

National Updates

Older People’s Conference, Co.Kerry

Last week Age Friendly Kerry and Kerry County Council had the pleasure of hosting the National Older People’s Council Convention 2023.

The Convention took place over 2 days in the beautiful Rose Hotel in Tralee, Co.Kerry. Siobhán Griffin, Kerry Age Friendly Programme Manager and her team organised the wonderful 2 day event, full of fabulous speakers, workshops and a beautiful Gala dinner with fantastic entertainment.



Click here to view our special edition newsletter all about the conference [HERE](#)



Healthy Age Friendly Homes Programme



Healthy Age Friendly Homes

Getting the message out and about across the country... Healthy Age Friendly Homes Team in strong attendance at the Older People’s Convention in Tralee and The Meath Age Friendly Alliance one-day event at Fairyhouse Racecourse.

The Team had busy days engaging with members of the public and promoting the commencement of Phase 2 of the Healthy Age Friendly Homes Programme that will see our Local Coordinators increase from nine to forty four.

The success of Phase 1 has led to the nationwide rollout of such a valuable programme.



Picture to the left: Mark Harrington, National Programme Manager of the Healthy Age Friendly Programme, Marie Nolan Healthy Age Friendly Homes Coordinator in Cork County and Jillian Robinson Healthy Age Friendly Homes Coordinator in Limerick City



Picture to the right: Cathaoirleach Nick Killian with Eimear McCormack Healthy Age Friendly Homes Coordinator Dublin City, Mary Carey Healthy Age Friendly Homes Coordinator Longford and Cllr Gillian Toole.

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 9248817 / 046 9248825**

Age Friendly on Your Local Radio



As part of our national Older People’s Council Recruitment Campaign, some of our team, members of our Older People’s Council and Ambassadors will be discussing Age Friendly on your local radio stations.

Next **Tuesday 30th May, on Clare FM at 11.20am**, both Madge O’Callaghan from Clare Older People’s Council and Mike Hanrahan Clare Age Friendly Ambassador will be interviewed.

Then also on **Tuesday 30th May at 2.30pm on Radio Kerry**, both Chief Officer Catherine McGuigan of Age Friendly Ireland and Maura Fitzgerald Kerry Older People’s Council Chair will be interview by Deirdre Walshe.

We hope you can tune in.

National Community Engagement Week



An Garda Síochána's National Community Engagement Week is designed to achieve the collaborative objective of increased community engagement and community reassurance throughout Ireland.

Traditionally, the event has been held over the course of one day, in 2023, the event will now run for 5 days from 22nd to 26th May for National Community Engagement Week. Details of event locations are further down this page both in PDF and image format.

Over the course of the week hundreds of communities, from all across the country will have the opportunity to meet with their local Gardaí and community representatives to discuss matters of importance to them such as rural safety, crime prevention and security.

Stakeholders in these areas will be highlighting key aspects of their services to inform, guide and reassure the general public.

The objectives of the week:

Allow communities to meet and discuss safety concerns with their community Gardaí and other key stakeholders.

Promote and inform best safety and security practices - share details on the use of innovation and education to improve community safety.

Raise awareness of the many aspects of crime prevention and community safety.

Empower communities to acquire advice and knowledge that promotes and maintains personal safety and security.

This year's themes:

To promote the collaborations of the various community safety stakeholders and include priorities as outlined in the [Rural Safety Plan 2022-24](#)

For more information, click [HERE](#)

Trinity College Research

Trinity College is conducting a research study on resilience in older people. We invite older adults age 70+ to share their experience of adapting and recovering after a significant loss (loss of spouse/partner or mobility/vision) in the last 2-5 years.


Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Inviting older adults age 70+



Have you experienced a significant loss (death of spouse/partner or impaired mobility or sight) in the last 2-5 years and feel that you have "bounced back"?

Would you be interested in speaking with us about your experience?

The information you share with us will be kept confidential



Contact us at cpetauts@tcd.ie
or text/call on 087 4047364

Your insights will help researchers to understand how older people recover after a significant loss.

Your insights will help to understand how older people "bounce back" after a significant loss and what elements and supports enable this process. Interviews are confidential and personal information is kept anonymous.

For more information about this research and to get involved, contact Carla Petautschnig at cpetauts@tcd.ie or 0874047364.

Age & Opportunity 'citizen's assembly' Survey

In 2021 Age & Opportunity carried out a series of 'citizen's assembly' consultations with older persons. This initiative was funded by the Irish Human Rights and Equality Commission (IHREC). Participants were asked to reflect on whether the policy of cocooning based on being 70+ was inherently ageist. They also explored whether the human rights of older persons (rights bearers) were compromised by the national response to Covid-19.

One of the findings of this initiative was that many of us older persons do not view ourselves as rights holders. To follow up, we are conducting a research study, again funded by IHREC, to find out more about older person's perceptions of ourselves as rights holders and how rights might be compromised by ageism. We would really like to hear your views on this and would appreciate it if you filled in this type form – it will take less than ten minutes. Please do also share with your own networks of older persons:

→ <https://txyge4jclg7.typeform.com/to/bFKW4X99>



NATIONAL
MEALS ON
WHEELS
NETWORK



Irish Rural Link
Nasc Tuaithe na hÉireann



Heilteagach na hÉireann



pobal
government supporting communities

National Meals on Wheels Network.

The National Meals on Wheels Network was established in 2015 under the umbrella of Irish Rural Link (IRL). Its website and interactive map were launched in September 2021 by the Minister of State for Mental Health and Older People, Mary Butler T.D. The map currently details 264 meals on wheels' providers nationally.

A Needs Analysis was carried out by the National Meals on Wheels Network and identified the following needs:

- Networking.
- Funding.
- Ageing Volunteers.
- Governance.
- Staffing and Training.
- Pricing.
- Meeting the future needs of providers and their clients and ensuring the sustainability of the service into the future.

The Network Development Officer took up her position in February 2022 to help manage and develop the Network through the following:

- Communicate, listen and engage with providers regularly.
- Hold regional workshops quarterly to allow for networking and information sharing.
- Provide training opportunities and events for providers.
- Identify relevant funding and grant streams.
- Hold an annual Meals on Wheels Network Conference.
- Highlight and voice the sectors' impact and concerns at local, regional, national and European levels.
- Identify gaps in service provision and how any potential gaps can be alleviated.
- Develop relationships with other relevant agencies, stakeholders and similar organisations to achieve a positive outcome for all involved in the care of older persons.
- Develop a guideline/toolkit applicable to all meals on wheels' providers regardless of size and or structure.

The National Meals on Wheels Network and the Development Officer welcome all meals on wheels' providers into the Network with the aim of achieving a standardised meals on wheels' service for all in line with the objectives of the Slaintecare Implementation Strategy and Action Plan 2021 – 2023. All enquiries can be made by contacting Tracey Noone, Network Development Officer at tracey@mealsonwheelsnetwork.ie or 090 6482744.

Click [here](#) for information leaflet

Healthy Ageing at the Seventy-sixth World Health Assembly



Did you know that the first formal report on progress in implementing the UN Decade of Healthy Ageing will be made to WHA76 ([Committee B, Item 27.1/J](#))?

In parallel, conversations and dialogues on healthy ageing and the UN Decade are also being organised by diverse stakeholders in the margins of WHA76.

In this special round-up, learn more about how to get involved in these conversations and opportunities:

- [The UN Decade of Healthy Ageing: #HealthForAll by adding life to years](#) (Member State-led event, with the US National Academy of Medicine)
- [Ensuring healthy aging across the world: What's needed?](#) (Devex and the McKinsey Health Institute)
- [Global launch of the Healthy Ageing and Prevention Index](#) (International Longevity Centre UK)

[From Plan to Impact VI: Report launch and expert panel discussion](#) (Alzheimer's Disease International).

Member State-led event – 'The UN Decade of Healthy Ageing: #HealthForAll by adding life to years'



#AddingLifeToYears

World Health Assembly side event

The UN Decade of
Healthy Ageing:
#HealthForAll by
adding life to years

23 May 2023
18:00–19:00 CEST

Join the conversation:
bit.ly/Decade-WHA76

DATE: 23 May 2023

TIME: 18:00–19:00 CEST ([find your timezone](#))

FORMAT: Hybrid – in-person attendance by invitation, or email hello@decadeofhealthyageing.org

In this Member State-led event, listen in on an open dialogue between Ministers

and other high-level representatives from Botswana, Costa Rica, Ireland (TBC), Kuwait, and Singapore on how we can maximise the opportunities presented by longevity during the UN Decade of Healthy Ageing.

Participants will hear about the investments Member States are making in healthy ageing, the returns on investment they are seeing, and how they are drawing on new resources and evidence to implement the UN Decade.

The discussion will also feature reflections from the World Health Organization and the US National Academy of Medicine on emerging themes and ways forward to fulfil the promise of the 2030 Agenda through the UN Decade.

This event is co-supported by the US National Academy of Medicine and the World Health Organization. The event will take place in English only.



NTA
 Údarás Náisiúnta Iompair
 National Transport Authority

National Transport Authority Mystery Shoppers

The National Transport Authority is reaching out again to see if members of the public would be interested in doing Mystery Shopper Surveys on Public Transport.

There are incentives offered based on the time on transport:

0-1 hour	€25
1-2 hours	€35
2-4 hours	€50
Total day	€130

If you are interested in taking part, probably in May / June time, can you please contact Sarah@banda.ie



Ulster Bank

Ulster Bank Update

Ulster Bank is continuing the process of our phased withdrawal from the Republic of Ireland and I would like to provide you a further update regarding vulnerable customers.

When we announced our withdrawal in February 2021, we committed to a phased, orderly process and to help our customers to move to a new provider as safely and as seamlessly as possible, with plenty of advance notice. Vulnerable customers and people who receive payments from the Department of Social Protection have always been a key priority and we have endeavoured to ensure that the impact of our withdrawal on these customers has been reduced as much as possible.

In April 2022, we began writing to customers to ask them to move their accounts to a new provider. Customers were given a minimum of six months’ notice (with multiple communications throughout that time). If we did not hear from the customer their account was frozen and then closed after a further 30 days. Customers could request an extension or additional support at any stage in the process. In most cases customers have successfully completed this process. Ulster Bank has, to date, excluded vulnerable customers and those in receipt of social protection payments from the final stage of freezing and closing accounts.

For vulnerable customers, this was in recognition that these people and their families or care team may need additional time and support.

We are now at the point where we will move the remaining accounts into the freezing and closing process. Ulster Bank will write to these customers this month and advise them of a further 65-day notice period, should they need it, before their current and deposit accounts are frozen in early July 2023 or shortly after. Their account will remain frozen for a 60-day period after which, unless a request is made by the customer to access the account, it will then be closed in September 2023 after which extensions can no longer be granted.

Back in March 2022, Ulster Bank had c.2,500 vulnerable customers who held a personal account with the Bank. Through working with and supporting our vulnerable customers to move to a provider that can better support their banking needs, often on a one-to-one basis, just a small number of them are now reliant on their Ulster Bank account(s). Almost 90% of vulnerable customer personal current and deposit accounts, are either closed, or with customers having materially wound down the level of activity in their current account to five or less transactions or left it inactive.

All our proactive supports for vulnerable customers will remain in place. For customers who need additional support or may be in a vulnerable situation there is a dedicated phone line on **1800 656 001** (lines open **8am-8pm, 7 days a week**) and a small field team will be in place to help known vulnerable customers who have not yet completed their account closure journey.

We will keep in close contact with you throughout the final months of our withdrawal and work with you to help the last of our customers transition to their new provider as seamlessly as possible.

Neighbourhood Network



We're excited to announce that Registrations for Street Feast 2023 are now open! On June 25th, we're inviting people and communities across Ireland to come together for a day of free, fun neighbourly lunches - it's about community, connection and great food, with a long-term goal of reducing loneliness and social isolation by creating connections. Full information is available on our website [here](#).



Each neighbourhood group gets a free Welcome pack, and with support from the Street Feast team, shapes their own Street Feast, establishing and strengthening those all-important links between residents that are the foundation of a healthy, happy community. This year's theme is inclusion, so we are encouraging Street Feasters to include invitees from all backgrounds, ages and communities.

The Meath Cares About Older People



The Meath Cares About Older People event was launched in Fairyhouse Racecourse on 16th May by Cllr. Nick Killian, Cathaoirleach of Meath County Council.

It was very well received with over 200 people in attendance. Chief Executive, Jackie Maguire addressed the attendees and was followed by Michael Finnegan, Chairperson of the Meath Age Friendly Alliance and Ita Healy, Chairperson of the Older Persons Council (OPC). The Special Guest Speaker was Sean Boylan, Meath Age Friendly Ambassador.



Talks and presentations were given by several service and support providers to older people in Meath. There were 21 stands on the day, full of information for the older population of Meath.

Entertainment was provided by the Meath County Council Buvinda Choir and local group, Voculeles. Meath Local Sports Partnership were also there to energise the crowd with Pickle-Ball and Chair Yoga. There was a lot of interest in joining the wider Meath Older Person's Council on the day.

If you would be interested in finding out more about joining the OPC, please contact community@meathcoco.ie



Pictured Above: Peter Roe manager at Fairyhouse Racecourse, Regional Programme Manager Louise Edmonds, Older People’s Council Chair Ita Healy, Cathaoirleach Cllr. Nick Killian, Chief Executive Jackie Maguire, Director of Services Barry Lynch, Chair of the Age Friendly Alliance Michael Finnegan, Meath Age Friendly Programme Manger Valerie McHugh and National Programme Manager Age Friendly Ireland Emer Coveney.

Meath Age Friendly Strategy



On Wednesday morning, Cathaoirleach Cllr. Nick Killian was joined by Chief Executive Jackie Maguire, Director of Services Barry Lynch and the Chair of the Age Friendly Alliance, Michael Finnegan, to launch the 3rd Meath Age Friendly Strategy.



The strategy is the culmination of a detailed consultation process that brought older people in Meath and the key service providers to identify how we can continue to make Meath a great place to live, work, enjoy life and grow older.



The strategy was developed with support from the outgoing Age Friendly Programme Manager Aine Bird. Valerie McHugh is the new Age Friendly Programme Manager for Meath who now has the task of overseeing the implementation of the actions.

Louth Older People's Council at Older Peoples Council Conference in Tralee, Co Kerry



Harry Mc Carthy member of the Louth Older People's Executive Committee and Joe Grogan Chair of the Louth (OPC) Older People's Council with both of whom represented Co Louth and attended the Older People's Council Conference in Tralee, Co Kerry with members of the Louth Age Friendly team.

The theme of the conference was Reconnection: Fáilte ar Ais and it was an opportunity for the Older People's Council's across the country to reconnect with

each other. An Garda Síochána launched their Community Engagement Plan for Older People at the Conference and there were lots of workshops to promote reconnection through technology, arts and sports



Ita Healy Chair of the Meath OPC and Joe Grogan Chair of the Louth OPC.

Wexford Library Updates

Bunclody Library Events

An introduction to Romanticism with Elaine Hoysted – Thursday 18th May at 7.00pm

As part of Bunclody Library's Bealtaine celebrations, join Elaine Hoysted, independent art historian, for a talk on paintings created during the Romantic era. Some of the artists that will be discussed include Theodore Géricault, Casper Friedrich, Goya and JMW Turner. Booking essential.

Classic Film Club – Friday 26th May 11.00am to 12.30pm

Join us for our monthly classic film for adults as part of this year's Bealtaine Festival. Staff will select the perfect movie to take you back in time to some of the film greats. Places limited, booking essential.

To book a place for these events please telephone 053 9375466 or register online at wexfordcoco.libcal.com

Sensory Friendly Hour

Every Saturday from 4-5pm, Sensory Friendly Hour will be observed in Bunclody Library.

We encourage you to come along and relax in the calm environment of the library. No booking required. All welcome!

Wexford Town Library

Poetry as Commemoration on Tuesday 23rd May at 11.00am. Bealtaine Event in Wexford Library .As part of the **Poetry as Commemoration** creative writing workshops across the country in 2022-23, two successful poetry workshops were



held in Wexford County Archive in March, where attendees creatively engaged with collections in the archive relating to the War of Independence and Civil War periods in Co. Wexford (1919-23).

Join us in the library on **Tuesday morning, 23 May from 11am to 12pm** to hear from some of the attendees about how they were inspired to write their poems, and to listen to some giving a reading from their work. The creative output from the workshops will be on display in the library during the event.

Poetry as Commemoration is an initiative of the Irish Poetry Reading Archive at UCD Library and is supported by the Department of Tourism, Culture, Arts, Gaeltacht, Sport & Media under the Decade of Centenaries programme.

Book online: <https://wexfordcoco.libcal.com/event/4029838> or call us on 053-9196760 to book your place.

New Ross Library

Activator Pole Walking with Sports Active Wexford

Friday 19th May 11.00am

Friday 26th May 11.00am

ACTIVATOR Poles were designed by therapists and are particularly suitable for people with balance concerns or mobility issues. The unique features of the poles include: bell-shaped tips, ergonomic strapless handles, anti-vibration features and secure button locking system.

Walking with ACTIVATOR Poles:

improves stability
reduces impact on hips/knees
develops core strength
improves posture
promotes better gait pattern

The poles are suitable for post hip/knee surgery, Multiple Sclerosis, Parkinson's disease, Osteoarthritis and fall prevention

These sessions will take place in Library Park, weather permitting.

Enniscorthy Library

Beginner-friendly yoga classes for adults - In celebration of Bealtaine, beginner-friendly yoga will take place Tuesday mornings this May on the **23rd at 10:30am**.

Join Sióg for a yoga class on one or more of the sessions.

Yoga can help strengthen our mind and body, increase mobility, improve balance and relieve stress. Sióg teaches accessible yoga that encourages self-compassion and a sense of ease and uses gentle movement with mindful breathing.

Wicklow Library

Hello from Wicklow Library.

We have been delighted to host some events for Bealtaine, earlier this month we had a very successful Coffee Morning with guided tours of our Local History Room and County Archives, we have had chair yoga and our of course our Digital Skill



classes but we just want to remind everyone that we still have some events to come. If you are interested in anything, please contact us 0404/67025 or email wicklib@wicklowcoco.ie

Mindfulness- Experience Heartfulness Relaxation and Meditation, On Sat the 20th and 27th of May From 10-11am.

Digital Skills - One of our local Schools Wicklow Educate Together are here to help with free one to one digital classes

Chair Yoga- We have a couple of places in the Chair Yoga class with Louise on Monday 22nd May from 11-12, if anyone would like to try it.

Film Club – this is a new addition to our programme.

Come join us on Tue 23rd from 1-3pm where we will have a showing of one of the most popular films of the year. To book a place please call 0404/67025 or email wicklib@wicklowcoco.ie

Music - On Sat 27th of May from 3-4pm Wicklow Youth Orchestra have very kindly offered to play in the Library.

Film Club – on Tuesday 30th May from 1-3pm our library staff will pick a film for your viewing.

Looking forward to seeing you all.

Social Housing Schemes in Co Laois

The Minister for Housing, Darragh O'Brien, TD, officially opened 4 social housing schemes in Co Laois, among them 40 age friendly social housing units at The Maltings development in Portlaoise, which is owned and managed by Cluid Housing.



The Maltings is a new age-friendly social housing scheme owned and managed by Cluid Housing comprising 40 two-bedroom apartments. The scheme is managed by Clann, the age friendly arm of Cluid Housing, offering social housing accommodation to those eligible aged 55 and over. The scheme also benefits from a common room which will host activities and visits from local support services.

The scheme is constructed within a development, which when complete, will host 4 apartment blocks and a private nursing home.



Mayo's Older People's Council

Mayo's Older People's Council applied for funding from Mayo Sligo Leitrim Education Training Board under the Community Education Programme 2023. This funding supported digital classes for members. The course content covered items such as WhatsApp, Smartphone, photos, Internet browsing. The course was held over a 6-week period and classes were 2 hours per week.



A booklet is being developed based on what OPC members learned during this course. This will be circulated once complete.



Cavan Older People's Drop-in Information Sessions

are moving to Cootehill Library for two weeks in May!

These information sessions will have a Creative Theme and are **Free**. All Older People in the Community are invited to come along.

Each session will start at 11.30 a.m. and will last for one hour.

There will be a cup of tea/coffee available - drop in for a chat and a chance to meet people. We are looking forward to seeing you all.

Please register in advance by replying to this email or calling 049 4378581. This is important so we know how many people to expect.

Date	Time	Topic	Delivered By
Tuesday 23 rd May 2023	11.30 a.m. to 12.30 p.m.	Watercolour Doodles	Sally-Ann Duffy
Tuesday 30 th May 2023	11.30 a.m. to 12.30 p.m.	Card Making	Sally-Ann Duffy

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

International Updates



IFA Global Café | In Conversation with: Mr. Dan Levitt on "Reforming the World of Long-Term Care."

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Mr. Dan Levitt on "Reforming the World of Long-Term Care."



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