

National Updates



The National Age Friendly Achievement Awards 2022



Last night we celebrated the The National Age Friendly Recognition & Achievement Awards 2022, which were held in the beautiful Dromoland Castle. Huge thanks to Clare County Council and Clare Age Friendly Programme for hosting such a wonderful event.

Congratulations to all the winners who won on the night and also to everyone who was short listed. The calibre of projects this year was amazing. The ceremony was hosted by the one and only Marty Morrissey with wonderful entertainment throughout the night.

We will do a full post in next Friday's newsletter.



Fuel Poverty in the Midlands Region: Older Person's Perspectives



Are you aged over 55 and live in the Midlands region?

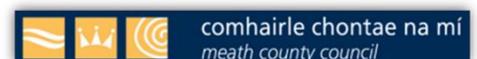
Have your voice heard on fuel poverty and implications for older people here: <https://maynoothuniversity.onlinesurveys.ac.uk/fuel-poverty-midlands>

Maynooth University and Age Friendly Ireland are undertaking a study on **fuel poverty** in the Midlands to identify the extent of fuel poverty, how many older people are affected and how those most at risk can be better supported.

For further information contact: Adrienne.Mccann@mu.ie or 087 355 4932



National Age Friendly Ireland Programme
A Shared Service Function of Local Government





Join Our Free Online Age Friendly Business Training



Could you use a few more customers? How about
1 million more...

Did You Know . . . There are three quarters of a million older people (65+), living and shopping in Ireland and this is anticipated to grow to 1.5 million by 2051. Older people account for up to 50% of all consumer spending in the EU. They have the time to shop, they like to shop, and they are loyal customers. They will come back to you again and again if you make the consumer experience comfortable and pleasant for them.



Are you doing everything you can to capture and retain this powerful customer base?

Age Friendly Ireland Business Recognition Programme are now offering a number of open online training dates – not specific to a town or company – which everyone is welcome to attend. Please do tell your colleagues and fellow business owners about the opportunity, we would love to have them on board

Age Friendly Ireland Business Recognition Training Online

- **Tuesday 16th November 10am-12pm**
via Zoom
- **Tuesday 18th January 10am-12pm**
via Zoom

Age Friendly Ireland Business Recognition online training are now offering a number of open training dates – not specific to a town or company – which everyone is welcome to attend. Please do tell your colleagues and fellow business owners about the opportunity, we would love to have them on board.



Age Friendly Business Recognition Open Training

Wednesday 16th November 10am-12pm

Join Zoom Meeting

[https://us02web.zoom.us/meeting/register/tZAvd--qgT8pHdZNeOqBJdc17YFAJi-JAQ1](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZAvd--qgT8pHdZNeOqBJdc17YFAJi-JAQ1)

Age Friendly Business Recognition Open Training

Wednesday 18th January 10am-12pm

Join Zoom Meeting

[https://us02web.zoom.us/meeting/register/tZAsdumoqD0sE9YKp_LL3dmulBv3zP2Y12KL](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZAsdumoqD0sE9YKp_LL3dmulBv3zP2Y12KL)

THE IRISH TIMES

South Dublin Council aiming to encourage 'rightsizing' among older social tenants

An Oireachtas housing committee has heard that more than 1,000 larger social houses in South Dublin are “under-occupied” by older tenants who no longer need the additional rooms. **South Dublin County Council** chief executive Daniel McLoughlin said there is a “considerable level of under occupation” of three- and four-bedroom social houses by households “solely comprising older persons”. He told committee members that the council wants to encourage the over 55s living in social, or private housing, to consider “rightsizing” to smaller homes. A plan has been developed with the aim of delivering 600 “age friendly” homes over the next five years, 236 of which are already under construction and due for completion this year or in 2023.

Click here to view the full article: [Irish Times Online](#)



Rialtas na hÉireann
Government of Ireland

Government Range of Supports

The government has urged householders to ensure that they are availing of the supports that are in place to help all of us through winter.

Cost-of-living supports

- The government announced a suite of measures to help people with the rising cost of living including:
 - a €600 electricity credit for every household in the country
 - a double social welfare payment for October – namely the Autumn Cost of Living Double Payment
 - a double child benefit payment on 1 November
 - a lump sum payment of €400 to people in receipt of fuel allowance, in the week commencing 14 November
 - a payment of €200 to people who are in receipt of the living alone allowance, commencing on 14 November
 - a €500 payment to people in receipt of the working family payment. These payments will commence on 14 November
 - a €500 lump sum payment for people getting Carer's Support Grant. These payments will commence on 14 November
- Also
 - a €500 lump sum disability support grant will be paid to all people getting a long term disability payment

- The above payments will commence on 14 November.
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For additional information click below:

<https://www.gov.ie/en/campaigns/6ca43-reduce-your-use/>

<https://www.gov.ie/en/press-release/010ef-government-campaign-urges-people-to-avail-of-range-of-supports-as-we-face-into-a-difficult-winter/>



Adult Safeguarding Day will take place on Friday, November 11th, 2022.

There will be two key themes:

- 1) Prevent Adult Abuse
- 2) Respond to Adult Abuse.

Under the theme of prevention the campaign will focus on decision-making to prevent adult abuse. This is timely with the commencement of the Assisted Decision Making (Capacity) Act on November 21. The campaign will highlight the importance of respecting and supporting the decision-making of all adults, particularly those at greater risk, as a principle of safeguarding and preventing adult abuse.

The second theme is on responding to adult abuse by reporting it. The focus is on informing people to contact 999 /112 if there is an immediate and serious risk of harm, and the HSE Safeguarding and Protection Teams when there is an ongoing concern.

For more information visit:
www.safeguardingday.ie



Helpline Volunteer Recruitment

Arthritis Ireland are currently recruiting for helpline volunteers to join the team.
No matter where you are in the country, you can volunteer on our helpline and make a huge difference to the lives of your peers with arthritis.
You don't need any formal qualifications or previous experience to volunteer. If you can provide a listening ear, understand and empathise with our callers, all while providing reliable, trustworthy information, then please contact us.



Accredited training is provided to all volunteers, and support and supervision is ongoing. Therefore, if you can spare a minimum of three hours per week and would like to share your valuable life experience, call Peter, our Services Support Officer on 01-6470202 or email helpline@arthritisireland.ie for more information.



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



IRISH HOSPICE FOUNDATION (IHF), WITH THE SUPPORT OF THE CREATIVE IRELAND PROGRAMME, OFFERS GRANTS FOR LOCAL PROGRAMMES

Irish Hospice Foundation with Creative Ireland sets out to inspire and support the work of groups, organisations and individuals who wish to mark in some tangible way their response to the universal realities of dying, death and bereavement.

Seed Grants are to support groups, organisations and individuals in exploring creative ways to do this. Priority will be given to creative initiatives that take innovative approaches to reflection and remembrance. They aim to help start new local art projects, or to support existing projects gain momentum - this may involve artists, crafts people, performers, and / or coders. It may be a group or individual who has a good idea.

15 Seed Grants to support communities' creative exploration of grief or memorialisation are available.

IHF are inviting applications from groups and /or individuals nationwide before the closing date of **Friday 28th October at 5.00pm**. This IHF programme offers communities across Ireland multiple ways to process the impact of death, dying, grief, and more general losses.

Previous awardees include individual artists, writers, nursing homes, secondary schools, community groups, disability support centres, local choirs, and hospitals. This year IHF are encouraging as wide a group of people as possible to apply with a simple application process and lots of support.

Key Dates:

- **Thursday 6th October 2022:** Application process opens.
- **Wednesday 19th October 2022:** Online briefing / Q&A clinic for potential applications.
- **Friday 28th October 2022 @ 5.00pm:** Closing date for all applications.
- **Tuesday 8th November 2022:** Successful applicants announced. All applicants will be notified this week.
- **Friday 28th April 2023:** Successful projects must be completed by this date.

To view the list of projects from **Leinster** please click here:

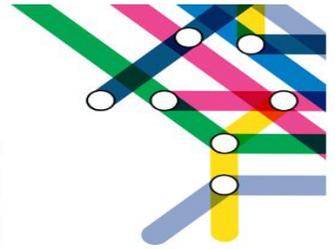
<https://hospicefoundation.ie/our-supports-services/ihf-in-the-community/arts-and-creativity/seeds-grants-2022/>



comhairle chontae na mí
meath county council



Cycle Connects Public Consultation



CycleConnects: Ireland's Cycle Network aims to improve sustainable travel by providing the potential for more trips on a safe, accessible and convenient cycling network, connecting more people to more places.

Proposals for cycling links in key cities, towns and villages in each county are included in the plan, in addition to connections between the larger towns, villages and settlements. The plan also incorporates existing and planned cycle routes such as greenways and blueways.

The consultation will remain open until the **Friday November 11th, at 11.59pm**. Submissions can be made through this portal using the '[Make a Submission](#)' link, or by email to: activetravel@nationaltransport.ie

For additional information visit [Cycle Connects Public Consultation](#)

Local Updates

Mitchelstown Social Club



Mitchelstown Social Club enjoyed a wonderful night out at Cork Opera House.



They listened to the beautiful music of Michael English.



Adult Safeguarding Day 2022



Community Health Care East, to mark the second annual Adult Safeguarding Day 2022 are holding a learning event in Wicklow Library on the 9th of November from 11.00 to 1.30pm to mark this important day.

The event is open to anyone interested in hearing more about how we together as individuals, families, services and professionals can work together to prevent adult abuse and neglect. Focusing on the key themes of empowerment, advocacy, inclusivity in decision making and planning ahead, the event will also highlight the services available to safeguard adults at risk of abuse.

A range of speakers from various organisations such as HSE, Gardaí, Sage and ANU domestic violence support services will present on the work they do to support adults at risk of abuse and speak on topics pertinent to safeguarding ourselves and others from abuse.

Our event has now gone live on Eventbrite in two forms 1) In person event in Wicklow library, 60 tickets available 2) Online event using MS Teams. If you are interested in attending book your tickets early and please disseminate widely throughout your services, Organisations and divisions.

In person

[Register Here](#)

Online

[Register Here](#)

Shared Reading in Clondalkin Library



A promotional poster for a Shared Reading Group. The background is orange. At the top left is the "The Reader" logo (a stylized 'r' in a purple circle). At the top right is an illustration of an open book. The main text reads: "North Clondalkin Library Shared Reading Group". Below that, in white text on an orange background, it says "3.30pm Tuesday November 1st Free Event Open to Adults". In the center is a photograph of a group of people sitting on the floor, reading books. At the bottom left is an illustration of a stack of books. At the bottom right is the "NCL" logo (the letters N, C, L in blue, red, and yellow respectively).



READ



Relax & Explore

as we chat and read extracts together

A friendly trained leader provides a warm welcome and the text of something specially chosen to read. This may be a poem or a story. Group members join in the reading and the conversation, or just simply sit back and listen.

Reading the literature aloud in real-time, means that everyone is involved in a shared, live experience. The Reader Leader encourages group members to respond personally, sharing feelings, thoughts and memories provoked by the reading.

Everyone experiences the text in their own way, but the literature provides a shared language that can help us to understand ourselves and others better.

There's no right or wrong way to enjoy Shared Reading, or pressure to attend every session



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



Free Activator Pole Walks in Waterford Libraries

Pop-Up Activator Pole Walks happening in Ardkeen, Kilmacthomas, Lismore and Dungarvan Waterford, all for free. Get Active in partnership with Sports Partnership Waterford.



ACTIVE OLDER PEOPLE UPCOMING PROGRAMMES

BOOK NOW!

PROGRAMME	DATE & TIME	LOCATION/ MEETING @	MORE INFO:
Pop-Up Activator Pole Walks	Tuesday 4 th October @ 12pm	Lismore Library P51 EK60	Pop-Up Activator Pole Walks are suitable for men & women that can walk at least 1km in distance.
	Tuesday 1 st November @ 12pm		
	Tuesday 29 th November @ 12pm		
	Tuesday 13 th December @ 12pm		
Pop-Up Activator Pole Walks	Thursday 6 th October @ 11am	Dungarvan Library X35AV29	Each walk will include exercises that can improve your heart health, mobility, strength & balance.
	Thursday 3 rd November @ 11am		
	Thursday 1 st December @ 11am		
	Thursday 15 th December @ 11am		
Pop-Up Activator Pole Walks	Thursday 6 th October @ 12pm	Ardkeen Library X91 YT53	<i>Come along and enjoy this FREE, FUN activity!</i> All registered participants must activate a FREE library membership to borrow a set of 'Activator Poles' and be eligible for the walks. If you're already a library member no action needed. Full support will be provided to activate membership.
	Thursday 3 rd November @ 12pm		
	Thursday 1 st December @ 12pm		
	Thursday 15 th December @ 12pm		
Pop-Up Activator Pole Walks	Friday 7 th October @ 11am	Kilmacthomas Library X42 T289	
	Friday 4 th November @ 11am		
	Friday 2 nd December @ 11am		
	Thursday 16 th December @ 11am		
Adapted Circuits for Women 50+	Four Week Programme Starting on Wednesday 5th October 11am to 12pm (Registration at 10.30am on Oct 5 th)	Waterford Warriors Unit 16D, Six Cross Roads Business Park X91 KV24	A functional movement class for over 50's using specific exercises to increase strength and flexibility for your whole body in a fun and relaxed environment. €28 PER PERSON LIMITED PLACES
Men on the Move	Six Week Programme Starting on Monday 10th October 6.15 to 7.15pm	Butler Community Centre Waterford X91 FEP4	Men on the Move is suitable for beginners and men returning to exercise. Exercises will be adapted to individual ability levels. Each session will include cardio (walking/jogging) and upper and lower bodyweight exercises (squats, lunges, press ups, shoulder presses, etc.). <i>Come along and try it out!</i> €15 or €3 pay as you go
Dance for Life for women over 50!	Six Week Programme Starting on Wednesday 12th October 11am to 12pm	Cill Barra Sports Centre Ballybeg Waterford X91 NP60	Join us for a fun filled DANCE PROGRAMME led by an experienced tutor. <i>Come along and have some fun, learn new dance moves, meet friends, or make new ones whilst enjoying some light exercise!</i> €15 or €3 pay as you go
Aqua-Fit for men & women 50+	Eight Week Programme Starting on Wednesday 12th October 1.15 to 2.15pm	Aura Leisure Centre Youghal P36 C978	Join us for Aqua Fit, an aerobics-based exercise class performed in a swimming pool. This programme can help to improve your heart health, strength, and flexibility by using resistance from water & pool-based equipment like floats & noodles. €48 per person Pay as you go option available

BOOK YOUR PLACE TODAY on www.eventbrite.ie

For more information please contact: **Sinéad Brannigan on 087 459 6179**

or email sbrannigan@waterfordsportspartnership.ie



www.waterfordsportspartnership.ie

Waterford Sports Partnership - Supporting Activity and Sport for All



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 and live updates 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 Cafe | In conversation with Mr. Colum Lowe "This Age Thing: Our Future Starts Today".

ifa Global Café
in conversation with experts

**"THIS AGE THING:
Our Future Starts Today"**

FRIDAY
28 OCTOBER 2022

7:00 A.M.
Eastern Daylight Time

MR. COLUM LOWE
DIRECTOR | DESIGN AGE INSTITUTE

The International Federation on Ageing held a Global Cafe event this morning called: **In conversation with Mr. Colum Lowe "This Age Thing: Our Future Starts Today"**.

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 9097413**

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