

National Updates

Age Friendly Programme Managers Residential Meeting

Our Network of Age Friendly Programme Managers Residential meeting took place yesterday and today, where our Age Friendly core team, Regional Programme Managers, and Programme Managers from the 31 Local Authorities came together to discuss the progress and growth of Age Friendly Ireland and agree the workplan for the year ahead.



Dr. Sean Ó Riordain discussed Strategic Directions and overview of the National Policy, and regional workshops and work plans took place from the North region, West Region, East Region, South East Region, Midlands Region and Dublin City Region.



Video from Engaging Dementia Conference Last Year



Check out our very own Dr. Emer Coveney discussing the Age Friendly programme at the Engaging Dementia Conference last year.

Click Here to view the video:

<https://www.youtube.com/watch?v=kITXnEQWxSY&list=PLDsEoL4rmjlvNGe6GWOOoy-3Q3m50YxSy&index=39>



Age & Opportunity Active National Grant Scheme 2023 for Sport & Physical Activity for Older People

Since 2001 Sport Ireland has provided funding to Age & Opportunity for our Active programme to help increase the participation of older people in recreational sport and physical activity. This Active National Grant Scheme for Sport and Physical Activity for Older People is one element of the extensive Active programme which has resulted from this funding.

The Active National Grant Scheme aims to assist in the implementation of locally-developed, well-planned initiatives designed to increase participation in recreational sport and physical activity by older people.

WHO CAN APPLY

Grants are available to all eligible local clubs, groups, care settings and organisations that promote increased participation in recreational sport or physical activity for older people as a main element of their activities. Umbrella bodies, or their agents, are not eligible for funding under this grant scheme. An exception to this are Local Sports Partnerships who are eligible to apply.

CLOSING DATE

Completed Application Forms should reach Age & Opportunity's Active Programme office **before 12 noon on Friday 24th February 2023.**

Please refer to the [Terms & Conditions for information on grant criteria.](#)

Please submit applications [via this online form.](#)

Hard copies may be submitted *by those who do not have access to the internet.* Please [download and print the form here.](#)

For more information please click [HERE](#)

Grant allocations will be announced in early May 2023.

LATE APPLICATIONS WILL NOT BE CONSIDERED UNDER ANY CIRCUMSTANCES



NDA Údarás Náisiúnta Míchumais
National Disability Authority

The Universal Design Grand Challenge is back for 2023

We are delighted to be able to share with you that the Universal Design Grand Challenge (UDGC) Student Awards will be happening once again in 2023. Now in its 9th year, this competition accepts entries from students in their final two years of study. It doesn't matter whether they are undergrads or postgrads, and the submissions can be made either individually or as part of a team.

We are aware of the changes to academic calendars across many Irish Higher-Education Institutions over the past few years, so (following feedback from both students and staff) we are amending our own time-lines. We will be in touch in a few weeks with more detail, but we just wanted to let you know that we will be open to receive submissions in early April, with a closing date at the beginning of June. We plan to hold our awards night in September, and it gives me real pleasure to be able to announce that we are **back in-person** for this year. We hope that this will give your students enough time after their exams to submit their entries.

So what can you do now? Well, I'm sure that your students are working hard on various projects which would be relevant to a competition such as the Universal Design Grand Challenge, so do please let them know that we are back with the UDGC for 20223, and encourage them to factor [Universal Design](#) into their projects and designs. I think it's also important to point out that we don't need working prototypes for this competition. We just need to see how their designs include the **7 Principles**.

INTRODUCE YOUR STUDENTS TO UNIVERSAL DESIGN USING OUR FREE INTRODUCTORY LECTURE

Well-designed environments, products, services and technology work better for everyone in society.

Universal Design features 7 principles that, when applied at an early stage, ensure that your design can be accessed, understood and used by the widest possible audience, regardless of age, size, ability or disability. The Centre for Excellence in Universal Design is a government agency which supports the teaching of Universal Design in courses related to the build environment, products, services and ICT.

We invite you to download our free introductory lecture in Universal Design and consider incorporating it into your course materials.

[Click here to download the file](#), then check your downloads folder.

This is just the first in a suite of free materials available for use in a wide variety of programmes and courses. Feel free to [explore our free resources](#) and to use them as you see fit.

For more information or advice on incorporating Universal Design into your curricula, please don't hesitate to contact me directly on **01 6080456** or djfitzpatrick@nda.ie.

Biodiversity and Planting

PLANTING TREES FOR POLLINATORS



Pollinators like wild bees need nectar and pollen for energy and protein. Tree flowers can provide both, often when other food is scarce in spring and early summer.

Planting trees is a great way to create 'wildlife corridors.' Bumblebees tend to forage up to 1km from their nest, and solitary bees only forage within a few hundred metres. The more connected their habitats are, the easier it is for them to find the resources they need. Plant trees to create wildlife corridors between existing valuable habitats such as species-rich grassland and native flowering hedgerows.

✓ Right Tree

Trees are crucial to a healthy ecosystem and can support a huge variety of species. Local provenance native trees are best for our native wildlife as they have evolved alongside each other. If grown locally there will be a lower risk of importing pests and diseases.

On the back of this flyer is a selection of native trees that are particularly good for pollinators.

✓ Right Space

When selecting a tree, think about what will happen to it in the future: How tall will it grow? What will the canopy cover be like? Will it produce fruit that will fall in the autumn?

Hopefully your tree will last a long time in its environment, and all of these factors might impact its future, particularly in places where it may be in conflict with human interests.

✓ Right Place

A variety of habitats is needed for a healthy ecosystem. Some habitats are already valuable to biodiversity, so it is best to avoid planting trees in these areas.

They include species-rich grassland, wetlands or areas adjacent to streams, coastal habitats, bogs, heathland, or sites with rare or protected species.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture
Food and the Marine



Trees on the Land



comhairle chontae na mí
meath county council



Native Pollinator-friendly Trees

Hawthorn/ Whitethorn



Hawthorn/Whitethorn is a common hedgerow species but can also be grown as a standalone tree producing lots of flowers for pollinators and red haws in autumn for birds to enjoy. Hawthorn supports c.149 insect species.

Height: 15m

Blackthorn



Blackthorn provides a home for 109 insect species. Related to cherries and plums, the fruit of the blackthorn resemble small plums and are enjoyed by lots of animals, including wood mice, finches and foxes.

Height: 6-7m

Willow



Willow supports 266 insect species and 160 lichens. Goat or Grey willows are wonderful plants for pollinators as they provide lots of pollen and nectar in their tiny flowers in early spring when there is little else in flower. Willows can be grown easily from cuttings.

Height: 10m

Rowan



Rowan is also known as 'Mountain Ash' as it has similar leaves to the ash tree. Rowan supports 28 insects and 125 lichens. It is a very attractive tree, with white flower clusters in spring for pollinators, and red berries in autumn.

Height: 8-10m

Wild Cherry



Wild Cherry is a pretty native tree that will provide food for pollinators as well as fruit for birds. Its beautiful blossom makes it a popular choice for towns and parks.

Height: 18-25m

Crab Apple



Crab Apple can be found in many of our old native hedgerows. It supports 93 insect species, including pollinators, and crab apples provide food for birds and mammals in autumn.

Height: 10m

*Insect & lichen diversity based on UK Research and refers to Britain: Southwood, T.R.E (1961) The number of species of insect associated with various trees. *J. Animal Ecology* 30:1-8; Rose F. & Harding, P.T. (1978) Pasture and woodlands in Lowland Britain and their importance for the conservation of the epiphytes and invertebrates associated with old trees. Nature Conservancy Council & The Institute of Terrestrial Ecology

Public Meeting with the Garda Commissioner

Each monthly meeting of the Policing Authority includes a meeting with the Garda Commissioner, a key aspect of the Authority's oversight. At least four of these meetings per year are held in public and live-streamed. The latest meeting took place at The Richmond, Dublin, on 23 February.

Watch Meeting by Agenda

[1\) Quality of Serious crime investigation:](#)

- a) Resources, capacity and capability
- b) DNA and Homicide Reviews

[2\) Policing Performance 2022](#)

- a) Highlights and Challenges
- b) What We Heard 2022

[3\) Policing Performance 2023](#)

- a) Policing Protests
- b) Aviation Security

[4\) Policing Plan 2023: Commitments to the Public](#)



Recent publications



The Policing Authority published **What We Heard 2022**, a summary of its conversations nationwide with communities, groups and organisations, which focused on listening to the lived experience of policing within these communities. This summary, discussed with the Commissioner at yesterday's public meeting, provides insights into how and where the policing service is experienced as effective and why. The Authority is grateful for the generosity of time given by the people spoken with, and for the openness with which they discussed their experiences.

[Read Now](#)

A research project commissioned by the Policing Authority has been launched to explore the experience and perceptions of policing within diverse and minority groups in Ireland. The research will focus upon both Brazilian and African communities and participants are currently being recruited to share their experiences. It is envisaged that the research will provide the Authority and the Garda Síochána with detailed insights into a range of areas including the nature and quality of policing of diverse communities, the impact of experiences on confidence to report crime, and perceptions of the Garda Síochána. It is expected that the research will be published in late 2023.

[Read Now](#)

Have your say on the Global Campaign to Combat Ageism

Have your say on the Global Campaign to Combat Ageism



Survey deadline extended: 8 March 2023 (Wednesday)

Since the publication of the [UN Global report on ageism](#), the [Global Campaign to Combat Ageism](#) has worked to spark a worldwide conversation on ageism and grow the movement to build #AWorld4AllAges.

We've made a lot of progress together – but there is still much more we can do. As the Global Campaign enters its next phase, we want to hear from you!

Please help shape the Global Campaign's further development by taking a short survey:

[Take the survey in English](#)



Traveller Wellbeing through Creativity

Proposals are invited from Traveller organisations with experience of working with health/wellbeing and/or creative arts, and from other interested and experienced organisations and/or individuals to apply for funding under the initiative: **Traveller Wellbeing through Creativity**.



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



The Traveller Wellbeing through Creativity initiative is a call to relevant groups and organisations to deliver an innovative project in 2023 focused on enhancing Traveller wellbeing through the medium of creativity. Grant funding between €30,000- €50,000 per project will be provided in 2023 under this initiative up to a total of €200,000 including a new Shared Island grant for one project of up to €50,000.

A full briefing document is available [here](#).

Applications must be completed online and submitted via <https://submit.link/1xY> by **Friday 31st March 2023**. The projects will commence on the 1st May 2023 and run until 31st November 2023.

This initiative has been developed by the Department of Health (Healthy Ireland Programme), the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media (Creative Ireland Programme), the HSE, the National Social Inclusion Office and the Arts Council working in partnership to support Traveller health and wellbeing through creative engagement.

If you wish to attend an information webinar on Friday 10th March at 2:30pm please click [here](#) to register.

Exwell Weekly Zoom

Dear ExWell Participants and Friends,



Please join us today, **Friday, February 24th at 5 pm** for our weekly Zoom meeting. This week we will discuss Aerobic Fitness Training, presented by our colleague Jade Geraghty B.Sc.

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: Wrist Pain

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/83590637695?pwd=OGlKV0Fyck16M3I5WmRGazhwUDJzZz09>



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



Kildare Age Friendly Roadshow - Kilcullen 🚐 🚐 🚐

There was a huge turnout for the Kildare Age Friendly Roadshow at Leinster Marts in Kilcullen with 180 in attendance. The Kildare Age Friendly Programme were delighted to partner the Irish Farmers' Association.



The roadshow hosted information stands from local and national groups, offering advice on agricultural services and supports and guidance on health, wellbeing, age-friendly housing, mobility, safety, security and more.



The event was officially opened by the Minister of State at the Department of Agriculture, Food and the Marine Martin Heydon and included a talk by Ceann Comhairle of Dáil Éireann Seán Ó Feargháil on his personal experience with prostate cancer.





A social programme which aims to improve the *functional fitness* of Kildare farmers.

Supported by
Kildare Age Friendly County Programme
and The Irish Farmers Association




Hamlet Court Hotel
Thursdays Feb 23rd to March 30th
(4.30pm - 6.00pm including cuppa!) **FREE of-charge**

The Irish Heart Foundation Health Check Bus was on site offering free blood pressure and pulse checks and a new Age Friendly 'Fitstix for Farmers' activity programme with Frank Fahey and Kildare Sports partnership was launched with an outdoor demonstration. A full six-week programme will now take place in Johnstown Bridge following the success of the launch



Bunclody Library, Wexford Library Events

Bunclody Library Adult Book Club – Thursday 2nd March at 7.30pm

This month Maeve Brennan's book 'The Springs of Affection' will be discussed. Copies are available at the desk in the library, why not call in and pick up a copy. New members always welcome to the book club. No booking required.

Bunclody Library Knitting Group – Meets every Monday at 10.30am to 12.00pm

New members always welcome. No booking required just arrive on the day.



Join the Cavan Older Adult's Drop in Information Sessions

Cavan Older People's Drop in Centre sessions are recommencing on **Wednesday mornings from 11am to 12pm**. These sessions are open to all older members of the community to join and you are welcome to attend sessions on all topics you are interested in.

Some sessions will be held in person and some will be online. **Please register in advance by emailing agefriendly@cavancoco.ie or calling 049 4378581**

Support can also be offered to you in getting online / setting up a zoom account if needed.

Date	Topic	Delivered By
1 st March 2023	Staying safe in your home Venue: Events Space in Johnston Central Library, Farnham Street, Cavan	Sergeant Michael Duffy, An Garda Síochána – Community Engagement Unit
8 th March 2023	Online Creative Writing Workshop	Heather Brett
15 th March 2023	Cavan Town, a Lookback Venue: Positive Age in Castlemanor Community Centre, Cavan	Jonathan Smith, Cavan Library Service
22 nd March 2023	Online Physio Class	HSE Physio from Cavan General Hospital

Ringsend and Irishtown Community Centre Dementia Café

Age Friendly Dublin City Ambassador Geraldine Plunkett attended the official launch of the Ringsend and Irishtown Community Centre Dementia Café and the new Tranquility and Sensory Garden aimed at “ tackling the isolation faced by older people, particularly people with dementia and their carers/families “ Minister of State for special education and inclusion Josepha Madigan also attended the launch with a host of other elected representatives and City Council Officials.



In her speech Geraldine spoke about her role as an Age Friendly ambassador and how she would like to raise awareness about accessibility in public spaces for older people.



She spoke passionately about making spaces Age Friendly and in undertaking that, those spaces would then become accessible for all she said.

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. Michal Halperin Ben Zvi

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Michal Halperin Ben Zvi on "Acceleration of Usage Of 65+ In Digital Services Through Industry Engagement."

ifa Global Café
in conversation with experts

Acceleration of usage of 65+ in digital services through industry engagement

FRIDAY 24 February 2023 | 7:00 A.M. EST

ifa.ngo

Dr. Michal Halperin Ben Zvi
Design Strategist & Researcher
JDC-Eshel

a contribution to the
Decade of healthy ageing

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