

National Updates

**Healthy Age Friendly Homes Acorn Training workshops**



Healthy Age Friendly Homes held 2 Acorn (Age Friendly- Smart Tablet) induction workshops in Limerick (Dooradoyle Library and Watch House Cross Library) as part of a technology pilot project rolled out by the Programme. The training was delivered by expert Laura Corbett, Clifrun media and assisted by Jillian Robinson, Healthy Age Friendly Homes Coordinator for Limerick City and County.



We assisted users having some issues with navigating the Acorn device and gave simple instructions/ guidance on how to use it. There was plenty of laughing and fun as participants learned how to navigate the world of the internet!! Tutorials on how to use email, take photos, use web browsers and apps were all covered.

We downloaded Apps like the libraries Borrowbox and had a tutorial on how to use it from library staff. One of the participants was delighted with the Borrowbox app, as an avid reader she is looking forward to using her tablet to download books from home and she was amazed that there are audiobooks available also. Another participant was shown how to use the devices companion app and she is keen to use

the Tablet to connect with her daughter who is living in America. Both workshops were very well received being both informative and fun.



## Free Transport Passes and Seat Reservations

**Older People's Councils have queried why some Free Travel Pass holders have not been given a seat on certain bus routes. The National Transport Authority explains that this is because on certain bus services there is a seat reservation charge.**

The main difference is whether the bus is operated as a public service or whether its run by a private operator.

Passengers on Public Service Operators (such as Dublin Bus, Bus Eireann, Irish Rail, Luas and Go Ahead) in contract with the National Transport Authority are boarded on a **first-come first-served** basis, regardless of payment method. Passengers with online tickets do not have any priority over cash/leap/Free Travel Pass (FTP) paying customers as there is no seat reservation system in place on these services.

There is an exception with Irish Rail. Irish Rail have a number of seats that can be reserved by all passengers with valid tickets, including Free Travel Pass holders. When that allocation of seats is full a charge of €2.50 is applied for all passengers. More details here:

[https://www.irishrail.ie/en-ie/rail-fares-and-tickets/guide-to-buying-online/booking-a-seat-only-reservation?gclid=EAlalQobChMI5\\_qH54Lw\\_gIVS7DtCh30lweREAAAYASABEgJk1fD\\_BwE&gclsrc=aw.ds](https://www.irishrail.ie/en-ie/rail-fares-and-tickets/guide-to-buying-online/booking-a-seat-only-reservation?gclid=EAlalQobChMI5_qH54Lw_gIVS7DtCh30lweREAAAYASABEgJk1fD_BwE&gclsrc=aw.ds)

The Free Travel Pass is run by the Department of Social Protection. All the Public Service Operators, such as Dublin Bus, Bus Eireann, Irish Rail, Luas and Go Ahead are signed up to accepting them.



It is up to Private Bus Operators to decide to sign up to it, or not. They can also decide if they are charging a booking/reservation charge to all passengers and what that charge is.



THU, 11 NOV 21  
**Reserve your seat with your Free Travel Pass**  
Take it easy with your Free Travel Pass onboard Expressway.

### **Expressway (and other Private Bus Operators):**

All holders of valid methods of travel, including Free Travel Pass holders, can pre-book or reserve their seat. Customers who have pre-booked their seat on a service are called to board ahead of customers who have not pre-booked a seat on their preferred service. A pre-booked ticket can be a ticket purchased online or from a Ticket Vending Machine (TVM). This includes Free Travel Pass holders who have gone online or to a TVM to reserve a seat on their preferred service. On **Expressway Services it costs €2 euro to reserve a seat.** Different private bus operators charge different amounts.

Customers who have not pre-booked are then boarded on a first-come first-served basis, regardless of whether they are paying with cash/leap/Free Travel Pass, provided there is space left on the coach.

If you wish to reserve your seat on an Expressway Service, there is a helpful video on this link:

<https://www.expressway.ie/service-news/reserve-your-seat-with-your-free-travel-pass>

### **FraudSMART Top-Tip: Be on high alert for text message scams**



FraudSMART is warning Age Friendly Ireland members to be on high alert for text message scams as a recent report shows fraudsters stole nearly €85 million (€84.6m) through frauds and scams in 2022, an increase of 8.8% on 2021. Card fraud accounted for over 95% of fraudulent payment transactions and most of the increase was driven by online card fraud or 'card not present' fraud where a criminal uses the victim's compromised card information to make an online purchase. The report comes as FraudSMART warns consumers to be on high alert as text message fraud, known as smishing, continues to become more prevalent. A recent survey by FraudSMART revealed that this type of fraud is now the dominant channel for fraud attempts, with 1 in 2 adults having received fraudulent text message in the previous 12 months. These text messages often include a link and sense of urgency requiring immediate action.

### **Commenting on how consumers can stay alert to text message fraud, Ms**

**Davenport added:** "The truth is any of us can fall victim to fraudsters. Frauds and scams are becoming increasingly more complex and credible and are often undertaken by criminal gangs who run large scale operations. Banks are using a range of measures such as encryption and continuous fraud monitoring to protect their customers and ensure every day payments can be made securely, but fraudsters are increasingly targeting businesses and consumers directly through online channels including emails and social media or by phone, so it is important for us all to know how to protect ourselves."

“If you receive a text asking you for personal or financial information, whether its purporting to be from your bank, eFlow, 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. Pause for thought and if in any doubt contact the company independently. Don’t be afraid to ask for help if something goes wrong. Sometimes people who have given their bank details to a fraudster keep that fact to themselves out of embarrassment. 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 also provides a wealth of information and tips so visit the website at [fraudsmart.ie](http://fraudsmart.ie) to keep up to date on the latest advice.”

**What to do if you receive a suspicious text message:**

- Do not respond to messages with personal information.
- Do not click on links in text messages, instead log into your service provider account through the official website or app
- A bank will never text/email/phone looking for personal information.
- Contact your bank/service provider/employer directly.
- Never use contact details from a text message, always independently verify.
- Always double check before clicking links or attachments in random or unexpected emails or texts and never give away security details such as PINs or passwords to anyone.

Age Friendly Ireland members can access a wealth of other advice on how to avoid fraud by visiting [www.FraudSMART.ie](http://www.FraudSMART.ie) and signing up for email alerts on current risks and trends.

## Maynooth Call For Participants

### Call for participants

- Are you over 65 years old?
- Do you plan to purchase, are you currently using or have you abandoned any of the following assistive products: hearing aids, smart phones, tablets, mobility aids such as canes, walkers, crutches, wheelchairs, prostheses, pendant alarms, wearable medical alert systems, and/or others alike?

I am Yanet Morejon Hernandez, a PhD student in Maynooth University, supervised by Prof. Deirdre Desmond. I am currently conducting a research study and I am interested in hearing about your personal experiences with assistive products and how this relates to your self-identity. This study has been approved by Maynooth University Ethics Committee.

**What is expected from you?**

You will be invited to a series of interviews spaced apart. We will always agree on a place that best accommodates your preferences.

If you are eligible and interested, please contact me at: [Yanet.MorejonHernandez.2021@mumail.ie](mailto:Yanet.MorejonHernandez.2021@mumail.ie)

Kind regards,

**Yanet Morejon Hernandez, PhD Candidate**

Department of Psychology, ALL Institute  
Maynooth University, Ireland



ADVANCECRT



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association



## Have your Say about Digital Local Government

We would like to understand how you currently use digital and online services and how you'd like to use digital local government services in future.

A survey has been developed to help better understand the needs of the public and businesses. The findings from the survey will be used to inform the new Strategy.

Your views will help us to:

- Deliver better online local government services
- Plan for the future of digital and ICT in local government
- Understand what works well for members of the public or businesses
- Understand where we need to do more to help people to use and access online local government services

Please complete the survey online at <https://forms.office.com/e/3yBJRxnCrr>

The survey will close on 11<sup>th</sup> August 2023.



HAVE YOUR  
**SAY**  
ABOUT  
DIGITAL LOCAL  
GOVERNMENT

Scan the QR code or go to  
**lgma.ie**  
to take the survey

Rialtas Aitiúil Éireann  
Local Government Ireland

LGMA  
Local Government  
Management Agency

CCMA  
Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

An Roinn Tíochta,  
Riailais Aitiúil agus Oidhreacht  
Department of Housing,  
Local Government and Heritage

## Tips for Travelling on Public Transport

The National Transport Authority and 'As I am', an autism support charity, have developed some really handy resources to help people travelling on public transport. These resources are useful to people with different abilities and indeed anyone who is not familiar with public transport.

There are different videos that show you:

- How to plan a journey
- How to use a LEAP top up app
- How to use TFI LEAP card

There is also a Public Transport Resource Pack with schedules, a visual guide for going on the train, bus and DART, a Travel Safety Plan template and other information.

<https://www.transportforireland.ie/prepare-me-as-i-am/> (Be sure to enable cookies to view the videos!)



Many thanks to Naomi Rooney in the National Transport Authority for providing this information.

## New Alzheimer's drug offers 'ray of hope' to sufferers

A new drug, that has been found to slow the progression of Alzheimer's, offers a "ray of hope" to sufferers of the disease according to Alzheimer's advocate Helen Rochford-Brennan.

A study published in the Journal of the American Medical Association says that donanemab slows "clinical decline" by up to a third, allowing people with the disease to perform day-to-day tasks including shopping, enjoying a hobby and taking medication.

Ms Rochford-Brennan, who was diagnosed with the disease in 2012, says that while the drug is not a cure, she is optimistic about the effect it could have on the



treatment of Alzheimer's.

"I'm optimistic for all of the people that can be able to use this drug. It's not going to help me or people that are diagnosed for a long time. But what it is going to mean is that we want more people diagnosed early," Ms Rochford-Brennan told Miriam O'Callaghan on Prime Time.



*Dr Laura O'Philbin from the Alzheimer Society of Ireland*

The Alzheimer's Society said that treatments like donanemab could one day mean the condition could be likened to other long-term ailments such as asthma or diabetes.

"This drug is a game changer. It is a leap because for 20 years, there was no new treatment for Alzheimer's disease," Dr Laura O'Philbin, Research and Policy Manager at the Alzheimer Society of Ireland told Prime Time.

Full Article [HERE](#)

## Check the Register

Your voice matters and your vote is important! If you're already registered to vote, now is the time to check and either confirm or update your details by providing your PPSN, Eircode and Date of Birth.

Visit <http://checktheregister.ie>



Rialtas na hÉireann  
Government of Ireland



comhairle chontae na mí  
meath county council

**YOUR VOICE MATTERS AND  
YOUR VOTE IS IMPORTANT**

[checktheregister.ie](http://checktheregister.ie)

**"I'm already on the register,  
I have been for years!"**

Did you know even if you're already registered, you still need to update your PPSN, Eircode and/or Date of Birth

To update your details visit [www.checktheregister.ie](http://www.checktheregister.ie)  
Call 046 9097000 or email [registerofelectors@meathcoco.ie](mailto:registerofelectors@meathcoco.ie)



comhairle chontae na mí  
meath county council





# DiscoverIreland

## The great Irish bucket list: 35 places you have to visit

We know the weather isn't great but take a look at DiscoverIreland's top 35 places you must visit in Ireland!

See Ireland's only cable car, watch the country's best sunset, and stay overnight in a lighthouse. Travel writers all over the world rave about our incredible island with its magical castles, mighty mountains, and beautiful beaches. Now it's time to start your Irish bucket list adventure.

[Here's 35 places that you just can't miss.](#) (Some images you might recognise below)







# National Heritage Week

A heritage Council programme

## Hollyhill Library

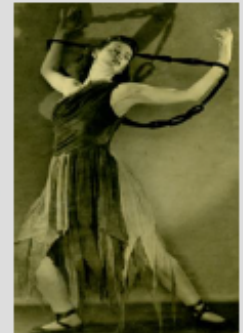
12 – 20 August

Free Events

**Saturday 12 -19, from 10 am - 5.30 pm**

### Joan Denise Moriarty Exhibition.

Exploring the life & career of Cork's most famous Ballerina.



**Wednesday 16, at 11.30 am**

**Live in the Library** with Ukrainian Choir

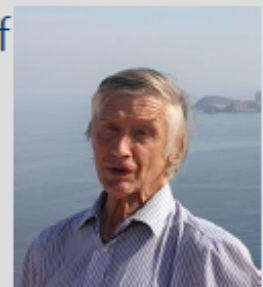
**Kalyna** followed by music band **Shandon Haz.**



**Thursday 17, at 11.00 am**

### Hitchhiker's guide to the cosmos.

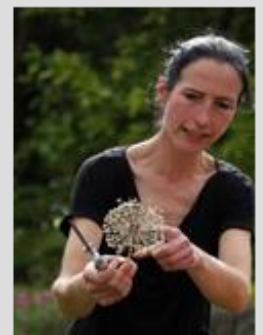
A talk touching on our developing understanding of the universe presented by Dr. T.M.R. Jackson



**Saturday 19, at 11.00 am**

### Seed saving workshop.

Join community gardener, Ellie Donovan, for a family friendly talk about the importance of seed saving and simple ways to begin. A Green Spaces for Health and Hollyhill Seed Library event.



**Saturday 19, at 1.00 pm**

**Live in the Library** with the **Cork**

**Songwriter Club.** Concert featuring original material from talented singer songwriters.

Hosted by Eva Corbett.



For more information contact Hollyhill Library on:

**021 492 4928 /492 4945**



## Bunclody Library Events

### Wexford Walking Trails – Thurs 10<sup>th</sup> August at 7.00pm

You are invited to hear Peter O'Connor and Mary Donohue from Wexford Walking Trails present an overview of Sport Ireland accredited coastal, mountain, forest, and riverside walking trails throughout County Wexford. Now that summer is here, it's a great time of year to explore the beautiful walking trails we have on our doorstep throughout County Wexford! Places limited, booking essential. Telephone 053 9375466 or book online at [wexfordcoco.libcal.com](http://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!



## Age Friendly Raheny Community Club meet-up

Below are a few snapshots from the Age Friendly Raheny Community Club meet-up this month.

We had 53 people attend the August coffee morning (we are the first Thursday of the month) and entertainment was provided by one of the volunteers Tommy Groome (guitar) and John O'Donnell (keyboard).



There was a great singsong, with five attendees getting up to sing a song, so well done to John, Angela, Terry, Celia and Mick.

A lovely morning enjoyed by all!







## 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 on all things Age Friendly happening around the country 😊

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

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

**Instagram:** [agefriendlyireland](https://www.instagram.com/agefriendlyireland)

## International Updates



### IFA Global Café | In conversation with Mr. Seth Ginsberg

**Mr. Seth Ginsberg**  
Co-founder and president  
Global Healthy Living Foundation

**4 August 2023** **07:00 AM EDT**

a contribution to the  
**Decade of healthy ageing**

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Mr. Seth Ginsberg on “Education and advocacy to improve access to 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](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