

National Updates

Minister Humphreys awards Age Friendly Recognition Charters to Public Libraries across Ireland



- All Public Library Services receive their Charter
- Minister Humphreys: 'This is about the provision of enhanced library services for older citizens'
- The charters recognise the progress made by public libraries in meeting the diverse needs of older Persons'

The Minister for Rural and Community Development, Heather Humphreys TD, on Friday 16th February 2024, awarded Age Friendly Recognition Charters to Ireland's public libraries. The award event took place in Edgeworthstown library, County Longford, one of Ireland's newest public libraries.

The Age Friendly Recognition Charter recognises the commitment made by the public library service in developing enhanced services for older citizens in their communities. Public libraries have reviewed their collections plus events programmes along with their facilities and services to identify improvements to meet older person's needs.

Awarding the Recognition Charters on the day, Minister Humphreys said:

"I am delighted to be here today to recognise the superb work of our public libraries in developing enhanced services for ageing communities and to award the Age Friendly Recognition Charters to our library services.

“Libraries are a core service within our neighbourhoods, and they are particularly invaluable to older people as a source of information, and as community hubs, learning centres and cultural facilities. The Age Friendly Library Recognition Programme supports libraries to examine their facilities and services and to listen to older customers. Library staff across the country go above and beyond to create welcoming, accessible, and relevant services for older people and people who have diverse and changing needs.”

Catherine McGuigan, Chief Officer, Age Friendly Ireland welcomed the awards, stating:

“Today’s awards are a further step towards the vision of an age friendly Ireland. Age Friendly Libraries are vibrant, welcoming, diverse settings with an array of supports and services that enable older people to visit, learn and be part of the fabric of their communities. I thank the Minister for Rural and Community Development, Libraries Ireland and our network of Age Friendly Library Champions across the country who have facilitated this recognition process and achievement.”

There were several examples given at the event of the measures implemented by age-friendly public libraries, including:

- Walkability audits of the buildings
- Age Friendly Parking
- Adapted trollies for customers to transport heavy books to the counter
- Meeting spaces for older people’s groups
- Accessibility improvements such as automatic doors
- Seating that is suitable for older people, and accessible shelving so books are at eye levels
- Provision of digital training and digital equipment loans
- Outreach services to library members’ homes

Detail of all Age Friendly Ireland initiatives can be found at <https://agefriendlyireland.ie>



## Technical Programmes - Age Friendly Ireland Housing Case Study



**Cornamona Court** on Kylemore Road, Ballyfermot, Dublin, was recently awarded with the Age Friendly Housing Award for 2023. This award recognises housing initiatives that enable older people to remain independent for as long as possible.



Well done to Dublin City Council and the Project Team on the delivery of this outstanding Age Friendly development. Cornamona Court, which was delivered in 2023 by Dublin City Council, provides 61 intergenerational social homes, a mix of houses and duplexes for families and older persons' homes. The older person apartments incorporate universal design and Age Friendly design features which will enable independent living.

Further details of this development and the age friendly principles that were incorporated into the can be obtained at: [https://agefriendlyhomes.ie/wp-content/uploads/2023/12/Age-Friendly-Housing-Case-Studies\\_November-2023.pdf](https://agefriendlyhomes.ie/wp-content/uploads/2023/12/Age-Friendly-Housing-Case-Studies_November-2023.pdf)

## Award for Most Inclusive Project, A Vision for “Gold Star” Beach Accessibility



Receiving the Award for Most Inclusive Project, A Vision for “Gold Star” Beach Accessibility, Donegal County Council was delighted to win the ‘Most Inclusive Project’ 2024 award at the LAMA all Ireland Community & Council awards ceremony held in Dublin on February 17th, 2024. This recognition stands as a testament to the dedication and innovation put forth by the council in creating accessible beach environments for all. The objective of this project is not only to overcome physical barriers but also to foster a sense of inclusivity and belonging for individuals of all ages and abilities. In

line with this commitment, Donegal is actively pursuing Ireland's first Age Friendly beach at Narin Portnoo, recognising the needs and preferences of older people.

## Audit of Beaches in Co. Donegal

**Access Audit Downings beach, Downings, Co Donegal**  
3<sup>rd</sup> November 2022

**Access Audit Killahoey beach, Dunfanaghy, Co Donegal**  
4<sup>th</sup> November 2022

**Access Audit Marble Hill beach, Dunfanaghy, Co Donegal**  
3<sup>rd</sup> November 2022

**Access Audit Carrickfinn beach, Annagry Co Donegal**  
15<sup>th</sup> January 2022

**Access Audit Magherawarden beach, Portsalon, Co Donegal**  
3<sup>rd</sup> November 2022

**Donegal**  
IRELAND'S DNA

The Masterplan for beach accessibility incorporates a comprehensive approach, aiming to establish enhanced opportunities for everybody to enjoy the beauty of Donegal's beaches. This initiative has received glowing testimonials from older individuals who have experienced first-hand the transformative impact of improved accessibility.

### All terrain - Wheelchairs Co. Donegal 2024

**15**

- Stroove
- Culdaff
- Buncrana
- Sliabh Sneacht
- Rathmullan x 2
- Portsalon
- Downings
- Marblehill
- Killahoey
- Carrickfinn
- Narin (plus 1 motorised)
- Fintra
- Rosnowlough
- Bundoran
- Murvagh

**Donegal**  
IRELAND'S DNA

"I never thought I'd be able to enjoy the beach to this extent, but thanks to the accessibility improvements and equipment, I can now take leisurely strolls and pause for rests along the shore" remarked one local resident.

As part of the ongoing efforts to make beaches more Age-Friendly, Donegal has implemented infrastructural improvements such as installing boardwalks, beach mats, seating areas, and viewpoints, catering to the comfort and convenience of older visitors. Additionally, the provision of 15 beach

wheelchairs and Age-Friendly mobility walkers ensures that individuals with mobility challenges can fully participate in beach activities. The initiative also includes provision of 'Changing Place' facilities at select beach locations, catering for individuals with higher level of need.



*Opening of Magherawarden beach boardwalk and launch of accessibility equipment.*

The success of this project extends beyond physical enhancements; it has sparked increased community engagement and empowered communities to develop their accessibility plans, using the established template as a guide. Local businesses have rallied behind these efforts, offering financial assistance and implementing accessibility improvements.

Accessibility audits of five blue flag beaches, funded by Donegal County Council's Sláintecare Healthy Communities Programme, have been a significant part of this process. They provide a roadmap for short, medium, and long-term actions. These audits serve as a template for identifying and addressing accessibility barriers across all beaches in the county.



New Magherawarden beach boardwalk



Age Friendly beach walking aid which includes sitting option introduced to the beaches.

We all know that the community and available resources where we live, has a big influence on the quality of our health and wellbeing both physical and emotional. This project is a good example of how a planned approach to partnership, collaboration and improving infrastructure can remove barriers and create a more inclusive and Age Friendly community.

**Age Friendly Awards presented to Local Library Staff**



The Age Friendly Library Recognition Programme supports libraries to examine their facilities and services and to listen to older customers.

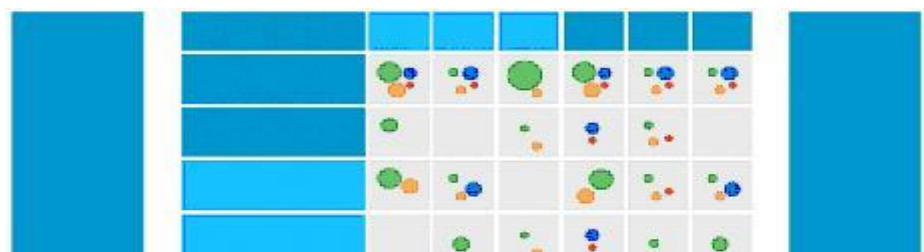


Local Minister for Rural and Community Development, Heather Humphreys, has presented a special award to library staff in Cavan and Monaghan in recognition of their work to support older people. The Age Friendly Recognition Charter recognises the progress made by our library staff in developing enhanced services for older communities.

The award ceremony took place in Edgeworthstown library, County Longford, one of Ireland's newest public libraries and was hosted by Clones woman Catherine McGuigan, who is the Chief Officer of Age Friendly Ireland.

Read More [Here](#)

**WHO Promoting evidence based solutions: Social Isolation and Loneliness**



WHO Evidence and gap maps are interactive tools that help researchers and decision makers discover existing evidence on a topic, find solutions supported by evidence and identify gaps in the evidence where more research is required.

WHO is developing evidence and gap maps to summarise, disseminate, and increase uptake of evidence towards deeper integration in policies and practices during the Decade of Healthy Ageing.

Find out more at <https://www.who.int/initiatives/decade-of-healthy-ageing/evidence-gap-map>



### Dementia Understand Together community champion welcome workshop

You are invited to attend:

The next Community Champion Welcome Workshop on **Wednesday 13th March** from **12pm to 1.45pm**, online via Teams.

This workshop is specifically for new champions or for those that have not yet had an opportunity to attend a workshop. During the workshop we will explore the practical actions we can take to ensure people living with dementia can stay connected and included in their communities and hear from people living with dementia and champions about their own experiences.

Don't miss out. You can register by emailing [understandtogether@hse.ie](mailto:understandtogether@hse.ie)

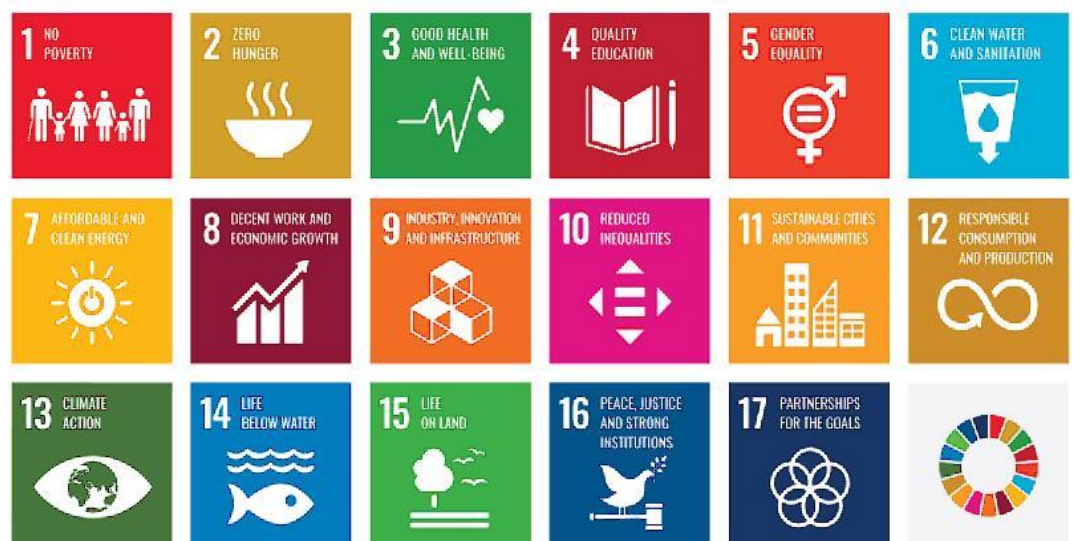


An Roinn Comhshaoil,  
Aeráide agus Cumarsáide  
Department of the Environment,  
Climate and Communications

### 2024-2025 Sustainable Development Goal (SDG) Champions Programme

Could your group be a Champion for the Sustainable Development Goals?

The Department of the Environment, Climate and Communications is seeking Expressions of Interest for participants of the 2024-2025 Sustainable Development Goal (SDG) Champions Programme.



The Programme raises public awareness of the SDGs and demonstrates, through best practice, that everyone in society can make a contribution to the 2030 Agenda for Sustainable Development.

The Minister for the Environment, Climate and Communications will appoint several organisations as SDG Champions for a period of 12 months, from May 2024. The organisations will be selected from a wide range of sectors of Irish society, representing the commitment to sustainable development across the public, private, community, voluntary, youth and NGO sectors.

Expressions of Interest should be submitted by 5pm Monday, 1 April 2024. Find out more at:  
<https://www.gov.ie/en/publication/85f09-expressions-of-interest-sought-for-participants-of-the-2024-2025-sustainable-development-goal-sdg-champions-programme/>



## AFU Update

### National Payment Strategy

DCU's National Payment Strategy document was submitted to the government on Feb 14th and a copy is available to view on the [AFU website](#). Many thanks to all who participated in the Zoom and emailed comments.

We had a visit from a U3A delegation from Marijampole, Lithuania last week which was very interesting. Many thanks to Catherine Conway and Terence O'Rourke for representing the participants of the AFU Programme.

## Upcoming Events

### International Women's Day March 12th the Hive 9.30 - 12.00

International Women's Day will be marked with an event on March 12th hosted in partnership with DCU's Innovation, Creativity and Enterprise Unit (ICE) and the Entrepreneurs Academy. The event will showcase some local entrepreneurs and offer a session on developing entrepreneurial skills - from selling and marketing craft items (food/knitwear/art) to skills such as consulting and services (accountancy/counselling).

All are welcome to attend and further details and a registration form are [here](#).

### 50+ Show March 14/15 RDS

We will be at Stand X at the 50+ Show in the RDS. Many thanks to those who have already volunteered, we are still seeking Ambassadors for the day. Entrance to the show is free and we will provide a refreshment vouchers for all ambassadors. Here is the [link](#) to register your interest.

Brief training for all Ambassadors will occur via Zoom on Monday, March 11th, from 6.30pm - 7pm. A link will be sent closer to the day.

### COPE Multiplier Event March 25th

An information event on the final results of the COPE project will take place on March 25th in the School of Nursing. More information about the event will be sent out later.





An Roinn Sláinte  
Department of Health

## Ministers for Health announce appointment of members of Commission on Care for Older People

Today, the Minister for Health, Stephen Donnelly, and Minister of State for Mental Health and Older People, Mary Butler, announced the appointment of the members of the Commission on Care for Older People.

A press release was issued by the Department of Health this afternoon, a link can be found [here](#).

### Local Updates



## Age Friendly Louth Accessibility Audit in Drogheda



Members of Louth Older People's Council, service users from the Irish Wheel Chair Association and members of the public were invited to take part in an accessibility audit along a portion of the Dublin Rd, Drogheda on 26.02.2024.

The audit was conducted long a section of the R132 from the pedestrian lights located at the entrance to the Train Station along the R132 to the pedestrian lights located beside Scotch Hall, along both sides of the road.

This section of the R132 is a particularly busy part of the road with large volumes of cars, buses, HGV lorries, bikes, e scooters and pedestrians using the road on a regular basis.





Participants were looking at the physical built environment, including footpaths, roads signage, street furniture and also environmental conditions.

Participants were commenting on the experience of navigating this section of road from the point of view of an older pedestrian or an individual with mobility issues.

Following the walkability audit participants held a debriefing session and discussed their findings and observations.



All comments and observations will be collated into a report and presented to Trinity College Dublin (TCD) as part of their project on Nursing Homes Across Ireland, copies of the report will also be presented to Louth County Council & presented as a submission to the Joint Local Area Plan for Drogheda.

### OPC Meeting 28.02.24



We had our AF Ambassador at the meeting, Paddy Joe Burke (4th from left at back of pic). The group were delighted to meet him, as was he to meet the group. He spoke briefly to the OPC, it was felt by the group that he is going to be a brilliant Ambassador for them. Do we have any more details yet on the AF Ambassador Day on 23/05/24?



Also, at our meeting this morning, our PPN Officer, Paul Clabby and Jody Moylan also from our PPN section attended. Paul gave the group an extremely informative brief on the PPN and the benefits for the OPC members. He also met members of the group for one to ones afterwards.

*Paddy Joe Burke, our Ambassador, giving us words of wisdom at our meeting*

## Meath Alzheimer Café



**Wednesday 6<sup>th</sup> March 2024**  
from 7pm to 9pm  
in the Pastoral Centre, Dunshaughlin

**Guest Speaker: Jamie Sherlock,**  
**Regional Manager with Sage**  
**Advocacy**

**Topic: "An Overview of Sage**  
**Advocacy"**



For more information contact John at  
Meath Alzheimer Café on 087 188 8178

The cafe provides a warm welcoming place for people to meet others also living with dementia/cognitive impairment, their carers, and health & social care professionals.

For more info:  [www.alzheimer.ie](http://www.alzheimer.ie)

The Alzheimer Society of Ireland, National Office,

Temple Road, Blackrock, Co. Dublin Charity Number: CHY7868



THE Alzheimer  
SOCIETY OF IRELAND



## The women who worked in Henry Street, 1790 to 2000



Historian-in-Residence, Mary Muldowney, will discuss a history of women working on Henry Street 1790-2000, on **Saturday 9th March** to mark International Women's Day celebrations.

Click below for more information

<https://www.dublincity.ie/events/women-who-worked-henry-street-1790-2000-0>

All are welcome.



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association



## Valentines Vitality Event



Age Friendly Mayo and Sláintecare Healthy Communities organised a “Valentines Vitality” Information Morning – this free event was hosted in the Great National Hotel in Ballina on Valentine’s Day. The theme of the morning was Health and Wellbeing and was aimed at those aged 55+.

The purpose of the event is to provide information on our overall positive health and wellbeing, e.g., improving our brain health, how physical fitness and nutrition can play a key role in maintaining our health and wellbeing, social events / connection with people.



Speakers from various agencies highlighted the services available to communities and individuals to support people to feel connected, access services / classes, and live independently in their own homes. Guest speakers on the day included: Western Alzheimers, Mayo County Library, Age Friendly Healthy Homes, Nutrition, Sláintecare, Mayo Sports Partnership and Mayo Arts Service. Chair exercises / demonstrations were included as part of this information morning. Information stands representing various services were also available to advise.

Jacqueline Kilcullen, Chairperson of Mayo’s Older People’s Council concluded the day.

Free blood pressure checks were provided by CROÍ. Refreshments were served on the day. Over 100 people attended and feedback from all was very positive.





## Free Art Classes for over 55's in Youghal Library



Seirbhís Leabharlaine agus Ealaíon Chomhairle Contae Chorcaí  
Cork County Council Library and Arts Service



**Drawing & Painting for the over  
55's  
WITH PRIYANKA  
IN YOUGHAL LIBRARY  
Every Wednesday  
from 3rd January 2024 11 a.m.**

**BRING YOUR OWN ART MATERIALS**  
Contact: T: 024 93459 | E: youghal.library@corkcoco.ie

[@corkcolibrary](#) [@corkcocolibrary](#) [www.corkcoco.ie/en/resident/libraries](http://www.corkcoco.ie/en/resident/libraries)



## COPD Support Group in Hollyhill Library



### COPD Support Group

**EXERCISE, SOCIALISE, LEARN.**

**Are you living with COPD ?**

**Chronic Obstructive Pulmonary Disease**

- Weekly exercise class
- Social chat & activities
- Exercise at your own pace
- Suitable for all fitness levels
- Physical Fitness Trainer Led Class
- Friendly group
- Great fun for adults of all ages
- Regular COPD expert talks

**All are Welcome to our  
Cork North COPD Support Group  
Weekly classes every Tuesday  
Venue - Hollyhill Library**

To join Tel: 083 086 4118 | email : support@copd.ie | www.copd.ie



## Expo at Tallaght University

South Dublin Older People Council are hosting an Expo at Tallaght University campus on Saturday, April 20<sup>th</sup> 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 vendors, entertainment, etc.

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



## Clare Island



The sun shone yesterday, the 26th February, on Clare Island for the introduction of the Activator Walking with poles programme to the Island. The programme is brought to the Island by Age Friendly Mayo and Mayo Sports Partnership.

This project is funded by HSE as part of the Government of Ireland's Our Living Islands National Islands Policy 20232033 which

aims to ensure Ireland's offshore islands continue to support sustainable and vibrant communities, a key objective is to enhance health & wellbeing services.

The programme is free for all to attend but has specific focus for those:

- with low fitness levels.
- with balance concerns or mobility issues.
- with conditions such as arthritis, Parkinson's Disease, multiple sclerosis, etc. recovering from hip/knee surgery.



Research suggests regular use of walking poles can improve posture and gait, reduce joint impact (especially ankles, knees and hips), develop range of motion of the shoulders and spine, increase muscle strength in the upper body (especially arms and core) and enhance stability and reduce fear of falling. Evidence also suggests poles also improve pain management. This project aims to evaluate the potential of ACTIVATOR Poles to

- increase activity levels.
- improve health, functional fitness, and physical independence.

There has been significant and sustained interest in and take-up of Activator Poles in the past three years particularly among older adults and people with balance concerns or mobility issues.

The Activator Walking with Poles programme has already been set up in over 20 areas in Mayo.

The 6-week, 1 hour programme, is suitable to all levels of fitness – each week the tutor will assist participants with use of the activator poles to increase strength and improve mobility. The course runs each Monday morning from 10 to 11 from Community Centre.



Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo



### March Laois Age Friendly Newsletter

# Live Well Expo Edition

Thursday,  
April 4th  
1pm to 6pm



Healthy Laois



Portlaoise College,  
R32N795



Showcasing supports, services and activities available to all ages in Laois



Register by calling / messaging

Tom on 086 0363426 / 05786 64150 / tcurran@laoiscoco.ie  
Emma on 086 0665215 / 05786 64042 / eoconnor@laoiscoco.ie



Check out Laois’s March edition of their Age Friendly Newsletter. This edition focuses on the Live Well expo which takes place next month, Laois Active Retirement Group Visits Google and even some tasty recipe.

Check it out [HERE](#)

## 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)



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

## International Updates



### IFA Global Café | In Conversation with Dr Sue Archbold.

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr Sue Archbold on “World Hearing Day 2024: Changing Mindsets about Hearing Loss and Deafness”

**Dr Sue Archbold**  
Senior Research Audiologist, Coordinator of the CI International Community of Action, CIICA

**Global Café**  
in conversation with experts

**“WORLD HEARING DAY 2024: CHANGING MINDSETS ABOUT HEARING LOSS AND DEAFNESS”**

#WorldHearingDay

MARCH 1<sup>st</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