

National Updates



Regional Team Meeting



This week our Age Friendly Ireland Regional Managers had a team meeting where they prepared a training module to support local Age Friendly Programme managers.

*Pictured above are Darragh Stuart Clerical Officer, Ciara Farrell Regional Programme Manager (West Area), Emer Coveney National Programme Manager, Mairead Cranley Regional Programme Manager (North Area), Alice Corbett Regional Programme Manager (South East Area), Bruce McDevitt Regional Programme Manager (Dublin City).*



**CIPD Midwest Region - Department of Work & Employment Studies, Kemmy Business School Event: Positive Ageing at Work**

The CIPD Mid-West Region, in conjunction with the Department of Work and Employment Studies (WES) at the Kemmy Business School, (KBS) University of Limerick (UL) hosted their annual event on January 18 in the UL campus. This year's event on Positive Ageing at Work included a panel of expert speakers from both academia and industry.



Professor Donald Truxillo, Kemmy Business School and Associate Editor at Work, Aging and Retirement discussed the incorrect beliefs many people have that older workers all have less workplace commitment, decreasing abilities, and declining performance. He also shared the results of his extensive research on how people's perceptions about whether they're ageing successfully at work influences important outcomes including job performance, health, and retirement intentions.

Orlaith Carmody, Principal Business Advisor to Age Friendly Ireland, emphasised the ageing demographic worldwide and spoke about how important it is for businesses to value and accommodate older customers, with their extensive buying power and loyalty; and older workers, with their extensive skills and experiences, and in many cases a desire or a need to work for longer than the traditional retirement age.

Read more [HERE](#)

## Brigid Film - Our Spirits Stirring

As we approach our new February bank holiday which celebrates St Brigid, we would like to share with you a video that was made in the North region as part of a creative regional initiative.

Members of Older People's Councils and local Age Friendly Programme Managers from six counties worked together to develop a creative response to the history and folklore associated with Brigid. This video was launched last year for the inaugural St Brigid's Day.





Here is the link to the video on YouTube:

<https://www.youtube.com/watch?v=iP1yCJRnFk>

You might wish to screen this video to your OPC members, forward it to nursing homes, share with your libraries & arts offices, or otherwise utilise it as part of any creative processes. With thanks to Mairead Cranley (regional lead on this project), Age & Opportunity, OPC members and all others who were involved.



Sláintecare.



Healthy Age Friendly Homes Programme



## Social Café opens in Carlow for people living with Dementia

A social café for people living with dementia is coming to Co Carlow.

The Cabin Café is a free monthly social café for those with dementia, their families and their carers.

"This will give people living with Dementia an initial point of being able to find out more information about Dementia, and meet other people who are on the same journey as them," explained one of the organisers Laura Kelly.

"I think it is very important that we can provide this social outlet for people with Dementia, so they are not left feeling isolated. Through this initiative they will be able to meet with other people who are going through the same thing, socialise and have a chat, and bring up all the old memories they want to talk about. All these things are really important to people."

Read More [HERE](#) and [HERE](#)



*Joe Butler, chairperson of Carlow Older Persons Forum and the Dementia Café Committee, escorts minister of state for older people and mental health Mary Butler into the Woodford Dolmen Hotel for the launch of the Cabin Café. Also pictured is deputy Jennifer Murnane O'Connor*  
Photos: [michaelorourkephotography.ie](http://michaelorourkephotography.ie)

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**



## The Local Enhancement Programme (LEP) provides funding to support community groups across Ireland.



The **LEP** is funded by the Department of Rural and Community Development (*the Department*) and administered by the Local Community Development Committees (LCDCs) in each Local Authority area. The Department provides funding to each Local Authority (LA) area and Laois LCDC administer this funding locally to ensure funding is targeted appropriately towards addressing disadvantage in the areas that need it most.

**The Local Enhancement Programme will support groups, particularly in disadvantaged areas to carry out necessary repairs and improvements to their facilities, and/or to purchase equipment, such as tables and chairs, tools and signage, laptops and printers, lawnmowers, canopies and training equipment etc.** This funding will help communities, community groups and committees, allowing them to continue to provide valuable services to the people in their area, and in the process strengthen the bonds that tie communities together.

### Who is eligible for funding?

Any not-for-profit community or voluntary group can apply.  
Commercial organisations and individuals are not eligible for funding.  
What projects/costs are eligible for funding?

The following provides a non-exhaustive list of projects that could receive capital funding under the programme:

- Development/renovation of community centres
- Accessibility improvements
- Community amenities
- Development of youth clubs or facilities
- Development of sports/recreation facilities
- Improvements to town parks and common areas and spaces
- Public realm improvements
- Streetscaping
- Development of play/recreation spaces
- Improving energy efficiency of community facilities to reduce ongoing costs
- Purchase of equipment
- Purchase of laptops, tablets
- Maintenance of premises, including painting and repairs
- Capital work to increase biodiversity, or to reduce the carbon footprint of a facility
- Cleaning
- The scheme is designed to ensure local priorities are identified and met, so as to improve and enhance community facilities for all.
- Target groups
- This funding is targeted towards supporting communities that are impacted by disadvantage as identified in the LECP.

### What is not eligible for funding?

The following expenditure is not eligible for funding:  
Any project not in keeping with the ethos of the Programme  
Employment costs

Legal fees  
Project management fees  
Purchase of lands or buildings  
Feasibility studies  
Private or commercial operations  
Costs which are being paid for by another funder or department  
Utility Bills  
General operating costs

**What is application open date?**

Applications will be made available on Wednesday 17<sup>th</sup> January 2024 from 4.00pm

**What is closing date for receipt of application?**

All applications and supporting documentation must be received by Wednesday 21<sup>st</sup> February 2024 at 4.00pm.

Please note that late applications will be deemed ineligible.

Applications can be sent via post to:

**Laois Local Community and Development Committee,  
Laois County Council, Community Department,  
Aras an Chontae, Portlaoise, Co. Laois**

**NATIONAL ARTS IN NURSING HOMES DAY AWARD 2024**



Applications are now open for our National Arts in Nursing Homes Day Award 2024!

Age & Opportunity's Bealtaine Festival, in partnership with Nursing Homes Ireland, wish to recognise three outstanding arts projects through the National Arts in Nursing Homes Day Award 2024.

We invite applications from care settings who wish to facilitate their residents' artistic and creative expression by organising interactive and engaging arts workshops, sessions and events led by professional artists. This will be presented as part of National Arts in Nursing Homes Day that will take place Friday 17th May during the Bealtaine Festival 2024.

One award of €1,000 and two awards of €500 will be made to the three successful applicants.

**Deadline: 5pm, Friday February 26th 2024.**

**Application Process:**

Those wishing to apply for the National Arts in Care Homes Day Award should complete the online application form below.

Please refer to the guidelines for further information.

Application Form: <https://www.tfaforms.com/5103402>

Application Guidelines: [National Arts in Nursing Homes Day Award 2024 guidelines](#)



## A pre-paid mobile plan for life from An Post Mobile

An Post have asked us to share some information about a new service they're providing;



- A pre-paid mobile plan for life from An Post Mobile
- Limited time offer of €12.99 a month for life
  - Plan designed to reflect real consumer needs and help tackle cost of living
  - Available online at [anpost.com/mobile](https://anpost.com/mobile) or in store at any of 900+ Post Offices

An Post Mobile, the value prepaid mobile network from An Post, plans to shake up the prepaid mobile market this year with a brand new market-leading deal for customers. **Available now for a limited time only (until 16th March)**, An Post Mobile are offering customers a €12.99 for life monthly prepaid plan.

The plan includes 50GB of data and 500 any-network minutes in addition to 100 minutes and 100 texts with other An Post Mobile customers as well as 25GB and 250min EU& UK roaming. Customers can watch video content, listen to music, contribute to group chats, make Zoom calls, and browse Instagram and Twitter to their heart's content. All for €12.99 per month, for life.

This special offer has been designed with people's actual usage in mind, a package specifically focussed on keeping the price down. It also addresses consumer concerns around the rising cost of living by giving them all they need and more from a plan at a fair price of €12.99 for life. Importantly, there are also NO set-ups fees - often a hidden extra in offers by other brands who lob in an initial charge for the first month on top of the monthly fee.

For more information click [HERE](#)



## Creative Health and Wellbeing Calls 2024



The Live Music Performances in Residential Healthcare Settings Scheme 2024 is now open.

Please click [HERE](#) for a full briefing document in English

Please click [HERE](#) for a full briefing document as Gaeilge

Applications must be completed online and submitted here

<https://creativeireland.submit.com/show/23> by close of business **Monday 19th February 2024.**





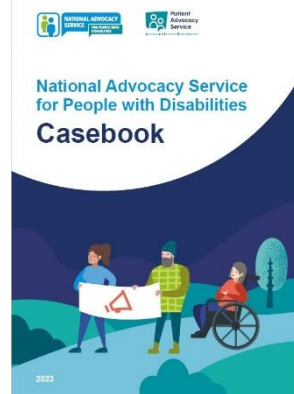


## Patient Advocacy Service and National Advocacy Service's Casebook for 2023



The National Advocacy Service (NAS), and the Patient Advocacy Service have announced the release of their second annual Casebook. The Casebook provides a comprehensive overview of the crucial work undertaken by both services, highlighting the positive impact of independent advocacy on individuals' lives and the protection of their human rights.

The Casebook, a joint publication by NAS & the Patient Advocacy Service, offers a unique glimpse into the diverse range of issues that both NAS and the Patient Advocacy Service supported people with in 2023. Each case example demonstrates how Advocates in both services help breach gaps in systems, ensure best practice across public services, promote positive systemic changes and show how independent advocacy has a positive impact both for individuals and in communities across Ireland. The Casebook covers topics such as access to justice, capacity building, parenting with a disability, housing and healthcare & nursing home complaints.



In addition, this year's casebook features a collection of 'Access to Finance' cases from NAS, showcasing the increasing advocacy needs related to financial autonomy. These cases are part of NAS's forthcoming social policy paper entitled "Examining the Barriers to Equal Access to Finances for People with Disabilities, in line with their Human Rights." This focus also incorporates an Easy-to-Read booklet to support people to understand their financial rights.

For full publications click [HERE](#)



## Age-Friendly University

### Love of Lifelong Learning Programme

The Love of Lifelong Learning Programme is open for registration. Here is the [link](#) to the registration and booking page. In response to the Summer Survey, we have expanded the lifelong learning programme, and this Semester will offer 12 modules in addition to the 120 modules from the audit programme, which started last week. The programme schedule is subject to tutor and room availability, which is outside our control. Also, modules fill very quickly, so please register as soon as possible. In some cases, we may be able to add on additional sessions, but these are subject to demand and tutor availability.

### River and Ridge Exhibition

Ms. Susan Leen - Artist in Residence at DCU and AFU Module Director on the Printmaking. Following the launch of her exhibition, Susan is offering two public tours on Thursday 25th January at 10.30am and 2.30pm. At 12.30pm on Thursday, 25th January. Dr. Ruth McManus will join Susan to give a lunchtime talk

about the collaboration and their work. If you wish to attend one of the tours or the lunchtime talk, please email [dcuartsandculture@dcu.ie](mailto:dcuartsandculture@dcu.ie)

### **Hasboro Board Games Group**

The first meeting of the Board Games group will take place on Jan 28th, led by Gerry Heeley (AFU participant and Distribution Manager for Hasboro Ireland). Some of you will remember expressing interest in being part of the group last Autumn, and we hope that this group will meet once a month over the Spring Semester to enjoy traditional and new board games. If you are interested in being involved, give the office a call, and Grainne will add you to the list.

### **Call for Volunteers 50+Show RDS March 14/15th**

After an absence of more than four years, we are once again partnering with the Senior Times and taking a stand at the 50+Show in the RDS on March 14/15.

[The 50 Plus Show](#) is designed to be an informative, educational and upbeat event for the 1.2 million people who are over 50 in Ireland. It's ideal for people who are about to retire or already have and want to take up a new hobby or pastime, want to learn about their rights and entitlements, the financial implications of retirement and most importantly, keeping themselves mentally and physically active in their latter years. We will be promoting the AFU programme at DCU. Many of you have volunteered in the past for the show, so once again, we are asking for a 1.5-hour commitment to speak with visitors to the show about DCU's AFU programme. Please follow the link [here](#) if you wish to volunteer.

### **Finally**

Please feel free to call the office by phone 01 700 5454 or drop in (9.30 - 12.30) to AG40 Albert College if you need any information or wish to pay for modules. Payment can be made in cash at the office or by bank card over the phone or in person.

Don't forget to follow up on our social media accounts: Facebook, Instagram, Twitter and LinkedIn.

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In response to the many requests for an extended learning programme, several new modules have been added to the list for this Semester, including French, Sports/Nutrition, Italian and continuing Spanish. I have spoken with the French and Italian tutors, and they will also accept beginners. Dr. Brendan Egan is delivering a super module combining exercise, psychology and nutrition starting next week with plenty of tips and information to age actively. Registrations have been brisk, but we need a minimum of ten in each class to ensure programme continuity. Payments can be made in cash, by bank card in person or over the phone.

Here is the [link](#) to the registration, which shows the module time, venue, content etc.

### **Siel Bleu Recruitment 2024**



Siel Bleu is growing at a great rate and we need more Physical Trainers to fulfil this need.

#### **We are currently hiring in:**

Dublin X2 [Click here for details.](#)

Galway City X1 [Click here for details.](#)

Cork City X1 [Click here for details.](#)

#### **Key Requirements:**

- Relevant Degree i.e. Degree in Sports Science, Exercise Physiology or Health & Exercise.
- Trainers need to have a full driving license and access to their own vehicle.





## Louth Older People's Council hosted Meath Older People's Council at Netwell CASALA Centre, DKIT

Louth Older People's Council were delighted to host members of Meath Older People's Council at the Netwell CASALA Centre, DKIT on 24<sup>th</sup> January 2024

The Netwell CASALA Centre is a research centre and Living Lab where staff, students and researchers design, develop, test and trial digital health and wellbeing solutions with and for older people, and those who care for and about them, to empower and support better and longer living in the community.

Suzanne Smith, center director gave the members a presentation on the centre and the projects and research that is being under taken at the Living Lab. Any Older People Council members or indeed anyone who is interested in taking part in any trials and research as part of the Living Lab, can contact Suzanne for further details. 042 9370497

ICPOP the Integrated Care Programme for Older People aims to improve the life of older people by providing access to integrated care and support that is planned around their needs and choices, supporting them to live well in their own homes and communities.

Erin Smyth, ICPOP Co Ordinator in Co. Meath and her counterpart Dearbhla Birdy, ICPOP Co Ordinator for Co. Louth gave the members a joint presentation on the ICPOP programmes in both counties.



They have asked both Older People Council's to nominate a representative to sit on their Health & Wellbeing committee which meets every two months, as they would like to have the voice of the older person at the heart of the ICPOP programme.

Both Older People Council's agreed to include this on their next Older People Council Agenda's and revert with nominations in due course.

The meeting gave both Older People Council's to opportunity to get to know each other and members robustly discussed the topic of ageism, particularly the issues of ageism in the print and tv media. Members discussed a selection of birthday cards with ageist images and ageist messages and how the images and messages can be negatively internalised.

Members also discussed examples of ageism which they had experienced in their lives and they were particularly vexed with health screening programmes which had an age cut off point, they strongly felt that such programmes should be related to need and not specifically age.

Travelling through airports and accessing travel insurance were also areas were members had experienced ageism.

Members were also keen to suggest resolutions for some of these ageist experiences such as having a specific lane at airports for people with medical conditions who may need additional time to get through security checks.

Louth Older People Council will examine these issues further in 2024 as they roll out a suite of ageism awareness initiatives.

It is anticipated the Louth Older People Council will arrange a return visit to their colleagues in Co. Meath later in the year.

### Sporting Memories Event



The poster features a grey background with a pair of black and white sneakers hanging from a metal hook on the right. At the top center is the Loch Garman GAA crest. The text is centered and reads: **Wexford GAA** in association with **The Alzheimer Society** are honoured to host their second **"Sporting Memories"** in **Clonard Community Centre** on **Monday February 5th at 2pm**. It lists special guests **Tony Doran, Dominic Williams and George O'Connor**. A short description follows: **Sporting memories uses the power of sport to bring together people, young and old, especially those living with Dementia and their families. This informal event will allow our guests the opportunity to meet former stars and see match programmes to relive great games from the past.** At the bottom are logos for Comhairle Contae Loch Garman Wexford County Council, WEXFORD Age Friendly County, and THE Alzheimer SOCIETY OF IRELAND.



## Wexford Library Events



### Bunclody Library

**Bunclody Library Knitting Group – Every Thursday 10.30am to 12.00pm**

New members welcome. No booking required!

**Adult Book Club – Thursday 1st February at 7.30pm**

Join us for a discussion on 'The Midnight Library' by Matt Haig. New members always welcome. No booking required. Copies of the book are now available for collection in library.

**Home Energy Saving Kits**

Home Energy Saving Kits are available to borrow from Bunclody Library. The kits contain 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](mailto: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.

### Gorey Library Events

Week commencing Monday 29<sup>th</sup> January

**Scrabble Club at Gorey Library**

Every Tuesday

7pm - just drop in. No booking required.

**Gorey Library Knitting Circle**

Every Friday

11am to 1pm - just drop in. No booking required.

**Wexford Libraries Online Book Club (TEAMS app)**

Wednesday 31<sup>st</sup> January at 11am



Discussing Actress by Anne Enright  
Enquiries via email to: [Jan.Doran@wexfordcoco.ie](mailto:Jan.Doran@wexfordcoco.ie)

### Talking Folklore St Brigid's Day Customs and Traditions

Thursday 1<sup>st</sup> February at 6.30pm to 7.30pm

Join folklore collector & traditional singer Rachel Uí Fhaoláin for a special in-conversation event exploring the folklore and customs surrounding St. Brigid's Day. Rachel will be sharing her work on The Nursing Home Project, residents recalling their own beliefs and practices, along with some local voices and accounts from her wider research and collecting work.

Booking required:

Online at [Talking Folklore: St. Brigid's Day Customs & Traditions - LibCal Study Seat Booking and Events - Wexford County Council Public Library Service](#)

Call the library 053 9423820

email [goreylibrary@wexfordcoco.ie](mailto:goreylibrary@wexfordcoco.ie)



## Wexford Alliance Dementia Cafe St Louis Day Care Centre



### Wexford Alliance Dementia Café

Hosted by St. Louis Day Care Centre, Ramsgrange,  
Co. Wexford Y34H283

**Date and Time:** Thursday 8th February 2024 2pm–4pm  
(Café held 2nd Thursday of every month)

**Guest Speaker:** Margaret Molloy, Tunstall, Emergency  
Response, Bunclody, Co Wexford

**Presentation Title:**

**Technology to support Independent living**



The Café provides a warm and welcoming space for people with dementia, their family and friends, social and health care professionals to meet, exchange ideas and learning

For further information on how to attend please email:  
[stlouisdaycarecentre@gmail.com](mailto:stlouisdaycarecentre@gmail.com) or telephone 051-389509



Irish  
Dementia  
Cafe  
Network  
MEMBER

## 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 Ms. Nancy Hodin

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ms. Nancy Hodin on "The Changing Perceptions of Older Adults in Mass Media".

**Ms. Nancy Hodin**  
Strategic Advisor,  
Global Coalition on Ageing, United States

**Global Café**  
in conversation with experts

**"THE CHANGING PERCEPTIONS OF OLDER ADULTS IN MASS MEDIA"**

**JANUARY 26<sup>th</sup> 2024** **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