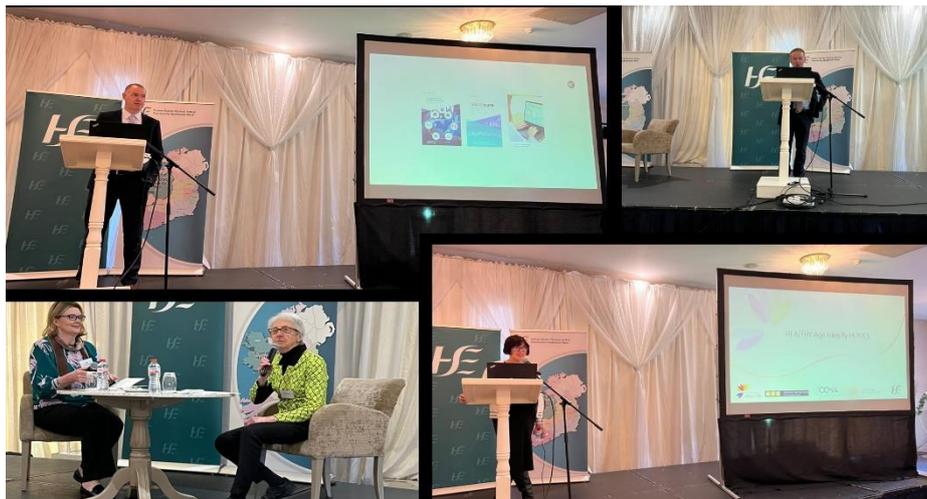


National Updates

HSE Event in Mayo



'Improving the experience of older people along a continuum' event took place in Mayo on Wednesday 8th November.

Des Mulligan, Head of Service - Older Persons, Community Healthcare West, HSE and John Fitzsimmons Chief Executive of CH02 area gave presentations along with Marie Nolan Regional Coordinator for Healthy Age Friendly Ireland.

Mairead Cranley, North Regional Programme Manager for Age Friendly Ireland, Maura Murphy, Mayo Programme Manager and Francis Kane, Coordinator for Healthy Age Friendly Homes Programme were also present at the event.



There were many delegates from the Older People's Council's present and they engaged in the conversation and contributed to the improvement process.

Creativity for Wellbeing

Creative Ireland hosted a 'Creativity for Wellbeing' event on 8th November in the Morrison Hotel, bringing together HSE health and wellbeing, local authorities, Age Friendly Programmes and Creative Ireland practitioners.



There are strong policy objectives both nationally and internationally for incorporating creative activity into a health and wellbeing approach. Greg Straton from Healthy Ireland highlighted a 2019 World Health Organization report on the role of the arts in wellbeing. The Creative Ireland and Healthy Ireland Programmes would like to strengthen structures for collaboration.

There are many positive models that demonstrate where creative activities support health and wellbeing, particularly since Covid, such as music in nursing homes, the Fingal 'Vintage Picnic', the 'Cupán Ceol' in Galway City, art exhibitions in hospital settings, and various programmes in schools that support children's wellbeing. New staff in 'Creative Community Engagement' positions in local authorities will further support this work. Age Friendly Ireland has also developed six bespoke models for creative activities for older people which were delivered on a regional basis in 2022. We look forward to further collaboration with Creative Ireland and Healthy Ireland in the delivery of creative opportunities for older people that support health and wellbeing.



Names: (left to right) Alice Corbett, Tania Banotti (Creative Ireland), Rachel Minch (Creative Ireland), Emer Coveney, Siobhan Nic Gaoithin (DLR Age Friendly)



Healthy Age Friendly Homes

Active Retirement Mid West Regional Autumn Council Meeting



It was a busy week in Limerick as the Regional Active Retirement Autumn Meeting for the Mid-West took place in the Greenhills Hotel. Councillor Gerald Mayor of the City and County of Limerick opened the meeting which was well attended by representatives from Active Retirement Groups across the Mid-West. National President of ARI (Active Retirement Ireland) Kevin Monaghan and CEO Maureen Kavanagh provided updates to the group and Jillian Robinson HAFH coordinator gave a presentation on the benefits of the HAFH programme. The attendees were very engaged and interested in learning about the HAFH programme. There were laughs and chats and of course tea and coffee with scones.

Photo: Councillor Gerald Mayor of the City and County of Limerick with Active Retirement members from Mid-West Region



Photo: Councillor Gerald Mayor of the City and County of Limerick with Mary Hallinan Limerick Older Peoples Council - Councillor Gerald Mayor of the City and County of Limerick with Jillian Robinson HAFH Coordinator Limerick City and County

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**



Nursing home employees celebrated at National Care Awards

8th November 2023: Eight outstanding nursing home employees have been honoured at the Nursing Homes Ireland Care Awards, in association with Homecare Medical Supplies.

Hundreds of nominations were received, and 24 finalists went forward to the national awards ceremony that took place Tuesday 7th November in The Round Room at The Mansion House. 24 finalists from counties and communities across Ireland went forward for seven awards and one Overall Excellence Award. The eight winners come from nursing homes in counties Cavan, Dublin, Galway, Mayo, Meath, Westmeath and Wicklow.

The winners include an 82-year-old employee who hosts a range of activities to support nursing home residents, a staff member with a hearing impairment who supports deaf residents adapt to their new home, nurses, a senior carer, activities manager, maintenance manager, kitchen assistant.



The Overall Excellence Award winner was Kathleen Dunleavy, Activities Therapist at Esker Lodge Nursing Home in Co Cavan. Kathleen has been employed in Esker Lodge since 2004. 82-years young, she now works in Esker Lodge two days per week. She set up a men's card club and a bridge club, playing herself, undertakes one-to-one chair exercises with residents, reads to them, sings, reads poetry, organises resident outings, and sits with them to lift their spirits. She has also established a book club in Esker Lodge. When Kathleen could not visit the nursing home during Covid19, she wrote a letter every week that was read out to the residents to lift their spirits and provide comfort.

The winners claimed their honours before 300+ representatives from Ireland's nursing home, older person care and health sectors at Tuesday's awards ceremony. RTE presenter Mary Kennedy was the event MC.

For more information click [HERE](#)



BusConnects Cork Sustainable Transport Corridors - 3rd Round Public Consultation

Monday 6th November 2023, the National Transport Authority (NTA) published, for a third round of public consultation, updated proposals for 11 Sustainable Transport Corridors as part of the BusConnects Cork programme. The consultation period will run from Monday 6th November 2023 until Monday 18th December 2023.

The Sustainable Transport Corridors involves the implementation of bus priority arrangements and cycle tracks along key radial bus corridors around Cork City. The Sustainable Transport Corridors are designed with the aim of making the bus system operate more efficiently and to encourage more people to cycle by developing the appropriate infrastructure

This comes following two rounds of public consultation between June and October 2022 and between March and May 2023. Between March and May 2023, we held our second round of public consultation on the Sustainable Transport Corridors and approximately 4,400 submissions were received. The NTA have carefully considered these submissions, together with other feedback received from extensive community engagements undertaken over the intervening period, and have developed updated proposals, representing the “Preferred Route Option”, for each Sustainable Transport Corridor.

Information on the following can now be found on our website www.busconnects.ie/cork/:

Public Consultation

The consultation period will run from Monday 6th November 2023 until Monday 18th December 2023.

Submissions or observations can be made via the NTA public consultation portal on our website www.busconnects.ie/cork/

Postal submissions can be sent to:
BusConnects Cork,
National Transport Authority Cork Office,
Suite 427,
1, Horgan’s Quay,
Waterfront Square,
Co Cork. T23 PPT8.

Participate in the Maynooth University Study: Old and Alone: Analysing Ireland’s growing ‘elder orphan’ population.

Researchers at Maynooth University’s Department of Geography are seeking to explore older adults’ experiences of aging alone in Ireland and seeks to understand the importance of health and wellness in older age. In particular, we are interested in talking to people who can be defined as ‘elder orphans’, living alone and with no immediate family care support around them.

We are interested in the views of anyone aged 55 years or older, who fit the definition of elder orphans. We wish to find out more about peoples' experiences of their care and support needs, how these are or are not met and their general perspectives of their local environments, taking into account any issues and challenges they may encounter.

The acknowledged views will be used to document a range of difficulties, but also positive things that people may be experiencing and the role place and where you live, impacts on their health and wellbeing as you age. The aim of the interviews is to identify knowledge that will feed into a doctoral study, but also help inform future thinking on policy in this area.

We will be holding one to one interviews either in person or online, in the coming weeks, and hope that some members of Age Friendly Ireland might be interested in taking part.

If so, please contact the researcher directly to find out more details and to make arrangements to meet and talk at

sadhbh.gorman.2021@mumail.ie



New Podcast with Mental Health Ireland CEO, Stress Control Online & Upcoming Webinars

HSE Talking Health and Wellbeing Podcast, Episode 31 – Mental Health Ireland

In this episode of the HSE Talking Health and Wellbeing podcast, host Fergal Fox talks to Martin Rogan, the CEO of Mental Health Ireland. They discuss the organisation's work in promoting mental health and wellbeing, the importance of collaboration and understanding in mental health promotion, and the impact of the COVID-19 pandemic on mental health. Martin emphasises the need for a holistic approach to mental health and highlights the fundamental role of parenting. He tells us about the coproduction model utilised by Mental Health Ireland and the priority of engaging with people with lived experience of mental health, to inform all their developments.



He also shares his insights into successful mental health promotion research and models implemented in other countries. Martin is also working with the Department of Health on their Mental Health Promotion Plan and shares his insights into that work. It all makes for an uplifting and engaging conversation about mental

wellbeing. For information on Mental Health Ireland go to their website: www.mentalhealthireland.ie and for a full range of information and advice about your mental health and wellbeing, including mental health issues, coping with difficult situations and helping someone else go to www.yourmentalhealth.ie on the HSE website.

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



Rialtas na hÉireann
Government of Ireland



The Government 'Be Winter Ready' 2023 - 2024 Information Campaign

The 2023 – 2024 campaign focuses on the important message of “Road Safety – Plan, Prepare, Be Aware”. An information leaflet containing Road Safety advice and guidance on driving during the winter period has been published to support this year’s campaign. More information can be found in the campaign Leaflet and Booklet, which are available below.

The campaign highlights the ‘whole-of-government’ approach being taken to winter preparations. It aims to provide advice and information to the general public on issues which may affect them during the winter months in Ireland, such as how to prepare for severe weather, where to source information, and personal actions that can be taken in order to become more resilient in their winter readiness.

Visit the [Be Winter Ready website](#) for more information and advice on how to prepare for winter. You will also find a number of targeted leaflets on themes such as Guidance on Flooding, Preparing Businesses and Farms for Severe Weather, and Healthcare advice.

To view the full document click [HERE](#)

The Be Winter-Ready public information campaign is a "Whole of Government" initiative to provide information on a wide range of topics. Information from Government Departments and Agencies on how to be ready for winter is contained on our website winterready.ie



Be Aware – Drive Safely in Hazardous Conditions

- Strong winds - beware of fallen trees, other debris and high-sided vehicles, particularly when overtaking.
- If driving a high-sided vehicle, try to anticipate exposed sections of roadway where winds will be stronger.
- Snow and ice - are worse in areas of higher ground, try to reroute. Remove all snow and ice from your vehicle roof before you depart.
- Never drive through flooded roads. Water can be deeper than it seems. Find another route.
- Hailstones - can remain on the road surface. Reduce your speed and avoid braking, if possible.
- Switch on your fog lights when driving through fog. Remember to switch off once fog clears.
- Sun glare - can dazzle. Reduce speed, clean your windscreen inside and out, and keep a set of sunglasses in your vehicle.
- When getting out of your vehicle on the road - ensure to wear a high visibility jacket and use your hazard lights. On a motorway, stand behind the safety barrier and call for assistance immediately.

Be Aware – The Basics in Severe Weather Conditions

- Be informed of all weather and road conditions ahead of your journey.
- Don't take chances - consider postponing your journey.
- Prepare your vehicle before setting off.
- Give yourself extra time to allow for delays.
- Slow Down!

WATCH OUT FOR OTHER ROAD USERS:
Slow Down and give pedestrians, cyclists, and motorcyclists more space when over-taking. They may need to avoid an obstacle in the road, may skid in icy and snowy conditions, or get blown off course in strong winds.

VULNERABLE ROAD USERS – BE SAFE, BE SEEN
Pedestrians: Always use pedestrian crossings and footpaths where available. If no footpath is available, walk on the right-hand side of the road, facing traffic. Wear bright or high visibility clothing.
Cyclists: Take care in very windy or icy conditions. Wear a helmet. Ensure front and rear lights are working.
Motorcyclists: Wear protective equipment. Slow down and ease off the throttle. Ensure front and rear lights are working.



FOR FURTHER INFORMATION VISIT:
www.met.ie For weather forecasts and warnings. Download the Met Éireann App to stay informed.
www.rsa.ie Visit the RSA website (Search Severe Weather) for more detailed advice on driving during severe weather.
If your business operates company-owned vehicles, or you drive as part of your work, for useful advice visit www.hsa.ie/eng/vehicles_at_work/

MET Éireann RSA ISA
www.gov.ie www.winterready.ie
OEP Phone: 01-237 3800
Twitter: @emergencyIE
E-mail: oepeg@defence.ie

Be Winter-Ready

ROAD SAFETY

Plan, Prepare, Be Aware





Rialtas na hÉireann
Government of Ireland

Plan – for your Journey

During Severe Weather Conditions:

- Consider delaying until weather and road conditions improve.
- Use public transport where available. Check individual Transport operators for possible service disruptions and updates.



If delaying is not possible, prepare by:

- Checking the weather at www.met.ie. The best road conditions are likely to occur between 10am and 4pm but pay attention to weather warnings.
- Visiting Transport Infrastructure Ireland at <https://traffic.tii.ie/> and follow them on Twitter @TIITraffic for live updates on conditions motorways and national road conditions.
- Checking An Garda Síochána website www.garda.ie or Twitter @GardaTraffic for travel warnings and updates on road conditions.
- Tuning into your local radio station for latest updates and Local Authority notices in your county.
- Looking at your route on a map. Don't rely totally on a sat-nav / GPS - Ensure it does not pre-select routes which may be hazardous (narrow back roads or across mountainous areas).



Prepare – for Winter Driving

VEHICLE CHECKS

- Get your vehicle serviced before winter sets in. Ensure it is ready for winter weather conditions.
- Check the brakes, lights, wipers, tyre tread and de-mist functions.

WHAT CAN I DO TO PREPARE MY VEHICLE?

- **Lights** - Ensure all indicators, headlamps and fog lights are clean and working.
- **Liquids** - Ensure the water reservoir is up to the maximum mark and correctly mixed with anti-freeze. Top up your coolant and screen wash.
- **Toil** - Check and top it up when needed. Look for signs of leakages on the ground under the vehicle.
- **Electrics** - Check your dashboard before and after starting the engine. Listen for a weak battery and replace, if necessary.
- **Windscreen Wipers** - Clean them regularly and replace every 12 months.
- **Safety Assist** - Check your vehicle's owner's manual for any extra safety assist technology it may have, e.g. Advanced Braking System (ABS).

YOUR TYRES CAN SAVE YOUR LIFE

- Tyres are your vehicle's only contact with the road.
- Check your tyre treads and pressure, including the spare tyre. The minimum legal limit is 1.6mm for a car (1mm for motorcycles), but a minimum tread of 3mm is advised.

Prepare – for your Journey

If you MUST travel, prepare for severe conditions by:

- Keeping your vehicle fuel tank close to full during the winter. Ensure you have adequate fuel for the journey.
- Allowing extra time and letting someone know your route and your expected arrival time.
- Listening to regular updates from your local radio station.
- Making sure your vehicle has emergency equipment before you leave.

EMERGENCY EQUIPMENT TO HAVE IN YOUR VEHICLE

- High visibility vest
- First aid kit
- A hazard warning triangle
- A torch with charged batteries
- A charged mobile phone - to call for help or find your location's Eircode
- Food and drink supplies



- De-icing equipment: Ice-scraper or de-icing spray
- Appropriate clothing and footwear - if you must leave your vehicle



Adult Safeguarding Day 2023

Adult Safeguarding Day, Friday Nov 10



The public awareness drive is an annual initiative of Safeguarding Ireland, supported by the HSE, and now in its third year. It is also being coordinated in partnership with organisations across the health, social, financial and justice sectors.

The aim is to raise a greater understanding of adult abuse and

safeguarding and the emphasis this year is on 'go to' actions all adults can take to Plan Ahead and reduce their risk of adult abuse.

Safeguarding means putting measures in place to uphold our rights, to support our health and wellbeing, to reduce our risk of harm – and to empower us to protect ourselves.

Safeguarding involves ourselves, our families, services and professionals all working together to prevent and respond to adult abuse, neglect or coercive control.

Safeguarding means empowerment – that if we face challenges with our capacity, ability or independence our decisions are supported and respected.

For more information click [HERE](#)



comhairle chontae na mí
meath county council





DEMENTIA Conference

Please join us for a full day of information and workshops, aimed at family carers who are caring for a loved one with Dementia.

There will be six FREE workshops throughout the day along with 20 informational tables.

Book your free place through the Eventbrite link below!

-  Monday 20th November
-  10AM - 5PM
-  The Strand Hotel, Limerick



10am - 12pm
Leaning into Love: Grief for the Dementia Caregiver
Jennifer Stritch, TUS



10.30am - 12.30pm
Managing Behaviours that Challenge
Fiona Staunton, Alzheimer's Society



11am - 1pm
Assisted Decision Making Capacity Act
Decision Support Service



2pm - 4pm
Some Dance to Remember
Sean Donal O'Shea, Alzheimers Society and Carmel McKenna, All Irish Dance



2.30pm - 4.30pm
5 Ways to Wellbeing for Family Carers
Anna de Siun, Family Carers Ireland



3pm - 5pm
Down Syndrome and Dementia: A Family Carers Experience
David Kieran

Tea & coffee from 10am.

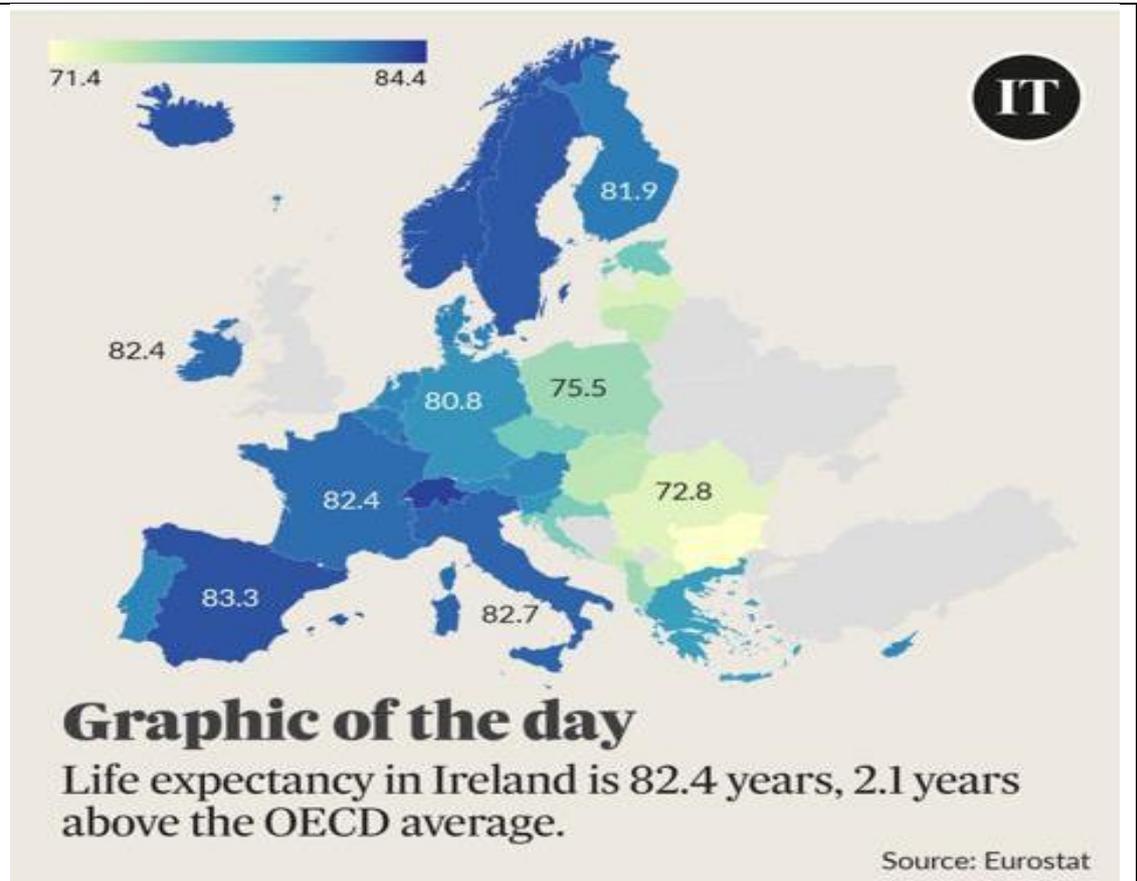
There is a subsidised lunch for €7.50 available at the hotel. To avail of this, please purchase a ticket.

www.familycarers.ie | Freephone Careline 1800 24 07 24



Regions with the Highest Life Expectancy

The Irish Times reports this week on Eurostat data that show that life expectancy in Ireland is 82.4 years, which is 2.1 years above the OECD average. The death rate here is well below the international average, and people are far less likely to rate their health as bad or very bad.



During the last decade, life expectancy in the [EU](#) rose at a relatively consistent pace until 2019, when life expectancy at birth was 81.3 years. Since then, 2020 and 2021 have recorded declines in life expectancy.

In 2021, the overall life expectancy at birth in the EU was 80.1 years. The life expectancy for women in the EU stood at 82.9 years, which was 5.7 years longer than that for men, who averaged 77.2 years. At the time of their birth, women are expected to live longer in all 242 [NUTS 2](#) regions where data is available. The largest gender gap was recorded in Latvia, where life expectancy at birth for women was 9.8 years higher. The smallest gender gap was observed in the French outermost region of Mayotte, where life expectancy for women was 2.3 years higher than that for men.

Local Updates



Wexford Library Events

Bunclody Library Knitting Group – Every Thursday 10.30am to 12.00pm
 New members welcome. No booking required!

A brief History of Rocketry, the Apollo Missions and updates on the Artemis Mission with Dr. Donnacha O'Driscoll – **Thurs 16th Nov at 7.00pm**
 As part of our WexSci Science Festival programme, join Dr. Donnacha O'Driscoll, for an interesting talk on the history of rocketry, the Apollo Missions and updates on the Artemis Mission.
Places limited, booking required.

Classic Science Fiction Film for Adults – Fri 17th Nov 11.00am to 1.00pm
 As part of our WexSci Science Festival programme, join us this morning for a screening of a classic science fiction film for adults. Booking required.

To book for these events please telephone 053 9375466 or book online at wexfordcoco.libcal.com.

Adult Safeguarding Day 2023



Cúram Sláinte Pobail Thoir
 Cill Mhantáin | Baile Átha Cliath Theas |
 Baile Átha Cliath Thoir Theas
Community Healthcare East
 Wicklow | Dublin South | Dublin South East

Adult Safeguarding Day 2023

Join Us! - 15th November

At our coffee morning in the Bray Primary Care Centre from 10.30am - 12.30pm

The event is an annual initiative of Safeguarding Ireland, supported by the HSE, and is now in its third year. This year's theme is 'Planning Ahead' to prevent adult abuse.

Event Contributors:



and others...



Hollyhill Library



Hollyhill Library Christmas Concert

Saturday 2 December at 1 pm

Featuring:

NICHE Sing Your Heart Out Choir
The Hill Harmonics Choir
SCRUBS CUH Workplace Choir
Singer/songwriter John Murphy
St.Vincent's GAA Male Voice Choir
Penny Dinners High Hopes Choir
Kalyna Ukrainian Choir

Admission free. All welcome!

**Plus free raffle, kindly sponsored
by Gurrabraher Credit Union.**



Leabharlanna
Libraries

Comhairle Cathrach Chorcaí | Cork City Council



Christmas Exhibition

"Waterford City and County"
at
Central Library, Lady Lane
from
Monday 4th Dec.-Christmas
*Come and see how local photographers
view our City and County*



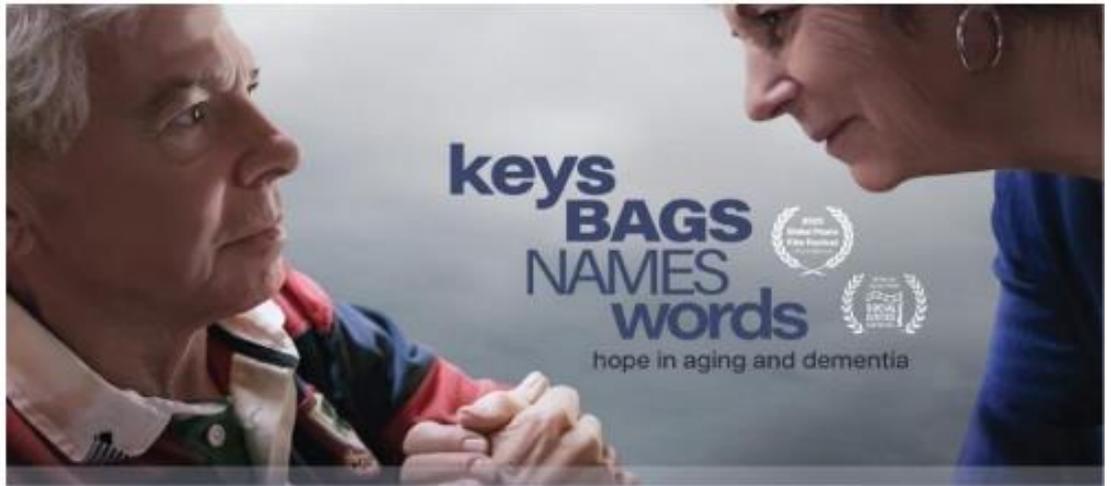
Christmas Exhibition in Central Library

Gorgeous exhibition with Waterford Camera Club in Central Library, Lady Lane, Waterford running from Monday 4th December until Christmas. A beautiful exhibition showcasing Waterford's finest areas. A must for Waterford locals and visitors.



comhairle chontae na mí
meath county council



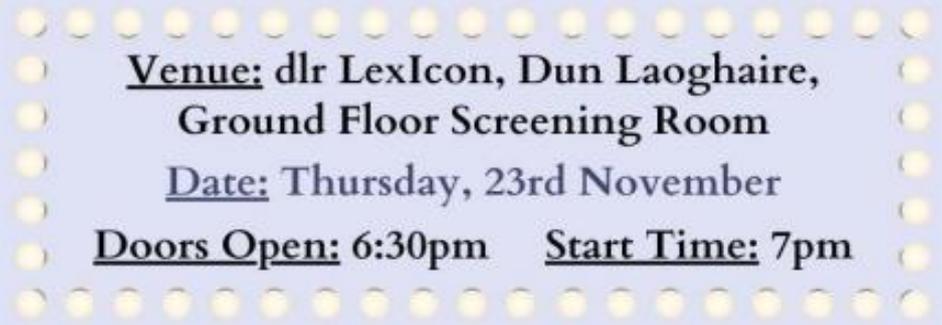


Engaging Dementia

are proud to host a special screening of:

Keys Bags Names Words

with kind support from Age Friendly Ireland and dlr Lexicon



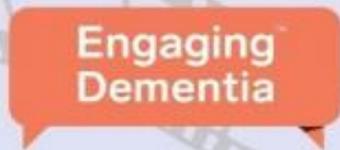
Venue: dlr LexIcon, Dun Laoghaire, Ground Floor Screening Room

Date: Thursday, 23rd November

Doors Open: 6:30pm **Start Time:** 7pm

Dr. Helen Rochford-Brennan will provide opening words
Helen is a Global Dementia Ambassador from Ireland who features in the film
Brian Lawlor, Site Director, Global Brain Health Institute, will join us for a panel discussion, along with expert speakers; and information stands

Tickets are free and available to book via Eventbrite
Limited tickets will be available on the door



Special thanks to:



Optimising your Gut Health



Tue 14 Nov 2023 11:00 - 12:00

Lismore Library, P51EK60

Join registered Dietitian, Aoife McDonald where she will share her knowledge on how to help improve your overall gut health on Tuesday 14th November at 11am in Lismore Library.

Gut Health

with Aoife McDonald, Registered Dietitian

Tuesday 14th November at 11am
in Lismore Library

Places are free - phone 058 21377
or email library@waterfordcouncil.ie to reserve a place



This presentation is free but places are limited. Click here to reserve a place.

The following topics will be covered in this presentation:

- What is gut health & why is it important
- The role of the gut microbiome
- How the gut changes as we age
- Foods to support a healthy gut
- Dietary fibre, probiotics, and prebiotics
- Meal planning & portion control
- Exercise, stress & sleep and their impact on the gut
- Q & A

This presentation is part of the Waterford Healthy Ireland at your Library initiative. For more information, please go to our website, here.

Aoife McDonald is a gut health specialist and CORU Registered Consultant Dietitian from The Digestive Health Clinic. She believes that taking control of your gut health can be one of the most important steps towards improving your overall health and standard of living.

For more information, please phone 058 21377 or email library@waterfordcouncil.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

Instagram: agefriendlyireland

International Updates



IFA Global Café | In Conversation with Dr. Alan Kaplan

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Alan Kaplan on “Tackling RSV: Raising Awareness, Driving prevention.”



A recording of this event will be available on the Federation’s website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

Useful Contacts and Info

Age Friendly Ireland Shared Service Office Telephone: **046 9032170**

Or Email: agefriendlyireland@meathcoco.ie

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