

National Updates



Healthy Age Friendly Homes Programme



Healthy Age Friendly Homes

Healthy Age Friendly Homes at Pobal30 Event.



Francis Kane, Healthy Age Friendly Homes Coordinator for Galway City and County recently attended the Pobal30 event to mark the 30th anniversary of Pobal, this is one of a series of events taking place nationwide to highlight the progress made in last three decades in the areas of social inclusion, equality, and community development.



Pobal works on behalf of Government to support communities and local agencies toward achieving social inclusion and development. The role of Pobal is to provide management and support services to 41 programmes, schemes and services in the areas of Social Inclusion and Equality, Inclusive Employment and Enterprise, and Early Years and Young People. Pobal work in the areas of social inclusion, early childhood care and education, community development, peace and reconciliation, equality, labour market supports and education and training. Some of the groups supported by Government through Pobal include the long term unemployed, young people, farmers / fishermen, families, Travellers, older people and ex-prisoners. Their work ranges from programme design to implementation support to financial administration and governance of funding allocations. Pobal promote quality enhancement amongst local community-based groups, develop programme and system management tools and work to ensure funded projects work within agreed guidelines. Pobal also provide good practice case studies, evaluations, and demographic information that support Government Departments in making policy decisions. Tools such as Pobal Maps and the Pobal HP Deprivation Index are made freely available to allow policy makers and communities respond to needs identified by these sets of tools.

Pobal works on an all-island basis, with offices in Dublin, Monaghan, Sligo, Clifden, Letterkenny, Cork, Galway city, Limerick, Mullingar and Kilkenny, employing over 700 staff. The event was attended by representatives from across the community and voluntary sector and featured a panel discussion on enhancing social inclusion, and a keynote address from Minister Joe O’Brien, Minister of State at the



Department of Rural and Community Development with special responsibility for Community Development and Charities.

The event was also attended by Councillor Eddie Hoare, Mayor of Galway City. Francis had the opportunity to outline to both Minister O'Brien and Mayor Hoare the progress made by the Healthy Age Friendly Homes Programme and the scaling up of the programme across the country. Francis also discussed the housing needs of older people in Galway with Karen Golden, CEO of Galway Simon, who provide support and assistance to people across Galway in the areas of homelessness and housing.



Age Friendly Ireland were also represented at the event by Theresa Donohue, Age Friendly Ireland Programme Manager for Galway City. It was fitting to have the event in the Ardilaun Hotel in Galway, which as a member of the Select Hotels of Ireland is an Age Friendly Business accredited hotel.

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 9248817 / 046 9248825



Requesting Participants for Research

ARE YOU CURRENTLY USING, CONSIDERING PURCHASING, OR HAVING USED ASSISTIVE PRODUCTS? (EXAMPLES: HEARING AIDS, TABLETS, WALKING STICKS, WHEELCHAIRS, SCOOTERS, WEARABLES, PENDANT ALARMS, PROSTHESES, AND OTHERS SIMILAR).

ARE YOU 65 YEARS OR OLDER?



WE WANT TO HEAR ABOUT YOUR PERSONAL EXPERIENCES WITH ASSISTIVE PRODUCTS AND THEIR LINK TO YOUR SELF-IDENTITY.

What is expected from you? You will be invited to a series of interviews spaced apart. We will always agree on a place that best accommodates your preferences.



**For more information or to participate, please, contact me:
YANET.MOREJONHERNANDEZ.2021@MUMAIL.IE**

**Yanet Morejon Hernandez (PhD Researcher)
Department of Psychology, Maynooth University**



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meath county council



WOULD YOU LIKE TO BE IN CONTROL OF YOUR HEALTH AND WELLBEING?

If you are 55+, help us to shape research on health and technology by joining our focus group led by Dr. Marco Alfano (Maynooth University) on **Thursday 28th September 2023, 10:30am to 1pm**
Light refreshments and free parking provided

Location: IVI Institute, Eolas Building, Maynooth University.



To register,

CONTACT US

Rebecca Clinton - Public & Patient involvement Officer

Email:

rebecca.clinton@mu.ie

Mobile: 086 3698732



For more information visit our website
ivi.ie/project_category/digital-health



Shapes – Final Dialogue Workshop



The 4-year long Smart and Healthy Ageing through People Engaging in Supportive Systems (SHAPES) project has sought to support older adults in retaining their independence and autonomy. SHAPES has created a unique and open pan-European Ecosystem including a standardised, interoperable, and scalable Platform for the integration of smart technologies.

This large-scale project worked across 14 European countries with over 300 staff contributing to it.

In this final dialogue workshop, we share our approach and some of the outcomes; and we invite leading contributors from civil society, researchers and practitioners to share their impressions and their views with us.



Photo by Philippe Leone on Unsplash



SHAPES

The Future of Smart & Healthy Ageing:
SHAPES Results, Recommendations &
Reflections for an
Inclusive Europe and a
participative Civil Society

Final Dialogue Workshop

BIT.LY/SHAPES-DW8

12 September 2023

10:00 to 13:30 CET Online

We also ask them – What will projects like this one be doing in 10 years time?
Please join us to review our work, to ask questions, to hear commentary and to
SHAPE what comes next form smart and healthy ageing in Europe and beyond
and feel free to share this invitation with your networks and potentially interested
stakeholders.

✉ We would like to invite you to the final SHAPES Dialogue Workshop on
the 12th of September 2023, 10:00 to 13:30 CEST.

📺 The workshop will be streamed in **English, Italian and Spanish**, along
with **International Sign** and live transcription in English.

📄 **Registration** and more information can be found on the [SHAPES website \(click here\)](#)

thejournal.ie

Home retrofits up 150%

The Sustainable Energy Authority of Ireland (SEAI) has reported a 150% increase in Government-funded home retrofits in the first half of 2023 compared to the same period last year. There were 21,727 home energy upgrades funded by Government grants to the SEAI during this time. The report indicates that retrofitting figures are on track to meet the target of 37,000 upgrades for the year. Solar panel installations have seen a significant increase, up 231% from last year, following a decision to reduce VAT on them. Additionally, 7,566 homes achieved a BER B2 rating or better, a 210% increase from the previous year.

To Read more Click: [TheJournal.ie](#)

The Alzheimer Society of Ireland launches Pre-Budget Submission 2024 #DementiaCantWait



Earlier in the summer, The Alzheimer Society of Ireland (ASI) made a Pre-Budget Submission (PBS) #DementiaCantWait to government for funding for the year ahead.



With a strong PBS grounded in the lived experience of dementia, the event saw incredible cross-party support, with over 60 elected representatives in attendance and a visit from The Minister of State for Mental Health and Older People, Mary Butler.

The event also garnered national media coverage. The ASI called for funding for Dementia Specific Day Services, Therapeutic Support and Education for Family Carers; Dementia Home Care, Dementia Nurse Specialists, Memory Clinics and Research as well as investment to secure Pay Parity for workers in The ASI and Social Protection for Dementia Carers.

The PBS took place following months of robust consultation with stakeholders, including people with dementia and those who support them, The ASI team including Operations, Dementia Advisors, the Senior Management Team, the Irish Dementia Working Group and the Dementia Carers Campaign Network. Find out more about The Alzheimer Society of Ireland Pre-Budget Submission, here:

<https://alzheimer.ie/creating-change/political-campaigns/dementia-cant-wait-dementia-supports-to-empower-lives/>



EXWELL MEDICAL HEALTH FAIR CELEBRATES AND PROMOTES PHYSICAL ACTIVITY FOR PEOPLE WITH CHRONIC ILLNESS AND CANCER

A major medical health fair, specifically focussed on the benefits of physical activity in the treatment of chronic illness and cancer, will take place on the Tallaght Campus of Technological University Dublin (TU Dublin) on Saturday, September 9th.

Expected to attract 500 participants, the day-long event takes place in TU Dublin's new Sports, Science, Health, and Recreation building in Tallaght. It will be opened by the Lord Mayor of Dublin, Daithí de Róiste.

ExWell's Health Fair is designed to shine a light on the power of group exercise classes in bringing people together people with long term medical conditions across Ireland and improving their strength, mobility, fitness and confidence and social connectedness.

For further information about ExWell:

- Visit www.exwell.ie
- Email info@exwell.ie
- Phone Danny Fagan, ExWell's Head of Operations on 086-8928605
- Dr Noel McCaffrey is available for interview If you wish to register for the Health Fair, please send email to healthfair@exwell.ie or call 01- 8339561





Schedule

9.30 am	Arrive	
9.45 am	Choir Performance 1	
10.00 am	Opening Addresses	
	Intro: Master of Ceemonies	Prof Niall Moyna
	President TUD	Prof David Fitzpatrick
	CEO TUH	Ms Lucy Nugent
	Dublin Lord Mayor	Daithi de Roiste
10.20 am	ExWell Medical: The Journey So Far, the Vision the Challenges	Dr Noel McCaffrey
10.30 am	Educational Talks Session	Chair Niall Moyna
	1. Brain Health	Prof Sean Kennelly, TUH
	2. Cancer Update	Dr Lynda Corrigan, TUH
	3. Living with Chronic Illness	Prof Susan Smikth, Trinity College
	4. Recovering from Stroke	Dr Ronan Collins, TUH
	5. Psychological Aspects of Long Covid:	Dr Erica Finn, TUH
	6. Nutrition for Healthy Ageing	Dr Aileen Kennedy, TUD
	Q&A sessiion from 11.20 - 12.00 pm	
12.00 pm	Exercise Session 1	Danny Fagan
12.30 pm	Lunch	
1.30 pm	Choir Performance 2	
1.45 pm	Participant Voice Session	Chris Kelly / Aodhaghan
2.30 pm	Research and Testing	Fiona / Lisa
3.00 pm	Exercise Session 2	Danny Fagan
3.30 pm	Close and Thank You	Noel Mccaffrey



The ExWell Health Fair



HSE Social and Therapeutic Horticulture Project

“I love gardening and sowing seeds - this took me back to long summer days in my own garden with my children. The smells, the feel of the leaves, it was just lovely to get to be a part of that again,” according to a nursing home resident talking about a HSE horticultural therapy project. “The garden club made me feel like I was a part of something a bit different than the normal activities we do. It was nice to do it all together in a group. It provided a lovely sense of calm and peace and I would just love to do it again”.

The four-week social and therapeutic horticulture project was piloted across 5 HSE Community Healthcare East sites in 2022 (Dalkey Community Unit for Older Persons, St Colman’s Residential Care Centre, Clonskeagh Community Nursing Unit, Hawthorns (disability service) and Carew House). The programme was run by Health Promotion and Improvement Officer Fiona Brauneisen and Therapeutic Horticulture



Practitioner Marie Hirst and its success led to its continuation and expansion this year. Fiona explained that social and therapeutic horticulture is a “therapeutic practice used to improve health and wellbeing through actively involving patients and clients in caring for plants. Activities are facilitated by a therapeutic horticulture practitioner, or other professionals such as occupational therapists with appropriate training. It includes propagating plants, identifying and planting seeds and using plants in crafting.

“The aim of the programme is to increase the wellbeing of participants across all sites post-Covid through caring and working with plants. More specifically, the programme seeks to increase social inclusion, physical activity and self-care. We also set out to decrease stress and loneliness amongst service users and residents. A different theme is covered each week. The themes include activities that allow participants to appreciate nature, learning how to propagate plants and create a planter. After each session there is a product that each participant can keep and according to those involved, this added to a sense of ownership and purpose. The main impact reported in the project evaluation was an increase in social inclusion and wellbeing.”

The 2023 programme is well underway, with activity co-ordinators from each of the sites undergoing training with Therapeutic Horticulture Practitioner Marie Hirst from Unwind with Plants, so that these activities can be sustained into the future.



Killeshandra Primary Care Centre opens its doors

The new Killeshandra Primary Care Centre will become operational today, Monday September 4.

Killeshandra Primary Care Centre, located at Main Street, Killeshandra, Co. Cavan, H12 K3V9, will provide a range of Community Healthcare Services.

When fully operational these will include Public Health Nursing, Dietetics, Psychology, Physiotherapy, Occupational Therapy, Speech and Language Therapy, Social Work and Chronic Disease interventions.

Killeshandra Lakeside Medical Practice is also operating from the building.

This marks the third Primary Care Centre in Cavan Monaghan to open its doors over the past number of weeks.

The North Monaghan Primary Care Centre on the St Davnet’s Campus in Monaghan Town and Clones Primary Care Centre on 98 Avenue in Clones Town both became operational in August.



National Ambulance Services

A new rapid response community X-ray service is helping older people in nursing homes, community facilities and their own homes avoid ambulance journeys to hospital Emergency Departments. It goes nationwide next year and is currently in nine counties and is expanding to four more.

For full article please see:
<https://www.hse.ie/eng/services/news/media/presrel/new-community-based-mobile-x-ray-service-helps-older-patients-avoid-emergency-department.html>

Age Action Launch Garden Blitz to Revitalise Gardens for Older Residents in Cork



Age Action, in partnership with volunteers from Gas Networks Ireland, successfully organised a heartwarming "Garden Blitz" event on August 23rd. Bringing together dedicated volunteers to transform the lives of older Age Action clients in the Cork area, this remarkable initiative aimed to create safe and functional outdoor spaces for six deserving people, enhancing their quality of life.



The event saw a large turnout of volunteers from Gas Networks Ireland, who worked tirelessly to revitalise and rejuvenate the gardens of older people's gardens. Weeds were pulled, grass was cut, and hedges were trimmed to ensure that these outdoor spaces became not only great to look at but also safe and accessible. The collaboration between Age Action and Gas Networks Ireland demonstrates the power of community organisations and businesses working side by side. By

coming together, both organisations showcased their commitment to making a positive impact on the lives of the older people, enhancing their well-being as well as their living conditions.

"We are incredibly grateful to the volunteers from Gas Networks who dedicated their time and energy to this project," said Jipe Kelly, Western Programme Manager with Age Action. "Their hard work has not only beautified these gardens but has also made them safer and more accessible. It's heartwarming to see the smiles on their faces as they once again enjoy these outdoor spaces. This event embodies the spirit of caring and community that Age Action strives to promote."

The Garden Blitz is just one of the many initiatives that Age Action undertakes to support and uplift the older community in Ireland. By partnering with organisations like Gas Networks, Age Action continues to make a positive impact in the lives of many.

Following this success in Cork, Age Action's Garden Blitz is set to be rolled out in Dublin next Wednesday, 30th August, as they rejuvenate the gardens of Dublin's community.

<https://www.ageaction.ie/news/2023/08/29/age-action-launch-garden-blitz-revitalise-gardens-older-residents-cork>



The 92nd Annual National Ploughing Championships launch at Ratheniska, Laois on September 5

Attending the launch were EU Commissioner Mairead McGuinness, Bishop Denis Nulty, dancers from the Buggie School of Dancing, reigning world champion ploughers John Whelan and Eamon Treacy from Laois Ploughing Association, and some of the traders and local landowners at the hectic launch of what is one of the

biggest outdoor events in Europe. The event expects to attract up to 300,000 visitors over three days.



Also attending the launch on Tuesday, September 5 were the ICA, IFA, Laois County Council and Enterprise Ireland.

Next year's location is a tightly kept secret, to be announced straight after the championships.

Cash is still king at the ploughing, with tickets to be available on the gate. However as entry is limited, organisers advise the public to buy ahead of time on their website.

The event takes place from Tuesday to Thursday, September 19th to 21st.

Local Updates

Make more use out of your Smartphone and Tablet



Make more use of your Smartphone and Tablet

FREE 6 Week course

Date: Friday, 15th September 2023
Venue: Unit 20, Church View Square Cavan.
Time 10.00am-12.30pm

Topics covered

- Introduction to Smartphones and Tablets
- Download and using Apps
- Download apps to android and iphone
- Camera Functions - Pictures and Videos and much more!!!



Participants will be required to complete a registration form for funding and statistical purposes.

For more information

Contact: CMETB Adult Education Service
 Phone: 049 4361881
 Email: angelakelly@cmetb.ie or agefriendly@cavancoco.ie

Cavan / Monaghan ETB are hosting FREE classes for Older People on how to use Smartphones and tablets.

The classes will commence on Friday 15th September at 10 a.m. and will continue every Friday for 6 weeks. Classes are suitable for beginners.

To register email agefriendly@cavancoco.ie





Join the Cavan Older Adult's Drop in Information Sessions

Cavan Older People's Drop in Centre sessions are recommencing on **Monday mornings from 10.30am to 11.30am in the Events Space in Johnston Central Library, Farnham Street, Cavan**. These sessions are free and are open to all older members of the community to join and you are welcome to attend sessions on all topics you are interested in.

To register please contact: agefriendly@cavancoco.ie or call 049 4378545

Date	Topic	Delivered By
11 th Sept 2023	Making a Will - The importance of a Will and how to go about making it	Jacqueline Maloney Solicitor
18 th Sept 2023	Creativity Workshop	Sally-Ann Duffy
25 th Sept 2023	Smart Phones – a simple how to use guide	Cavan & Monaghan Education & Training Board
2 nd Oct 2023	Smart Phones – a simple how to use guide	Cavan & Monaghan Education & Training Board
16 th Oct 2023	Craft Workshop – Halloween Decorations	Sally- Ann Duffy
23 rd Oct 2023	Mindfulness Morning – Better sleep & dealing with stress	Pauline Clarke, Mind Nua.com



Gurrabraher / Churchfield Community Afternoon Tea



Gurrabraher/Churchfield Community Afternoon Tea Dance On

Date: Sunday 10th September 2023

**Venue: Gurrabraher Churchfield
Youth & Community Resource Centre
(The Hut)**

Time: 3pm to 6pm All Welcome!!
Refreshments provided
Admission free.

*This event is organised by local volunteers and part funded by
Cork City Partnership*



Rialtas na hÉireann
Government of Ireland



Cómhainithe ag an
Aontas Eorpach

Co-funded by the
European Union

This project is co-funded by the Government of Ireland and the European Union
Tá an tionscadal seo cómhainithe ag Rialtas na hÉireann agus an tAontas Eorpach



New Members Welcome. Membership is free



DAY TRIP TO ALLIHIES



BANTRY CULTURAL COMPANIONS

Join us on a day trip to Allihies on the new 232 Local link bus service. Enjoy a visit to the copper mines museum, a cup of tea or lunch in beautiful Allihies in great company.

**On Saturday 16th September 2023
Meet 11 am outside Bantry Bay Hotel**

Bus departs 11.10am Bantry Square
Bus returns from Allihies at 5pm

Please let us know you're coming!
email culture@muintircork.com

tel.: 085 8670744 for more info

Cultural Companions
An Age & Opportunity arts initiative

To join Cork Cultural Companions scan QR



Cultural Companions – Coffee Morning & Camera Club

Cultural Companions
An Age & Opportunity arts initiative

CULTURAL COMPANIONS

Coffee Morning & Camera Club



Come along to this social get-together of Mallow Cultural Companions and enjoy an exhibition and talk from Mallow Camera Club. All Welcome. Free event with refreshments. Bring a friend!

Thursday 14th September 2023

11 AM - 1 PM

at The Mercy Centre, Mallow

Tel. 085 867 0744 for details



New Members Welcome



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Bunclody Library

Knitting Group – Every Thursday from 7th Sept 10.30am to 12.00pm

New members welcome. Please note change of day! **No booking required!**

Home Energy Saving Kits

Home Energy Saving Kits are now 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 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.

Sensory Friendly Hour

Every Saturday from 4.00 – 5.00pm, Sensory Friendly Hour will be observed in Bunclody Library.

We encourage you to come along and relax in the calm environment of the library. No booking required. All welcome!



Age Friendly Louth and Louth County Council present Age Friendly Expo 2023

This Age Friendly event is scheduled to take place in the Ardee Parish Centre on Wednesday 4th October 2023 from 10.30am to 1.30pm

The theme of the Expo is *Keeping Safe at Home* a number of speakers and presenters will give helpful tips and advice to older people around keeping safe in their home on topics such as fire safety, crime prevention, dementia awareness, online safety, preventing trips and falls in the home, technology and much more.

It's a free event and all people over 55 in Co Louth and surrounding areas are welcome to attend. Free parking and accessible facilities on site.

Gavin Duffy Louth Age Friendly Ambassador from RTE's Dragons Den will open the event. This will be followed by a suite of speakers on a variety of topics around the theme of Keeping Safe in the Home.

After the presenter's finish there will be an opportunity for attendees to avail of light refreshments so there will be lots of time for a cuppa and a chat.

There will also be a chance to peruse the stalls and stands at the Expo showcasing the groups, organisations and services on offer to Older People in Co Louth.

Community groups, active retirement groups, organisations working with and supporting older people and individuals are all welcome to attend.

The event is free however booking is advised, to book a place contact agefriendly@louthcoco.ie or 042 9324389 for further details.



There will be a free bus to and from the event from Dundalk and Drogheda departing at 9.30am, places limited booking therefore essential.

The Expo is also an opportunity for community groups, service providers and organisations who help older people to showcase their services or organisation.

If you would like to have a stall/pop up stand at the event, please contact agefriendly@louthcoco.ie or 042 9324389 for further details.



Alzheimer Café – Dundalk Library



Comhairle Contae Lú
Louth County Council



THE Alzheimer
SOCIETY OF IRELAND



Alzheimer Café

Dundalk Library



Tuesday, September 19th, 2023
From 11 am to 12.30 pm
(and every third Tuesday thereafter)

Speaker Maeve Montgomery
Dementia Advisor for Co. Louth
Topic: Early signs and symptoms of dementia
Demonstration of Magic Table
Live music and refreshments

The Café is a warm and welcoming place for people to come and meet others, also living with Dementia/Alzheimer's. Carer's, family and friends are all welcome!

Further information contact Dundalk Library :
0429353190

libraryhelpdesk@louthcoco.ie

No booking required, this is a Drop-In event and is FREE of charge.



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meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association



Monthly Meet Up in Raheny

This month at our monthly meet-up we had 50 people in attendance where our speakers were Bruce McDevitt, Age Friendly Ireland Regional Manager, Dublin City, and Niamh Reilly, Age Friendly Local Programme Manager - North Central Area.

They spoke to the group about different initiatives at play within Age Friendly Ireland and providing more information on the Older People's Council, while also will to answer any queries about joining the council.

Below is a picture of the volunteers with Bruce McDevitt (suited), Sheila Duffy, senior staff officer (fourth from left) and Niamh Reilly is nearly cut out of the frame, far right 🙄



RAMs in Rhythm

Following a very busy week singing at the Newcastle Community Week celebrations, and we were so privileged to receive an award for the Our Commitment to the Newcastle Community and the wider Communities.



We recently sang and entertained in the Citywest Ukraine provision centre for over 300 men. This was at the request of the IOM. It was a wonderful afternoon and so much enjoyed by all the men, and staff alike. Ten of our members participated in this most enjoyable evening, and we will be back again soon, to sing and entertain. Last week the RAMS I Rhythm received their just award for the Newcastle Lyons development Trust, for their tremendous contribution the community and the raising of such large amounts of funds for various charities.



A great picture captured by Stephen Lyons from the [Rathcoole Camera Club](#) last week as we received our Local Heroes Award on behalf of [Newcastle Lyons Development Trust - St. Finians Community Centre](#)... thanks Stephen for capturing the moment . Our Musical Director proudly accepted the plaque on behalf of the RAMS. To continue the momento of the week the RAMS again entertained at the afternoon tea dance organised by the Newcastle Lyons Development Trust, and everyone rocking to "Rock me Mama".

The RAMS in Rhythm finished off with the finale at the fun day carnival, with a rendition of all their favourite songs, with 'Over the Rainbow' being a real favourite with the children as they sang along with the "RAMS". Friday was a very special day, as we were invited to sing in the Capuchin Day Centre, for all of their guests and staff. Some member of the Dublin winning team brought the Sam Maguire Cup to the centre.



It was such a joy to see so many people having their photograph taken with the players, and the Sam Maguire, with our heroes, Mick Fitzsimons, Colm Basquell, Con

O Callaghan. The RAMS in Rhythm did not miss an opportunity to have a photo shoot with the players. Up the Dubs. Liam gave a wonderful rendition of Molly Molone, and he had all the guests singing along. Finishing off with "Dublin in the Rare Old Times, Ring a ring a Rosie as the lights declines, I remember Dublin city in the rare old times.

With the forthcoming, Our Lady's Hospice Coffee morning, the RAMS in Rhythm will be singing at the Square Shopping centre from 12 noon on Friday 22nd September. The RAMS are always so grateful to the management of the Square, for facilitating us at the main concourse and to the delight of all the patrons and shoppers. It is a busy time now for the group, as with community events, visits to nursing homes, Tallaght University Hospital, Peamount hospital, and fundraising soon in Whitewater Newbridge for the Down Syndrome Kildare

With Christmas fast approaching, we will soon be practicing our carol singing, and Christmas songs.
So a busy time ahead for us RAMS.

Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone.

Please **email us** your news to us at agefriendlyireland@meathcoco.ie before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget, we are on **social media** so why not follow us for all the up to date information on all things Age Friendly happening around the country 😊

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)
Facebook: Age Friendly Ireland
Instagram: agefriendlyireland

International Updates



IFA Global Café | Changing Perspectives with Ms. Joanna Maxwell

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ms. Joanna Maxwell who will discuss the "Changing Perspectives: lessons from an ageism awareness intervention in Australia."

ifa Global Café
in conversation with experts

"CHANGING PERSPECTIVES: LESSONS FROM AN AGEISM AWARENESS INTERVENTION IN AUSTRALIA"

September 8TH 2023
07:00 AM EST

Ms. Joanna Maxwell
Australian Human Rights Commission

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>

A recording of this event will be available on the Federation's website
<https://ifa.ngo/ifa-global-cafe/>

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