

National Updates

**All public libraries are Age Friendly!**

Today in Edgesworthstown Library, all libraries in Ireland were being celebrated and recognized as Age Friendly Libraries.

Minister Heather Humphreys awarded Age Friendly Recognition Charters to public libraries across Ireland to recognise progress made in providing enhanced services for older communities.



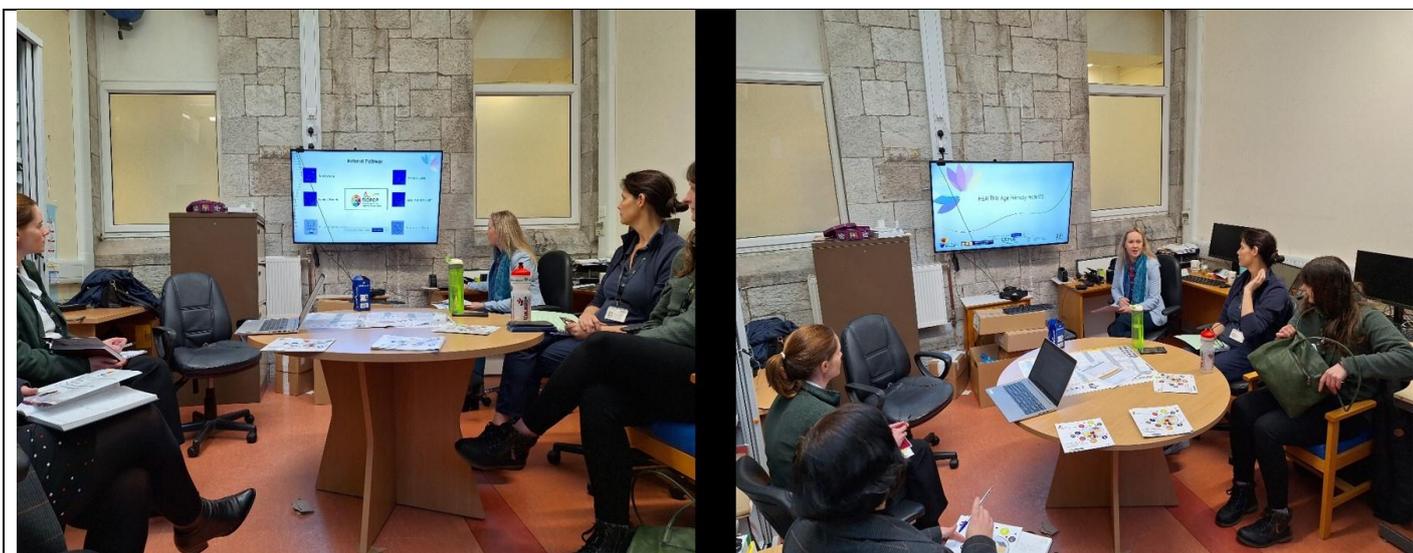
31 City and County Librarians were awarded with their Age Friendly Library Recognition charter. Congratulations to them all 🙌👏.

## Healthy Age Friendly Homes

Local Coordinators for Cork, Norah Conway and Aisling O Sullivan presented at the HSE Health Roadshow event in Bere Island on Thursday 08th February. The older people on the island attended this event where the speakers included the Public Health Nurse, Social Prescriber, Ambulance Service, Physiotherapist and the Healthy Age Friendly Home Coordinators.



HAFH presentation to ICPOP in St Finbarrs Hospital , Cork City. Jan 2023. It was a Blended meeting with HSE staff dialling in from all over St Finbarrs Campus and the City. OT staff and others very interested in the programme.



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**

## Dementia: Understand Together

Dementia: Understand Together is running a local radio partnership with 14 stations across the IRS Group (Clare FM, East Coast FM, Highland Radio, KCLR, KFM, Midlands 103, MWR FM, Northern Sound, Ocean FM, Radio Kerry, Shannonside, South East Radio, Sunshine 106.8 and Tipp FM) from **29th January until 11th February**.

**Thank you to all interviewees for your participation in the campaign.** Your insights are invaluable, and we will share a link to all recordings in next month's update email.

### Conferences and Events

- **Community Champion Welcome Workshop**

We have reached a **fantastic milestone of now over 1000 community champions** supporting the Dementia: Understand Together across the country.

Thank you to all new and existing champions for raising awareness for dementia and supporting people living with dementia in their communities.

We will be hosting the next **Community Champion Welcome Workshop on Wednesday 13th March from 12pm to 1.45pm, online via Teams.**

This workshop is specifically for new champions, as we explore the practical actions, we can take to ensure people living with dementia can stay connected and included in their communities and hear from people living with dementia and champions about their own experiences.

**Don't miss out. You can register by emailing [understandtogether@hse.ie](mailto:understandtogether@hse.ie)**

- **Think Brain Health:** "Discover how healthy behaviours support your incredible brain" was hosted by HSE Healthy Ireland and the National Dementia Office. Sarah Mc Cormack, HSE Healthy Ireland Lead, Health & Wellbeing was joined by expert panellists to discuss our brain and the healthy behaviours we can adopt to



look after it. Topics covered included physical activity, healthy eating, sleep, social connectivity, avoiding harmful use of alcohol and not smoking.

**You can watch it back [here](#)**

### **Submissions and applications**

- **Engaging Dementia – Conference Submissions extended until noon 14<sup>th</sup> February**

The 16th INTERNATIONAL DEMENTIA CONFERENCE will take place on the 8<sup>th</sup> and 9<sup>th</sup> of May in the Annebrook House Hotel, Mullingar. Its theme is *Diversity in Dementia: Embracing Differences, Connecting Minds*. If you would like to be part of the conference, you can complete the attached abstract submission form and send it to [conference@engagingdementia.ie](mailto:conference@engagingdementia.ie). We are submitting two proposals for the conference

- Understand Together Campaign & symbol roll-out with community champions sharing their own local activities
- Brain Health research results on public attitude and awareness.

- **National Payment Strategy:** Options for people to pay by cash for services and goods is becoming less in some organisations and this can have an impact this can have an impact on people who may not be in a position to pay by card. The government has put together a consultation paper on this and more, and at the end of the document it gives you an opportunity to voice your opinion. Please see link below – answers can be submitted as an organisation or as an individual.

**Closing date is**

**February 14<sup>th</sup> <https://consult.finance.gov.ie/en/consultation/national-payments-strategy-public-consultation>**

- Applications for the **Bealtain Hero Awards 2024** are now open! Local, community-based groups (or individuals) can submit proposals for an event that offers an ambitious, creative and experimental invitation to their community this May, and that celebrates the spirit of the festival. Deadline for applications is: **5pm, Friday February 19<sup>th</sup>**.

Those wishing to apply for the Bealtaine Hero Award should complete the online application form through this link <https://www.tfaforms.com/5103208>

Application Guidelines can be found here: <https://bealtaine.ie/open-call-bealtaine-hero-award-2024/>

- **National Lottery:** Applications are now open for National Lottery Funding Grants through the HSE. The Respite Care Grant Scheme and National Lottery Grant Scheme give funds to community-based and voluntary organisations every year. Group and organisations providing health and personal social services can apply for one off funding of between €300-€10,000 for suitable projects. The closing date for applications is **12pm Friday 16<sup>th</sup> February**. Applicants will be told if successful by Friday 31<sup>st</sup> May 2024. For further information:

<https://www2.hse.ie/services/schemes-allowances/lottery-grants/national-lottery-grants/>

## Age & Opportunity 2024 Artist Awards



### Open Call: Artist Awards 2024

- Professional Development Award
- Emerging Artist Award
- Creative Ageing Writing Bursary

Deadline: Friday 22nd  
March 2024.



Age & Opportunity's Arts programme invites applications for three awards intended to support the development of older artists in Ireland and to increase the knowledge around the arts and ageing in general: the **Creative Ageing Writing Bursary, Professional Development Artist Award and Emerging Artist Award.**

The deadline for all three awards is 5pm, Friday 22nd March 2024.

Applications and queries can be submitted via the online forms linked below.

[To get a sense of the work these awards support, you can read about the 2023 award winners here.](#)

### CREATIVE AGEING WRITING BURSARY 2024

Launched in 2021, the Age & Opportunity Creative Ageing Writing Bursary aims to generate discussion, debate and knowledge about the growing arts and ageing sector in Ireland. The recipient of this bursary is required to write an essay reflecting on their practice as an artist, writer, or arts worker; their experiences working with older people in the arts; or other ideas relating to the arts and ageing that influence their work, thinking and research (please note by writer we do not necessarily mean literary writer).

Application Form: <https://www.tfaforms.com/5109382>

Application Guidelines: [Creative Ageing Writing Bursary 2024 guidelines](#)

### PROFESSIONAL DEVELOPMENT ARTIST AWARD 2024

Developing as an artist is a lifelong commitment, and Age & Opportunity Arts is particularly committed to supporting new opportunities for older artists as they continue to hone their creative practice or develop expertise in other artforms. The Professional Development Artist Award was launched in 2022 in order to support the development needs of older artists. Through this award, older artists are encouraged to seek out further learning, training, research, or other activities that benefit their career and practice.

Application Form: <https://www.tfaforms.com/5109131>

Application Guidelines: [Professional Development Artist Award 2024 guidelines](#)

### EMERGING ARTIST AWARD 2024

As part of continuing work to support older artists at every stage of their career, Age & Opportunity launched the Emerging Artist Bursary in 2022 to encourage those at an early stage in their career. There can be many barriers preventing people to take up artistic practice at a younger age, and Age & Opportunity recognises that there is no age limit on 'emerging'. This award is also important in how it promotes the concept of lifelong learning and the ability we all have to grow at any age.

Through this award Age & Opportunity Arts would like to celebrate an exciting, up-and-coming artist aged 50+ who shows dedication and determination as they

embark on a new path to becoming a professional artist. This award can be put towards activities that develop their practice further or the creation of new work.

Application Form: <https://www.tfaforms.com/5109356>

Application Guidelines: [Emerging Artist Award 2024 guidelines](#)

**One award of €1000 will be made to the successful applicant.**

Please read the guidelines here before submitting your application form.

**Deadline: 5pm, Friday 22nd March 2024.**



## WE ARE RECRUITING

We are interested in exploring the public's knowledge and perception of Parkinson's Disease.

If you are aged 18+ and live in North or South of Ireland, we would love to hear from YOU!

Please complete this survey via the link below

<https://forms.office.com/e/U6jMBSAnOi>

**VOLUNTEERS NEEDED**

PLEASE COMPLETE A SHORT SURVEY ABOUT YOUR KNOWLEDGE AND PERCEPTION OF PARKINSON'S DISEASE

If you:

- are aged **18+**
- live in **Northern Ireland** or the **Republic of Ireland**

**We would love to hear from you!**

If interested, please follow the link below to access the short survey.

**Questions?**  
**Contact Sophie Crooks:**

- 👤 PhD Student
- ✉️ [scrooks08@qub.ac.uk](mailto:scrooks08@qub.ac.uk)



## Intergenerational Learning Handbook

Prof Anne Fitzpatrick from TU Dublin developed an intergenerational learning handbook for practitioners and trainers, they might find it useful when running projects. Please see link below.



comhairle chontae na mí  
meath county council



# GENERATIONS GROWING TOGETHER

INTERGENERATIONAL LEARNING AS A PEDAGOGICAL STRATEGY  
IN EARLY CHILDHOOD EDUCATION AND CARE SERVICES

A HANDBOOK  
FOR PRACTITIONERS  
AND TRAINERS



Anne  
Fitzpatrick



[http://www.toyproject.net/wp-content/uploads/2024/01/Generations-growing-together\\_Handbook\\_final\\_compressed.pdf](http://www.toyproject.net/wp-content/uploads/2024/01/Generations-growing-together_Handbook_final_compressed.pdf)



comhairle chontae na mí  
meath county council



## Local Updates



### Age-Friendly Activity - Galway City Library

Join us at Galway City Library on Saturday 17 February at 11am when Marie Hegarty (BSc. Podiatric Medicine & MA in Health Promotion) will join us to talk about feet!

**LET'S TALK ABOUT FEET!**

**A TALK BY MARIE HEGARTY**  
BSC PODIATRIC MEDICINE & MA HEALTH PROMOTION

SATURDAY  
17 FEBRUARY @ 11:00AM  
GALWAY CITY LIBRARY

Book your free ticket by scanning this QR code

HOSTED BY GALWAY PUBLIC LIBRARIES AS PART OF THE HEALTHY IRELAND AT YOUR LIBRARY PROGRAMME

Marie is a specialist in Musculoskeletal and Sports Podiatry and is passionate about helping people live active and healthy lives.

Marie will talk about the importance of foot health and how to care for your feet at home. At the end of the talk, you will know how to:

- Choose the right shoes for your feet
- Care for your toenails and skin
- Prevent blisters and calluses
- Keep your feet clean and dry
- Recognise the signs of common foot problems
- Keep your feet strong and mobile

Free Event. All Welcome. This is part of our programme of Healthy Ireland At Your Library events.



### Valentine's Day CD display as part of Age Friendly Libraries

Blackpool Library in Cork City Library were promoting their love-themed jazz and nostalgia CD display this week to coincide with Valentine's Day.

These CDs are form just a small part of their vast and eclectic nostalgia CD collection, which is an Age Friendly initiative, and they can all be borrowed for free from Blackpool Library, Cork City Library.





## Bunclody Library

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

**Food Demonstration with Carmen Sanchez WWETB – Thursday 22<sup>nd</sup> February at 7.00pm**

Join Carmen Sanchez from WWETB for an informative talk on zero food waste. Booking required.

**Classic Film Club for Adults – Friday 23<sup>rd</sup> February 11.00am to 1.00pm**

This month, library staff have selected a classic film to bring you back in time to the golden years of Hollywood. **Booking required.**



## Trim Community Conversation

# Trim Community Conversation

*Join TASC and Trim Sustainable Energy Community for a workshop to*

**Share your ideas on the future of Trim. If you are interested, please join on**

**Wednesday 21st February**

at one of the following times (to suit your schedule)

**1.30pm - 3pm**

**or**

**7pm - 8.30pm**

**in Trim Library & Cultural Centre**



## Ardkeen Library – Saturday 24<sup>th</sup> February at 2-4pm

"Do you have under loved Christmas presents? Or something that's not your style but somebody else would love? Bring it to **SLÍ's Big Swap!** Waterford SLÍ, Ardkeen Library and Waterford Council's Environment Department are delighted to host this wonderful swap event on **Saturday 24<sup>th</sup> in Ardkeen Library 2-4pm.**

**Book your free ticket here: <https://www.eventbrite.ie/e/slis-big-swap-tickets-828895618107?aff=odtdtcreator>**

Bring up to 5 items (in good nick) and swap them for vouchers. On Saturday swap your vouchers for whatever items you like. You can drop your items from Monday 19th February to Ardkeen library. Come along and take an item even if you can't bring one. All for free? What could be better?

Toys, Books, Gift Sets, Games, Candles, Instruments, Sport Equipment - The List Goes On! Free event, all welcome!"

Full details on the link below

[SLI's Big Swap at Ardkeen Library - Waterford City & County Library Service \(waterfordlibraries.ie\)](https://www.waterfordlibraries.ie)



The poster features a central sunburst background. At the top left is the 'SLI's Year of Sustainability' logo with a lightbulb icon. The main title 'SLI'S BIG SWAP' is in large green letters. Below it, the date 'FEB | 24 | 2024' and location 'ARDKEEN LIBRARY | 2-4PM' are displayed. The slogan 'BRING ONE, TAKE ONE!!' is in bold green text. A list of items to bring is provided: 'Toys, Books, Gift Sets, Games, Candles, Instruments, Sport Equipment - The List Goes On!'. A red banner says 'COME ONE' and a blue banner says 'COME ALL'. A bottom right section says 'Come and take even if you can't bring anything.' Logos for various partners are at the bottom right, including 'Léarád na nEalaíon agus na Meáin', 'Irish Aid', 'PEOPLE & PLANET', 'DEAR', 'MELAN READS', and 'Comhairle Cathrach & Contae Phoblach Waterford'.



## Carlow Older Persons Forum Information Roadshow

Carlow Older Persons Forum are hosting an Information Roadshow on **Tuesday the 27th of February**. The event will take place in the Lord Bagenal Hotel, Leighlinbridge, starting at **10.30am and continuing until 12.30pm**.

The target audience is people aged 55+ but the event is open to everyone and will include information and advice on wellbeing, safety and security, Carlow Dementia Cabin Café, Healthy Age Friendly Homes, Care & Repair, and more. There will also be many organisations and services with information stands to showcase a range of services and supports available for positive ageing in County Carlow.



**Free Event**

# Carlow Older Persons Forum

- INFORMATION ROADSHOW 2024 -

**Tuesday 27th February**

**10.30am - 12.30pm / Lord Bagenal Hotel, Leighlinbridge**

Showcasing a range of services and supports available for positive ageing in County Carlow

RSVP: Carlow Age Friendly Office, Carlow County Council, to book your free place and refreshments.  
Tel. 059 9136207 Ph: 087 2145262 E. [agefriendlycarlow@carlowcoco.ie](mailto:agefriendlycarlow@carlowcoco.ie)



Made with PosterMyWall.com

Carlow Older Persons Forum is supported by Carlow County Development Partnership and Carlow County Council.

**Booking is essential to secure your free place and refreshments!**

To book your free place and find out further information contact the **Age Friendly Office, Carlow County Council** at Ph: (059) 9136207 / (087) 2145262, Email: [agefriendlycarlow@carlowcoco.ie](mailto:agefriendlycarlow@carlowcoco.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](mailto:agefriendlyireland@meathcoco.ie) before 1pm Thursday for inclusion in our weekly newsletter.

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

**Twitter:** [@agefriendlyirl](https://twitter.com/agefriendlyirl)

**Facebook:** [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

## International Updates



### IFA Global Café | In Conversation with Ms. Anne Berit Rafoss.

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ms. Anne Berit Rafoss on "Intergenerational games and age-friendly environments".

**Ms. Anne Berit Rafoss**  
Project Manager, Norwegian Directorate of Health/Centre for an age-friendly Norway.

**ifa Global Café**  
in conversation with experts

**"INTERGENERATIONAL GAMES AND AGE-FRIENDLY ENVIRONMENTS"**

**FEBRUARY 16<sup>TH</sup> 2024 07:00 AM (EST)**

a contribution to the **Decade of healthy ageing**

A recording of this event will be available on the Federation's website

<https://ifa.ngo/ifa-global-cafe/> and

<https://drbarometer.com/community/resource-library>

## Useful Contacts and Info

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

Or Email: [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie)

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://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