

National Updates

Deadline Extended

*****Closing date for applications: Monday, 10th July 2023, 5pm*****

Age Friendly Recognition and Achievement Awards for 2023

Would you or someone you know qualify for a National Age Friendly Recognition and Achievement Award? They're for everyone; community groups, organisations, businesses, agencies and individuals alike and recognise and reward the achievements in age friendly initiatives around Ireland.

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:

Transport | Active & Healthy Ageing | Business Innovation | Safety & Security | Communications | Environment | Community Innovation | Housing

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.



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.



To apply, please click on the link: [Application Form](#)

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

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

Come Join our Team



comhairle chontae na mí
meath county council



WE ARE HIRING

**Age Friendly Ireland
Regional Programme Manager
West Region - Limerick City &
County Council**

Closing Date: Friday 14th July 2023 at 5.00pm

www.meath.ie/jobs

Meath County Council is currently recruiting a Regional Age Friendly Programme Manager – West Region who will be employed and based in Limerick City & County Council.

Closing Date is 14th July at 5pm.
More at <http://meath.ie/jobs>

WE ARE HIRING

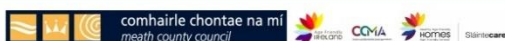
**Healthy Age Friendly Homes
Regional Programme Manager
Area D - Cork and Kerry**

Closing Date: Friday 14th July 2023 at 5.00pm

www.meath.ie/jobs

Meath County Council as the host of the National Shared Service Programme for Age Friendly Ireland, invites applications for the position of Regional Programme Manager for the HAFH – Area D (Cork City & County and Kerry).

Closing Date is 14th July at 5pm.
More at <http://meath.ie/jobs>



National Technical Programme Manager Age Friendly Ireland

Meath County Council wishes to recruit a National Technical Programme Manager for the Age Friendly shared service, who will report to the Chief Executive of Age Friendly Ireland National Shared Service. The post is analogous to that of Senior Executive Engineer.

Closing Date for Application 20th July 2023

More at

https://www.publicjobs.ie/en/index.php?option=com_jobsearch&view=jobdetails&Itemid=263&cid=176787&campaignId=23308309

Healthy Age Friendly Homes



Tipperary County Council Age Friendly hosted the Age Friendly Expo at Thurles TUS Campus attended by the Healthy Age Friendly Homes Team.

There were more than 65 information booths at the event, all of which featured resources for Positive Aging in the County. Tracey Thompson, Local Co-Ordinator, attended the exhibit on the day and provided information for attendees. She spoke on the occasion about the services provided by the Healthy Age Friendly Homes Programme.

Karen Fennessy joined Tracey at this event in Tipperary. Karen is our newly appointed Regional Programme Manager for the Limerick area and has great experience with Age Friendly initiatives.



Karen joined in on greeting attendees and describing our programme to them.



With over 60 exhibits at the event we were afforded the opportunity for networking with other agencies. The event, which also featured music and dancing, was well attended by organisations and participants alike and undoubtedly a huge success, and great day out for all in attendance

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**



Healthy Eating for Older Adults

This information is for adults aged over 65 who are in good health, mobile and living at home. It has been developed in partnership with the FSAI (Food Safety Authority of Ireland), the HSE, the Irish Nutrition and Dietetic Institute and safefood.

The aim of this advice is to help you stay well, by nourishing your body with healthy food and by staying active every day.

Top Tips

Following these tips will help keep you nourished and strong so you can live your life to the full.

Eat well

A healthy diet will keep your muscles and bones strong. This will help to prevent falls and ensure you live an independent life for as long as possible.



Eat enough high-quality protein in at least two meals a day

High-quality protein promotes and maintains good muscle strength as you age. Muscle loss can lead to frailty and a higher risk of falls so choose foods from the Meat (and alternatives) as well as from Milk (and alternatives).



Boost your B vitamins

B vitamins support brain function as we age. Eat plenty of fruit and vegetables, high-quality protein foods, cereals and milk with added B vitamins to ensure you are getting enough.



Choose high fibre foods

Eat wholemeal breads and cereals, plenty of vegetables, fruit and salad every day to ensure you are getting enough fibre to help prevent constipation.



Maintain your best weight

Your Best Weight is a weight you can maintain while living your healthiest and happiest life. Many older adults are carrying extra weight. Don't focus on how much you weigh, instead eat well and be active.



Daily vitamin D

You need to take a 15 microgram (μg) vitamin D supplement every day of the year. A good diet and sunlight is not enough to keep your bones strong and prevent falls.



Portion size matters

This is important for everyone but especially if you are not that active. Cut down on sugary snacks such as biscuits and cakes and salty snack foods such as crisps.



Be active every day

Small bouts of exercise for 10-15 minutes several times a day is much better than doing all your activity in one go. Strengthening exercises are also important.



View the full document [HERE](#)



Age-Friendly University

Evaluations

To inform our future funding and continuity, we are conducting a review of the AFU programme in all areas. It is vitally important that as many of you as possible take part in the survey as it impacts our funding and programme for 2023/24. Here is a [link](#) to the survey questions.

Over the next couple of weeks, we will also be doing a profile survey of our participants. Again, this will inform future plans and funding for the coming year. Your cooperation and participation are valued and important to the ongoing work of the AFU, as these metrics inform the future work programme and funding model. The Survey will be sent out in the coming weeks.

Summer Lunch Wednesday, July 19th

We have organised a Summer Lunch in the 1838 Restaurant to mark the end of the year, and it takes place on Wednesday, July 19th, from 12.30 - 2.30 pm. The cost of the lunch is €27 for two courses, and you can book through this [link](#). Grainne will call to collect payments over the phone, or you can pop into the office by appointment.

Diary Date

The annual Taste of DCU will take place on Friday, September 1st. This event showcases the broad range of engagement opportunities at DCU. We are particularly delighted this year that the Business School has offered the opportunity to visit the Virtual Lab, which allows one to have a virtual reality experience using new state-of-the-art technology. Please tell your friends and family about the day and keep it free. As usual, we will have a broad range of taster lectures, lunch and a free raffle. More details on this will issue later in the August.

Staffing

We had a number of visitors working with us this year - Ursa from Slovenia came on an Erasmus work experience placement. Solveig from France joined us as a marketing intern. At the moment, Katrina and Devon from the US are visiting for work experience and will be leaving at the end of July to return home. My thanks to them all for their enthusiasm and support over the weeks of their placement. They brought added value to our work over the past six months. Of course, special thanks also to Grainne, who so ably manages the admin with such cheer and competency.

AFU on the move

As the Bea Orpen Building is being renovated over the coming months, the AFU office is being relocated. We are currently waiting for notification of a new location(s) but will let everyone one know when we finally land.

UN Decade of Healthy Ageing Update

Contribute to a public call for promising interventions to address the abuse of older people.



Decade of healthy ageing **Abuse of older people: a hidden problem**

Every year, 1 in 6 people aged 60 years & older experience some form of abuse.

2 in 3 staff in institutions such as nursing homes have committed abuse in the past year.

RATES OF ABUSE have increased during the COVID-19 pandemic.

ABUSE leads to severe physical & mental health, financial & social consequences.

Abuse of older people is expected **TO INCREASE** given the rapidly ageing population of people aged 60 years & older.

5 Priorities to tackle abuse of older people

- **Combat ageism** as it is a major reason why the abuse of older people receives so little attention.
- **Generate more and better data** to raise awareness of the problem.
- **Develop and scale up cost-effective solutions** to stop abuse of older people.
- **Make an investment case** focusing on how addressing the problem is money well spent.
- **Raise funds** as more resources are needed to tackle the problem.

Every year, 1 in 6 people aged 60 years and older experience some form of abuse – leading to severe physical and mental health, financial, and social consequences.

Despite the severity of the problem, there are currently no interventions to reduce or prevent the abuse of older people that have been proven to work. To address this, a UN Decade of Healthy Ageing public call for promising interventions has been launched by WHO via the Platform.

Do you know of a specific strategy or action that can be taken to address this human rights violation? Make a contribution to help create a portfolio of effective interventions that can be prioritised to end the abuse of older people.

[Contribute to the public call](#)

[Find out more about the abuse of older people](#)

Drogheda Credit Union receives Age Friendly accreditation



From Friday, 7th July, Drogheda Credit Union will offer an Age Friendly service to members over the age of 65.

New Age Friendly Ambassadors will be available to senior members on the **first Friday of each month from 09:30 – 11:30**. Each Age Friendly Ambassador will have their own counter in each branch reducing the waiting time for members.

Our Age Friendly Ambassadors will assist with:

- Nomination forms
- DIRT forms
- Updating ID & proof of address
- Online banking
- Current accounts with no fees
- Foreign exchange with no commission

[CLICK HERE FOR MORE INFORMATION ON OUR AGE FRIENDLY SERVICE](#)

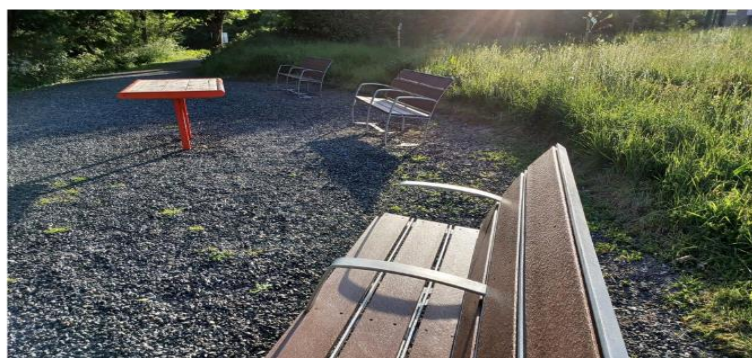
We are absolutely delighted to have Drogheda Credit Union as an accredited Age Friendly Business, and we wish them all the best.

Local Updates



Ballymore Eustace Age Friendly / Climate Friendly Village

On Monday the 12th of June, members of various groups in Ballymore Eustace such as the Active Retired Group, the SEC the Tidy towns along with members from Kildare's OPC and Castlefen's Age Friendly estate attended the Climate Action Workshop in the Resource Centre in Ballymore Eustace (Age Friendly Ireland and CARO). This was a further step in Ballymore Eustace working towards the first age friendly Climate Friendly Village status. Ballymore Eustace is working towards being an age friendly and climate active community – an exemplar - combining the needs of their older residents and visitors with good climate, sustainability and biodiversity actions.



Gavin Harte (Sustainability Consultant, Climate Action Coach and Environmental Activist) delivered the training. Items such as climate science, carbon footprints, energy saving, home energy upgrade were discussed and followed by facilitated workshops. The afternoon saw the 32 embark on the new Age Friendly accessible Riverwalk which is a hive of activity. We were delighted to have local resident and member of many voluntary groups give us a guided tour. A river walk has been created in Ballymore Eustace and 400m of that walk a climate friendly and accessible area more to follow later in the year. The walk which has a new surface which is fully accessible and climate friendly along with the creation of an accessible fishing bay.



This project has improved the accessibility of, and participation in, community life for older persons and persons with disabilities. This is supported by inclusion in community activities that take place along the river walk. Along the walk an urban orchard has been planted, wildflower meadows bug hotels. The group also learned about habitats and species in the locality. The group would highly recommend the training.



Wexford Dementia Alliance Pop-Up Dementia Café
Hosted by **GRANTSTOWN DAY CARE CENTRE.**

Wellingtonbridge Co Wexford. Eircode: Y35D4C4



Date and Time: Friday 28th July 2023
10.00am – 12.30pm
(Last Friday every month)

This **FREE OF CHARGE** Pop-Up Café facility is open to people in the community **living with or concerned about dementia**, your family and friends circle and care professionals. Join us for a warm welcome, tea/coffee and morning treats, friendship, support, helpful information and an opportunity to exchange ideas.

Guest speaker: Carol Devereaux Advance Nurse Practitioner.

Presentation Title: “Brain Health”

For further information on how to attend please email: manager@grantstownpriory.com, Contact 051 561016
Eircode: Y35D4C4

Wexford Dementia Alliance





Fingal Age Friendly - Vintage Picnic, Arts, Creativity & Music Festival for over 55's Swords Castle 27th July 2023

THURSDAY
27TH JULY
2023
2PM – 6PM



Vintage Picnic

SWORDS CASTLE



AN **ARTS, Creativity & MUSIC** Festival for over 55s

FREE BUSES are available to/
from the Venue – for more
details and booking email
OPC@fingal.ie

Vintage Picnic is a
non-alcoholic event.

THIS IS A FREE EVENT
Booking is essential through
Eventbrite or email OPC@fingal.ie



comhairle chontae na mí
meath county council





Blackpool Library Cork Age Friendly Libraries: our nostalgia CD collection

Do you like older music, wartime ballads, the crooners, jazz? Music from legends such as Elvis Presley, Frank Sinatra, Louis Armstrong and the Platters?



Then check out our varied collection of nostalgia CDs from the 1910s up to the 1960s in Blackpool Library as part of Age Friendly Libraries. They can be borrowed free of charge.



Bunclody Library

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!

Classic Film Morning

Join us on Friday 28th July at 11am for a classic film for adults. Library staff will select the perfect movie to take you back in time to the golden age of Hollywood. Please ring the library on 053 9375466 to book a space. If you require any additional assistance for this event, please let us know.

Gorey Library

Tuesday 11th July 7pm-8pm - Wexford Walking Trails Talk

Learn about the coastal, mountain, forest and riverside walking trails in Wexford. There will be a focus on walking trails near Gorey with representatives from Ferns, Askamore, Kilanerin, Mount Nebo, Croghan, Ramsfort Woods, Oulart Hill, Courtown, Cahore Point and Annagh Hill speaking about their own walking trail.

Booking essential. Contact the library at 053 9483820 and if you require additional assistance to participate in this event please let us know.

Limerick Age Friendly Greenway Familiarisation Trip

On the 29th June 2023, Limerick Older Peoples Executive in collaboration with the Tourism promotion section conducted a familiarisation trip to the Limerick Greenway to ascertain insights and views of our OPE members on making the greenway age friendly.



The OPE members were invited to cycle or walk a section of the greenway. Members of the group enjoyed cycling and walking sections of the greenway at Ardagh, which was followed by lunch at Barnagh, an area of outstanding natural beauty and scenic vistas. On the day, we were blessed by the splendid Irish sunshine and a wonderful day was had by all OPE Members.





FIT FARMER PROGRAMME 2023

The first Fit Farmer Programme is running every Thursday in County Wicklow in Carnew Mart from Thursday, 29th June until Thursday 27th July.

Under the Healthy Ireland Fund Round 4, Healthy Wicklow and Wicklow Sports & Recreation Partnership have held a number of consultations with the farmers and have designed a health and wellbeing programme which will contain a different workshop each week.

The poster features logos for 'hi healthy Ireland', 'Healthy Wicklow', 'Carnew Mart', and 'Wicklow Sports & Recreation Partnership'. The main title is 'FIT FARMER PROGRAMME'. The schedule includes: 29th June: Cancer Awareness Talk at 12.30pm; 6th July: Activator Poles (exercise and mobility) at 11am and 1.30pm; 13th July: The Irish Heart Foundation Mobile Bus 9.30am to 5pm, with booking at healthywicklow@wicklowcoco.ie; 20th July: Skin Cancer 12.30pm; 27th July: Smoking and Nutrition 2pm; and a Walk n Talk every Thursday at 7pm at Coolafancy New Track. Logos for IFA, Rialtas na hÉireann Government of Ireland, and pobal are at the bottom.

The farming community is a cohort the Council has not targeted before and a creative approach was used to work collaboratively with a number of different partners to boost resilience and support their physical, mental and social wellbeing.

Cathaoirleach of Wicklow County, Cllr Aoife Flynn-Kennedy, said: "We welcome projects like this that will have a real impact on the health and wellbeing of the communities across County Wicklow."

Emer O’Gorman, Chief Executive, Wicklow County Council, welcomed the programme saying: "It is great to see initiatives like the Fit Farmer programme being delivered at a local level in partnership with a number of organisations, we are delighted to support the implementation of health and wellbeing programmes and projects in a variety of settings."



on the go with KWETB

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Coimisiún na hEireann
European Commission



Rialtas na hÉireann
Government of Ireland



comhairle chontae na mí
meath county council



Fingal's Older Peoples Council Conference



On the 26th May 2023 – Fingal's Older Peoples Council hosted their annual OPC conference. 134 older people, who represent the voice of the older people from many older adult groups from across the county, were in attendance on the day.



This year's conference was themed "Aging Well in Fingal" and guest Speakers, Celine Clarke, Age Action, Bernie Murphy & Tara Mills, Dublin North's HSE's ICPOP team, Louise Edmonds, Age Friendly Ireland and Andrew McCann, Citizens Information spoke about Ageism, preserving your memory, falls prevention, assistive technologies, and knowing your rights. The topic presentations were followed by a lively panel discussion with questions received from the conference attendees on real life issues faces Fingal Citizens as we all age.

Please click on the link below for the highlights on the day:

https://www.youtube.com/watch?v=vV9l_A3J_yk

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 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: In conversation with Prof. Liat Ayalon

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with Prof. Liat Ayalon Professor from the School of Social Work, Bar Ilan University, Israel on "Education and awareness initiatives to combat ageism."

Prof. Liat Ayalon
Professor in the School of Social Work,
Bar Ilan University, Israel

Global Café
in conversation with experts

**"EDUCATION AND AWARENESS INITIATIVES
TO COMBAT AGEISM."**

7 July 2023 07:00 AM EDT

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