

National Updates

Age Friendly Updates

It has been a busy week here in Age Friendly Ireland with lots happening up and down the country.

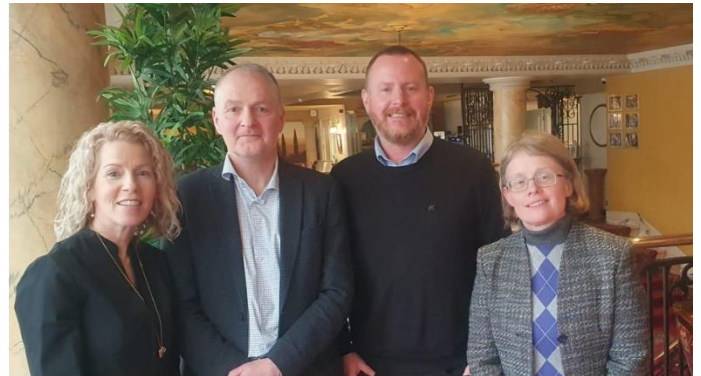


Cavan Dementia Inclusive Community Initiative took place this week.



Kildare Older People's Council AGM happened on Wednesday with over 70 people in attendance.

Healthy Age Friendly Homes attended Safeguarding Training in Tullamore on Thursday



Age Friendly Ireland team were over seas for Healthy Island Initiative on the beautiful Tory Island





Sláintecare



Irish Life GAA Healthy Club Orientation Day



We were delighted to be given the opportunity to attend the Irish Life GAA Healthy Clubs National Orientation Day held in Croke Park on Saturday the 9th of March.

The Irish Life GAA Healthy Clubs Programme supports GAA clubs in becoming hubs for health for their members and local communities. More than 200 clubs attended the event. Local coordinators Clodagh Whelan and Sinead Reinhardt promoted the Healthy Age Friendly Homes Programme at this wonderful event in such an iconic venue. GAA clubs run initiatives within their local clubs and the work of the Healthy Age Friendly programme will be promoted at local level.

Thank you to all the team in the GAAs Community & Health department for extending such a warm welcome to us.



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**



Technical Programmes - Think before you Park Campaign



Limerick City and County Council and An Garda Síochána jointly present "Think Before You Park," an essential campaign urging motorists to consider the broader implications of their parking choices. The initiative sheds light on the obstructions and hazards caused by improper parking in Limerick city and county, emphasising the impact on fellow road and footpath users.

THINK BEFORE YOU PARK!



The aim is to inspire motorists to reflect on the repercussions of obstructive parking. Whether it's impeding footpaths, bus corridors, cycle lanes, or access points, badly parked vehicles can pose challenges for various road users including people with disabilities, cyclists, parents pushing buggies and other pedestrians. Bad parking affects the flow of our public transport services and causes traffic congestion.

The initiative was driven by the Gardai and Roads Directorate in Limerick :

<https://www.limerick.ie/council/services/roads-and-travel/traffic-and-parking/think-before-you-park>



Board Games - Free Night of Fun and Chat



You are invited to take part in our Intergenerational Board Games Night.

on Thursday, 28th of March, between 6 and 8pm in the Hive!

Register using the link below, and don't forget to share it with your friends and family.

Free refreshments and lots of fun.

Looking forward to seeing you there!

REGISTER HERE:

https://docs.google.com/forms/d/e/1FAIpQLSdJmZYFD_g8ROOM_TQ3NAqFDfVVIQ_hIE_NuLDgISOug5KaA/viewform

Living Well Programme



Living Well programme is a free HSE 7 week Self-Management programme that runs in Dublin North City and County. It is suitable for adults 18 years and older who are living with a chronic health condition, or caring for someone who is.



For the online programmes, you will receive support to get online if required. Please email LivingWellDNCC@hse.ie or call on 01-8976171 to find out more or register for the programme.

Please feel free to share with anyone who may benefit from the programme.

Living Well

A programme for adults with long-term health conditions



The Living Well programme supports you to develop and enhance the skills that help you to live well with a long-term health condition. Two trained leaders run the workshops; one of the leaders lives with a long-term health condition.



Upcoming FREE Online 7 Week Programmes in Dublin North City and County

PROGRAMME	START DATE	FINISH DATE	TIME
Living Well with Fibromyalgia Chronic Pain Self-Management	Thursday 25th April	Thursday 6th June	7pm - 9:30pm
Living Well with Chronic Pain Self-Management	Wednesday 1st May	Wednesday 12th June	10:30am -1pm
Living Well Building Better Caregivers	Wednesday 1st May	Wednesday 12th June	7pm - 9:30pm
Living Well with Chronic Health Conditions Self-Management	Friday 3rd May	Friday 14th June	10:30am-1pm
Living Well with Long Covid / Post Covid-19 Syndrome Self-Management	Saturday 11th May	Saturday 29th June	10am-12:30pm
Living Well with Chronic Pain Self-Management	Tuesday 21st May	Tuesday 2nd July	7pm - 9:30pm
Living Well with Lung Fibrosis Self-Management	Tuesday 28th May	Tuesday 9th July	7pm - 9:30pm

To register or for further enquiries please contact:

Louise Potter, Living Well Coordinator

Email: LivingWellDNCC@hse.ie

Phone: 01-8976171



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 Staintecare Integration Fund 2019 under grant agreements numbers 38, 78,185, 219, 413, 418.



The Life of a Star

The Life of a Star with Dr. Donnacha O'Driscoll – Saturday 23rd March at 2.30pm
 What is a star, where do they come from, how do they create so much heat and what happens when they die. This is a story of strange worlds, massive explosions, black holes and one of nature's greatest displays, Solar eclipses. We may not get to see much of the Sun this time of year in Ireland but at least we can talk about it! This is an adult event, **booking required**.

To book events, please telephone 053 9375466 or book online at www.wexfordcoco.libcal.com



RAMS in Rhythm

The sun shone brightly on the day as the RAMS in Rhythm, Retired Active men's Social, performed at the annually parade at the Clondalkin Parade, in celebration of St Patrick's day Festival. Yesterday, our voices were echoed through the streets of Clondalkin as the RAMS did the "warm up" of the parade, by singing for 75 minutes before the start of the parade. It was an honour to be part of such a vibrant and spirited event.



The RAMS in Rhythm were invited by Cllr Francis Timmons to participate in the 2024 Clondalkin Parade, and we were so pleased to sing and entertain the huge crowd, who turned up to hear our music.



12 of our members performed, and to the delight of young and old, with many lilting along at 1.30 pm in the day.

Some of our songs were so well received, and the RAMS in Rhythm finished off with wonderful rendition of "Ireland's Call". Ireland Ireland together standing strong.

With everyone singing along, and clenched fists in the air. A huge thank you to everyone who joined us and made it a day to remember.

The Mayor of South Dublin County Council Cllr Alan Edge congratulated the RAMS on their wonderful music and hopes to see us again at many more events. The RAMS in Rhythm will be in the Square shopping centre Tallaght next Friday at 12 noon, supporting the Irish Cancer Society Daffodil day, and

singing our hearts out again in aid of such a wonderful cause.

Until next year Sláinte.

Matt Dowling, Secretary



Rambling House Event in The Phoenix, O'Connor Sq. Tullamore

Offaly Older Person's Network celebrated Seachtain na Gaeilge with a very successful and entertaining Rambling House event in The Phoenix, O'Connor Sq. Tullamore. The Phoenix was an excellent location for this event which aimed to recreate the old rambling house where people enjoyed an evening of music, song, stories and craic. The feedback from the over 130 attendees was very positive; some had been to the previous Rambling House event last October and many more were at their first event like this in years.



The next event will be held on October 3rd to celebrate Positive Aging Week. The evening started off with Molly Buckley welcoming everyone on behalf of Offaly Older Person's Network and handed over to Bean an Ti, Deirdre Fox. First up was Alice Carroll who recited a poem that she wrote herself about a rambling house event in Mountbolus a few years ago. Next to entertain with a couple of tunes were PJ Smith, Robbie Spain and Joe Coyne. This was followed by Frances Kawala with some sing a long favourite. Next up was Traditional singer, Richard Casey who entertained the large crowd with his excellent songs. To bring the event up to the break Michelle Quinn and the new Chorus Connections Choir entertained with 3 songs which included one in Ukranian.

During the break Beth Wogan from Family Carers Ireland outlined the caring supports that are available in Offaly. Beth thanked the donors of the excellent prizes for the raffle and the support from Offaly Older Person's Network and all the attendees at the event. The evening was a fundraiser to support Family Carers Ireland carers in Offaly and to date the event has raised 2,000 euros. Network member Bridie Costello Hynes also outlined an opportunity for attendees to avail of an art project in April and May that would depict their memories of Charleville Castle using the medium of felt. The workshops will be held in Mucklagh Community Centre and Laois Offaly Education and Training Board, Offaly Age Friendly Programme and Offaly Local Development Company will support this project with the aims of publicly exhibiting the finished work later in May, for more information please contact Bridie on 087 1198591.



After the break Fear an Ti Johnny Butterfield and friends entertained with music song recitations and jokes. Many of these songs, recitations and music were played throughout the years in rambling houses throughout the county with most of the performers continuing to do so monthly in The Thatch, Crinkill and Dan & Mollys in Ballyboy. Long may they continue to do so and this event shows that there is an appetite for similar rambling house style entertainment. Musicians included Danny Guinan, Kieran Guinan, Joe Kelly and Johnny Butterfield himself. Other entertainers included Rita Davis, Sean Kennedy and Paudge Mulhaire with their excellent recitations.

As the evening drew to a close Molly Buckley thanked all the musicians and entertainers who eagerly expressed interest to take part of this Seachtain na Gaeilge event. Thanks, were also extended to doormen Johnny Carroll and Jim Buckley. Thanks also to The Phoenix were also excellent partners in providing the venue and supports to host what was a most interesting and entertaining event. Thanks, was also extended to sound engineer Dave Peyton who ensured that everyone could hear the excellent entertainment. Molly thanked fellow Offaly Older Person's Network

members: Alice Carroll, Frances Kawala, Ann Teahan, Mary Hughes, Martina Gorman and Geraldine O Neill- Brosnahan, Ita O Kelly, and Beth Wogan and the supports from Declan Costello, Offaly Local Development Company. She also thanked Bridie Costello Hynes, PPN, Eileen Hughes, RPM and Age Friendly Alliance. Midlands 103, the Local Papers and Parishes for putting it in the Church Bulletins.

Finally, if you wish to find out more information about Offaly Older Person's Network please feel free to contact: Declan at 087 6991226 or dcostello@offalyldc.ie

Memory Café

Sheila Coyle, Roscommon's Age Friendly Programme Manager attended the Roscommon Memory Café on Wednesday 20th March 2024.

This is organised monthly by Roscommon's excellent Dementia Alliance group who were established to improve the quality of life and affect change in policy for people living with Dementia in Roscommon.



The monthly Roscommon Memory Café takes place in the Visitor Centre at the Lough Key Forest Park in Boyle which is a fabulous venue for it. It is held in a casual format with a mixture of music, song, storytelling and light exercise. There's a clear emphasis on nostalgia, heritage and an opportunity to meet other families living with dementia. The event takes place in person but is also accessible on Zoom.



Picture 1 shows Charlie Cox (Elphin Day Care Centre) liltin, he is a Connaught champion at this. He also accompanied the musicians with the tin whistle.



Picture 2 shows Edwina Guckian, Sean Nós dancing, she also played music. She was recently interviewed on the Tommy Tiernan Show talking about Sean Nós dancing.



Picture 3 shows the beautiful venue for the Roscommon Memory Café meet ups, Lough Key Forest Park.

Disability Louth Awareness Information Event

The Louth Age Friendly Team attended the Disability Louth Awareness Information event in Ardee Parish Centre on Thursday 21st March 2024.

The event included a selection of services and supports for people living with disabilities in Co Louth.



Louth Age Friendly Programme Manager Sinead McVerry, gave a presentation on the recent accessibility audit the Louth Age Friendly Programme facilitated in Drogheda. The accessibility audit had 18 participants with a range of ages and abilities who travelled along a section of the R132. The entire route was just under 1km and participants looked at the built environment including footpaths, roadways, lighting, signage

and environmental factors.



The comments, observations and recommendations from the participants have been collated into a report and will be presented as a submission to the Joint Drogheda Local Area Plan which is on public display at present.



Other speakers at the Disability Awareness event included Maeve Montgomery, Louth Dementia Advisor and Julie Duffy Sports Inclusion Disability Officer with Louth County Council.



Ages and Stages

life is about the journeys we take...

AGES AND STAGES

CAVAN OLDER PEOPLE'S COUNCIL PRODUCTION
PROJECT FACILITATOR MAURA WILLIAMSON

GALLONRAY HOUSE, MAUDABAWN, SATURDAY 6TH APRIL, 8PM
KILLESHANDRA COMMUNITY CENTRE, SATURDAY 20TH APRIL, 8PM
DOWRA COURTHOUSE, SATURDAY 27TH APRIL, 8PM

Admission FREE | Booking essential on 049 4378654 (office hours) or email agefriendly@cavancoco.ie
If you require transport - please let us know when booking.

Poster design by Homebird Design, Cavan | www.homebirddesign.ie | Tel: (049) 4387656

This project is funded under the Creative Ireland Programme – Creativity in Older Age Scheme 2023

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 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