

National Updates

**Celebration of Clare Older People's Volunteer of the Year 2024**



Over 170 people attended an event in the Woodstock Hotel in Ennis, County Clare, on Wednesday 10th April, to celebrate with the fifteen people nominated for the Clare Older People's Volunteer of the Year Award 2024. The function was hosted by the Clare Older People's Council, with support from the Clare Age Friendly Programme in Clare County Council.

Bríd Dilleen was awarded the Clare Older People's Volunteer of the Year Award 2024 by Clare Age Friendly Ambassador, Mike Hanrahan, and Leas-Chathaoirleach of Clare County Council, Cllr Gabriel Keating. Bríd was nominated by the Ennis Tidy Towns Committee in recognition of her invaluable contribution to the local community through her work with Ennis Tidy Towns, the Banner GAA Club, Probus, Clare Volunteer Centre, Guide Dogs for the Blind, and the Irish Cancer Society. Notably, Bríd is a founding member of the Banner Ladies Football Club and was a leader of the first Girl Guides in Ennis. The award also acknowledges Bríd's international volunteering through her work with the One-to-One Children's Charity where Bríd, drawing on her 41 years of teaching experience, taught children in a Kenyan orphanage.



Photograph: (L-R) Mike Hanrahan, Clare Age Friendly Ambassador, Bríd Dilleen, Clare Older People's Volunteer of the Year Award 2024, Cllr Gabriel Keating, Leas-Chathaoirleach of Clare County Council.

Photograph credit: Paul Corey

Opening the event with an initial welcome address as Gaeilge, Cllr Gabriel Keating, Leas-Chathaoirleach of Clare County Council, stated, “Volunteers do not necessarily have the time; they just have the heart. The volunteers nominated for this award have demonstrated what heart, positivity and a sense of community spirit can achieve. Their hard work, dedication, and enthusiasm enriches their communities each and every day”. Additionally, Cllr. Keating paid tribute to the organisers of the event, the Clare Older People’s Council, and commented on how important the work of the Clare Older People’s Council is to the development of policies and practices within County Clare, as the demographic changes and the number of older people increases.

Representing the Chief Executive Officer of Clare County Council, Pat Dowling, Bernadette Haugh, Acting Director of Service for the Rural Directorate welcomed the nominees and their families and friends to the event, “The volunteers nominated for this award today have led by example, demonstrating through their hard work, resilience and dedication just what can be achieved to enhance their communities”. Ms. Haugh acknowledged the Clare Older People’s Council for their commitment to the hosting of this annual event which recognises the volunteering spirit that is alive and well in our County, particularly among our older citizens.”

Maurice Harvey, Chairperson, Clare Older People’s Council acknowledged the work of the Clare Older People’s Council and thanked the Age Friendly Programme Team and the Rural Development Directorate of Clare County Council, for their continued and ongoing support.

The guest speaker at the event was Clare Age Friendly Ambassador, Mike Hanrahan, of Stockton’s Wing, who spoke passionately about the importance of the work of Age Friendly Ireland in ensuring that Ireland is a place where people can be proud to age in. Entertainment at the event was provided by the Forever Young Choir, Mike Hanrahan, and Shay O’Callaghan who had the attendees dancing and singing the afternoon away.

## Kilkenny Older People’s Council Conference, 2024

Kilkenny Older People’s Council held their annual conference and AGM on Thursday 4th April in the Kilkenny Ormonde Hotel with over 200 people in attendance.

Age Friendly Ireland Regional Programme Manager Alice Corbet, was in attendance and presented to the delegates on the overall Age Friendly Ireland Programme. It was a very successful day with a lot of interest in the Healthy Age Friendly Homes Programme, with a number of referrals received on the day.





Healthy Age Friendly Homes Local Coordinator, Linda Kirwan and Healthy Age Friendly Homes Regional Programme Manager, Aoife McGrath were in attendance. They were afforded the opportunity to present to the delegates for 25mins, as well as having a stand at the event.



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

## Cork County Council Re-Launches Healthy Age Friendly Homes Programme



Cork County Council is proud to support the Re-launch of the Healthy Age Friendly Homes Programme, a service available to residents of County Cork aimed at supporting adults over 65 to remain living in their own homes and communities. The Healthy Age Friendly Homes Programme was first run as a pilot programme in Cork County Council in 2021. Following its successful implementation, the programme has been rolled out to every local authority in the country since.



Read more [HERE](#)



## Information needed: Intergenerational Projects in Ireland

There is a wide range of interest in intergenerational projects among OPCs around the country. Promoting intergenerational working is one of our commitment as part of the Global Network of Age Friendly Cities and Communities.

AFI will be hosting an online lunch and learn on intergenerational projects in May (booking link to follow). We would like to compile a list of best practice and contacts to inspire others - as well as our national award winners!

If you would like a local project or publication included in a reference list please send details to [ciara.farrell@limerick.ie](mailto:ciara.farrell@limerick.ie) and include

- Short description
- Contact Name
- Any links

You are welcome to contact me with any queries

Thank you,

Ciara Farrell, Age Friendly Programme Manager – West

GNAFCC representative <https://www.who.int/publications/i/item/9789240070264>



## HSE Community Healthcare West and the Department of Health launch landmark report

HSE Community Healthcare West and the Department of Health launched a landmark report entitled: *'The Pilot Implementation and Evaluation of the interRAI Family Carer Needs Assessment'*, in Tuam, Co. Galway on March 4th 2024. The report was the culmination of a three year project that piloted an internationally validated instrument that assesses the support needs and health and well-being of family carers. This was the first time the Carer Needs Assessment form was tested in Ireland, which was made possible by Government funding received under the Dormant Accounts Fund. Family carers and health and social care

professionals from across HSE Community Healthcare West and many voluntary agencies attended the event.



*Back Row Left to Right: Noreen Brophy, Case Manager, Disability Services, CHW; Bernie Austin, Programme Lead, Portfolio Management Office, CHW; Dr. Patricia Carney, Department of Public Health; Dr. Natalie Vereker, interRAI Ireland National Programme Manager; Kate Brennan, Senior Project Manager, National Dementia Office; Mairead Creed, Assistant*

Principal Officer, Department of Health; Joan Comer, CHW; Des Mulligan, Head of Service – Older Persons, HSE Community Healthcare West. Front Row Left to Right: Geraldine Collins, Project Manager, CHW; Michelle Harrison, Project Lead and Coordinator, Carers Department CHW; John Fitzmaurice, Chief Officer, HSE Community Healthcare West. **(Steering Group)**



The Department of Health was represented by Mairead Creed, Assistant Principal Officer who said: “Family carers are without doubt the backbone of care provision in Ireland. Carers are essential to the Sláintecare reform of our health and social care system, which aims to support people with care needs to live independently in their own homes and communities for as long as possible”.

Speaking at the event, John Fitzmaurice, Chief Officer, HSE Community Healthcare West thanked the family carers and the health and social care professionals who participated in the pilot programme and said: “The process of systematic assessment ensures family carers are identified and recognised, acknowledges their right and entitlement to access supports, have their own needs documented and responsive actions taken to meet those needs.”.

For further information contact the HSE Carers Department on Tel. 091 546133.

The Carers Department, HSE Community Healthcare West will be providing FREE certified ‘Heartsaver CPR AED’ courses to family carers in various Galway City and County locations in 2024. Also, the HSE Carers Department will be providing FREE certified ‘Manual and People Moving and Handling’ courses to family carers in Connemara in 2024. If you would like to be considered for either of these FREE certified courses, contact the HSE Carers Department on Tel. 091 546133 for an application form immediately to avoid disappointment as limited places are available on these courses.

Please note that you do not have to be caring full-time and you do not have to be in receipt of Carers Allowance and other social welfare payments to apply.

## Information Guide on Prescribing Psychotropic Medications for Non-cognitive Symptoms for People with Dementia



### Prescribing Psychotropic Medication for Non-cognitive Symptoms for People with Dementia:

A guide for people with dementia and their family carers and supporters



Psychotropic medications are medications which affect the mind, emotions, mood and behaviour. There are a number of types of psychotropic medications including antipsychotic medications and benzodiazepines. Some psychotropic medications may be beneficial for both cognitive and non-cognitive symptoms of dementia. The HSE National Dementia Services has recently published “Prescribing Psychotropic Medication for Non-cognitive Symptoms for People with Dementia: A guide for people with dementia and their family carers and supporters”. This is available in both [Plain English](#) and [Easy Read](#) versions.

This guide explains what psychotropic medications are and when they might be prescribed for a person with dementia. It tells you about: the possible side effects of using these medications; why you need regular reviews of the medication; and where you can find more information.





**Prescribing Psychotropic Medication for Non-cognitive Symptoms for People with Dementia:**

A guide for people with dementia and their family carers and supporters



This resource, and other relevant resources and information can be accessed on

<https://www.hse.ie/eng/dementia-pathways/resources-for-practice/implementation-of-national-clinical-guideline-no-21/>



In association with

**An Ghníomhaireacht Tithíochta**  
The Housing Agency



## Housing Practitioners' Conference 2024

The 2024 Housing Practitioners' Conference will take place in the Mullingar Park Hotel, Mullingar, Co Westmeath, on Thursday, 25 April and Friday, 26 April 2024 (half day).

The Minister for Housing, Local Government and Heritage, Darragh O'Brien T.D., will open the conference which will involve a day and a half of expert speakers and workshops discussing best practice and policy on housing. **Age Ireland Ireland are delighted to be hosting a workshop on Age Friendly Homes at this event.**

The theme of this year's conference will be "Opportunities for Sustainable Housing". It will involve a mix of plenary sessions and workshops. Sessions will cover 'Progress Delivery and Future Opportunities', 'Vacant Homes: Opportunities for Collaboration', 'Funding Opportunities', and 'Opportunities for a Sustainable Future'.

### HOUSING PRACTITIONERS' CONFERENCE 2024

#### DAY 1 AGENDA – THURSDAY, APRIL 25<sup>th</sup>



<p><b>EVENT REGISTRATION</b>   8.30 – 9.30am</p> <p><b>CONFERENCE OPENING</b>   9.30 – 9.50am</p> <ul style="list-style-type: none"> <li>Welcome – Michael Carey, The Housing Agency</li> <li>Opening address – Darragh O'Brien TD, Department of Housing, Local Government &amp; Heritage (DHLGH)</li> <li>Q&amp;A with Minister &amp; Eileen Dunne</li> </ul> <p><b>SESSION 1 - PROGRESS DELIVERY &amp; FUTURE OPPORTUNITIES</b>   9.50 – 11.10am – chair: Eileen Dunne</p> <ul style="list-style-type: none"> <li>Bob Jordan (The Housing Agency)</li> <li>Áine Stapleton (DHLGH)</li> <li>Éadaoin Ní Chléirigh (ICSH)</li> <li>Margaret Geraghty (LGMA)</li> </ul> <p><b>BREAK</b>   11.10 – 11.30am</p>	<p><b>WORKSHOPS 1</b>   11.30 – 12.45pm</p> <ul style="list-style-type: none"> <li>Multi-Unit Developments</li> <li>Affordable Purchase</li> <li>Communications</li> <li>Traveller Accommodation</li> <li>Careers in Housing</li> <li>Age Friendly Homes</li> </ul> <p><b>LUNCH</b>   12.45 – 1.45pm</p> <p><b>JOHN RYAN – HEALTHY PLACE TO WORK</b>   1.45 – 2.15pm</p> <p><b>SESSION 2 - VACANT HOMES: OPPORTUNITIES FOR COLLABORATION</b>   2.15 – 3.30pm – chair: Claire Feeney</p> <ul style="list-style-type: none"> <li>Ann Marie O'Connor (DHLGH)</li> <li>Claire O'Sullivan (Tinteán)</li> <li>Brigid Deenihan (Carlow CC)</li> <li>Walter Holden (Waterford CC)</li> <li>Alison O'Rourke (Cork CC)</li> </ul>	<p><b>WORKSHOPS 2</b>   3.30 – 4.50pm</p> <ul style="list-style-type: none"> <li>Apartment Remediation</li> <li>Cost Rental</li> <li>Rental Sector</li> <li>HSE Community Care</li> <li>Protecting Staff Wellbeing</li> <li>Allocation Process</li> <li>Projects and Procurement</li> </ul> <p><b>DAY 1 CLOSE</b>   5pm</p> <p><b>PRE-DINNER RECEPTION</b>   7 – 8pm</p> <p><b>EVENING DINNER</b>   8pm</p>
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You can register for the event on the IPA website at the following [LINK](#) and the programme for the event can be found on [The Housing Agency website](#).

## Dementia: Understand Together April Update



### **Dates for Diaries:**

- 16th International Dementia Conference

The International Dementia Conference will be held in Mullingar at the Annebrook House Hotel on the 8th and 9th of May 2024 and the theme this year is “Diversity in Dementia: Embracing Differences, Connecting Minds.” The conference programme is available to view here: [https://engagingdementia.ie/16thidc\\_programme/](https://engagingdementia.ie/16thidc_programme/). The conference will also be open to the public from 3:15 pm on May 8th and will include a panel discussion about the Understand Together campaign, as well as Dementia resources, and workshops around reminiscence.

A networking dinner will be held on the evening of May 8th in the hotel. It will be a great opportunity to speak with like-minded people and make new connections. All details can be found at [https://engagingdementia.ie/product/16thidc\\_2024\\_tickets/](https://engagingdementia.ie/product/16thidc_2024_tickets/)

- Engaging People with Dementia in Conversation Cork & Galway.

This popular course is going on the road. See more details here:

<https://engagingdementia.ie/product/engaging-people-living-with-dementia-in-conversation-cork/>

### **Communities:**

- ‘Let’s Sing Together’. This project Funded by HSE Health and Wellbeing and Age Friendly Ireland, is a compilation of well-known songs, in karaoke-style video format, which will be available to older persons, their families, carers, residential facilities and day care centres with prompts for gentle movements and clapping. The age-friendly and dementia-friendly collection is available to view on the South East Community Healthcare You Tube Channel -

<https://www.youtube.com/watch?v=KEFAxePeZ18>

- Dementia Friendly Thurles Carer’s Support Group. The group are holding weekly support groups for caregivers every Thursday until the 16th May. The conversations will touch on a number of topics including self-care and connecting with feelings. Booking is required. Contact details and further information is in the attached flyer.

- Musical Memories Choir is led by a professional choral director and takes place weekly. The purpose of the choir is to give people an opportunity to come together in a relaxed environment and reconnect through music. As we know music and singing helps lift your mood, provides cognitive stimulation and supports social interaction. This is held in Deansgrange Library, Clonkeen, D18. For more information, please contact Newpark Academy of Music

[enquiries@newparkmusic.ie](mailto:enquiries@newparkmusic.ie) or call (01) 2883740

### **Publications:**

- The latest edition of Health Matters has been published and it is great to see the topic of dementia featured in so many articles. Pages 14 & 15 (page number on the feed) highlight the recent Radio interviews which were held across the country with expert speakers and community champions, raising awareness of dementia and the importance of being socially connected. Page 67 touches on the topic of support pathways for people with non-cognitive symptoms of dementia.

[https://issuu.com/ashvillemedia/docs/hse\\_health\\_matters\\_spring\\_2024?fr=sY2UwNzcXODQ0MDc](https://issuu.com/ashvillemedia/docs/hse_health_matters_spring_2024?fr=sY2UwNzcXODQ0MDc)

- The Dementia Services Information Development Centre ( DSIDC) recently launched a new booklet 'Employment and retirement decisions: Advice for younger people with dementia' . This is now available from <https://www.healthpromotion.ie/> (search Dementia, 2nd page of resources)

## Attitudes Towards Online Psychotherapy Interview Study



Are you aged 60+ and interested in online psychotherapy?

**I want to hear from YOU!**



This research will examine older adults' attitudes towards attending face-to-face and online psychotherapy using interviews

The interview can be completed by phone, online or in-person and will take approximately 30 minutes to complete

**If you are interested in taking part, please get in touch:**

**Name:** Síofra McCrum

**Email:** [siofra.mccrum@dkit.ie](mailto:siofra.mccrum@dkit.ie)





Coláiste na Tríonóide, Baile Átha Cliath  
Trinity College Dublin  
Ollscoil Átha Cliath | The University of Dublin



**Maynooth University**  
National University  
of Ireland Maynooth



**Are you 65 or over, available for one hour, and interested in helping us understand how the human brain remembers information?**



We are researchers and psychologists based in Dublin conducting research on reminiscence, memory, and well-being.

**We are currently looking for volunteers aged 65 years or over to participate in a short 1-hour functional MRI while they think about positive memories from history and their personal past.**

To be included in the study, we ask that you:

- Are age 65+
- Consent to participate
- Have no history of cognitive disorders diagnosis

You would not be a good fit for this study if you have:

- Presence of shrapnel or other metal or electronic implants in your body (such as pacemakers, aneurysm clips, surgical devices, etc.)
- History of head trauma or fainting
- Major medical, neurological, or psychological disorders (including panic attacks, heart conditions, claustrophobia, etc.)
- Severe visual impairments
- Motor or mobility impairments
- History of movement disorder
- History of falls
- Feeling confused about your location or frequently becoming lost

If you are interested in helping and/or have any questions, please contact Carmen Elise Pocknell at: [carmen.pocknell.2022@mumail.ie](mailto:carmen.pocknell.2022@mumail.ie).

## Bridging the digital divide: Wicklow County Council's One-to-One Digital project

**LGU**



Wicklow County Council was honoured at the Chambers Ireland Excellence in Local Government Awards 2023, winning the award for best Age-Friendly Initiative for its One-to-One Digital project.

In today's digitally-driven world, the ability to navigate the online realm has become increasingly essential. Yet, for many adults, mastering the intricacies of digital technology can feel like an insurmountable challenge. Recognising this, Wicklow County Council Library Service embarked on an innovative initiative to bridge the digital divide: the One-to-One Digital Tuition for Adults at Wicklow Town Library.

Read more [HERE](#)



comhairle chontae na mí  
meath county council





## Upcoming Siel Bleu Ireland Job Vacancies

We would like to inform you that Siel Bleu Ireland have a number of vacancies in the following areas;

- [Louth](#)
- [Dublin](#)
- [Cavan \(part time\)](#)

The past 15 months have seen an increased demand for our services, and we are delighted to be in a position to recruit new staff members to join our amazing team!

If you know of anyone interested in these roles, can you please forward these job descriptions on to them.

## Local Updates



## Visting Delegates from Italy

Galway City Council welcomed a group of visitors from Sicily, Italy who are members of the University of the Third Age. They met with Programme Manager, Theresa Donohue who gave them an overview of the Age Friendly Programme.



The Italians found the presentation useful and interesting and took with them copies of the Directory of Services, Age Friendly newsletters and the OPC newsletter for city and county.





## 'Wiser and Greener' Event



Age Friendly Leitrim along with Leitrim's Older People's Council hosted a "Wiser and Greener" Sustainability Day at the Landmark Hotel in Carrick-on-Shannon on Thursday 11th April.



The event was officially opened by Cathaoirleach of Leitrim County Council Cllr Justin Warnock with a welcome speech from the Leitrim Age Friendly Ambassador Seamus O'Rourke. The event included presentations on the Warmer Homes Scheme, Age Friendly Healthy Homes and upcycling. A demonstration of re-using textiles was presented by Roscommon Women's Network. The Older People's Council's Chair Hazel Humphreys hosted an open meeting to discuss the OPC, welcome new members and gather feedback on the Mid Term Review of the Leitrim Age Friendly Strategy.







## Waterford Central Library, Lady Lane April 22nd to May 13th THE AIB PRESS PHOTOGRAPHER OF THE YEAR AWARD 2024 EXHIBITION TO VISIT WATERFORD THIS MONTH

Ireland's stories in images for 2023 will continue its nationwide tour at Waterford Central Library on the 22nd April 2024 when the AIB Press Photographer of the Year Award exhibition goes on public display. The exhibition will be on display in the library for visitors to enjoy until Monday, 13th May 2024. It features 114 images in total capturing life, both at home and abroad during 2023 and showcasing the very best of Irish press photography.

The AIB Press Photographer of the Year Award 2024 was presented at a special ceremony in Dublin earlier this year by An Tánaiste Micheál Martin TD in addition to winners of 10 individual categories – News, Daily Life & People, Sports Action, Sports Feature, Portrait, Nature & the Environment, Politics, Arts & Entertainment, Reportage and Multimedia in addition to the AIB Sustainability Award.

Alan Betson of the Irish Times was awarded the trophy with his portfolio praised by the judges for its huge versatility. This was the fourth occasion that the Meath resident has won the prestigious title now in its 46th year.


AIB PRESS PHOTOGRAPHER  
OF THE YEAR AWARD 2024

### EXHIBITION

Capturing life, both at home and abroad, showcasing the very best of Irish press photography



 **Index Gallery**  
Waterford Central Library, Lady Lane, Waterford City

 **22 April 2024 - 13 May 2024**



Commenting ahead of the exhibition's visit to Waterford City Library, David Branigan, President of the Press Photographers Association of Ireland, said, "We are delighted that the exhibition will continue its tour of Ireland with a trip to Waterford this April. We hope that visitors from the local area and beyond will enjoy browsing through the award-winning and highly acclaimed imagery which demonstrates the hard work and commitment of our Irish press photographers."

To view the full portfolio of winning and highly commended images from the AIB Press Photographer of Year Award 2024 please visit [www.pressphotographers.ie](http://www.pressphotographers.ie)

Waterford Librarian Tracy McEneaney is delighted Alan Betson, Press Photographer of the Year will be attending the launch on Wednesday 24th April and is looking forward to seeing the exhibition again this year. Central Library is the only place in Waterford hosting the PPAI Exhibition so don't miss out.

Tugann Méara Chathair agus Chontae Phort Láirge, an Comhairleoir Seosamh Ó Conmhuí cuireadh duit chuig seoladh Thaispeántas Grianghrafadóireachta Preasa na hÉireann sa Lárleabharlann ar an gCéadaoin, 24 Aibreán ag a 6.30i.n.

Sonraí ar fáil ag [www.waterfordlibraries.ie](http://www.waterfordlibraries.ie)

Mayor of Waterford City and County, Cllr. Joe Conway cordially invite you to the launch of the Irish Press Photography of the Year Exhibition in Central Library on Wednesday 24th April at 6.30pm.  
See [www.waterfordlibraries.ie](http://www.waterfordlibraries.ie) for details.

### Age Friendly Forum Meeting in Cork City



Cork City Councils Age Friendly Forum met in Cork City Hall on Wednesday 10th April in Cork City Hall to explore and reflect on the findings of a consultation process with a group of PhD students from University college Cork who have been working with our forum members, exploring themes for Corks upcoming Age Friendly Strategy.



Inputs on the strategy came from:  
 Ruth Hally – Civic Engagement Officer UCC  
 Ciara Farrel – Regional Manager Age Friendly Ireland  
 Tim McAulliffe - Community Garda  
 Denise Cahill - Cork Healthy Cities  
 Martin Dorgan - member of the AF Forum  
 David O'Brien - Interim Director of Services CCC Community  
 Rebecca Loughry Social Inclusion Specialist Cork City Council.

Over 60 attendees workshopped the themes identified in the process and enjoyed a chance to meet with the newly appointed Cork City Age Friendly Coordinator Siobhan Mc Carthy who MC'd the event.

### Bunclody Library Events



#### Mindfulness, Meditation & Sound Therapy with Sundara Selfcare – Thursday 25<sup>th</sup> April at 7.00pm

Join Bernadette Murphy from Sundara Selfcare for a relaxing mindful evening which includes tips on bringing Meditation & Mindfulness into your daily life. The session will end with some sound therapy leaving everyone feeling relaxed, balanced & better able to cope with life!  
 Places limited, **booking essential.**

**Classic Film Club – Friday 26<sup>th</sup> April 11.00am – 1.00pm**

Join us for a classic film for adults. **Booking required.**

To book events, please telephone 053 9375466 or book online at [www.wexfordcoco.libcal.com](http://www.wexfordcoco.libcal.com)



**Be Media Smart with Martina Chapman, Media Literacy Ireland.  
Wexford Library Tuesday 23<sup>rd</sup> April at 11am.**

Would you like to Learn more about Misinformation and how to Be Media Smart?

Media, especially digital media, is central to our daily lives and the technology behind it is changing all the time. Knowing how to use, understand and evaluate media is essential if we want to be able to participate fully in society, and make informed decisions based on accurate and reliable information - whether those decisions relate to health, politics, economics, or any other aspect of life. During this talk, Martina Chapman, National Coordinator of Media Literacy Ireland will highlight the important role that media has in our lives and give tips and advice on how to manage our relationship with media. Exploring the Be Media Smart campaign from Media Literacy Ireland, Martina will offer tips and guidance on how to avoid misinformation and signpost other sources of support available for older people on their learning journeys.

Speaker Bio:

Martina Chapman is an independent consultant in Media and Information Literacy. She is the National Coordinator of Media Literacy Ireland and the Be Media Smart campaign on behalf of Coimisiún na Meán. She is currently serving as the Independent Chair of the Irish National Counter Disinformation Strategy Working Group. She previously served as a member of the Council of Europe CDMSI sub-committee on Quality Journalism in the Digital Age (MSI-JOQ) and has authored and co-authored numerous reports and policy documents relating to media literacy. Previously, she was the BBC's Editor for Media Literacy where she led the development and delivery of a number of social action and media literacy campaigns, including the award-winning 'Share, Take Care' campaign. Martina has almost 30 years' experience across the media industry including staff positions with the BBC and Ofcom in the UK. As a consultant she has worked with a wide range of international clients including the Council of Europe, the European Broadcasting Union, national media regulators and industry training bodies.

Book your place here: <https://wexfordcoco.libcal.com/event/4201400> or call us on 053-9196760.

**Ages & Stages**

There are still some seats left for Ages & Stages in Killeshandra on Saturday 20th April at 8pm so round up your friends & join us for a show that is topical funny & thought provoking.

FREE admission but please book by emailing [agefriendly@cavancoco.ie](mailto:agefriendly@cavancoco.ie) or phoning 049/4378654



life is about the journeys we take...

# AGES AND STAGES

CAVAN OLDER PEOPLE'S COUNCIL PRODUCTION  
PROJECT FACILITATOR MAURA WILLIAMSON



Poster design by Homebird Design, Cavan | www.homebirddesign.ie | Tel: (049) 4567656

**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](mailto:agefriendly@cavancoco.ie)  
If you require transport - please let us know when booking.



Creative  
Communities



Rialtas Aitiúil Éireann  
Local Government Ireland



Clár Éire 100úch  
Creative Ireland  
Programme



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



## Age Friendly Louth

Age Friendly Louth has successfully secured significant funding under Creative Ireland to partner with An Tain Theatre Dundalk Co Louth to deliver a Challenging Ageism Drama Project.



Older people across County Louth will be invited to work with a drama tutor who will be engaged to provide a safe space to explore and challenge age related stereotypes and challenges.

The drama tutor and group will then work with a writer to write and produce a comedic and humorous drama piece which the group will perform.

The drama piece will be performed by the group and recorded by a videographer.

Age Friendly Louth will use the video recording as part of a wider Age Friendly campaign to celebrate Positive Ageing Week 2024, Link with UN day of the Older Person October 1<sup>st</sup> 2024, and UN Decade of Healthy Ageing.

The video recording will be used as part of a wider campaign to highlight issues of ageism and challenge ageism in Co Louth.

Age Friendly Louth Programme Manager Sinead McVerry stated “this is wonderful opportunity for Age Friendly Louth to build on the campaign launched earlier this year by the Irish Human Rights & Equality Commission (IHREC) to highlight the issue of ageism and to deliver and support a positive and tangible initiative to challenge ageism in Co Louth. This will be the first of a number of ageism awareness initiatives Age Friendly Louth will be rolling out over the next number of years with the support of Louth OPC & Louth Age Friendly Alliance”.

## 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)

## International Updates



### IFA Global Café | In Conversation with Dr. Ad van Berlo

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with Dr. Ad van Berlo on “Exploring the Ethical Imperative for Data Collection, Sharing, and Merging.”

**ifa** Global Café  
in conversation with experts

**“EXPLORING THE ETHICAL IMPERATIVE FOR DATA COLLECTION, SHARING, AND MERGING”**

**Dr. Ad Van Berlo**  
Founder, SmartHomes

📅 19 APRIL 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

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