

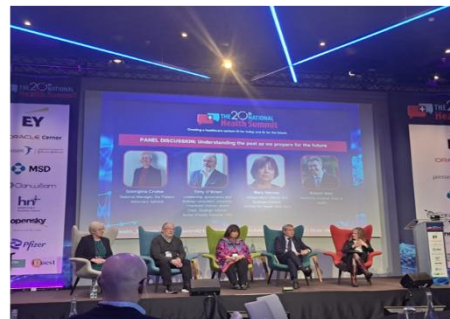
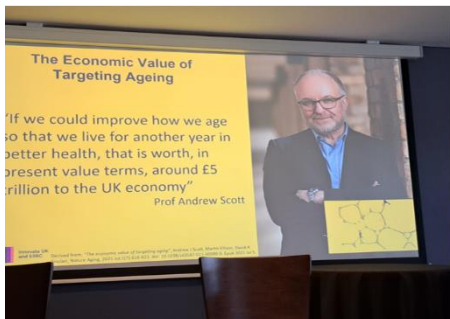
National Updates

20th National Health Summit



Our Chief Officer Catherine McGuigan was very honoured to have been asked to speak at the 20th National Health Summit in Croke Park this week.

There were plenty of insightful and informative presentations and panel discussions in all areas of health.




THE 20th NATIONAL Health Summit
Creating a healthcare system fit for today and fit for the future

SPEAKER

Catherine McGuigan
Chief Officer, National Age Friendly Ireland, Meath County Council

Older People Coffee Morning Information Event

This morning, Colm Markey MEP, organised a coffee morning in the Ardboyne Hotel, Navan for older community members. There was a great turn out and wonderful panel discussion.

Age Friendly Ireland National Programme Manager Emer McCormack attend the event while Eimear McCormack Healthy Age Friendly Homes Regional Coordinator of Dublin & North East Fingal and Mary Cary Healthy Age Friendly Homes Coordinator in Meath were both present at the event with an information stand.



Unlocking the Future of Parkinson's Care



Unlocking the Future of

Parkinson's Care:

Join our webinar to unveil
the **SUPER Project Results!**

February 28th, 14:00 - 15:30 IST | 15:00 - 16:30

CET | 9:00 - 10:30 EST | 1:00 - 2:30 AEDT


SUPER Project Webinar

Unlocking the Future of Parkinson's Care: Join our webinar to unveil the SUPER Project Results!



28 February 2024

14.00 – 15.30 IST | 15.00 – 16.30 CET

Hosted By IFIC 



We are delighted to invite you to a webinar where we will unveil the transformative results of our Erasmus+ project – a pioneering initiative that has commenced a specialized training course on Integrated Care in Parkinson's Disease.

We are excited to extend an invitation to you for this webinar, during which we will present the impactful outcomes of SUPER Project. This pioneering initiative has brought forth with people living with Parkinson's Diseases, carers and care team members, a specialized training course dedicated to Integrated Care in Parkinson's Disease, marking a significant milestone in our pursuit of enhancing integrated care practices.

[Sign up to the Webinar](#)

Learning. Digital. Together.

Digital Drop-In, a pilot project from the fledgling social enterprise, Learning. Digital. Together., involved a series of intergenerational workshops hosted by Skibbereen Community School between September and November 2023.



Facilitated by Dr Sandra Flynn, using a model of facilitated informal learning, older adults engaged with volunteer mentors from Transition Year to exchange knowledge and develop digital literacy skills across a variety of mobile devices and applications.

Whatever the skill level, from novice to improver, the one-to-one learning exchanges meant that participants truly engaged in the principles of intergenerational learning: learning from one another, learning with one another, learning about one another. A nice close out was the presentation of certificates of participation by mentors to their learners.

Next steps include the development of a library of resources for the website <https://learningdigitaltogether.com> from the content covered during the workshops.

Waterford to Offer Private Homeowners Option of 'Rightsizing' into Council Houses

Waterford is to consider offering private homeowners the option of 'rightsizing' into Council properties.

This coming week, Waterford City and County Council, at its Monthly Plenary Meeting will vote on a proposal from its Housing Strategic Policy Committee to approve the roll-out of 'rightsizing' for private homeowners.

Rightsizing has been an approved policy of the Council for over a year now in which tenants of Council properties, if they feel they are in a home that is now too large for them, seek to essentially swap it for a smaller, more manageable property.



'Rightsizing' took off in Waterford as an idea when the Council began offering 'older person' specific communities such as the old St Joseph's nursing home (above), run by the Little Sisters of the Poor on Bunkers Hill, according to Cllr Eamon Quinlan.

Click [HERE](#) to read more



Valentine's Vitality Day

Look forward to seeing you all at this wonderful event. If you require any information, contact 094 9064735 or agefriendlymayo@mayococo.ie



Sláintecare.
**Healthy
Communities**

**Age Friendly Mayo and Sláintecare
Healthy Communities invite you to:**

Valentine's Vitality Day

Celebrating positive health and wellbeing

Date: 14th February 2024

Time: 10.30am (registration 9.45) end 1pm

Venue: Great National Hotel, Ballina, F26 X5P3.

This event will host information and speakers on topics such as:

- **Age Friendly Healthy Homes**
- **Achieving your nutrition goals**
- **Staying Active**
- **Art and Library Events**
- **Memory/Brain Health**

Free Event and Refreshments Served

**Queries - call: 094 9064735 or
Email: agefriendlymayo@mayococo.ie**

BANK OF IRELAND FRAUD AWARENESS EVENT



Tuesday February 13TH @ 8:30AM

Venue: Bank of Ireland Eyre Square Galway

Guest Speakers: Internal BOI Fraud Team & A Member of An Garda Siochana

RSVP: Callum.Manhire@boi.com



BANK OF IRELAND FRAUD AWARENESS EVENT

Tuesday February 13TH @ 8:30AM

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Guest Speakers: Internal BOI Fraud Team & A Member of [An Garda Siochana](#)

RSVP: Callum.Manhire@boi.com



One of the biggest concerns our customers are currently facing is Fraud and with that in mind, we are hosting a Fraud Awareness Event on Tuesday, February 13th in Bank of Ireland Eyre Square.

Throughout this informative session our aim is to help make everyone more aware of the various types of Fraud, what to look out for and what to do if you do become a victim of Fraud.

If you would like to attend, please email my colleague @ callum.manhire@boi.com and we will secure seating for you on the morning.

Tea/Coffees and light breakfast will be served at the event, this will give everyone a great opportunity to talk to our Bank of Ireland Internal Fraud Team and An Garda Siochana.

Bunclody Library



Chair Yoga with CC of Over the Rainbow Events – Thursday 15th February at 7.00pm

Join CC from Over the Rainbow events for an introductory session to chair yoga for adults. Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance and body awareness. Limited spaces available, booking essential. Telephone 053 9375466 or book online at wexfordcoco.libcal.com.

Home Energy Saving Kits

Home Energy Saving Kits are now available to borrow from Bunclody Library. The kits contains 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 for further details.

Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks from Bunclody Library, all you need is your library card!.

For more information please contact the library.

Dementia Inclusive County



The Cavan Branch of the Alzheimer Society of Ireland is embarking on a ground-breaking initiative to transform Cavan into the first Dementia-inclusive County in Ireland.

This ambitious project aims to foster an environment where individuals living with dementia can thrive supported by a network of understanding and compassionate community members.

Dementia affects thousands of lives, not only for those diagnosed but also for their families and friends. By spearheading this initiative our Cavan Branch seek to raise awareness about dementia, challenge stigma and create a more inclusive society. The project would involve educational programmes, community outreach, sports clubs and partnership with local businesses to enhance understanding and adapt public spaces to better accommodate the needs of individuals living with dementia. The vision is not just to provide support but to build a community where everyone feels valued and included through collaborative efforts.

The Alzheimer Society of Ireland aims to set a precedent for other regions to follow, fostering a national involvement towards Dementia Inclusive Communities. Together we can make County Cavan a shining example of empathy, understanding and unity in the face of Dementia.

We plan to hold a series of three Public Information Meetings in each Municipal District of County Cavan starting with Cavan-Belturbet.

Our first meeting will be held in the Townhall, Cavan on Wednesday 20th March at 7.30pm. Please come and join us...Business people, sports clubs, men's and hen's sheds, pharmacies, Colleges, young people, groups, clubs, employers, families and friends.

There are almost 2000 people in Cavan diagnosed and yet to be diagnosed with Dementia and the numbers are expected to double over the next 25 years. We do not ask people to serve on Committees, donate money or even commit their time but would love to form a database of "Friends of the ASI" who will receive information and ways in which they may like to become involved.

The people of County Cavan have shown enormous goodwill to our Branch for almost 14 years now. We have come a long way with our Services but now

information is the key. Let us join together and make our County truly Dementia Inclusive. Please join us in the Townhall on March 20th.

For further information please contact friendsofcavanbranch@outlook.com

Age Friendly Cavan Updates



Cavan County Council

Smoke Alarms Scheme 2024

Cavan County Council is making a number of smoke alarms available to vulnerable older people and people with disabilities living in County Cavan.

Applications will be considered on a first come, first served basis with priority given to those aged over 80 and people with disabilities.

If you are interested in applying for these free alarms, application forms are available from:

Cavan Age Friendly, Community & Enterprise Department, Cavan County Council, Farnham Centre, Farnham Street, Cavan.

Phone (049) 437 8581 Email agefriendly@cavancoco.ie

Website www.cavancoco.ie or in your local library

This initiative is funded by the Department of Housing, Local Government and Heritage.



An Roinn Tithíochta,
Rialtais Áitiúil agus Oidhreacht
Department of Housing,
Local Government and Heritage



Together we can STOP Fire



Join the Cavan Older Adult's Drop in Information Sessions

Cavan Older People's Drop in Centre sessions are recommencing on Monday mornings from 10.30am to 11.30am in the Event Space in Johnston Central Library, Farnham Street, Cavan. These sessions are open to all older members of the community to join and you are welcome to attend sessions on all topics you are interested in.

To register please contact: agefriendly@cavancoco.ie or call 049 [4378545](tel:0494378545)

Date	Topic	Delivered By
12/2/2024	Craft Workshop- Textile Art	Sally-Ann Duffy
19/2/2024	Healthy Eating/Cooking for Older People	Charlotte Wilson, Slainte Healthy Communities.
26/02/2024	Age Friendly Healthy Homes	Gráinne Boyle Age Friendly Healthy Homes Co-Ordinator
04/03/2024	Benefit Entitlements – Citizens Information	Cecilia Smith Citizens Information Centre
11/03/2024	Alone – services offered in Co Cavan	Natasha Quinn Alone
25/03/2024	Craft Workshop – Easter Crafts	Sally-Ann Duffy

Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone.

Please **email us** your news to us at agefriendlyireland@meathcoco.ie before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget, we are on **social media** so why not follow us for all the up to date information on all things Age Friendly happening around the country 🗣️

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

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



comhairle chontae na mí
meath county council



International Updates



IFA Global Café | In Conversation with Ms. Stephanie de Chassy.

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ms. Stephanie de Chassy on “Voice and meaningful engagement as part of multi-generational approaches”

The banner features a portrait of Ms. Stephanie de Chassy on the left. To the right, the IFA logo is followed by the text 'Global Café in conversation with experts'. Below this, the event title is displayed in large, bold, white letters: “VOICE AND MEANINGFUL ENGAGEMENT AS PART OF MULTI-GENERATIONAL APPROACHES”. At the bottom, the date and time are listed: FEBRUARY 9th 2024 at 07:00 AM (EST). On the far right, it states '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

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

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

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Call save 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday