roadshow in
Leinster Marts Kilcullen
Feb 7th 10.30am – 2pm**



BRIGID 1500

Opening from The
Minister of State
DAFM Martin Heydon

Ceann Comhairle Seán
Ó Feargháil speaking
on
Prostate Cancer

With Information on:

- Health and Wellbeing
- Rightsizing / Age friendly homes
- Education and Employment
- Mobility and Balance
- Safety and Security

Irish Heart Foundation
Nurses on site

McGreal Group
Pharmacies discussion
on LYME'S disease

Information Stands @ the Roadshow

- IFA • Older Persons Council • Teagasc • Mental Health Ireland • ICA • Men's Sheds • Awareness Head to Toe
- KSP (Fitstix) • Libraries (Land Books) • Garda (Crime Prevention & Property Marking) • HSE (Stop Smoking)
- Older Voices Kildare (befriending) • Climate action team KCC • Kildare Community Stories • KWETB • CKLP
- Heads up programme (Men's Health) • ALONE • Healthy Ireland • Chime • Free lunch & More

We are very excited to launch our new **Fitstix for Farmers programme with Frank Fahy and Kildare Sports Partnership** for further information, contact Carmel on ccashin@kildarecoco.ie or Jackie on jackiewhelanfagan@ifa.ie

We will have information stands from various agencies and services including farmer related services and supports.

We aim to have information on:

- Health and Wellbeing
- Rightsizing/age friendly homes
- Education and Employment
- Mobility and Balance
- Safety and Security

We will also be introducing our new **Fitsticks for Farmers** programme with Frank Fahy and Kildare Sports Partnership which we are very excited to launch.

fitSTIX⁴farmers is a pilot project being organised in County Kildare by *Kildare Age Friendly County Programme, Kildare Sports Partnership, and the Irish Farmers Association Kildare/West Wicklow Branch*. The aims of the project are to;

- familiarise participating farmers with the concept of *functional fitness* and its role in maintaining physical safety and independence in daily life.
- develop participants understanding of the importance of the key components of functional fitness (*mobility, balance, strength, and aerobic fitness*) and demonstrate practical ways to measure each.
- demonstrate how the use of walking poles can enhance all key components of functional fitness.

The programme is being launched at the Age Friendly Roadshow in Leinster Marts Kilcullen on February 7th. Participants will be invited to partake in a series of six once-weekly sessions commencing Thursday February 23rd. At Session 1 participants will be shown simple ways to check their functional fitness - results will be compared to checks done at the final session on Thursday March 30th. The project will conclude on Thursday April 6th with a special event and participant's evaluation of the project.

Poles supplied for the sessions BUT NUMBERS LIMITED. For further information, contact either

Carmel on ccashin@kildarecoco.ie
 Jackie on jackiewhelanfagan@ifa.ie
 Donna on donnaberry.ksp@gmail.com



Important Dates

Feb 7	Launch
Feb 7 - Feb 20	Participant Registration
Feb 23	Project Begins Session 1
Feb 23 - Mar 30	Project Continues Session 2-6
Apr 6	Project Conclusion and Evaluation



Irish Heart Foundation

Free blood pressure and pulse checks

Date: 7th February 2023

Time: 9.30am- 2.30pm

Location: Kilcullen Mart, Kildare

High blood pressure or an irregular pulse can increase your risk of a heart attack or stroke

For further information, visit our website: www.irisheart.ie



Activator Pole programme



Activator Pole Walking



This programme uses Activator Poles to improve your balance, strength, posture, aerobic fitness and overall health and well-being.



Suitable for:

- Adults of all fitness levels
- Adults post hip/knee surgery
- Adults with Multiple Sclerosis
- Adults with Parkinson's Disease
- Adults with Osteoarthritis
- Adults interested in fall prevention

Cost: €25 for 6 weeks

- **Blackwater Park Navan - 7th Feb @11am**
- **Bettystown Beach - 15th Feb @11am**

To book contact Luke at luke.condie@meathcoco.ie or call 0469067887.



comhairle chontae na mí
meath county council



Older Peoples Council, Co. Meath

This week the newly established Meath Older Peoples Council held their first meeting. We wish the all the best going forward.





New Library Life Podcast from Waterford Libraries

The new **Library Life Podcast** from Waterford Libraries will look at all the things Irish Libraries have to offer from free membership to activator poles, helping to meet the needs of our local community.



Join Angela and Tracy once a month as they discuss a book recommendation from different genres and sections of the library which will also include selections from **Borrowbox** app.

Each episode will include community information and interviews with Waterford Libraries partners, local customers, authors and many more.

In the first episode Angela and Tracy discuss the **Healthy Ireland at your Library Programme** and interview Sinead Brannigan, Community Sports Development Officer from **Waterford Sports Partnership**.

Library Life from Waterford Libraries with Angela and Tracy

<http://waterfordlibraries.ie/new-library-life-podcast-from-waterford-libraries/>



Photo includes Tracy McEaney Ardkeen Library, Sinead Brannigan Waterford Sports Partnership and Angela Carew Ardkeen Library

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 Dr. Tomás León on “Improving Older People’s Mental Health, People Living with Dementia, and Their Caregivers”

The International Federation on Ageing held a Global Café event this morning called: In conversation with Dr. Tomás León on “Improving Older People’s Mental Health, People Living with Dementia, and Their Caregivers”



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