

National Updates

Age Friendly Ireland at the 92nd National Ploughing Championship 2023

Age Friendly Ireland had a strong presence at the National Ploughing Championships in Offaly this week.



We were delighted to share a stand with Age Friendly Laois plus we had our Healthy Age Friendly Homes Coordinators join us too.

We shared leaflets and information on how we are working to create an Age Friendly society, how to join your local Older Person's Council as well as information on how to refer or be referred into the Healthy Age Friendly Homes programme, there was lots of interest and plenty of questions.



Hundreds of people visited our stand over the 3 days, including some very special visitors such as President Michael D Higgins, Garda Commissioner Drew Harris, Neven Maguire and Minister for Agriculture, Food and the Marine, Charlie McConalogue TD. It was worth wading through all the mud!

National Network of Older People’s Council Meeting and Chair Election 2023



An in-person meeting of the National Network of Older People Council took place in Local Government House in Dublin on 18th September. This was a very special meeting as we said goodbye to our outgoing Chair Kitty Hughes and welcomed the newly appointed Chair Ita Healy.

Kitty has been an amazing chair for the national network, including speaking at national conferences, international events, contributing to working groups, and taking part in numerous consultation processes to represent the views of older people. She performed her role effortlessly, including throughout the pandemic years which meant supporting older people to adjust to online meetings. We would like to thank Kitty for all her wonderful work and for her dedication in all things Age Friendly. Kitty will continue to engage with her local Older People’s Council in Longford.



Age Friendly Ireland -NGO Forum Networking Day

Non-Governmental Organizations



Our annual networking day with NGOs in the ageing sector is coming up on **11th October** in The Ashling Hotel.

The day will consist of presentations, discussions and networking.

To find out more contact ecoveney@meathcoco.ie



Rialtas na hÉireann
Government of Ireland

Minister for Mental Health and Older People marks World Alzheimer's Day 2023



Minister for Mental Health and Older People Mary Butler TD marked World Alzheimer's Day 21st September by announcing the recruitment of over 160 staff to support the development of new Memory Services across Ireland for Alzheimer's disease and other dementias.

Ten new Memory Assessment and Support Services are being established in Mayo, Sligo, Waterford, Wexford, Cavan/Monaghan, Donegal, Kerry, Limerick, Mullingar and Galway. In each location, multidisciplinary teams consisting of medical, nursing and therapy staff will undertake up to 300 new assessments per year and serve a population of up to 150,000 people.

Read more [HERE](#)

Today is Make Way Day



"Make Way Day" is a campaign that brings the disability and wider community together to consider the needs of people with disabilities in the public spaces we all share.



It is led by the Disability Federation of Ireland and is a unique collaboration across Ireland and the voluntary and local government sectors. But most of all it's about people with disabilities.

But everyone can get involved. And everyone should get involved because we've discovered thoughtlessness is the big issue. We've compiled a terrible top three of obstacles that stop people with disabilities in their tracks.

For more information click - www.makewayday.com



NCT will 'revisit' cashless decision if government mandates state bodies to accept cash



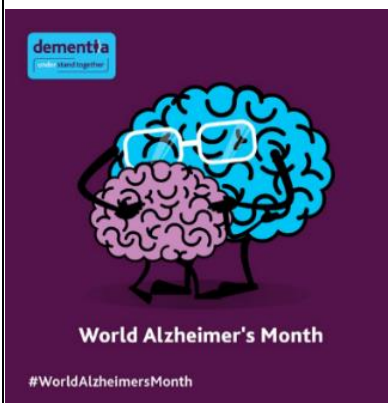
The Chief Operations Officer of the National Car Testing Service (NCT) told an Oireachtas committee today that the service will “revisit” its decision to go cashless if the government forces them to accept cash.

During a meeting of the Transport and Communications committee today, Brendan Walsh, the COO of the RSA said if accepting cash becomes a requirement, the service will work to make sure it meets the obligation.

Read more [HERE](#)



World Alzheimer's Month



This World Alzheimer's Month (WAM), the Dementia: Understand Together campaign is encouraging people and organisations to take simple actions to help raise awareness of dementia and the things we can do to improve and maintain our brain health.

The theme for WAM this year is “Never too early, never too late” with a focus on risk factors and risk reduction.

With the number of people living with dementia set to more than double by 2045, it has never been more important to recognise the risk factors associated with dementia and take proactive steps towards risk reduction. Through promoting brain health we hope to emphasise how by keeping our brain healthy we can delay and potentially prevent the onset of dementia, and encourage greater wellbeing for those with a diagnosis.

www.understandtogether.ie/get-involved



HSE Talking Health and Wellbeing Podcast, Episode 23 - Healthy Lunchboxes for Kids



In this episode we talk to Marian McBride, HSE Health & Wellbeing Dietetic Lead, about Healthy Lunchboxes for Kids and much more. There are lots of tips about healthier food options to try at children's meal times and advice about what foods to include and what to leave out.

Hosted by Eamon Keogh, the episode includes new ideas on how to achieve a balanced diet for children. Marian shares her professional and personal experiences about the most effective ways to introduce new foods into a child's diet. She explains why it is important to support kids at a young age to develop a healthy relationship with food and what that means.

She also talks about how parents should give themselves a break and while it may not work the first time, she encourages parent's to keep trying to introduce those healthier options into meal times and into lunchboxes. For more information and ideas visit: www.makeastart.ie or <https://www2.hse.ie/living-well/healthy-eating>

Marian also talks about the resources HSE Health & Wellbeing have developed to support schools and teachers to create a healthier food environment. All designed to help all children to eat a balanced diet at home and at school.

Listen and follow wherever you get your [Podcasts](#) or on the [HSE Health and Wellbeing YouTube channel](#).

Assisted Decision-Making Act, Public Awareness 'BOOSTER' Campaign, September 2023



A New Law on Assisted Decision-Making has Commenced

PRESUME I HAVE CAPACITY

Safeguarding IRELAND 



comhairle chontae na mí
meath county council



Safeguarding Ireland has launched a two-week public awareness campaign to promote greater public understanding and application of the Assisted Decision-making Capacity Act, which came into effect in April. The law or Act is one of the most significant new bodies of social legislation in Ireland for many years and is designed to uphold people's rights, particularly among vulnerable adults.

Safeguarding Ireland Chairperson Patricia Rickard-Clarke encouraged every person, professional and organisation to make the effort to become familiar with the law – and importantly to now apply it.

“The new law is about rights and taking every possible step to assist people to continue making their own decisions about their health, finances, housing, work or personal welfare – even if there are challenges in doing so due to capacity.

“It is of particular importance for people who have challenges with decision-making such as those living with frailty, dementia, an intellectual disability, an acquired brain injury, or mental illness. But it may be important to all of us at certain times in our lives.”

Also included in the law is guidance for doctors, lawyers and financial providers such as banks on actions they must take to uphold the rights of all people to decision-making.

To coordinate this major change, a new State Agency called the Decision Support Service (DSS) has been established and is responsible for promoting public awareness, to register the new decision support arrangements, to provide oversight and to resolve issues which arise.

Adult Safeguarding Day 2023 will take place on Friday, November 10th.

For more information visit: www.safeguardingireland.org

Local Updates

Gorey Library Events



Movie Memories! - Monday 25th September - 11:00am to 12:45

Why not join us for some Movie Memories? How about 'The Scarlet and the Black' with Gregory Peck? Or 'The Big Sleep' with Bogart and Bacall? Have your say in the film by dropping in and voting for your favourite. Just pick up a flyer in our reading area and vote or browse our DVD's and suggest your personal favourite.

Register at: <https://wexfordcoco.libcal.com/event/4081049> or phone us on 053 9483820

Scrabble - Every Tuesday at 7pm

Drop in and join our scrabble club.

New members welcome.

Chess Club - Every Thursday at 7pm

Phone us on 0539483820

Sensory Friendly Quiet Hour - 4-5pm every Saturday



Wexford Dementia Alliance Pop-Up Dementia Café
Hosted by GRANTSTOWN DAY CARE CENTRE.
Wellingtonbridge Co Wexford. Eircode: Y35D4C4



Date and Time: Friday 29th September 2023
10.00am – 12.30pm
(Last Friday every month)

This **FREE OF CHARGE** Pop-Up Café facility is open to people in the community **living with or concerned about dementia**. Are you caring for a family member? We are reaching out to you to come to our Café. You are welcome to bring a friend and/or your family member.

- **Doors open 10am**

We are honored to have Deirdre who will share with us the loving experience of caring for her husband Ed who is living with Dementia. Deirdre has championed the benefits of using creativity as a caring strategy and will share with us some of her poetry from their Dementia Journey.

- **Informal opportunity to meet, share ideas & get support.**

Guest speaker (11am): Deirdre Mc Garry
Presentation: "Our Dementia Journey"

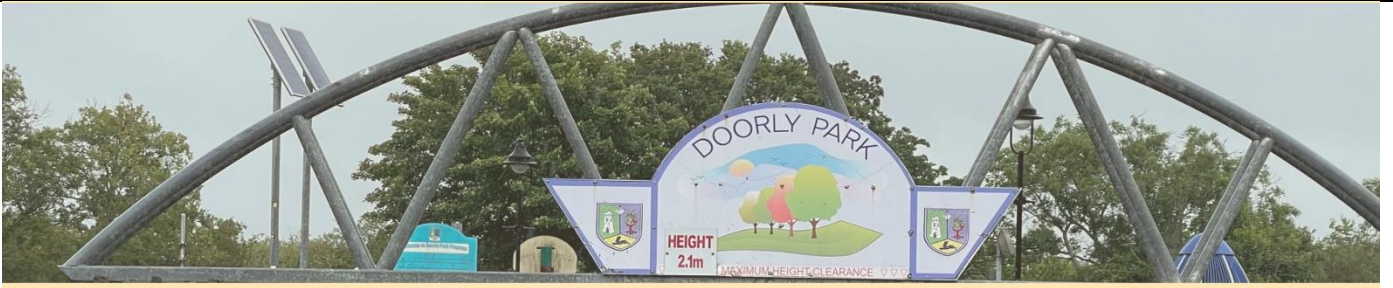
For further information please: Contact 051 561016
manager@grantstownpriority.com, Eircode: Y35D4C4

Wexford Dementia Alliance



comhairle chontae na mí
meath county council





WALK & TALK

WITH AGE FRIENDLY SLIGO

DOORLY PARK

(MEET AT CAR PARK)



THURSDAY OCTOBER 5TH
REGISTER FROM 10.30AM,
WALK START 11.00 AM

DISTANCE
2KM OR 4KM
*Refreshments on
Return*



COMHAIRLE CONTAE SHLIGH
SLIGO COUNTY COUNCIL



Sligo.



All Irish Dance (Munster Academy) & Age Friendly Limerick

International Day of Older Persons

FREE CÉILÍ



1st October 2023

2pm to 4pm

St Johns Pavillion, Mulgrave Street, Limerick



Tickets limited – book here:

<https://www.eventbrite.com/e/international-day-of-older-persons-inclusive-ceili-tickets-716862393717?aff=oddtcreator>

Kildare Age Friendly Programme Road Show



As part of Kildare Social Inclusion week, the Kildare Age Friendly Programme are on the road again. This Age Friendly event takes place on Wednesday 27th September from 9.30am to 2.30pm in the Hamlet Court Hotel.

As a direct follow on from the Mart event we are going Rural with our upcoming roadshow. We are delighted to be joined by several National Organisations and in particular the Marie Keating Foundation who will provide the mobile unit for the day.

We will have a very busy morning followed by Live music and Social Dancing until early evening.

KILDARE AGE FRIENDLY ROADSHOW

WEDNESDAY
27TH
SEPTEMBER



AN INFORMATION MORNING ON AGE RELATED TOPICS:

- Age Friendly Homes
- Technology
- Patient Pathways
- Marie Keating Foundation breast check mobile unit
- Stroke prevention talk with the Irish Heart Foundation
- Crime prevention
- Cooking Demo with Mary Grufferty
- National and Local service providers

LOCATION
HAMLET COURT
HOTEL, JOHNSTOWN
BRIDGE, A83 WC04

TIME
10:00AM -
2:00PM

Registration is essential. To register, please email:

jmcpartin@kildarecoco.ie

MARIE KEATING MOBILE UNIT
WEDNESDAY 27TH SEPTEMBER HAMLET
HOTEL- 9:30AM- 2:30PM

IMPORTANT ANNOUNCEMENT



Free to all information Mobile unit:

The Marie Keating Foundation will be bringing its mobile unit to the Kildare age-friendly roadshow on the 27th of September from 09:30 to 14:30. Anyone is welcome to come to the unit on the day and speak with one of the specialists' trained nurses. The aim of the Marie Keating Foundation is to bring life-saving messages on cancer prevention and early detection to as many people as possible. They will be providing information on the day in relation cancer prevention and what steps you can take to help reduce your risk. They will also have information on the most common cancers in Ireland and signs and symptoms to look out for. This is a free service, and they are happy to speak to individuals or small groups and answer questions you may have. Please note there is no cancer screening provided.



Join us for dlr Festival of Inclusion 2023



Dún Laoghaire-Rathdown (dlr) County Council is delighted to host the dlr Festival of Inclusion every autumn. The aim of the annual dlr Festival of Inclusion is to highlight and celebrate social inclusion initiatives and to support and encourage all to actively participate and engage in the community

'Belonging | Muintearas' is the overall festival theme this year with activities and events taking place from Thursday 28th September – Sunday 8th October 2023 across Dún Laoghaire-Rathdown and also events running during October.

This community based social inclusion events programme showcases the many groups and organisations bringing people together to connect and celebrate community well-being and raise awareness, provide supports and promote belonging, social inclusion and diversity in dlr.

Dún Laoghaire-Rathdown County Council is delighted to support dozens of organisations and community groups with hosting activities and events.



**Dún Laoghaire-
Rathdown
County Hall
Marine Road**

**Friday 29th September
Registration 10:00 AM**



**CLIMATE
action workshop**



1/2 Day Workshop

"I liked the breath of information provided as well as the sharing of other peoples ideas"
Lower Kimmage Road Residents' Association



Climate Action

"I really enjoyed the clear and excellent range of illustrative slides delivered professionally by Gavin Harte"
Ratoath Men's Shed



Local Site Visit

"I felt empowered on the steps I can take to involve myself in Climate Action"
Clashmore and Kinsalebeg Community Council

Lets Talk Climate Action:

This workshop runs from 10AM to 4PM including lunch and an afternoon site visit to Fernhill Park for Age Friendly Ireland network members to better understand the need for climate action at a local level.

1. An introduction to climate science, impacts and solutions
2. A focus on energy saving, carbon footprint and home energy upgrades.
3. A facilitated workshop to identify possible climate actions at a local level
4. **Lunch followed by a walking tour of Fernhill Park**



**Regional
Climate
Action
Workshops**



Contact Karen Heffernan email: kheffernan@DLRCOCO.IE

- [‘Let’s Talk Climate’](#) – Age Friendly Ireland Climate Action Training & Guided trip to Fernhill Park, Friday 29th September, 10.00 – 16.00
- [Tea Dances to celebrate UN International Day of Older Person’s](#) Sunday 1st October, Ballinteer St. John’s GAA Club, Sallynoggin Inn, [Nutgrove Shopping Centre](#) & [St. Joseph of Cluny Mainhall, Killiney](#)
- [Getting back to Walking – Walk & Talk session](#) organised by DLR Social Prescribing for Health & Wellbeing & DLR Sports Partnership, Tuesday 3rd October, 10.45a.m
- [Garda Older Person’s Association – Safety & Security Seminar](#) on Banking Fraud, Personal Safety & Security & Decision Support Service, Wednesday 4th October, Ballinteer St. John’s GAA club, 14.00 – 17.00
- [Southside Travellers Action Group](#) – Fashion Show & Coffee Morning, Thursday 5th October, 11.00 – 13.00
- [The Big Sing!](#) - Community Choirs & Newpark Community Orchestra in St. Michael’s Church, Dún Laoghaire – all welcome to join in the singing! Sunday 8th October, 15.30 – 17.00

dlr FESTIVAL OF INCLUSION 2023 PRESENTS

THE BIG SING

ST. MICHAEL'S CHURCH,
MARINE ROAD,
DÚN LAOGHAIRE

**SUNDAY
8 OCTOBER
2023**
3.30PM - 5.00PM

All welcome
FREE EVENT
Song Words
provided

No booking required,
come along on the day!

FURTHER INFORMATION:
Community Section,
Dún Laoghaire-Rathdown
County Council
01 205 4893
community@dlrcoco.ie

events.dlrcoco.ie



Garda Older Persons Association (GOPA)

Safety & Security Seminar 2023

Date: Wednesday 4th October 2023 | 2p.m - 5p.m
Venue: Ballinteer St. John's GAA Clubhouse,
Grange Rd, Rathfarnham, D16 YF75

Welcome address: Councillor Denis O' Callaghan, Cathaoirleach,
Dún Laoghaire-Rathdown County Council

The Assisted Decision-Making Act 2022
- Having control of our own decision-making as we age
Presentation & Q+A with Patsy Fitzsimons, Head of Complaints & Investigations,
Decision Support Service

Fraud is Everywhere - Know how to protect yourself
Speakers & Q+A with: Niamh Davenport, Head of Financial Crime,
Banking & Payments Federation, Ireland.
Sergeant James Malone, An Garda Síochána,
Tony McCarthy, dlr Seniors Alert Scheme

All welcome! - Fáilte mhór roimh chách!
Free event, refreshments provided
Spaces limited and to book your place,
contact the Community Section, dlr County Council at
01 205 4893 or email community@dlrcoco.ie






[dlr Festival of Inclusion Events pages](#)



Dance, Dip and Dive @ Clontarf Baths

Tuesday 26th September at 10am

Age & Opportunity is offering older people, either individuals or groups, the chance to try a new sport or activity for the first time, during the 2023 European Week of Sport, 23rd-30th September.

All events are free to attend and will cater for different abilities. You don't need to have any experience to come along and try something new!

**For details of events or to register please contact:
Nicole Evans at nicole.evans@ageandopportunity.ie**



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](https://www.facebook.com/agefriendlyireland)

Instagram: [agefriendlyireland](https://www.instagram.com/agefriendlyireland)

International Updates



IFA Global Café | In Conversation with Dr. Ruth McDermott-Levy

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Ruth McDermott-Levy on "Climate Change and Older Adults."



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