

National Updates



Technical Programmes - Age Friendly Ireland Housing Case Study

St. Joseph's, Manor Hill, Waterford was recently nominated for the Age Friendly Housing Award for 2023. St Joseph's, which was a former religious convent, is a state-of-the-art age friendly housing development that delivered 71 homes for residents aged 55 and over in a modern, spacious and distinctive setting, right in the heart of Waterford City.



This development is an exemplar project for both city centre living for accommodation for older persons along with an opportunity to roll out a pilot scheme for a Rightsizing Policy for local authority tenants. Well done to Waterford City & County Council on the delivery of this wonderful Age Friendly development.



Further details of this development can be obtained at: https://agefriendlyhomes.ie/wp-content/uploads/2023/12/Age-Friendly-Housing-Case-Studies_November-2023.pdf



IRISH PLANNING
INSTITUTE

Institiúid Pleanála Na hÉireann

Age Friendly Ireland Housing and Public Realm Training Course



The Irish Planning Institute has recognised the Age Friendly Ireland Housing and Public Realm training course relevant to the professional development of planners, which provides attendees with 2 IPI CPD credits.

This announcement by the IPI is further recognition by professional institutions of the importance of the Housing and Public Realm training course.



Participate in the Maynooth University Study: Old and Alone: Analysing Ireland's growing 'elder orphan' population.

Researchers at Maynooth University's Department of Geography are seeking to explore older adults' experiences of aging alone in Ireland and seeks to understand the importance of health and wellness in older age. In particular, we are interested in talking to people who can be defined as 'elder orphans', living alone and with no immediate family care support around them.

We are interested in the views of anyone aged 55 years or older, who fit the definition of elder orphans. We wish to find out more about peoples' experiences of their care and support needs, how these are or are not met and their general perspectives of their local environments, taking into account any issues and challenges they may encounter.

The acknowledged views will be used to document a range of difficulties, but also positive things that people may be experiencing and the role place and where you live, impacts on their health and wellbeing as you age. The aim of the interviews is to identify knowledge that will feed into a doctoral study, but also help inform future thinking on policy in this area.

We will be holding one to one interview, either in person or online, in the coming weeks, and hope that some members of Age Friendly Ireland might be interested in taking part.

If so, please contact the researcher directly to find out more details and to make arrangements to meet and talk



sadhbh.gorman.2021@mumail.ie



HSE Health and Wellbeing Update



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

MEN'S HEALTH WEEK

Are you interested in doing something to mark Men's Health Week 2024?

Would you like to get some practical ideas and advice from other HSE staff on how they have went about it?

If so, join us at an online meeting on Wednesday 20th March 2024 at 11.30am.

To register for a place, visit:
<http://tinyurl.com/nbbywc89>



Men's Health Week Webinar

Men's Health Week is becoming more popular year-on-year among staff in the wider HSE family – especially those working in or interested in health and wellbeing. The feedback has been that lots of people are interested in doing something, but would like to get some inspiration and practical ideas from initiatives which have already been tried. To address this issue, we plan to host an online meeting – wherein we can share some examples of practice models and discuss the potential for new approaches. There will be three presentations on different initiatives and what was achieved during Men's Health Week in the past from different parts of the country – focusing upon a range of types of engagement followed by fairly informal question-and-answer session with those present.

In collaboration with MHFI and MDN, this meeting has been scheduled for Wednesday 20th March 2024 at 11.30am. Register [here](#) to join.



HSE's Talking Health and Wellbeing Podcast



In this episode of the HSE's Talking Health and Wellbeing [podcast](#), Dr. Heather Burns discusses the importance of symptom awareness and early detection of cancer. Dr. Burns is a Consultant in Public Health Medicine and Public Health Lead for Early Detection of Cancer with the HSE National Cancer Control Programme. She notes that cancer is common in Ireland, with 1 in 2 people having a cancer diagnosis in their lifetime. Dr. Burns urges people to contact their GP if they notice any symptoms that are not normal for them and are not getting better, like a persistent cough, a change in bowel habit, a breast lump or unexplained weight loss. The episode covers the role of GPs in cancer referrals and the availability of rapid access clinics, emphasising the importance of education and proactive healthcare for early diagnosis. If you would like to know more about the issues discussed please go to the NCCP website. If you would like to order the resources discussed to help spread the messages around early diagnoses go to www.healthpromotion.ie and select 'cancer' in the search by topic option.

Listen and follow wherever you get your [Podcasts](#) or on the [HSE Health and Wellbeing YouTube channel](#).



National Brain Awareness Week takes place from March 11th to 17th 2024.

This year's Brain Awareness Week theme, 'The Changing Brain' is really exciting, as it reminds us of our brain's ability to change and adapt. This means that it is never too late, or too early to start looking after our brain, and that there are things we can do to build reserve in our brain, protect it from 'wear and tear' and to potentially decrease our risk of developing dementia.

- **RCSI MyHealth online event April 17th**

This episode will focus on the topic of dementia and maintaining a healthy brain for life. As part of this discussion, the panel will discuss the misapprehensions about what a diagnosis means, the emotional impact of a diagnosis, raise awareness and share practical tools for maintaining brain health, as well as discuss developments in disease modifying treatments in this area. Register via the link [Dementia and maintaining a healthy brain for life](#)

- **Resources**

For people with dementia, being involved in activities, social contact and enjoying the environment are vital for physical and mental health and wellbeing. The attached Memories garden flyer might provide helpful tips for outdoors spaces, be it in your own garden, or in your community parks and spaces. The flyer can be ordered free of charge from healthpromotion.ie

- **Newsletter**

Please see attached the Spring 2024 Edition of the National Dementia Service Newsletter. Please feel free to share this among your organisation. Click [HERE](#)



- **Listen**

You can listen to Mike Hanrahan, musician & producer as he speaks on Creative Brain Week events & the importance of Dementia Inclusion. Music, Poetry and the Arts are so important.

Listen at: <https://www.rte.ie/radio/radio1/clips/22363366/>



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

The Let's Sing Together



The Let's Sing Together compilation of songs is now available to view on the South East Community Healthcare You Tube Channel.



The idea for Let's Sing Together came from Mr Brian Toomey from Wexford. It was developed in partnership with input from Age Friendly Alliances, Older Persons Councils, Dementia Café representatives and funded with thanks from National HWB and the Age Friendly Alliance.

Brian and his friend Greg Donaghy put together a compilation of old songs that we love and know so well to music.

The HSE teamed Brian up with Becky Hackett to add in animation and put in motion graphics by George Roberts so that services can use Let's Sing Together in Dementia Café's, Nursing Homes, Disability and Mental Health Facilities to sing and move along to the music.

It can be easily accessed on the HSE YouTube link below so that anyone, anywhere can play and sing along to it.

May the music bring joy to you, your friends, family and caregivers. Please feel free to share widely.

<https://youtu.be/KEFAxePeZ18>



NALA: Free introduction to literacy webinars for the community and voluntary sector

The National Adult Literacy Agency (NALA) is organising two free webinars for the community and voluntary sector. These each provide a 1-hour introduction to literacy, numeracy and digital literacy in Ireland.

Introduction to literacy 21 March, 10am – 11am – Register now

Introduction to literacy 25 April, 10am – 11am – Register now

In Ireland, over 500,000 adults struggle with reading and understanding information and using everyday maths (CSO,2012). This means they may find it difficult to:

- fill in a form;
- divide or add up a bill
-

Community and voluntary organisations provide essential support and services to communities across Ireland. The webinar will help you better understand the issues, hear from colleagues about being literacy friendly, and get tips you can bring back to your organisation and will examine:

- What is literacy;
- The impact of struggling with reading, writing, everyday numbers or digital tasks;
- Using a literacy friendly approach;
- Your experience of responding to adults with literacy, numeracy and digital needs;
- Tips for how to support people sensitively; and
- Using plain English.

Find more information on the NALA website



Author and Singer Sandy Kelly in Conversation Dungarvan Library

Sandy Kelly, internationally renowned and much loved Irish singer, performer and author has released both a new album, 'Leaving It All Behind' and a self-penned life story, 'In My Own Words' and will be in conversation with Mary Conway Acting City and County Librarian at Dungarvan Library on March 23rd at 3pm. While this is a free event, booking is required. Call 058 21141.



AUTHOR EVENT



SANDY KELLY

Internationally renowned and much loved Irish singer, performer and author, Sandy Kelly, will be in conversation discussing her autobiography, "In My Own Words" in Dungarvan Library on Saturday 23rd March at 3:00pm.

The new album, 'Leaving It All Behind', Sandy's first in 30 years, was recorded at what was Johnny Cash's personal studio 'Cash Cabin' in Nashville and produced by his son, five-time Grammy Award winning producer John Carter Cash, alongside Sandy's son Willie and an A-list Nashville session band. The album includes twelve tracks, traversing the lines of classic country and contemporary folk, including re-cut acoustic versions of Sandy's duets with Johnny Cash and Willie Nelson, 'Woodcarver' and 'Against The Wind', the latter featuring Marty Stuart as a guest musician, as well as a duet with Mike Hanrahan of Stockton's Wing.

DUNGARVAN LIBRARY
SATURDAY 23RD MARCH | 3:00PM
FREE EVENT - BOOKING REQUIRED
Dungarvan Library - 058 21141

 www.waterfordlibraries.ie

 Leabharlanna Phoirt Láirge
Waterford Libraries

Sandy's first record, 'Come Back Billy Joe' reached number two in the Irish pop charts. While on an Irish tour, Johnny Cash heard Sandy on the radio, asked her to join him on stage and invited her to Nashville. Sandy subsequently recorded and toured with a host of legendary U.S. country artists including Willie Nelson, Waylon Jennings, Glen Campbell, Tammy Wynette, George Hamilton IV and Chet Atkins.

She represented Ireland at the 1982 Eurovision Song Contest, as lead singer in The Duskeys. She has achieved multiple Gold Records, including hit duet 'Woodcarver' with Johnny Cash and her version of Willie Nelson's 'Crazy', one of the biggest selling singles in Ireland in 1989. For three years, she hosted her own weekly RTE TV Series 'Sandy'.

Her connection to Patsy Cline's songs led to Sandy being cast as the lead in the West End production of 'Patsy – The Musical' in London in the '90s. Following the West End run, the show successfully toured the UK and Ireland for the second half of the decade.

Sandy Kelly began her career at the age of three as a singer and performer in her grandfather's Dusky Dan's Variety Roadshow. She joined the family travelling fit-up variety show in Ireland and later as a teenager toured the social club circuit in the U.K. playing an ever more prominent role until she returned to Ireland.

Dungarvan Library, Saturday, March 23, 3:00 pm
Free Event - Booking Required
Call Dungarvan Library 05821141



Local Updates

Making Cavan a Dementia Inclusive Community



Age Friendly Cavan

DEMENTIA INCLUSIVE COMMUNITY
FRIENDS OF ASI

The Alzheimer Society of Ireland 1800 341 341

A DEMENTIA INCLUSIVE COMMUNITY

What is A Dementia Inclusive Community?

A Dementia Inclusive Community is one in which People living with Dementia and their families fully participate in society and is one in which the people in the community are aware of and understand Dementia.

YOU ARE INVITED TO JOIN US AND HELP MAKE A DIFFERENCE

Venue: Townhall Arts Centre, Townhall Street, Cavan
Date: Wednesday, 20th March 2024
Time: 7:30pm
RSVP: friendsofasi@alzheimer.ie

www.alzheimer.ie



Raheny Age Friendly

Our March meet-up (this morning) had a St Patrick's Day theme, with plenty of green on display.

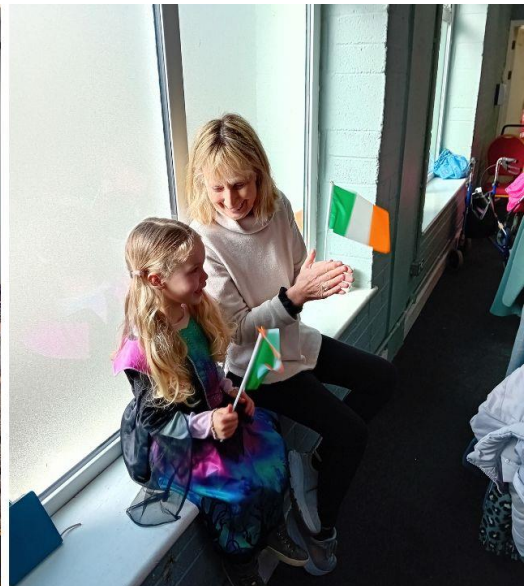


comhairle chontae na mí
meath county council





We had a gathering of 60 people in total where the Rose Garden singers provided the entertainment, going through a wide range of songs and getting some of our group involved. A great morning all round.





Age Friendly Louth hosted an Age Friendly Event in Drogheda on 6th March 2024. Aine Flynn, Director of the Decision Support Service gave the attendees a presentation on Assisted Decision Making.



Aine outlined the rights and interests of people who may need support with decision making. She also outlined the role of the Decision Support Service which includes a registrar of decision support arrangements and supervision of decision supporters. The presentation was followed by a Q&A session where attendees raised a number of queries and questions which Aine duly answered.



Participants at Age Friendly Louth event in Drogheda/South Louth on 6th March 2024

Ageism Awareness Workshop

The presentation was followed by an ageism awareness workshop hosted by Geraldine Johnson from Boyne Communications.

Participants discussed their experiences of ageism, this included their experiences in daily life where they felt they were judged or discriminated against because of their age. Attendees shared their experiences in shops, online or with the system in general.

Participants were also asked to suggest a name for an ageism awareness campaign and each table came up with a different suggestion.

Finally the participants were asked to come up with several project ideas to challenge ageism and ideas such as intergenerational activities, linking older people with TY students, training and awareness raising events were discussed as a means of bringing all ages together.



The Recycled Teenagers was the name suggested by this group at the Age Friendly event in Drogheda

Age Friendly Louth will be hosting a workshop on ageism in Dundalk/North Louth shortly, if you have ideas around combatting ageism please come along and share your thoughts and ideas. If you are interested in attending, please contact agefriendly@louthcoco.ie or phone 042 9324389

Age-Friendly University- an intergenerational learning and sharing experience between older adults in Galway City and occupational therapy students.



There are 776,315 people aged 65 or over in Ireland, accounting for approximately 15% of the population (CSO, 2022). Many of these older people experience ageism, as well as other forms of discrimination. These negative experiences make them less likely to pursue interests such as pursuing further education. As the vast majority of older people never attended third level education when they were younger, they may not see the university as accessible to them.

In 2012, DCU developed the 'Ten Principles of an Age-Friendly University' to promote an inclusive approach to healthy and active ageing through engagement with the third level sector. This project aimed to develop the University of Galway as an Age-friendly University.

We aimed to foster the wealth of knowledge and experience that older adults have, not just for their peers but also for young people. It involved the creation of an “intergenerational learning and sharing experience”. Workshops co-designed by older adults and occupational therapy students and specific to the needs of older adults took place in January and February 2024. We aimed to foster the wealth of knowledge and experience that older adults have, not just for their peers but also for young people.



Students worked with older advisors from various locations across Galway city in planning and developing the programme of workshops. The programme ran across three half-days with a variety of content. The workshops themselves involved 81 older adults from Galway City and 30 University students, fostering mutual learning and respect. The three strands were in the areas of:

- Nutrition, wellbeing and cognitive health
- Galway local history, archaeological history, astronomy
- Photography, storytelling and creative writing.

The workshops were a great success with very positive feedback received from students and the older adults who attended.

“The students were wonderful, and I felt included, heard and an important part of the workshop.”

““very impressed with the enthusiasm of the students. Their interest in listening to older adults. They are a credit to their university.”

We hope there is an opportunity to run this initiative again next year with a new group of undergraduate students, given the interest from the local community (and further afield).

The College of Medicine, Nursing and Health Sciences at the University of Galway have a number of other Age Friendly Initiatives taking place including intergenerational quiz, Dementia Café (a six-week workshop for people with dementia and their caregivers).

There will also be an Age-Friendly Event taking place at the university on the 27th June. If you want to learn more or attend the session on the 27th, please email vicdeanedi@universityofgalway.ie



Expo at Tallaght University Campus

South Dublin Older People Council are hosting an Expo at Tallaght University campus on **Saturday, April 20th, 2024, 11.00 am – 4.00pm.**

We hope to showcase the best of what South Dublin County Council, the HSE, policing, housing, Volunteering etc. has to offer for Older people. We will have food



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vendors, entertainment, etc. If anyone would like to attend, you would be more than welcome. The University campus is near the Luas stop.

European Civil Society Prize

An Irish social engagement project for older people won the European Civil Society prize in Brussels on Thursday. Age Well, a peer-to-peer service in which older people are visited weekly in their homes, beat four other shortlisted European projects to receive €14,000 from the European advisory body, the European Economic and Social Committee (EESC), in its first Civil Society week.



“It was amazing to win”, said Áine Brady, from Third Age Foundation that has been running this project since 2018 with part-funding from the HSE. “We were delighted and surprised. It’s hugely important to get recognition for our work and the prize money will be helpful.”

Over the last five years, more than 500 older people in Co Meath have benefited from the programme, many of whom were referred by public health nurses or GPs. The Third Age Foundation is hoping to expand the programme to other parts of Ireland. At the Brussels event, Brady said that Age Well could also be expanded throughout Europe. “The longer people stay with the programme, we see reductions in their loneliness and improvements in their wellbeing, social and emotional connections, physical activity and self-rated health.”

AgeWell is managed through a team of trained companions – who are older people themselves – who provide weekly visits and midweek phone calls to older people. Every two weeks, an app is used to track changes in the physical, emotional and social health of clients and referrals are made to services if necessary.

“The app also monitors any new symptoms such as confusion, changes in mobility, falls, decline in appetite or pain. “This works as an early warning system identifying health, social or environmental problems before they escalate,” said Brady. “And doing this work also gives the companions purpose, meaning and self-worth at this stage in their lives.”

An Italian project that runs prevention and awareness programmes on eating disorders (Telling Stories for Good from Animenta), a Finnish project using digital

and tabletop role-play games to support mental health recovery (The World of Recovery from the Lilinkoti Foundation), a Slovakian project in which a person with lived experience of mental health and a health expert give talks to secondary school students about mental health (Crazy? So what! From Integra) and a Finnish community-led mental health centre (Lapinlahden Lahde) were the other shortlisted projects. Each of these received €9,000 in prize money.

The EESC chose mental health as its theme for this, its 14th civil society prize, in recognition of the impact of multiple crises of war, cost of living, natural disasters and fallout from the Covid-19 pandemic on the mental health of European citizens. “Civil society organisations play a pivotal role in providing services that are currently not adequately supplied by the public health system, with particular attention to the special needs of vulnerable groups”, said Oliver Ropke, the president of the European Economic and Social Committee at the prize-giving ceremony. In total, there were over 100 entries for the Civil Society Prize from the 27 member states of the European Union.



Offaly Biodiversity Action Plan 2025 – 2030

Offaly County Council is now inviting submissions to or pre-draft phase of the Offaly Biodiversity Action Plan 2025 – 2030. For more information on making a submission go to <https://www.offaly.ie/c/public-consultations/>

OFFALY BIODIVERSITY ACTION PLAN 2025-2030

Public consultation - walk in events

Have your say in the Offaly Biodiversity Action Plan



You know your area best!



How you can submit your proposal

By Post: Ricky Whelan, Biodiversity Officer, Offaly County Council, Áras an Chontae, Charleville Rd, Spollanstown, Tullamore, Co. Offaly

By Email: biodiversity@offalycoco.ie

By Appointment: contact Offaly County Council on 057-93 46800 and ask for Ricky Whelan, Biodiversity Officer

Offaly County Council are now seeking submissions to the pre draft phase of the consultation on the Offaly Biodiversity Action Plan 2025-2030.

For more information please visit our website at: www.offaly.ie/c/public-consultations/

Come meet Ricky Whelan, Offaly County Council Biodiversity Officer in your local Library for your chance to have your say on the Offaly Biodiversity Action Plan 2025-2030

Date	Time	Location
Tuesday 19th March	14.30-17.00	Birr Library, Birr
Wednesday 20th March	16.00-18.00	Edenderry Library, Edenderry
Thursday 21st March	11.00-13.00	Tullamore Library, Tullamore



Comhairle Chontae Uibh Fhailí
Offaly County Council



An Chomhairle Oidhreachta
The Heritage Council



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

You may also like to attend one of the public walk-in information events at a library near you.



Tory Island Event 22nd March



Sláintecare.

Pobail Shláintiúla



Age Friendly Donegal



Lá Sláinte & Folláine Oileán Thoraigh

22 Márta
2024



10.30am - 2.00in
san Ionad Sláinte



Cad é a bheidh ar siúl?

Glacfaidh Banaltra do chuid fola

Beidh deis agat comhrá a bheith agat le bia-eolaí

Eolas ar thacaíocht do dhaoine níos sine

Tacaíochtaí ar fáil faoi scor na dtoitíní

Eolas ar aire a thabhairt do do mheabhar shláinte

Leideanna faoi coinneáil ag bogadh thart/ag gluaiseacht, labhair le fisteiripe faoi

An deis foghlaim faoi greimeanna bia folláine agus iad a bhlaiseadh



Ceol áitiúil

Leideanna ar na dóigheanna chun aire a thabhairt do shláinte agus folláine



Eolas ar na tacaíochtaí atá ar fáil do do shláinte



Riailtas na hÉireann
Government of Ireland



Comhairle Contae Dhún na nGall
Donegal County Council



Ionad Nacmh Pádraig



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

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)

International Updates



IFA Global Café | In Conversation with Dr. M. Aaron Guest

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with In Conversation with Dr. M. Aaron Guest on "Engaging the Age-Friendly University Global Network."

ifa Global Café
in conversation with experts

"ENGAGING THE AGE-FRIENDLY UNIVERSITY GLOBAL NETWORK"

Dr. M. Aaron Guest
Assistant Professor of Aging
Arizona State University

22 MARCH 2024 07:00 AM (EDT)

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