

National Updates



**Welcome to the Age Friendly Family Anna Maria**



Age Friendly Ireland are delighted to introduce everyone to our wonderful new staff member Anna Maria Szenas. Anna Maria started working with the Shared Service a few weeks ago, as the new Clerical Officer, and we are so happy to have her on board. We want to wish Anna Maria the best of luck in her new role working with the Age Friendly Ireland Programme.



**Home and Community Care Conference 2023**

Home and Community Care Ireland (HCCI) is the national representative body for home care providers in Ireland. It includes 32 members across the country, who between them employ over 10,000 frontline care staff and provide medical and non-



medical support to more than 20,000 clients. The mission of HCCI is to advocate for, and represent, a unified professional home care service in Ireland to enable independent living at home.

On Friday 13<sup>th</sup> October, Home and Community Care Ireland held their 5<sup>th</sup> Annual Conference – ‘The Future of Home Care’.

Our Chief Officer, Catherine McGuigan was delighted to be invited to participate.

Picture above Minister Mary Butler, Jim Daly Chair of HCCI and Age Friendly Ireland Chief Officer Catherine McGuigan.

## Healthy Age Friendly Homes

### Emergency Plan Flooding Midleton, Cork

Update 19.10.23:

The humanitarian assistance fund to those impacted by Storm Babet has opened and any homeowner affected by the storm is advised to contact the Community Welfare Service by phoning 0818 60 70 80.

The department adopts a three-stage approach as follows, when dealing with emergency events. Stage one provides emergency income support payments in the immediate aftermath of the event.

Stage two replaces white goods, basic furniture items and other essential household items. The final stage identifies what longer term financial support is required, including plastering, dry-lining, relaying of floors, electrical re-wiring and painting.

#### Emergency contacts

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Issues such as flooding and road damage should be reported to the local Council Office during working hours (9am to 5pm), details of which can be found by visiting [www.corkcoco.ie](http://www.corkcoco.ie).]

Outside working hours (5pm to 9am), the Council can be contacted via its 'Emergency Out of Hours' number (021) 4800048.

In the event of disruption to power supply, please contact ESB Networks at 1800 372 999.

In the event of disruption to water supply, please contact Uisce Éireann at 1800 278 278.

Call 999 or 112 and request the Fire Service, Ambulance Service, Gardaí or Irish Coastguard as appropriate.

## Healthy Age Friendly Homes

Clare Age Friendly Strategy Consultation Workshop

Regional Programme Manager for Healthy Age Friendly Homes, Karen Fennessy attended a Consultation Workshop this week to give input into the new Clare Age Friendly Strategy 2023-2027 on behalf of the HAFH programme.

There were over 75 participants in attendance including a mix of older people and stakeholders discussing issues that older people in Clare are currently facing. The discussion tables were laid out under the 8 WHO themes for an Age Friendly Community. This input will form the new action plan for the Clare Age Friendly Programme for the next 5 years.

Emer Coveney, National Programme Manager was also in attendance from AFI and gave an overview of the national shared service.



*Photos: Regional Programme Manager for Healthy Age Friendly Homes, Karen Fennessy, Clare Older People's Council, staff from Rural & Community Department of Clare Co. Council, Edel Burke from An Garda Síochána, and Emer Coveney Age Friendly Ireland National Programme Manager .*

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**



## Good Neighbour Award



Pictured across is Martha Fox, a resident of Fold Housing in Cherryfields. Martha was awarded the 'Great Neighbour Award' by Fold Housing at a reception in the Grand Hotel in Malahide on 12th October.

“Martha has lived in Cherryfield for almost 7 years, in this time she has always helped her neighbours by going to shops for them if they were unwell or assisting them with anything they needed. She had a very special relationship with another resident May, she would always be there for May and always encouraged her to go to daily exercises and helped her picking her clothes out each day. May unfortunately passed away earlier this year but this didn't stop Martha she automatically moved her attention to other new neighbours and start

helping them out.”



Fold Housing is a voluntary housing body that provides apartments and houses for older people and families. The Association also provides supported housing with 24 hour care in some locations. Fold Housing Association was established in 2001 and is a Tier 3 Approved Housing Body (AHB) in Ireland with charitable status that is regulated by the State. Fold manage 115 homes for older people at their Anam Cara and Cherryfields' Housing with Care schemes. The model of care also provides dementia specific supports. Further homes cater for active older people, singles and general needs family tenants.

## ECB wants tough new law to ban 'no cash' policies at shops, hospitals, and museums.

The European Central Bank (ECB) is seeking a “clear” ban on no-cash policies in shops and public bodies, including hospitals and museums across the euro area. The move would make it illegal for shops and other business not to accept cash.

In an opinion on a draft EU law to regulate the use of cash, the ECB said the spread of card-only policies “would seriously undermine” the status of the euro as the bloc's legal tender.

The ECB is also seeking fewer exemptions to the rules, including for public bodies such as hospitals and museums.

	<p>The news comes a month after the <i>Irish Independent</i> reported that <a href="#">Finance Minister Michael McGrath told ministerial colleagues to ensure that all public bodies continue to accept cash</a>, following an attempt by NCT car testing operator, Applus, to block cash payments.</p> <p>For full article please see <a href="#">here</a>.</p>
<p>Irish Independent </p>	<p style="text-align: center;"><b>Clare town’s multimillion project promising to transform locality is to start next week</b></p> <p><b>Clare County Council</b> is preparing to begin work on Project B of the Ennis Public Realm Regeneration Strategy, with work to begin next week to enhance the streetscape of a number of town centre streets and squares. The €8.7m project has been funded by the Urban Regeneration and Development Fund, with 25% match funding from the council. Cllr Pat Daly, the Mayor of Ennis, said there is "great enthusiasm about what the project will deliver in terms of the significant enhancement of the historic town centre for the benefit of traders, visitors and the local community".</p> <p>Ennis is already an Age Friendly Town which completed a significant programme of work to improve the environment for older people, and it’s great to see that additional regeneration is planned for the town.</p> <p><b>Read More <a href="#">HERE</a></b></p>
<p> Safeguarding IRELAND Promoting the rights of vulnerable adults</p>	<p style="text-align: center;"><b>Adult Safeguarding Day</b></p> <p>Adult Safeguarding Day is an annual initiative of Safeguarding Ireland, supported by the HSE, and now in its third year. It is also being coordinated in partnership with organisations across the health, social, financial and justice sectors. The aim is to raise a greater understanding of adult abuse and safeguarding and the emphasis this year is on ‘go to’ actions all adults can take to <b>Plan Ahead</b> and reduce their risk of adult abuse.</p> <div data-bbox="432 1406 1528 1899" data-label="Image"> </div> <p><b>The 2023 Message</b> is that planning ahead reduces the risk of adult abuse, and that ‘go to’ actions that all adults can take are to:</p> <ul style="list-style-type: none"> <li>• Make an Enduring Power of Attorney</li> <li>• Nominate a Health Representative</li> </ul>

- Choose who can Assist with Decisions

### Events

[Decision Support Service](#)

**Save the Date: *Advance Planning with the Decision Support Service - Why you need to and how to get started***

**When:** Thursday, 30 November 2023

**Where:** Hodson Bay Hotel Roscommon Road,

**Time:** 10am-1pm

### [HIQA](#)

The [resources on The Fundamentals of Advocacy in health and social care](#) have been shortlisted for a European Social Services Award. The European Social Services Award recognises innovations that impact social care workforces in a positive manner and the theme of the event is “Promoting Person-centred Care”. The European Social Network (ESN) is a network with over 125 member organisations in 33 European countries and supports the sharing of knowledge, practice and policies between [social services](#) across Europe.

**The voting is now open to the public by visiting the [ESN Website](#). The project is listed under the category “Workforce Support”.**

[HSE National Office for Human Rights and Equality Policy](#)

The Health Service Executive and researchers from the University of Limerick are currently undertaking on Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) practice and policy.

To inform future policy development, the researchers are interested in capturing **the experiences and opinions of healthcare workers and service providers** through a questionnaire. (Further details are available in the attached update). The questionnaire will remain open for responses until close of business on Friday 10<sup>th</sup> November.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## HSE Update

### Think Type 1 Diabetes: Think TEST

A delayed diagnosis of Type 1 diabetes can lead to the life-threatening condition known as Diabetic Ketoacidosis (DKA) which is very serious and needs urgent hospital treatment. DKA is a complication of diabetes which could be easily avoided by early recognition of the symptoms and timely diagnosis.

Diabetes Ireland has launched a campaign to raise awareness of the symptoms of Type 1 diabetes using the acronym TEST which stands for Thirst (increased), Energy (reduced), Sudden (weight change), and Toilet (trips increased). These symptoms serve as critical indicators for Type 1 diabetes, warranting an urgent blood glucose or urine test by a GP and avoid the development of DKA. These symptoms apply to adults as well as children.

You can [find more information here](#)

A campaign pack is attached at the bottom of this message. Please help us reach 1 million people by sharing TEST through your communications channels.

## Breast Check marks Breast Cancer Awareness Month

October is Breast Cancer Awareness month, when we raise awareness of Breast Check, the free national breast screening programme for women aged 50 to 69. We will be highlighting the importance of women taking up their first invitation to screening. We will also encourage women to check that they are on the Breast Check register and give tips on how to be breast aware. You can follow all the activity on the National Screening Service's [blogs](#) throughout October.

A campaign pack is attached at the bottom of this email. Thank you for helping to share the campaign with your networks through your channels.

## Talking Health & Wellbeing Podcast

This week's HSE [#TalkingHealthandWellbeing #Podcast](#) is about [#DementiaUnderstandTogether](#) campaign. Great insights from Kathleen who is living with Dementia & Fiona from the HSE Dementia Office on the new [#DementiaInclusiveCommunities](#) symbol.



Listen here: <https://bit.ly/3S4uG54>



## Membership

Join Ireland's community of family carers & avail of exclusive offers, benefits + **MUCH MORE!**

- Sensory Clothing
- Spa Offers
- Mobile Phone Deals
- Venue Discounts
- Online Pharmacies
- Skechers Discount
- Hotel Breaks
- FREE Cinema Entry

Become a member today for only €20 per year.

Email: [membership@familycarers.ie](mailto:membership@familycarers.ie)

Visit: [www.familycarers.ie](http://www.familycarers.ie)



The key objective of Family Carers Ireland is to benefit the community by supporting and promoting the health, wellbeing and quality of life of family carers and those for whom they care. We strive to promote carer resilience by enabling all family carers to:

- ✓ Be confident in their individual carer roles;
- ✓ Establish and maintain a regular caring routine;
- ✓ Feel listened to, valued and not alone;
- ✓ Be able to access relevant training, advice and support;
- ✓ Be informed of their rights and entitlements;
- ✓ Meet and speak with their peers in a safe, relaxed environment;
- ✓ Take a break from a demanding and stressful caring role;
- ✓ Know where to seek additional support from State and their community;
- ✓ Access emergency supports when needed.

National Freephone Careline  
**1800 24 07 24**



We are *the* national charity dedicated to supporting Ireland's 500,000+ family carers.

National Freephone Careline  
**1800 24 07 24**

[www.familycarers.ie](http://www.familycarers.ie)



Family Carers Ireland is *the* national charity supporting the 500,000+ family carers across the country who care for loved ones such as children or adults with physical or intellectual disabilities, frail older people, those with palliative care needs or those living with chronic illness, mental ill health or addiction.

Our vision is an Ireland in which family carers are properly recognised, supported and empowered.

Our mission is to highlight the contribution of family carers to Irish society and to improve the lives of family carers throughout the country. **We believe that no one should have to care alone.**



- Family carers save the state €20bn each year
- They provide 19 million hours of unpaid care each week
- By 2030, 1 in 5 will be a family carer

**We understand the pressures family caring can place on you, the carer. We want to assure you, you are not on your own.**

**Family Carers Ireland has a range of supports & services available to you.**

- Information on Rights & Entitlements, e.g. Carer's Allowance, Carer's Support Grant, Tax Deductions & more
- Emergency Planning
- Respite/Emergency Respite
- Fair Deal Assistance
- Home Care Package Advice
- Training, Education & Workshops
- Online Carers' Coffee Clubs
- Counselling
- Advocacy & Lobbying
- Carer Support Groups
- Seniors Alert Scheme for over 65s
- Assistive Technology Advice
- Private Home Support Services
- Young Carer Support
- Membership

+ **SO MUCH MORE!**



Family Carers Ireland is here to help by providing carers with expert guidance, information and support.



- We have support centres located across the country, each one staffed by a fully trained Carer Support Manager who is there to guide and support family carers as well as advocate on their behalf.
- Our confidential National Freephone Careline is available around the clock, allowing you to talk to experienced and supportive staff who will listen to your concerns and offer practical advice.
- Having access to the right information at the right time and in the right format can make a huge difference to the life of a family carer. Our resources are designed to bring you the advice and information you need when and how you need it.
- Alternatively, you can download one of our many information booklets, rights and entitlements guides or access practical online e-learning modules from [www.familycarers.ie](http://www.familycarers.ie).



## Local Updates



### Louth Age Friendly Expo

Age Friendly Louth had an outside broadcast for two hours at the Age Friendly Expo which went really well. We had 31 organisations and community groups attend the expo and 15 of them did interviews with local radio including myself and Aoife McGrath – Age Friendly Healthy Homes. So we were delighted with the outcome.

<https://kclr96fm.com/carlow-and-kilkenny-embrace-positive-aging-week/>

<https://carlow-nationalist.ie/2023/10/12/positive-ageing-week-was-jam-packed-with-interesting-events/>

<https://carlow-nationalist.ie/2023/09/29/carlow-positive-ageing-week-events/>

<https://carlow-nationalist.ie/2023/09/12/carlow-older-persons-forum-will-hold-a-series-of-events-to-coincide-with-positive-ageing-week/>



### Laois Connects

A Laois Connect event took place on Thursday, 12<sup>th</sup> October 2023.



There were 3 talks in relation to Anxiety and its management by HSE psychiatry of Later Life Team- Aine Davin and Patrice Leech de Asis, then Re-imagining Aging through outdoor adventure by Joe Tierney, lecturer and researcher at TUS Athlone, and lastly a presentation and Q and A with Janice O'Brien of Laois Offaly Education and training Board.

The Integrated Care Team for Older People were also in attendance, and Mary Doolan sought feedback on the new services directory for Laois & Offaly.



# Social Dancing

Age Friendly Wexford & Healthy Wexford invite those over 55 to dust off your dancing shoes and Dance with Declan – Jive, Waltz, Quickstep & Lots More...

Enjoy FREE 1 Hour Dancing Lessons  
Once a week for 5 weeks



**No experience or partner needed**

Tomhaggard Community Centre Y35 D527  
Commencing: Thursday 2<sup>nd</sup> November, 2.30-3.30pm

**Booking  
Essential** ➔

Community Section, Wexford County Council  
053 919 6550  
[community@wexfordcoco.ie](mailto:community@wexfordcoco.ie)

Supported by:



Healthy Wexford



Rialtas na hÉireann  
Government of Ireland



*The Healthy Ireland Fund supported by the Department of Health*



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meath county council





## Dementia Exhibition - Tory Top Library. Cork



### 'Can you see what I see?' Caroline Hyland Art Exhibition at Tory Top Library

**An art project supporting living well  
with Dementia.**

The 'Can You See What I See?' book promotes living well with dementia and advocates for a society to see the person first and not the disease. It is strongly informed by listening to people with dementia, and to those who support them, their families, friends and the medical professionals.

**All Welcome**

Read • learn • explore

Tory Top Library

Ballyphehane, Cork

T: 021 4924934 E: torytop\_library@corkcity.ie



## Living Well – Your toolkit for better health



There are two Living Well programmes starting in October.

- **Living Well Chronic pain self-management programme on Thursday 26<sup>th</sup> October from 10:30am-1pm** for 7 weeks via Zoom.
- **Living Well Chronic disease self-management programme on Saturday 21<sup>st</sup> October from 10am-12:30pm** for 7 weeks via Zoom.

Living Well is free, evidence based, group, self-management programme for adults with long-term health conditions. Originally developed at the School of Medicine, Stanford University, USA, this Chronic Disease Self-Management Programme has been available in Ireland since 2005 under various names.

### What does Living Well involve?

- It involves attending one workshop every week for seven weeks. Each workshop lasts 2.5 hours.



- It will be delivered online.
- Two trained facilitators run the workshops, one of which lives with a chronic pain condition.
- The workshops are delivered in a relaxed and friendly way.
- Each person who takes part gets a book about self-management .

### Who is Living Well for?

Living Well is for adults 18 years and over who are

- living with one or more long term chronic pain conditions

The Living Well programme is not suitable for people with significant memory or learning difficulties but the carers of people with these conditions could benefit from it.

**Living Well**  
A programme for adults with long-term health conditions  
Your toolkit for better health

**Chronic Pain Self-Management Programme**

The programme is free to attend but places are limited and registration is essential

To register scan the QR code or email: [LivingWellDNCC@hse.ie](mailto:LivingWellDNCC@hse.ie)

**Are you living with Chronic Pain?**  
Examples include (but are not limited to) Heart Conditions, Stroke, COPD, Crohn's disease, Neuropathic pain, Migraine, Kidney Disease, Multiple Sclerosis, Fibromyalgia, Nerve damage, Rheumatologically, Back and Musculoskeletal pain.

**What is the Living Well Chronic Pain Self- Management Programme?**  
Living Well is a **Free Online** group programme, delivered over seven workshops via WebEx (1.5hrs x 1 introduction & 2.5hrs x 6). It is delivered by two trained leaders, one of whom is living with long-term health condition(s) and/or pain. Living Well can help you develop the skills and confidence to manage your health condition(s).

**Workshop Topics:** Techniques to deal with symptoms of chronic pain conditions, such as fatigue, sleeplessness, stress, and emotional problems such as depression, anger, fear, and frustration, with emphasis on cognitive behavioural therapy techniques for managing pain.

- Topics include:**
- Appropriate exercise for maintaining and improving strength and endurance
  - Balancing activity with rest
  - Tools for overcoming worst-case thinking
  - How our minds affect pain and how we can use our minds to lessen pain
  - Negative emotions
  - Healthy eating
  - Appropriate use of medication
  - Working more effectively with health care providers
  - Communicating with friends and family
  - Communicating with the health care system
  - Communicating with oneself
  - Action-planning, problem-solving, decision-making

**Why join the Living Well with pain programme?**  
People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider(s).

**Starting:** Thursday 26<sup>th</sup> October- Thursday 7<sup>th</sup> December from 10.30am-1.00pm for 7 weeks.  
**Location:** Online via Zoom

**How:** For more information contact the Living Well Team Email: [LivingWellDNCC@hse.ie](mailto:LivingWellDNCC@hse.ie)



This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University. This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under grant agreements numbers 38, 78, 185, 219, 413, 418.

# Living Well



A programme for adults with long-term health conditions  
Your toolkit for better health

## Are you living with a long-term health condition?

Examples include (but are not limited to) Diabetes, Heart Conditions, Stroke, COPD, Asthma, Crohn's disease, Arthritis, Kidney disease, Multiple Sclerosis.



Scan the QR code to register or email: [LivingWellDNCC@hse.ie](mailto:LivingWellDNCC@hse.ie)



**THE PROGRAMME IS FREE TO ATTEND BUT PLACES ARE LIMITED AND REGISTRATION IS ESSENTIAL**

## What is the Living Well programme?

Living Well is a **Free Online / In Person** group programme, delivered over seven workshops via WebEx (1.5hrs x 1 introduction & 2.5hrs x 6). It is delivered by two trained leaders, most of whom are also living with long-term chronic health condition(s) and/or pain. Living Well can help you develop the skills and confidence to manage your health condition(s).

## Workshop Topics

Techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems such as depression, anger, fear, and frustration

## Topics include:

- Techniques to help balance work and home life
- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Decision-making
- How to evaluate new treatments and much more

## Why join the Living Well programme?

- People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider. Techniques to deal with problems such as frustration, fatigue, pain and isolation.

## When: Starting 2023

**Starting:** Saturday October 21st - December 9th 10.00am-12.30pm for 7 weeks

**Location:** Online via Zoom

**How:** For more information contact the Living Well Coordinator Team

Email: [LivingWellDNCC@hse.ie](mailto:LivingWellDNCC@hse.ie) or Visit: [www.hse.ie/livingwell](http://www.hse.ie/livingwell)



Self-management Support



SMRC

Sláintecare.



This is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University. This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under grant agreements numbers 38, 78, 185, 219, 413, 418.

## 2023 Local Heroes in Galway



Galway City Council was delighted to support Positive Action Week at Galway City Library celebrating our 2023 Local Heroes in our city and county. Mayor Eddie Hoare opened the exhibition of biographies, noting the huge contribution each individual brings to the community and presented each of Our Local Heroes with a keepsake biography and photo.

A huge congratulations to all the participants who took part and helped all of us reframe how we think, feel and act about older age!



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

We at Galway City Council are delighted to support this initiative in partnership with Cope Galway, Galway County Council, Galway City Partnership and Galway Rural Development.



### Blayney Blades Westport

Blayney Blades Women’s Group was established in 1995 to support women and their families. Since then, Blayney Blades have been responsible for empowering, encouraging and enabling women of all ages to return to education and access employment. They are key contributors to the Age Friendly Programme in Monaghan and Lorraine Cunningham is on our Older People’s Council.

Monaghan County Council work with Blayney Blades on a number of Age Friendly and Social Inclusion project throughout the year.







## Longford Age Friendly Wise and Well Age Friendly Information Day Monday 9<sup>th</sup> October 2023

Longford Age Friendly Programme hosted a very successful “Wise and Well” Information Day in the Longford Arms Hotel attended by over 150 older people from Co Longford. This year’s theme ‘Wise and Well’ focused on positive health and ageing. The event was a collaboration between Longford Age Friendly and HSE Longford Primary Care Programmes. Many of our local authority departments and organisations who support older persons within our community were in attendance including, Healthy Ireland, Gardai, Longford Community Resources CLG, Alzheimer’s Society of Ireland, Alone, Meals on Wheels, ICA to name but a few. Longford Handy Helps bag pack items which include items such as tap turners, jar openers, kettle tipplers are available for loan by library members from three pilot library branches Longford, Ballymahon and Edgeworthstown. Following a light lunch and short presentations on nutrition and physical activity by HSE Dietician Cara Gray and HSE Physio Linda Stewart the afternoon concluded with music and dancing with the entertainment provided by well- known entertainer Mick Flavin.



## Social Inclusion Week

Mayo’s Older People’s Council with Castlebar (Age Friendly) Library and Comhairle na nÓg held an Intergenerational “games” evening as part of Social Inclusion Week.



The event was held in Castlebar Library and attended by OPC members and members of Comhairle na nÓg. The group played card games – “25”, Jenga, Guess Who?, Scrabble. There were digital games - “Quiver” and participants also had opportunity to experience Virtual Reality. The evening was thoroughly enjoyed by all!



Who doesn't love a good game?



Are you a ~~Foróige~~ member or member of an Active Retirement Group



You are invited to join us for an Intergenerational Games evening  
The evening will bring together young and old with a variety of traditional v's modern games and lots of fun!!!



Where: **Mayo County Library, Castlebar.**

When: **Friday the 13<sup>th</sup> October from 5 p.m. to 7 p.m.**

This event is free, if you are interested in attending please contact Mayo County Library at **094 - 9047940** to register your interest.

Refreshments will also be served!



This event is part of Social Inclusion Awareness Week 9<sup>th</sup> to 15<sup>th</sup> October 2023 - The Theme for the 2023 Mayo Social Inclusion Awareness Week is "~~Cairdeas~~" - "Befriending"



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meath county council



## 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 Prof. Heather Keller

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Professor Heather Keller on "Improving the health and quality of life of older adults through food and shared meals."

**Professor Heather Keller**  
Professor and Schlegel Research Chair in  
Nutrition & Aging, Canada

**OCTOBER 20<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