

National Updates



Welcome to the Age Friendly Family David



Age Friendly Ireland are delighted to introduce everyone to our wonderful new staff member David Weldon. David started working with the Shared Service two weeks ago and will be our new Assistant Staff Officer.

We are so happy to have David on board and we want to wish him all the best of luck in his new role working with the Age Friendly Ireland Programme.



Sláintecare.



Healthy Age Friendly  
Homes Programme



Healthy Age Friendly Homes

Healthy Age Friendly Homes at the Bonniconlon Show – Co Mayo

The Healthy Age Friendly Homes team attended the Bonniconlon Show. Based in North Mayo, Bonniconlon is a quintessential rural village on the outskirts of Ballina which opens its doors to over 30,000 people each year for the one-day agricultural show event. The show had a jam-packed programme and prides itself on offering something of interest to young and old.



Many older people visited the HAFH stand to take some information on the programme. The event, which also featured show jumping, music and dancing, was well attended by organisations and participants alike and undoubtedly was a huge success, and great day out for all in attendance.



L-R: Marie Nolan - HAFH Regional Programme Manager North West, Karen Fennessy – HAFH Regional Programme Manager Mid-West.

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**



## Nursing Home Residents to perform for Nursing Homes Week 2023

Music Speaks a unique music festival for nursing home residents to participate in Nursing home residents from across the country will sing and play music for a very special performance to mark Nursing Homes Week 2023. It is a highlight on the line-up for a very special online music-themed festival titled Music Speaks which nursing home residents and staff will participate in to mark the national celebration of nursing home care, taking place Monday 21st to Sunday 27th August.



Over 100 residents from over 30 nursing homes are participating in the online performance, with renditions of classics such as Danny Boy, Molly Malone, When Irish Eyes Are Smiling, Can't Help Falling in Love, You Are My Sunshine, Que Sera, Sera, intertwined with performances by residents on different music instruments, including piano, accordion, bodhrán.

The Music Speaks festival will also include performances from Mobile Music Machine with Niamh Kavanagh, Sive, Ross Scanlon performs John McCormack, John Spillane. Further, performances from the Irish Traditional Music Archive will be opened up to nursing home residents and an online discussion will be hosted discussing the impact of music on nursing home residents.

Celebrations will be hosted in nursing homes across Ireland to mark Nursing Homes Week 2023, marking the tenth anniversary of the event. Music Speaks will be broadcast across the week for over 400 nursing homes with approximately 25,000 residents to participate in.

Tadhg Daly, Nursing Homes Ireland CEO states: "We are thrilled to have brought together a very special performance of nursing home residents to mark Nursing Homes Week 2023 and our Music Speaks festival. Nursing homes are home to truly very special people, who are tremendous characters and have a rich legacy in song and music. Our Music Speaks performance encompasses one resident who is 100 years of age playing accordion, a 98-year-old delivering an excellent piano solo, a 95-year old singing Boys from the County Armagh. Residents love to sing and perform and the Music Speaks extravaganza honours the talents of the very special people in our society who are nursing home residents.

"Music fulfils an absolutely integral role in nursing home care, providing comfort to residents, stimulating memories, bringing them together, and it gives great joy and happiness. The festival we have created is truly unique, bringing residents together for a very special range of performances and events over the course of a week. It will feature outstanding performers who supported nursing home residents during Covid19, a trip down memory lane for residents via the Irish Traditional Music Archive, and a discussion on the impact of music in our nursing homes. We wish residents and staff a very happy Nursing Homes Week 2023!"

A schedule of events and performances is lined up for Nursing Homes Week 2023. Visit [NHI.ie](http://NHI.ie) for further information.

[Nursing Homes Week 2023 - Nursing Homes Ireland \(nhi.ie\)](http://NHI.ie)



## Nursing Homes Week 2023

### Music Speaks

**Monday**  
**21<sup>st</sup>**

**Music Speaks**

A very special and unique performance featuring over 100 nursing home residents from 30 nursing homes across the country.

**Tuesday**  
**22<sup>nd</sup>**

**Sive**

Sadhbh O'Sullivan is a songwriter, musician and arts-in-health practitioner. With three albums, 'Sive' has performed on television and radio. She delivered comforting gigs for residents during Covid19 and returns for *Music Speaks*.

**Wednesday**  
**23<sup>rd</sup>**

**John Spillane**

Musician, songwriter, performer, recording artist, storyteller, poet and dreamer - nursing homes are being treated to exclusive performances from the renowned Cork artist.

**Thursday**  
**24<sup>th</sup>**

**Webinar: The impact of music in nursing homes**

An online discussion re how music supports nursing home residents and how it can be utilised to be interactive and engaging for them.

**Irish Traditional Music Archive**

The Irish Traditional Music Archive is being opened up to nursing home residents for *Music Speaks*.

**Friday**  
**25<sup>th</sup>**

**Mobile Music Machine**

An uplifting recital from Mobile Music Machine with Eurovision winner Niamh Kavanagh for the *Music Speaks* festival.

**Saturday**  
**26<sup>th</sup>**

**Forget Me Nots Choir**

A selection of songs from the choir that is especially welcoming to those affected by dementia and memory loss.

**Sunday**  
**27<sup>th</sup>**

**Ross Scanlon performs John McCormack**

Hailed by the Irish Times as 'the most promising Irish tenor heard in years', Ross will deliver a very special trip down memory lane for *Music Speaks*.



“Where words fail, music speaks”  
-Hans Christian Andersen



Rialtas na hÉireann  
Government of Ireland

## 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.



comhairle chontae na mí  
meath county council

Visit <http://checktheregister.ie>

# 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)



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meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association



## Engaging Dementia

### Carebright Dementia Café

Michelle O'Hara has written up a short piece about a care centre in Bruff, Limerick that opened a dementia cafe. This piece is about how they set up the cafe and how it runs.

CareBright is a village community and an incredibly special place where people living with dementia can truly feel at home. It comes complete with a café, hairdresser, arts room, spa, and social club. This 'household model' adopts a person-centred social approach. It was the first model of this type opened in Ireland. The CareBright Community has three bungalows, each containing six private living spaces and each space is staffed to suit the needs of the residents. There is a sensory garden with outdoor seating and even an animal sanctuary. The Community provides a supportive environment for people living with dementia. The aim being to ensure that people can grow old and live well in a community of their choosing with dignity and independence.



During the pandemic Yarn Social Day Club Manager Valerie Clancy decided to open a Dementia Cafe. Earlier this month I asked her to share her experience of opening the cafe.

#### Why did you set up the Cafe?

During the pandemic we found that some groups were particularly badly hit, especially older people and those living with dementia. As a dementia service provider, we engaged creative solutions to assist them through this time of lockdown. At that time there was no remote or virtual dementia cafes in County Limerick. We decided to set up a dementia cafe and got great help and support from The Irish Dementia Cafe Network.

To continue reading click [HERE](#)

If you would like any further information you can contact the Irish Dementia Cafe Network email [Michelle@engagingdementia.ie](mailto:Michelle@engagingdementia.ie) .



## Reconnect older people through the Age Friendly Ireland programme structures. Author: Dr. Emer Coveney

Considerable progress is being made in Ireland in embedding age friendly thinking into both local and national policy processes. This is the case due to the efforts of the local government system to address the opportunities of an ageing society, one which is, as the recent census indicated, becoming older as each day passes.

In the following briefing Age Friendly Ireland looks to one critical pillar of embedding age friendly thinking into local policy processes and how this is making a substantive difference to how councils across Ireland approach an ageing population. Consequently, this briefing will be of interest not just to Irish readers but to local policy leaders across the world of local government reflecting the general increasing presence of older populations in most countries.

To read the full briefing click [HERE](#):

## ExWell Health Fair September 9<sup>th</sup>, 2023



Dear Friends of ExWell

I am delighted to let you know that we are preparing for a big ExWell Medical event in TUD's new Sports Centre on Saturday September 9<sup>th</sup> which is a celebration / promotion of physical activity participation by people with chronic illness and cancer. We hope to have 500 attendees (ExWell participants and non-participants with CI / cancer). The schedule will include official opening (Dublin Lord Mayor), exercise participation sessions, short talks x 6 (details below), a participant voice / testimonials section, information from service providers / advocacy groups and entertainment (ExWell choir).

It's a first in Europe, the first event in the new sports centre, and we will have ExWell participants from around the country, but mainly Tallaght.

The Lord Mayor of Dublin, Daithi de Roiste, will open the event at 10 am.

The suggested talk topics are

1. Brain Health
2. Living with Chronic illness
3. Covid Update
4. Recovering from Stroke
5. Sleep
6. Nutrition for Healthy Aging

We would love to ask people with chronic illness and cancer who are not yet involved in ExWell to consider coming to the event.

**If you are interested, please contact us by sending an email to [healthfair@exwell.ie](mailto:healthfair@exwell.ie) or call us at 01-8339561.** There is a nominal fee of €5 to attend.

## Local Updates

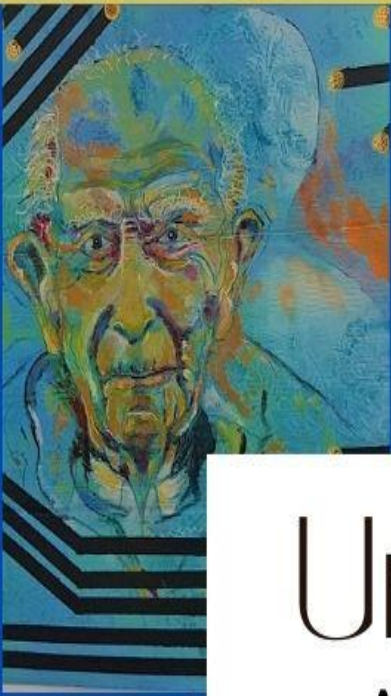


### Technology, Confidence and older adults - Art research exhibition Sat 2pm

Now on Bishopstown Library - An Art Research exhibition exploring two projects - The impact of technology on older adults and Creativity and Menopause. The artists Kay O Donoghue and Colette Mulholland have worked with different groups to explore these issues and the exhibition UNSILENCED is the creative result of these collaborations. Pop in and discover for yourself!

FOR THE MONTH OF AUGUST

Art Research Exhibition



# Unsilenced

ART GIVING VOICE

Technology + Confidence  
+ Older Adults

Menopause - Taking Creative  
Control



BISHOPSTOWN LIBRARY

Wilton Cork



comhairle chontae na mí  
meath county council





## Drogheda Credit Union receives Age Friendly Accreditation



Drogheda Credit Union has recently received an Age Friendly Business accreditation and have appointed Age Friendly Ambassadors to each of their branches in Drogheda, East Meath, Dunleer and Trim.

On Friday, 7<sup>th</sup> July, Drogheda Credit Union will offer an Age Friendly service to members over the age of sixty-five. New Age Friendly Ambassadors will be available to senior members on the first Friday on each month from 09:30 – 11:30.



*Photo caption: In Drogheda Credit Union for the launch of the Age Friendly Service were Tom Kiely, Aidan Gibney, Sheena Kierans and Amanda Collins of Drogheda Credit Union with Paulette McArdle of DDS4OP and Joe Grogan of Age Friendly.*

The Age Friendly Ambassador role will include assisting with nomination forms, DIRT forms, updating ID & proof of address and they will be there to help our senior members set up and understand online banking, current accounts with no fees, and foreign exchange with no commission. Each Age Friendly Ambassador will have their own counter in each branch reducing the waiting time for members.

As well as the Age Friendly Ambassadors, Drogheda Credit Union will offer glasses of different strengths to members which will be situated at each counter and have created Age Friendly information packs.

For further information on our Age Friendly services please visit [www.droghedacu.ie/agefriendlyambassadors](http://www.droghedacu.ie/agefriendlyambassadors)



## Gorey Library

### **Movie Memories!**

**Monday 28<sup>th</sup> August 2023**

**11.00am to 12:45pm**

Join us for one of our classic films from the period 1945 to 1964 selected by library staff and voted for by popular demand. Adults only.

Booking is essential as places are limited.

Register at: [wexfordcoco.libcal.com/event/4065941](http://wexfordcoco.libcal.com/event/4065941) or Tel. 053 9483820

If you require additional assistance to participate in this event, please contact us.

### **Sensory Friendly Quiet Hour**

**4-5pm every Saturday - Scrabble**

Drop in and join our scrabble club on Thursdays at 7pm

**New members welcome.**

## Bunclody Library

### **Classic Film Morning for Adults - Fri 25<sup>th</sup> August 11.00am – 12.30pm**

Join us every month for a classic film for adults. Staff will select the perfect movie to take you back in time to some of the film greats. This movie is for adults only. Places limited, booking essential.

### **Live Music Sessions with local musicians – Sat 26<sup>th</sup> August 2.15 – 3.45pm**

Join us here in Bunclody Library for an afternoon of music with both a traditional and international flavour performed by some of Bunclody's finest musicians. Places limited, booking essential.

To book for these events, please telephone **053 9375466** or book online at [wexfordcoco.libcal.com](http://wexfordcoco.libcal.com)

### **Home Energy Saving Kits**

Home Energy Saving Kits are now available to borrow from Bunclody Library. The kits contain a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas. Please contact the library at 053 9375466 or email [bunclodylib@wexfordcoco.ie](mailto:bunclodylib@wexfordcoco.ie) for further details.

### **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!





## Mayo's Older People's Council Afternoon Tea

Members of Mayo's Older People's Council came together to welcome and offer support to some Ukrainians (55+) in Ballina this week. An afternoon tea was organised in "Craoibhín" (over 55's club) for Older People Council members and Ukrainians.



Marianna Halshyn, who is a support worker with Ukrainians in Mayo, facilitated the group by translating all the conversations. Group members all introduced themselves and exchanged stories / questions on various topics, e.g. how Ukrainian enjoy Irish food / their jobs before they moved to Ireland / the impact of the war.



The Ukrainians spoke about the warm welcome they have received from the Irish people. They feel so accepted and that Irish people are their friends. The afternoon was a great success and enjoyed by all. It is anticipated that the Older People Council will meet informally with Ukrainians and other nationalities around the County on a more regular basis.

Thanks also to Emma Donohue for providing the venue and refreshments in Ballina.



**Wexford Dementia Alliance Pop-Up Dementia Café**  
**Hosted by GRANTSTOWN DAY CARE CENTRE.**  
**Wellingtonbridge Co Wexford. Eircode: Y35D4C4**



Date and Time: **Friday 25<sup>th</sup> August 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: Deirdre Wickham**  
**Advanced Nurse Practitioner**

**Presentation Title: “Understanding Dementia”**

For further information on how to attend please email:  
[manager@grantstownpriority.com](mailto:manager@grantstownpriority.com), Contact 051 561016  
Eircode: Y35D4C4



## 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 Ms. Marta Hajek, Chief Executive Officer, Elder Abuse Prevention Ontario.**



**Ms. Marta Hajek**  
Chief Executive Officer  
Elder Abuse Prevention Ontario

**ifa Global Café**  
in conversation with experts

**"PREVENTION OF VIOLENCE AND ABUSE AGAINST OLDER ADULTS"**

 18 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 Ms. Marta Hajek on "Prevention of Violence and Abuse Against Older Adults."

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