

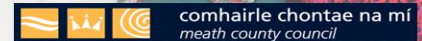
National Updates



## Ireland's Age Friendly Recognition & Achievement Awards 2023

Are you involved in a project that benefits Older People or makes your community more Age Friendly?

Applications are invited for our Age Friendly Recognition and Achievement Awards. Apply now to be in with a chance of receiving National Recognition for your Project.



Age Friendly Ireland is thrilled to announce that we are back and looking forward to receiving hundreds of applications to our Age Friendly Recognition and Achievement Awards for 2023. Each year a local authority hosts the awards event, and we are excited to reveal that Wexford County Council are hosting this year's event on 30<sup>th</sup> November 2023.

The primary aim of these awards is to recognise and reward achievement in age friendly initiatives around Ireland. We are calling for **organisations, businesses, individuals/members of the public, agencies and communities** to submit applications on projects, initiatives or programmes that support older people and that they consider to be age friendly.

Eight categories of awards, aligning to the WHO themes, have been chosen as they have a meaningful impact on the lives of older people in Ireland;

**Age Friendly: Transport | Active & Healthy Ageing | Business Innovation | Safety & Security | Communications | Environment | Community Innovation | Housing**

We are seeking innovative projects from across this range of areas that have real impact and have the potential to be showcased and replicated. We will be welcoming initiatives at both local and national level. Shortlisted projects will be visited by the judging panel and invited to Ireland's Age Friendly Recognition and Achievements Awards ceremony in Clayton Whites Hotel, Wexford on 30<sup>th</sup> November 2023.

**\*\*\*Closing date for applications: Friday, 30th June 2023\*\*\***

To apply please click on the link below:

[Application Form](#)

For more information please visit our website, click the link below:

<https://agefriendlyireland.ie/agefriendlyawards2022/>

## Healthy Age Friendly Homes

Healthy Age Friendly Homes at Family Carers Ireland Campaign Launch.

Francis Kane, local coordinator in Galway recently attended the Galway launch of the Family Carers Ireland national fundraising campaign, Heart of Gold, which aims to raise vital funds to provide essential support and services to family carers throughout the country. Heart of Gold is a special fundraising initiative scheduled for 15th and 16th June, coinciding with Carers Week. The purpose of this campaign is to not only to raise funds for Family Carers Ireland's critical programs and services, but to also raise awareness about the challenges faced by family carers across the country.



“In my role as local coordinator I would quite often meet participants who are either caring for a loved one at home or are themselves being cared for, so it is important for them to be aware of the supports and services provided by Family Carers Ireland including carer education supports, information on benefits and entitlements such as carers allowance, carers benefit, carers support grant, and how to link up with their local carer support group. Family Carers Ireland would also refer family carers to the Healthy Age Friendly Homes Programme which enables us to support older carers, the older person receiving care, or both”.

The event was attended by a number of public representatives and Francis had the opportunity to discuss the success of phase 1 of the Healthy Age Friendly Homes Programmes and outline the plans for phase 2 with Minister of State at the Department of Health with responsibility for Disability, Anne Rabbitte T.D. along with Noel Grealish T.D., Éamon Ó Cuív T.D., and Deputy Mayor of Galway City, Cllr. Mike Cubbard.





Carers Week runs from June 12th until June 18th and a full range of events coordinated by Family Carers Ireland is available on [www.familycarers.ie](http://www.familycarers.ie) along with details of their Heart of Gold campaign.

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

Seamus McDermott Chair of Monaghan Older People Council and Matt Sheridan, Fraud Strategy Manager, PTSB spoke to Joe Finnegan on the JF Show, ShannonSide Radio, about the FraudSmart campaign.



Click [HERE](#) to listen to this wonderful interview



### Age Friendly: Why companies should value older customers

Gillian Stedman from RTE News did a wonderful piece around Age Friendly Business and how around 800,000 people over the age of 65 are currently living and shopping in Ireland, but do companies really value their business?

To read the full article click [HERE](#)

To listen to the piece, click [HERE](#)



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## HSE Talking Health and Wellbeing Podcast, Episode 14 - Traveller Wellbeing Through Creativity



### Traveller Wellbeing Through Creativity Episode #14 - Talking Health & Wellbeing



**'Giving the room to express that creativity, that is where the key lies.'**

- Martin Beanz Warde



In this episode, we hear from Martin Beanz Warde who tells us about his 'Through Our Eyes' photography project which was funded under the Traveller Wellbeing Through Creativity initiative in 2022. Martin is a Comedian, Writer and Photographer, who also shares his own personal story about expressing his creative ability in a variety of ways and how he has supported others through his growing media presence. It makes for a very interesting and honest podcast as Martin's insights showcase his creative spirit as he role models an empathetic approach to others who may think differently to him.

The Traveller Wellbeing Through Creativity initiative is funded by the HSE Health and Wellbeing and Social Inclusion departments with Creative Ireland, the Department of Health and the Arts Council.

Listen and follow wherever you get your [Podcasts](#) or on the [HSE Health and Wellbeing YouTube channel](#).

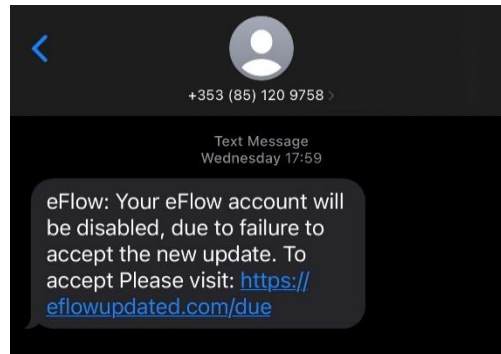


### FraudSMART Top-Tip: Stay ahead of the scammers and sign up for FraudSMART alerts

This month FraudSMART is advising Age Friendly Ireland members to stay ahead of the scammers and sign up to FraudSMART email alerts. FraudSMART is a fraud awareness initiative developed by Banking & Payments Federation Ireland (BPF) in collaboration with member banks and issues alerts to the public about emerging scams and trends so that people can protect themselves from fraud. It is becoming increasingly common for fraudsters to send scam text messages (known as smishing) that are designed to appear as messages from legitimate

companies such as your bank, your parcel delivery provider, eFlow or other utility providers. The texts attempt to trick recipients into following a link to a site by saying a payment is required to avoid disconnection from a service such as your electricity provider or to avoid an account such as eFlow from being disabled. The fraudsters will often follow up with a phone call.

**An example of a recent eFlow scam below, which has been circulating widely by text message.**



If the recipient clicks on the fraudulent website, the scam typically tricks the victim into making a transfer to a payment App.

### **What should you do if you receive such a text message?**

Do not click on the link

Do not reply or provide information

Do not hand over your security codes on a phone call

Delete the message

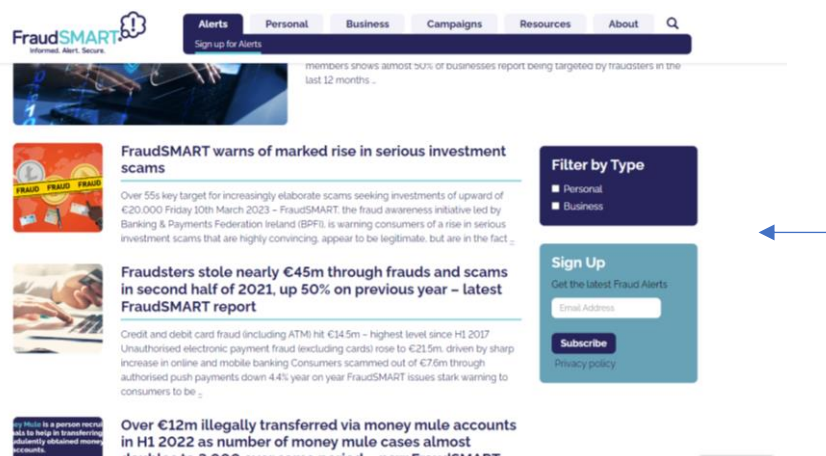
If you are unsure of the seeming legitimacy of any text message, ignore it and contact the bank or service provider named in the text message directly using the contact details provided on their website.

### **What can you do if you think you have been affected?**

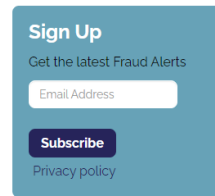
If you think you have responded to a scam text message, contact your bank immediately using the number on the back of your debit or credit card, or the contact details provided on your bank website.

### **How to sign up for FraudSMART alerts:**

1. Click on this link [www.fraudsmart.ie/alerts/#signup](http://www.fraudsmart.ie/alerts/#signup)



## 2. Add your email address in this text box



## 3. Click 'Subscribe'

### FraudSMART warns communities in Monaghan and Cavan of increased risk of text message and investment scams

Over 55s key target for increasingly elaborate scams seeking investments of upward of €20,000



Age Friendly Ireland (AFI), Banking and Payments Federation Ireland (BPF) and the Garda Older Persons Association (GOPA) hosted two 'Safety and Security' seminars for older people in the community this week. The first seminar took place Tuesday, 23rd May in the Hillgrove hotel, Monaghan and the second seminar was on Thursday, 25th May in the Lavey Inn, Cavan. The seminars follow widespread warnings about increases in text message scams (also known as smishing), phone scams and investment scams targeting consumers in 2023 and are part of Banking Payment and Federation Ireland's FraudSMART campaign.

Speaking at the Monaghan event Matt Sheridan, Fraud Strategy Manager, PTSB said, "We have noticed a recent upsurge in fraud activity, in particular investment scams and smishing, which are text messages seeking your personal and financial information."

*Matt Sheridan, Fraud Strategy Manager, PTSB, with Catherine McGuigan, CEO of Age Friendly Ireland, at the 'Safety and Security' seminar at the Hillgrove Hotel, Monaghan*

Jane Morrill, Financial Crime Advisor at KBC advised attendees at the Cavan event "to be aware that the scams offer very convincing investment opportunities and once the money is 'invested' it disappears with no redress once the money is handed over to an unregulated 'firm'."

"It is also important to note that you will never receive a text from your bank directly requesting you to confirm security details or move funds to keep them safe. Don't click on links, attachments, or images in an unsolicited text, and don't



be rushed into responding. If you are uncertain as to whether a text or email is genuine, ring your bank,” she said.  
Ann Marie Lardner, Garda Síochána Cavan/Monaghan division said, “If you receive a text asking you for personal or financial information, from your bank, the HSE, parcel delivery services or any other company, do not to click on the link, especially if there is a sense of urgency to it. If you have shared your bank details and realise that it is a scam, report it to your bank and the Gardaí as soon as possible.”

FraudSMART, the fraud awareness initiative led by Banking & Payments Federation Ireland (BPFi), is calling on the public to stay informed, alert, and secure and follow the tips below.

**Red flags to look out for:**

- You are cold-called about an investment opportunity – i.e. you receive an unexpected telephone call/e-mail/social media message.
- You are rushed and pressured into making a decision there and then, with no opportunity or time to consider the details of the investment.
- There is a promise of a quick and profitable return on the investment with little or no risk.
- Checklist to avoid investment scams:
- Stop and think: Does this opportunity sound too good to be true? If so, it probably is.
- Take your time: Important to note that there are very few legitimate investment opportunities that require you to hand over or transfer money immediately.
- Research thoroughly: Check the individual and firm for qualifications, credentials, reputation and history. The Central Bank Consumer Hub is a good place to start.
- Verify the Information: Check all information with a trusted third party such as a legal/financial professional and consult family and close friends.
- 

More information, alerts and tips can be found on [www.fraudsmart.ie](http://www.fraudsmart.ie).



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Home delivered,  
fresh nutritious  
affordable meals  
supporting  
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**SOCIAL  
ENTERPRISE  
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Call 091 354 000   



MEALS4HEALTH PREPARES FRESH, DELICIOUS, AFFORDABLE, NUTRITIOUS MEALS AND DELIVERS DIRECT TO YOUR HOME. ALL OUR MEALS HAVE BEEN DEVELOPED BY OUR PROFESSIONAL CHEFS AND DIETITIAN TO MEET YOUR NUTRITIONAL NEEDS.



#### MEALS4HEALTH PRODUCT RANGES:

**Wellness** - Healthy nutritious meals suitable for anyone supporting you to "Eat well, Live well, Age well"

**Healthcare** - Meals can be reformulated for your medically related dietary requirements (e.g. renal, coeliac or diabetic diet) or texture-modified diet - suitable for use with the IDDSI framework

**Fortified** - Designed to increase the calorific and nutrient content of the meal without increasing portion size, for people who may be at risk of malnutrition.

#### HOW IT WORKS:

Meals can be ordered online at [www.meals4health.ie](http://www.meals4health.ie) where you can browse our weekly menu options, select your food choices, add any special dietary requirements and easily pay for meals.

Alternatively, meals can be ordered by phone with the support of our customer care team: **Call 091 354000**



[www.meals4health.ie](http://www.meals4health.ie) | [info@meals4health.ie](mailto:info@meals4health.ie)  
**Phone: 091 354 000**

## WORLD MS DAY 30TH MAY 2023



### ABOUT WORLD MS DAY

World MS Day is officially marked on Tuesday, 30th May 2023. It brings the global MS community together to share stories, raise awareness and campaign with everyone affected by multiple sclerosis (MS). World MS Day activities take place throughout the month of May and in early June. The campaign offers flexibility for individuals and organisations to achieve a variety of goals.

### THE WORLD MS DAY CAMPAIGN 2023

The themes for World MS Day 2023 are 'connections' and "I aM Someone". MS Ireland's campaign this year is all about building community connection, self-connection, celebrate support networks, champion self-care and connections to quality care.

For a list of local events please click [HERE](#)

## Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us this week on next **Friday May 26<sup>th</sup> at 5 pm** for our weekly Zoom.

This week we are delighted to welcome Professor Susan Smith, Professor of General Practice in Trinity College, ExWell Board Member and Chair of ExWell's Research Committee. Susan will be discussing the importance of research in ExWell and the critical role played by ExWell participants in guiding how our research is carried out. Karen Cowap and Michael Metcalfe will attend also. Karen and Michael have been involved in giving this 'patient and public' guidance to Susan and her research colleagues for a number of years and will share their experience with us.

This Friday you will also get to meet Rita Trintz, another valued member of the ExWell team. Rita is a bundle of energy and fun in ExWell, as many of you will know, and she will share with you her story of how she came to be with us.

As mentioned in previous meetings, if you would like us to send a message of support to any member of ExWell, or if you would like to do this yourself on Friday, please send a message to us in advance at [info@exwell.ie](mailto:info@exwell.ie)

### The schedule is as follows

5.00 pm: Welcome	Noel
5.05 pm: Meet Rita	
5.15 pm: ExWell Research.	Prof Susan Smith, Karen Cowap and Michael Metcalfe
5.35 pm: Q&A and Discussion.	All
5.50 pm: ExWell Updates	Noel

### The link for the meeting is

<https://us06web.zoom.us/j/89571518656?pwd=Y0t3NDJReTlDT3p3OWVnRINDUldPQT09>



### Age Friendly Wellness Event Cavan



Cavan Age Friendly hosted a Wellness event yesterday. Minister of State James Browne came to visit, and the Chief Superintendent of the National Community Engagement Office Padraic Jones came too.



Chief Superintendent Alan McGovern, Superintendent Shaun Grant and Inspector Ann Marie Lardner and her team were also there. Our Cathaoirleach Councillor John Paul Feeley was also in attendance.



### "Beatha na Bealtaine" Event Showcases Wellness and Self-Care for Active Seniors



On Wednesday, the 17th of May, Donegal Local Development Company, in partnership with Ionad Naomh Pádraig in Gaoth Dobhair hosted the "Beatha na Bealtaine" event to coincide with the national Bealtaine celebrations held countrywide annually during the month of May.





This event, tailored specifically for mature individuals, aimed to promote health, wellness, and self-care practices to enhance the quality of life for seniors in the community.

The day kicked off with knowledge and rejuvenation, with Mary Ferry, a renowned skincare expert from Genesis Aesthetic, Skin & Hair Studio, delivering an insightful talk on effective skin care and sun protection advice for mature skin. Participants were treated to a range of taster treatments throughout the day, including hand and arm massages, nails filing and painting, as well as invigorating mini facials.



Donna Mc Gettigan, DLDC's SláinteCare Healthy Communities Project Co-ordinator, delivered an engaging talk on the "Benefits of Healthy Eating Through Life," sharing tips and advice on creating simple, tasty, and nutritious meals and snacks. The presentation aimed to empower seniors to make informed dietary choices that contribute to their overall well-being.

Ashleigh Sweeney's talk on "Fitness for Active Seniors" provided valuable insights and guidance on incorporating physical activity into daily routines to promote strength, flexibility, and vitality.

For more information about similar events or future programmes in the Gaeltacht region, please contact Anne Marie Rodgers at 0877605532 or via email at [amrodgers@dldc.org](mailto:amrodgers@dldc.org).



## 'Ageing Well in Bray' Info Event



Hosted by The Great Care Co-op and Bray Community Partners

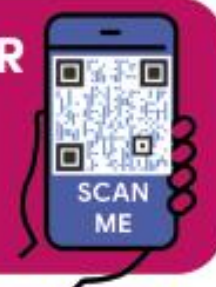
### 'AGEING WELL IN BRAY'

Information stands on social support, financial guidance and advanced planning, exercise, safety tips and advice, healthy living, learning opportunities, options for getting help and care in the home and more.

JUNE  
**07**  
12 - 2PM

**HOLY REDEEMER  
CHURCH**

The Little Flower Hall,  
Main St, Bray, Co. Wicklow



We are waiting for you with tea, coffee and refreshments

For more info call Aoife Ph:085 252 7654 or email [aoife@tgcc.ie](mailto:aoife@tgcc.ie)  
To register for the event, please visit our page on Eventbrite or use our QR Code

Bray Credit Union, An Garda Síochána, Men's Sheds, The Home Share.ie,  
The Great Care Co-op, Bray Area Partnership and more....



## Sunshine Welcomes Bealtaine Dawn Chorus

Waterford Libraries annual Bealtaine programme got off to a great start in glorious sunshine at the Dawn Chorus event in the beautiful surrounds of Dunmore East Library at Fisherman's Hall...an uplifting setting for an uplifting event!



*Enjoying the Bealtaine Festival Dawn Chorus in Dunmore East*

In another first for Waterford Libraries, Waterford Libraries Bealtaine Choir was chosen as the Bealtaine Flagship Choir for a packed programme of Dawn / Dusk Chorus events. The Dawn Chorus is a nationwide Choral event in which older people come together with a choir in their locality to welcome the day and the season.





*Margaret Brooks, Mayor of Waterford City and County, Cllr. John O'Leary and Richie Roberts*

The event was officially launched by Mayor of Waterford City and County, Cllr. John O'Leary. The mayor was joined by over 100 people who gathered in the early morning sunshine for a melodic choral performance by the Library Bealtaine Choir led by Anne Woodworth.

Andrew Doherty of Tides and Tales performed his magic mix of nostalgia, history, and fantastical tales through spoken word. The event was followed by refreshments and a great opportunity to chat with friends, old and new.



*Jennifer Loughran, Waterford Libraries, Anne Woodworth Bealtaine Choir lead, Mayor of Waterford City and County, Cllr. John O'Leary and Margaret Brookes Bealtaine Choir*

The Bealtaine Choir will perform a dusk chorus in the sensory garden of Carrickphiersh Library. The garden opened in September 2022 and is an accessible space that is sensory rich, welcoming, and engaging for people of all ages and abilities to enjoy with their families and friends.

This will take place on Thursday 25th May at 6pm and all are welcome. If you can't make it in person, the event will be livestreamed on the Bealtaine Facebook page.

The Bealtaine Festival is a partnership with Age and Opportunity, Sing Ireland and Waterford City and County Council.

For more details about Waterford Libraries Bealtaine Programme visit [www.waterfordlibraries.ie](http://www.waterfordlibraries.ie) or email [jloughran@waterfordcouncil.ie](mailto:jloughran@waterfordcouncil.ie)

**Images attached: DGM Photographic**



## dlr Age Well Expo Exhibition Stands & Services, Sunday 11th June 2023, 10a.m-4p.m - Stands Layout on the day

Banshees of Inisherin star Sheila Flitton performing at dlr Age Well Expo 2023, **June 11th 2023** in The Pavilion at Leopardstown Racecourse, Dublin.

On Sunday June 11th 2023, in the Pavilion at Leopardstown Racecourse, Dún Laoghaire-Rathdown County Council presents the dlr Age Well Expo in association with the dlr Age-Friendly Alliance to celebrate and showcase services and activities available to older people in Dún Laoghaire-Rathdown.



**dlr Age Well expo 2023**

The Pavilion, Leopardstown Racecourse

Sun June 11th 2023 10am-4pm

Free Event. Booking essential at [events.dlrcoco.ie](https://events.dlrcoco.ie)

01 205 4893



## Fingal's OPC conference

130 people registered to attend the Fingal OPC Annual Conference 2023 which took place in Kettles Country House Hotel, Swords on Thursday 25th May.

The theme of the Conference was 'Ageing Well in Fingal' and presentations given by expert speakers reflected this theme. Ms. Celine Clarke, Head of Advocacy, Age Action, spoke on the topic of 'Ageism' and how societal and self-directed

ageism can inhibit older people's ability to age well. Ms. Tara Mills, Senior Physiotherapist from the HSE's Integrated Care Programme for Older People (ICPOP), presented on 'Fall Prevention' and gave useful tips and exercises on how to avoid falls. Ms. Louise Edmonds, Age Friendly Ireland Regional Manager provided information and a demonstration on technology to support wellbeing and ageing in place. The final presentation on the 'Rights of Older People' was given by Mr. Andrew McCann, Citizens Information.



Following round-table discussions, a lively interactive discussion/Q&A session took place with the panel of speakers and delegates. The morning session finished with a short reading by OPC member, Peig McManus, from her newly published book 'I will be Good – A Memoir of a Dublin Childhood and a Life Less Ordinary'.

Following a thought-provoking morning, the afternoon provided mental relief but physical exertion as the delegates danced to the music of Stage 2.

## 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](mailto: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: Dr. Noel McCaffrey "Transforming Lives in Chronic Illness Through Integrated Community-Based Programmes"

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Noel McCaffrey "Transforming Lives in Chronic Illness Through Integrated Community-Based Programmes"



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](mailto:agefriendlyireland@meathcoco.ie)

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://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