

National Updates



**Healthy Age Friendly Homes**

This week Healthy Age Friendly Homes coordinator Danielle Monahan took part in the Age Friendly Louth Expo.



There were 32 stands and over 150 people attended the event. There was a lovely atmosphere and some wonderful music. Overall a great event with plenty of tea, sandwiches and cakes galore!

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 9248899**

**Minister Donnelly and Minister Butler announce government approval of Commission on Care**



Government approves proposal for a Commission on Care for Older Persons to get underway in January 2024. Independent Commission to examine health and social care services and supports for older persons. Cross-departmental group to examine supports for positive ageing. Acknowledging the disproportionately negative impact of the pandemic on older persons, the Programme for Government: Our Shared Future (2020) commits to the establishment of ‘a commission to examine care and supports for older people’.

The Commission on Care for Older Persons will be an independent commission appointed by the Minister for Health and the Minister of State for Mental Health and Older People. Its work will be supported by a secretariat from the Department of Health. The target date for the establishment of the Commission is January 2024.

**For full article please see [link](#).**

## Maynooth University Research



### ARE YOU INTERESTED IN ADVANCING GENDER EQUALITY IN IRISH AGRICULTURE?

#### HER-SELF



An Roinn Talmhaíochta  
Bia agus Mara  
Department of Agricul  
Food and the Marine

- We are mapping the visibility, equality, status and experiences of women in Irish agriculture.
- We would like hear from all who work, live, or participate on farms in Ireland
- All men and women across all sectors welcome

Register at:

Phone: 086 2228902

Email: [maryanne.hurley@mtu.ie](mailto:maryanne.hurley@mtu.ie)



**Come and join us!**

The HER-SELF project is exploring gender equality in Irish agriculture and is interested in hearing from all farmers, men and women, but in particular from older women in agriculture.

If interested, please complete the expression of interest form at the link below or to keep up to date on the project. Potential focus groups may be held in October and November this year, both face to face and online.

Please contact Mary Anne Hurley at [maryanne.hurley@mtu.ie](mailto:maryanne.hurley@mtu.ie) or 086 2228902 for further information.

Expression of interest form:

[https://forms.office.com/Pages/ResponsePage.aspx?id=zPVUFDW7hUa72YYh\\_YBVyT8KWMcs\\_qFKi6WFGk9UHxhUODYwUEtVQ1cyNTQwUIpaMEQ5UFdIRktLMC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=zPVUFDW7hUa72YYh_YBVyT8KWMcs_qFKi6WFGk9UHxhUODYwUEtVQ1cyNTQwUIpaMEQ5UFdIRktLMC4u)

## Final Call for AFU Modules

This is the final call for modules starting under the AFU programme. There are spaces on the following modules:

Genealogy starting next week online.

Psychology - 4 places - starting Monday 9th 2 - 4pm

Creative Writing 2 - Thursdays 2 -4 pm October 19th

Beginners Spanish 1 place starting Tuesday October 10th.

Beginners Italian 7 places Monday 9th

The second creative writing course was organised in response to a waiting list. We cannot facilitate changes or refunds to modules as the costs are based on class numbers and direct payment to tutors.

### Furniture Upcycling

We are still taking names for this one-day workshop which will be held in All Hallows. We are waiting for Estates to confirm the room and insurance details.

### **Richmond Barracks**

A visit to Richmond Barracks organised for October 12th has places available. The visit includes a guided tour and refreshments €12. Here is the [link](#) to book. Unfortunately, due to low numbers if we don't have bookings by Friday, October 6th we will have to cancel it.

### **Theatre Tickets**

Due to a low take-up on the theatre tickets we have returned them to the theatre festival.

### **Maltese Visit**

Thanks to those who have indicated an interest in meeting the Maltese Delegation. We are hosting the group for afternoon refreshments at 3pm in the Hub on October 18th. The form to attend is [here](#).

### **3LA**

A meeting with the 3LA Group who arrange the social programme will be held shortly. Several participants have expressed an interest in being involved and if you would like to be involved in organising the social programme please get in touch.



## **HSE Autumn Winter Vaccination Programme starts today, 2<sup>nd</sup> October 2023**

The HSE's Autumn Winter vaccination programme gets underway today, Monday, 2 October with the roll out of the free Flu and COVID19 vaccines to recommended groups.

The COVID19 Autumn Winter booster vaccine is recommended for people aged 50 and over. The Flu vaccine is recommended for people aged 65 and over. Both vaccines are recommended for health and care workers, anyone who is pregnant or has a long-term health condition. Both vaccines will be available from participating GPs and pharmacists and can be given at the same time. Health and care worker vaccination clinics will also take place in many workplaces across the country.

HSE vaccination teams will also provide both vaccines for people living in residential care facilities including nursing homes as well as to housebound patients.

To see what vaccines are recommended for you, visit [hse.ie](https://www.hse.ie), call HSELive on [1800 700 700](tel:1800700700) or talk to a [participating GP or pharmacist](#).

For the full article please see [link](#).

## **CervicalCheck asks women in their 60s to book their free HPV cervical screening test**

A further CervicalCheck test is now being offered to **women who were 60 – 65 years of age in 2020**, as they missed out on **the new HPV screening test** due to the cut-off for cervical screening being age 60 at that time.

From Monday, 2<sup>nd</sup> October 2023, CervicalCheck will be writing to around 80,000 women to invite them to book a free HPV cervical screening test. Women in



their 60s can also check the [CervicalCheck register](#) to see if they are eligible for CervicalCheck HPV screening under this new initiative.

For more information click [HERE](#)



## Dementia Day Club

*Including Bingo, Music, Art Therapy, Arts and Crafts and Light Exercises.*

Every Tuesday from 10 am till 3pm



**Comhlacht Tithe Soisialta Agus Forbairt, An Tsulain  
Teoranta Ionad Lae, Baile Mhürne, Maigh Chromtha,  
Co Chorcaí, P12 WK02**

For more information, please contact:  
Jerry Foley, Nurse Manager, Bessboro Day Centre, Co. Cork  
085 -8565795 or 021 4972504  
[jeremiah.foley@alzheimer.ie](mailto:jeremiah.foley@alzheimer.ie)

[www.alzheimer.ie](http://www.alzheimer.ie)  
The Alzheimer Society of Ireland, National Office,  
Temple Road, Blackrock, Co.Dublin Charity Number: CHY7868



### LGBT Champions Autumn Update

**EMPOWERING ANTHEMS - LGBT Ireland National Coming Out Day Campaign**  
Ahead of National Coming Out day on Wednesday, 11th October we are launching our “Empowering anthems” campaign with a host of familiar faces from Irish media!



“Coming out is one of the most significant milestones in any LGBT person’s lifetime, and it can be a hugely challenging and emotional time for people. Fear of rejection and worry for the future can often hang heavily over people – however it can also be an incredibly empowering experience and open up the door to self-acceptance and joy.” said LGBT Ireland CEO Paula Fagan. We want you – allies and members of the community

alike - to get involved! All you need to do is choose your most inspiring song, share it on social media and, if you can, make a donation to support the work of LGBT Ireland. All funds raised will go towards helping people across Ireland who may need support with the coming out journey.

**LGBT Tea: Dublin Pride & LGBT Ireland Coffee Morning**

In partnership with our pals in Dublin Pride we’re excited to announce an International Coming Out Day Coffee Morning at the Dublin Pride Hub on Wednesday October 11<sup>th</sup>, from 11 am.

We’ll have plenty of coffee, cake and #EmpoweringAnthems, so come join us for a cuppa and a chat as we mark this important occasion.

For any enquiries, please reach out to [info@lgbt.ie](mailto:info@lgbt.ie)

**LGBT Tea: Dublin Pride & LGBT Ireland Coffee Moring**



## Podcast Series Launch Webinar - Perspectives on demystifying payments and health financing for integrated care October 19th, 6pm IST / 7pm CET

The International Foundation for Integrated Care has defined [nine pillars of integrated care](#) based on the evidence accumulated over the last 2 decades.

One of those pillars is Aligned Payments that Promote Integration. This is a difficult subject to understand particularly for policymakers, service managers and health and care professionals working in systems trying to implement integrated care who are not financing and payment experts.

In this webinar to introduce [our podcast series](#), our Chief Executive Dr Niamh Lennox-Chhugani is in conversation with Prof Ellen Nolte, from the School of Health Services and Systems Research at [London School of Hygiene & Tropical Medicine](#). Ellen is an expert on health system performance assessment and co-wrote the chapter on Financing of and Reimbursement for Integrated Care in the Handbook of Integrated Care (2nd edition 2021).

This webinar launches the podcast series which features Niamh in conversation with four leading practitioners who have been researching and designing new payment models around the world. They demystify the language of payment models and the different models we see emerging in different countries.

[Register now](#)

### Local Updates



#### Navan Traveller's Workshop

Navan Traveller's Workshop invite you to the launch of their Home Safety Packs. These are aimed towards older people, they have been developed by the Navan Traveller's Workshop youth group with a view to improving the relationship between older people and young Travellers.

The idea is that the youth group will personally deliver the home safety packs (along with the Justice Project Co-Ordinator), and this will act as a positive experience for older people in relation to young Travellers.





An Roinn Dlí agus Cirt  
Department of Justice

Meath Travellers Workshop invites you to,



# The launch of our Home Safety Packs As part of our Community Safety Youth Justice Project



Date: 16<sup>th</sup> October 2023

Time: 10am

Venue: Meath Travellers Workshop

CYWS Hall, Fairgreen Navan

C15DDR

RSVP: [paula@travellerheritage.ie](mailto:paula@travellerheritage.ie)

085-2506505

*\*You will have the opportunity to sign up to receive a pack on the day, packs will then be hand delivered by members of the Youth Justice Project and the project coordinator at a later agreed date.\**



## Trim goes to Ukraine

A group of volunteers from Trim are driving to Ukraine with humanitarian aid. It's a convoy of 14 vehicles 2 of which are ambulances. All are full of goods including medical supplies. They started off on Monday.



## Waterford OPC

We held our AGM on Wednesday 27th September to coincide with Storm Agnes. Fortunately, most people managed to get to Dungarvan, and all returned home safely. A range of service providers had stands giving information on Health and Wellbeing which was the theme of this year's meeting.

A good crowd heard from Michael Walsh, Waterford City and County Council Chief Executive, who confirmed his support for the Age Friendly programme. Kevin Moynihan, our Programme Manager explained what progress there had been with our new Strategy. Susan O'Connor, our Chair welcomed Anne Cusack, our Age Friendly Ambassador, who is looking forward to her new role in what appears to be a very busy life.

Susan then reported on the year and commented on the great strides taken by Age Friendly Ireland over the last few years.



The meeting concluded with a vote of thanks to our Chair, Susan, who has travelled the country representing Waterford OPC - she is much appreciated.

A full programme of events has been arranged for Positive Ageing Week.

## Cross Border Intergenerational Initiative



Following a successful funding application from the Department of Foreign Affairs, Shared Island Civic Society Fund a cross border intergenerational project in Balbriggan and the village of Mayobridge, Newry was established. This collaboration between Fingal County Council and Linking Generations Northern Ireland commenced on Saturday 9<sup>th</sup> September 2023 with a workshop for all participants in Balbriggan. The workshop questioned participants'

views on ageism and stereotypes and their understanding of intergenerational practice. However, it was not all work, and a drumming session provided an opportunity for all participants to learn a new skill, in a fun environment, suitable for all ages and abilities. The next step is for each group (Balbriggan and Mayobridge) to present their proposed projects at an event in Mayobridge on 14<sup>th</sup> October 2023.

## Launch of Cricket4All Guidelines



The Mayor of Fingal, Councillor Adrian Henchy launched Cricket4All Guidelines on Tuesday 12<sup>th</sup> September in County Hall, Swords. The Guidelines are the result of a collaboration between Fingal County Council and Cricket Leinster to pilot a multi-ability, intergenerational project in Balbriggan and Skerries with funding from the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) Disability Awareness Fund 2021.



The project saw coaching in adapted cricket and table cricket to young people with disabilities and to older people. The project created an environment where cricket is accessible to all, regardless of age or ability and facilitated diverse age and ability groups playing together in intergenerational teams for competition. The project's impact extended beyond the field, attracting volunteers who participated in coaching courses and disability awareness training.

The Guidelines are a valuable resource for cricket clubs, schools, active retirement groups and organisations working with young people with disabilities or anybody wishing to play Cricket4ll.

### Information Event for Over 55s: Sutton



Following successful information events in Dublin 15 in 2022 and in Swords in 2023, a further event took place in Suttonians Rugby Club on Thursday 14th September 2023. The event provided an opportunity for residents of Baldoyle, Sutton, Bayside and Howth to seek information and

advice on services and activities for older people in the area. Over 150 people attended the event. Information and advice was provided on the day by a number of service providers including Alone, Age Action, Fingal Leader Partnership, DDLETB, An Garda Síochána, Dublin Fire Brigade, Age Friendly Ireland, Fingal Older People's Council, Age Friendly Health Homes, Fingal Community Dept, University of the Third Age, Sage Advocacy, MABS, Citizens Information, HSE, libraries, as well local social groups.







OVER 55? WHY NOT COME ALONG TO OUR

# Ageing Well

Information & Social Event

In attendance Moya Brennan, Donegal Age Friendly Ambassador

On the day there will be a number of presentations & stalls:

- **Advance Care Planning** - Clodagh Mc Guinness, Irish Hospice Foundation
- **Looking after your Mental Health while older** - Bill Vaughan Mental Health Ireland
- **Interviews with inspirational people** - on their experience of getting older in the community
- **Information on Services & Opportunities** for all and free health checks

## BALLYLIFFIN LODGE HOTEL

19th October

10am - 2pm

Free Event

Chair Yoga

Music & Dancing with  
**Shunie Crampsey**

Lunch

**FREE Event booking is required contact:**  
[aine@inishowen.ie](mailto:aine@inishowen.ie) or phone **IDP @ 074 93 62218**



In association with Donegal Older Persons Council

Transport may be provided subject to demand



Rialtas na hÉireann  
Government of Ireland



Cómhainníte ag an  
Aontas Eorpach  
Co-funded by the  
European Union



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Government of Ireland, through the Department of Rural and Community Development, and the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.



Registered Charity No: 20067786 CO. REG. 447893 CHY17949







The Donegal Older Persons Council in collaboration with Inishowen Development Partnership would like to cordially invite you to

### Ageing Well - Information & Social Event

**Thursday, October 19<sup>th</sup> from 10am-2pm in the Ballyliffin Lodge Hotel, Ballyliffin**

On the day there will be a number of speakers including

- ✚ Moya Brennan, Age Friendly Donegal Friendly Ambassador
- ✚ Advance Care Planning – Clodagh Mc Guinness, Irish Hospice Foundation
- ✚ Looking after your mental health while older – Bill Vaughan, Mental Health Ireland
- ✚ Interviews with inspirational people sharing their experience of living in our community
- ✚ Music and Dancing with Shunie Crampsey

There will be stalls with information on services & supports for older people across the Peninsula and County including health checks.

This is a free event - people aged 55 and over are welcome.

Refreshments and light lunch provided.

*Background - Donegal Older Persons Council was established in October 2016, it is a sub structure of the Donegal Age Friendly Alliance and its primary purpose is to assist in the implementation of the Age Friendly Strategy.*

*The Donegal Older Persons Council is made up of older people's representatives and people who work with older people in different areas.*

Booking is required, please RSVP by 13<sup>th</sup> October 2023 to Aine Mc Laughlin, IDP on 074 93 62218 email: [aine@inishowen.ie](mailto:aine@inishowen.ie)

Ba mhór ag

Coiste Feidhmiúcháin Chomhairle na nDaoine Scothaosta i nDún na nGall, i gcomhar le Comhpháirtíocht Forbartha Inis Eoghain, tú a bheith i láthair ag:

### An tAosú Folláin – Ócáid Eolais agus Shóisialta

**Déardaoin 19 Deireadh Fómhair ó 10am-2pm in Óstán Lóiste Bhaile Lifin, Baile Lifin**

Beidh cainteoirí éagsúla ar an lá, ina measc:

- ✚ Moya Brennan, Ambasadóir Aoisbhá Dhún na nGall
- ✚ Ag Pleanáil don Chúram sa Todhchaí – Clodagh Mc Guinness, Foras Ospise na hÉireann
- ✚ Ag tabhairt aire do do shláinte intinne agus tú níos sine – Bill Vaughan, Meabhairshláinte Éireann
- ✚ Agallaimh le daoine spreagúla ag comhroinnt a scéalta faoi mhaireachtáil sa phobal s'againn
- ✚ Ceol agus Damhsa le Shunie Crampsey

Beidh seastáin eolais ar sheirbhísí agus ar thacaíochtaí do dhaoine scothaosta sa Leithinis agus sa Chontae, agus scrúduithe sláinte ar fáil chomh maith.

Is imeacht saor in aisce é seo. Tá fáilte roimh gach duine scothaosta, iad sin atá 55 bliana d'aois agus níos sine.

Beidh sólaistí agus lón éadrom ar fáil

*Cúlra- Bunaíodh Comhairle na nDaoine Scothaosta i mí Dheireadh Fómhair 2016. Is fostruchtúr é de chuid Chomhaontas Aoisbhá Dhún na nGall agus is é an príomhról atá acu ná cuidiú leis an Straitéis Aoisbhá a chur i bhfeidhm.*

*Tá ionadaithe ó dhaoine scothaosta, agus daoine a oibríonn le daoine scothaosta i gceantracha éagsúla, ina mbaill de Chomhairle na nDaoine Scothaosta i nDún na nGall.*

Is gá áit a chur in áirithe roimh ré. Seol RSVP faoin 13 Deireadh Fómhair 2023 chuig Áine Mc Laughlin, CFIE ar 074 93 62218 rphost: [aine@inishowen.ie](mailto:aine@inishowen.ie)



## Age Friendly Walking tour of historic Cork City Cinemas

To mark Positive Ageing Week, members of the Cork City Age Friendly Programme took part in an Age Friendly Walking Tour of Historic Cork City Cinemas on Tuesday, 3rd October.

The tour was led by Frank Fitzgerald from the Sports and Sustainability section of Cork City Council and included historic cinemas such as the Savoy, the Pavillion, the Lee, the Capitol, the Ritz, the Kino, the Assembly rooms, the Imperial (Miah's), the Palace, the Colosseum, the Lido and the Bellevue.



As well as the vast historical information provided by Frank, participants shared their own personal memories and stories about the cinemas and movies they saw there in the past. It was a beautiful sunny morning and the group walked in excess of 8000 steps around the city.

### Community Sing Along in Hollyhill Library



**COMMUNITY SING-ALONG**

Join John Hartigan for a trip down memory lane. Sing along together to old favourites such as 'You are my sunshine' and 'When you're smiling'. Celebrate music and memories from the olden days!

**In Hollyhill Library**  
**Thursday 12 October from 12.00pm - 1.00pm**

**Free Event!**

For more information contact  
 Hollyhill Library on  
 021 492 4928 or 492 4945

Leabharlanna Libraries  
 Comhairle Cathrach Chorcaí | Cork City Council





# CLARE'S FARMERS WEAVING STORIES TOGETHER



Clare's Farmers 'Weaving Stories Together' project is targeting 5 Mart areas across County Clare (Ennis, Kilfenora, Kilrush, Scariff and Sixmilebridge), and working with the farmers in those areas to graphically capture Past, Present and Future farming from our farmers perspective.

## THE PROJECT INVOLVES

- Cuimhneamh an Chláir (Clare Memories) facilitated sessions with the local farming community who will be discussing their experiences and views of past, present, and future farming in their area. This information will be creatively captured by a graphic harvester and collated into a co-created Clare's Farmers 'Weaving Stories Together' booklet (in October). This booklet will be launched in Glór on Monday, 13th November
- Refreshments Included at each event

| Target Mart Area                 | Date                   | Time    |
|----------------------------------|------------------------|---------|
| Sixmilebridge - Parish Hall      | Monday, 18th September | 6 - 8pm |
| Ennis - Buttermarket, Drumbiggie | Monday, 25th September | 6 - 8pm |
| Kilfenora - Community Hall       | Tuesday, 10th October  | 6 - 8pm |
| Kilrush - Community Centre       | Thursday, 12th October | 6 - 8pm |
| Scariff - GAA Hall               | Monday, 16th October   | 6 - 8pm |
| glór (Booklet Launch)            | Monday, 13th November  | 12-3pm  |

If you're a farmer near any of these marts and would like to participate, please contact Dawn on 065 684 6276 or [agefriendlyclare@clarecoco.ie](mailto:agefriendlyclare@clarecoco.ie)

For more information and to register online please visit <https://yoursay.clarecoco.ie/farmers-weaving-stories-together>



Supported by Clare County Council's Healthy Clare, Age Friendly Clare and Creative Ireland Clare programmes





## 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 Dr. Niamh lennox-Chhugani

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr Niamh Lennox-Chhugani on "The implementation of integrated care programs for older adults."

**ifa Global Café**  
in conversation with experts

**"THE IMPLEMENTATION OF INTEGRATED CARE PROGRAMS FOR OLDER ADULTS"**

**Dr Niamh Lennox-Chhugani**  
Chief Executive of the International Foundation for Integrated Care, United Kingdom

**OCTOBER 6<sup>TH</sup> 2023** **07:00 AM EST**

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 9032170**

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