

Message for International Day of Older Person
1st October 2021.



A Chairde go léir. Greetings on this United Nations International Day of Older Persons. It is indeed with great pride that I send warmest good wishes to all the members of the National Network of Older People's Councils (OPC's) and to each and every member of the OPCs you represent throughout Ireland. Age Friendly Ireland has become a world leader in addressing issues pertaining to older persons through these participative councils.

The theme for this International Day is 'Digital Equality for all Ages'. It is a call indeed a challenge, to expand the opportunities across generations to access, learn and use new technology. We must work to strengthen the digital skills of the older person as an important defence and a means to improve their wellbeing.

During the pandemic we have often been left more isolated, and frequently undervalued as a source of knowledge, experience and generous contributors to our collective progress. Ageing is not 'lost youth' but a new stage of opportunity and strength. Age Friendly's work in Ireland raises awareness and empathy for the wellbeing of the older person. It promotes lasting and sustainable improvements enabling us to grow old with dignity.

So today I hope you are all feeling on top of the world. We send warmest good wishes to older persons around the world through the power of the internet. And remember the words of G B Shaw; *we don't stop playing because we grow old. We grow old because we stop playing.* So let's keep playing, keep having fun and keep safe. Ar aghaidh linn le chéile.

Kitty Hughes.
Chair NNOPC

Funding Announcement to coincide with International Day of Older Persons

To mark the UN International Day of the Older Person, Age Friendly Ireland in partnership with Creative Ireland and the Department of Rural and Community Development launched The National Community Time Machine.

This age-friendly cross-generational community building project will be delivered by Neighbourhood Network and is designed to connect young people with their older neighbours through a series of facilitated interviews, art projects and photography. The Community Time Machine project is an excellent and Covid-safe way to engage with older people. It is particularly timely that it is planned to start in the autumn, as it will bring a sense of joy and foster community connections during the darker months of the year.

For more information please click [HERE](#)



Sheila Cleary and Hannah Gerlitz, Bray Co. Wicklow by Madeline Mulqueen

National Updates



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Public Health Measures

You can [find information here](#) about the public health measures in place. You can find the public health measures for [September and October here](#).

From next week, an additional COVID-19 vaccination dose for those who are immunocompromised will begin to be offered. This is for people whose immune system is weak due to a health condition or a specific treatment. We will provide further information in the coming days for the people included in this specific group.

Next week further information will also be available on booster doses of vaccine for people aged 80 and over who are living in the family home, and people aged 65 and over who are living in long-term residential care. This is planned to begin from October 4th onward.

From Monday 27th of September, routine contact tracing of asymptomatic close contacts among children (aged between 3 months and 13 years) in settings such as childcare facilities, primary education and social and



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County and City Management Association

sporting groups will no longer take place. You can [find further information here](#).

Public Health advice remains the same for any child aged over 3 months and less than 13 years of age with [symptoms](#) consistent with COVID-19 - they should immediately [self-isolate](#), they should not attend childcare, school or socialise, and they should get a COVID-19 test.

COVID-19 Testing - Online Booking System

Full details of [how to get tested are available here](#).

Walk-in testing is not currently available but you can [book a test online](#) for any test centre.

COVID-19 vaccine dose 2 reminder

If you had the AstraZeneca vaccine, you need a second dose to be fully vaccinated. If you do not want a second dose of AstraZeneca, you can now choose to get an mRNA vaccine dose instead. This will mean that you are fully vaccinated. Walk-in clinics are available. You can [find further information here](#).

Walk-in COVID-19 testing

-Walk-in COVID-19 testing is not currently available but you can [book at test online](#) for any test centre.

Mixed vaccines doses

People who received a first dose of AstraZeneca can now receive an mRNA (Pfizer/Moderna) vaccine as their second dose. NIAC recommends that receiving two doses of the same vaccine are preferred for all age groups, where possible. You can read more about this [here](#). Dose 2 walk-in vaccination clinics for people who wish to get an mRNA vaccine after their first dose of the AstraZeneca vaccine are listed [here](#).

90% of adults fully vaccinated

Over 90% of people aged 16+ are fully vaccinated, and over 90% of people aged 12+ have received at least 1 dose. Registrations and vaccinations are ongoing.

Third level student vaccination clinics

From 27th September, on selected dates, third level students who have not yet had their COVID-19 vaccine will be invited to walk in clinics either on or close to campuses all over Ireland.

This special vaccination week aims to make it easy for any students who haven't had their vaccine yet to get it. It includes international students who have recently arrived in Ireland, staff, and also our wider community who may find it easier to access one of these temporary clinics than an existing COVID-19 vaccination centre.

There will be at least 15 on-campus pop-up clinics set up, and in other colleges, students will be directed to our nearby COVID-19 vaccination clinics.

You can [find details here](#).

Pregnancy and getting a COVID-19 vaccine

You should get a COVID-19 vaccine to protect yourself from the virus if you're:

- pregnant
- trying for a baby or might get pregnant in the future
- breastfeeding

You will need 2 doses of your COVID-19 vaccine.

It is safe to get your COVID-19 vaccine at any stage of your pregnancy.

Guidance has changed on doses during pregnancy because there is more evidence available.

You should get the COVID-19 vaccine when it is offered, following a discussion with your midwife, GP or obstetrician.

You can [find more information here](#).

COVID-19 Contact Tracing - Online System

If you test positive for COVID-19 you will get a text message. This will include a link to a website where you can upload contact details for your close contacts. If you do not use the website, a contact tracer will phone you to collect the details. You can [find out more about close contacts here](#).

COVID-19 Vaccination Programme

You can find the latest information on vaccines administered [here](#).

12 to 15-year olds

12 to 15-year olds can attend walk in vaccination clinics. You can [find more information here](#). Children aged 12 to 15 [must attend with their parent or guardian](#).

We're inviting parents of children aged 12 to 15 to register their children now. All children in this age group are being offered a vaccine but we particularly recommend that they get vaccinated if they:

- have a health condition that puts them at higher risk of severe illness from COVID-19
- live with someone who is at higher risk of COVID-19

Parents can read more about the benefits and risk of vaccination for their children [here](#).

[Register online to get a COVID-19 vaccine](#).

[Read the user guide for help with registering online](#).

Find information here on who can give consent for vaccination of a young person aged [under 16 years](#)

If you cannot register online, you can [call the COVID-19 helpline](#) at Freephone: 1800 700 700 to register by phone.

Find a pharmacy giving COVID-19 vaccines

Many pharmacies are now offering COVID-19 vaccines to people aged 12 and over. Find a pharmacy to book your vaccine appointment. You can [find more information here](#).

Where to find COVID-19 Vaccination Information

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/> for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at <https://www.hse.ie/eng/services/covid-19-resources-and-translations/covid-19-vaccine-materials/>
- Details on COVID-19 vaccines administered are available [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)
- Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#).
- COVID-19 vaccines easy read and accessible information formats are available [here](#).

COVID-19 Guidance for places of worship (formerly religious services guidance)

You can [find this guidance here](#).

Overweight & Obesity Webinar... Let's Talk – 7th October 2021

This virtual event, takes place on 7th October, starting at 3pm and is hosted by the HSE National Obesity Clinical Programme and the ASOI. Registration is free. Learn what training and resources are available nationally to help you support adults, children, and young people with overweight and obesity. For more details and to register, [please find information here](#).

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/conditions/covid19/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>. Clinical and professional guidance relating to COVID-19 is available on www.hpsc.ie where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for the most up to date partner resources for COVID-19. You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

Ireland's COVID-19 Data Hub is [available here](#).



Stay involved with *Ageism through the ages*: join us at upcoming events

The Global Campaign to Combat Ageism's [Ageism through the ages](#) initiative is kicking off soon on 1 October 2021, the UN International Day of Older Persons!

Are you looking forward to 1.5 months of knowledge, events, and social media activities to bring attention to ageism? Get involved today by visiting the [Ageism through the ages hub on the Decade Platform](#), and joining us at upcoming events organised as a part of this initiative. Additional upcoming events will continue to be added to please stay tuned!

- **3 October:** [International online screening of film *Duty Free: a tale of ageism in employment*](#)
- **12 October:** [Online webinar on combatting ageism at the Fundamental Rights Forum 2021](#)

International Screening of Film 'Duty Free' and panel debate - a tale of ageism in employment - 3 October, 15.00-17.00h CET

We are pleased to invite you to the international premiere of the documentary film '**Duty Free**' taking place on **Sunday 3 October between 15.00 and 17.00h CET**. You can register for the event by clicking here: <http://bit.ly/gcca-dutyfree>

The film tells the story of Rebecca Danigelis, a 75-year old woman who gets fired without cause from her lifelong job as a hotel housekeeper. The documentary not only gives visibility to the issue of ageism against older people in the labour market but also exposes the economic insecurity that ensues and shapes the future of many older people worldwide.

GLOBAL CAMPAIGN TO COMBAT AGEISM | World Health Organization | International Labour Organization | #AWORLD4ALLAGES

INTERNATIONAL SCREENING

DUTY FREE ✈️
A TALE OF AGEISM IN EMPLOYMENT

3 OCTOBER 2021
15:00-17:00 CET

LIVE CAPTIONING IN ALL UN LANGUAGES

WELCOME:
DR TEDROS ADHANOM GHEBREYESUS
DIRECTOR-GENERAL, WHO

WITH PANEL DEBATE BY:

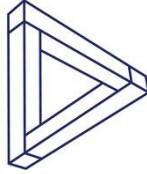
REBECCA DANIGELIS
AGE ACTIVIST & MOTHER

MARTHA E. NEWTON
DEPUTY DIRECTOR-GENERAL, ILO

SIAN-PIERRE REGIS
DIRECTOR & SON

REGISTER:
[BIT.LY/GCCA-DUTYFREE](http://bit.ly/gcca-dutyfree)

TRILATERAL
RESEARCH



AN TÚDARÁS PÓILÍNEACHTA
POLICING AUTHORITY

Crime victims' experiences of An Garda Síochána – Research

Trilateral Research are currently conducting a [research project](#) on crime victims' experiences with the Garda Síochána. This research seeks to understand the experiences of victims of crime in respect of their interactions with the Garda Síochána, and the impact of this interaction on them. The project was commissioned by the [Policing Authority](#), which is an independent statutory body responsible for overseeing the performance of the Garda Síochána. The work will tie into the ongoing discussions on the Garda Síochána, resulting from the Commission on the Future of Policing in Ireland.

As part of this research, we've created an [anonymous survey](#) (closing: 15 October 2021) for victims of crime to provide their insights on their experiences in a confidential manner.

Have you been a Victim of Crime?

We are conducting an **anonymous survey** as part of a research project to understand **victims' experiences with the Garda Síochána**

We would like to hear about your experience if you:

- are over 18 and
- have been the victim of any type of crime at any time in Ireland and
- have contacted the Garda Síochána about the crime between January 2018 to present



You can complete this survey **online** at: <https://bit.ly/3wU8gVO> or you can contact us by phone or by post by **15 October 2021**.

Please contact research@trilateralresearch.com or telephone **0852 092 432** to participate. All participation will be strictly **confidential**.

We are also conducting interviews for this research. If you would like to be interviewed by the researchers on your experience, please contact the researchers with the email address provided above by **8 November 2021**.



This project was funded by the Policing Authority, an independent statutory body responsible for overseeing the performance of the Garda Síochána in relation to policing services in Ireland.
For more information visit:
www.trilateralresearch.com



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Let's Talk Climate Action is a 3-hour online workshop delivered over two sessions (of 1.5 hours each). The workshop offers a general introduction to Climate Action and Sustainable Development, and is led by Gavin Harte. This workshop will assist participants to better understand the need for climate action at a local level and community level and help learners to build climate action capacity within their local Age Friendly groups. It offers an introduction to climate science its impacts and possible solutions as well as helping learners to promote climate actions at a local level. Topics covered will include:

The next workshop will take place in the Midlands Region on the 4th & 5th October.

Session 1	Session 2
The Science of Climate Change	Examples of Climate Action
There Is No More Debate - Q&A	Exploring Climate Actions at a local level
Climate Action - Globally, Nationally and Locally	The Climate Is Changing! Will You? Changing Behaviour.
Adaptation and Mitigation What do they mean?	Sustainable Energy Community
<i>FOLLOWED BY SMALL GROUP EXERCISE</i>	<i>FOLLOWED BY SMALL GROUP EXERCISE</i>

This is a free workshop. It's not too late to register!

Please see link below that can be used by those who wish to attend the Midlands Let's Talk Climate Action Workshops on the 4th & 5th October

Register in advance:

<https://scanner.topsec.com/?t=bd29aeffe3f041b9c058204cb2580e9a63e2ac6b&d=1424&u=https%3A%2F%2Fus02web.zoom.us%2Fmeeting%2Fregister%2FtZEsdOGqzwiHNdRiklLqKaXVIExuxjngOUJ&r=show>

Once registered participant will receive an email with a link to join the session. The same link is used for both sessions.

Please note the workshops are delivered over 2 days **Part 1 and Part 2**. Participants should attend both days.

The NACIC2021 Programme

Check out the #NACIC2021 Programme!

Monday, 4 October

Tuesday, 5 October

Wednesday, 6 October

Thursday, 7 October



Hosts



The [1st North American Conference on Integrated Care](#) in association with the 6th World Congress on Integrated Care will be run *as a virtual conference* in partnership with the [University of Toronto](#), [KPMG Canada](#), [HSPN](#) and [iCOACH](#) from **4 – 7 October 2021**. With the overarching theme ‘**Co-designing for health and wellbeing with individuals and communities**’, the conference will bring together leaders, researchers, clinicians, managers, community, patients and caregivers from around the world who are engaged in the design and delivery of integrated health and social care.

The conference includes a range of high profile plenary sessions with a host of internationally recognised experts in the field of health and care. To view the full programme visit our conference website and if you have any questions or clarifications, we are here to answer.

Join us on twitter [@IFICinfo](#) [#NACIC2021](#) [#IntegratedCare](#)

Conference Programme



Incorporating **Age & Opportunity active**,
The National Sport and Physical Activity Programme
for Older People

**FREE
initiative
for over
50s**



FitLine

A friendly word to get you more active.

Free phone: **1800 303 545**

When you're working it's important to make time for yourself to exercise. FitLine can guide and motivate you to do this. FitLine Volunteer Mentors make regular phone calls to people who would like to get more physically active.



Join us live on Facebook

**Monday 4th
Wednesday 6th
Friday 8th**

at 11am for

**Age & Opportunity
Movement Minutes**



#AgeandOpportunity

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.



Sli na Slainte walking routes In Baltinglass

The aim of setting up the Sli na Slainte walks is to motivate and encourage staff, clients and family members to get moving! And to support and promote positive mental and physical health and wellbeing. All of the 5 routes begin at the new Primary Care in Baltinglass. They are of varying lengths (from 775 metres to a possible 4.5 km) so they can cater for a range of abilities. The walks are set in a picturesque rural location and include local amenities, including the Tearmann Community Garden, The Weir and The Lord's Wood. The Sli na Slainte was developed in collaboration with The Irish Heart Foundation. Hopefully this will inspire and motivate all who are made aware of the walking routes.



Irish Heart Foundation

Baltinglass Primary Care Slí na Sláinte



- Yellow Route - 775m, 9mins, 970 steps
- Blue Route - 1.2km, 15mins, 1,500 steps
- Red Route - 1.5km, 18mins, 1,875 steps
- Purple Route - 2.4km, 30mins, 3,000 steps
- Green Route - 2.5km, 31mins, 3,125 steps
- The Lord's Wood Forest Loop 2km, 25mins, 2,500 steps

For health benefits you need to walk at a hearty pace for at least 30 minutes 5 days a week. You can accumulate the 30 minutes or more over two or three shorter sessions.

You should be able to walk 3kms in 30-40 minutes depending on your pace.

Sli na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.

www.irishheart.ie
www.stroke.ie



Seirbhís Sláinte Níos Fearr á Forbairt

Building a Better Health Service






Positive Ageing Week Cork County

The Mayor of the County of Cork, Cllr Gillian Coughlan is encouraging everyone to celebrate the much-valued contribution to community life made by older people and also how the voices of experience are key to the future.

Positive Ageing Week takes place from September 27th to October 1st. The theme this year is 'Reconnecting Communities by Reframing Ageing.' There are eight Age Friendly Towns across the county, Bandon, Bantry, Charleville, Cobh, Kinsale, Passage West Monkstown, Millstreet and Mitchelstown with this year's campaign especially timely as plans are made for the phased return of much missed activities.

<https://www.corkcoco.ie/en/news/voices-experience-celebrated-during-positive-ageing-week>



Images featuring, from left to right, Chair of Cork County Older People's Council Liz Maddox, Mayor of the County of Cork Cllr Gillian Coughlan and Chair of the Cork County Age Friendly Alliance Niall Healy.

And all the members of Cork OPC wish all our older people across the world a very happy International Older People's Day



Cork County Council's Older People's Council meet up again!



Liz Downes a member of Cork County Council's OPC told us about meeting up with her OPC to celebrate Positive Ageing Week, she included some lovely photos too.



'We had a beautiful evening with all our Age Friendly OPC members who celebrated Positive Ageing Week. We had afternoon tea in our local Firgrove hotel. 50 members attended. It was lovely to see the older people having a chat and a giggle and singing along with Kathleen who does "singing for the brain" with this group'.



Positive Ageing Week Galway City and County

The Galway Age Friendly programme have supported a wide campaign of activities for Positive Ageing Week across the City and County. The flagship event is a Local Heroes Exhibition which is running until October 8th in the Eyre Square shopping Centre (insert picture of exhibition here).

The exhibition showcases 27 people who epitomise active and healthy ageing and who are actively contributing to their families, neighbourhoods and communities. All the pictures and profiles can be seen on the Galway Advertiser this week (September 30, 2021) on pages 43 - 45

<https://bit.ly/3utl2d1>



If you in Galway City over the coming week do stop by and see the wonderful people who contribute so much and who represent all the other older persons who helped to build our societies and who are often still the glue which holds them together - think carers, child-care, tidy towns, heritage, residents' associations, sporting associations, and so much more.

Thanks to all who participated in the exhibition and to everyone who organised events to celebrate Positive Ageing Week in Galway.

Full list of activities is available on www.copegalway.ie/positiveageingweek

[Galway Advertiser](#) Galway Advertiser - 30/09/2021 bit.ly

Funding approved for age-friendly homes in Oldcastle



The allocation of €1.04 million for five age-friendly social housing units in Park Avenue, Oldcastle has been welcomed.

The development will see of two one-bedroom and three two-bedroom homes at Park Avenue with funding for the project being delivered through the Capital Assistance Scheme to St Vincent de Paul Approved Housing Body and Meath County Council.

These houses will be developed next to the existing Vincent de Paul homes in Park Avenue on a section of land which has been left unused for many years now.

Welcoming the news Senator Cassells sated that the development was a major plus for meeting the housing needs of the elderly in North Meath.

“I’m delighted to see this scheme get the green light and want to thank Minister Darragh O’Brien for approving the €1m in funding for it”, remarked Senator Cassells.



Senator Shane Cassells at the site with Cllr Mike Bray and former county councillor, Oliver Fox.

<https://www.meathchronicle.ie/2021/09/25/funding-approved-for-age-friendly-homes-in-oldcastle/>

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 Rachel at rleavy@meathcoco.ie Information is one thing we can share right now!

International Updates



International
Federation on
Ageing

IFA Global Cafe: In Conversation with Dr Sharon Beery: "Gendered Perspectives on Ageism in the Workplace"

The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Dr Sharon Berry, Program Manager at Objective Area Solutions, Human and Organizational Learning Specialist on "Gendered Perspectives on Ageism in the Workplace"

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>

Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

Coronavirus COVID-19



If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.hse.ie](#)

All people are advised to:

- > Reduce social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit [hse.ie](#) or phone HSE Live **1850 24 1850**

How to Prevent



Wash
your hands well and often with soap and water for at least 20 seconds



Cover
your mouth and nose with a tissue or elbow when coughing or sneezing and dispose of used tissue



Avoid
touching eyes, nose, or mouth with unclean hands



Clean
and disinfect frequently touched objects and surfaces



Stop
shaking hands or hugging when leaving hotels or visiting other people



Distance
avoid close contact with people who might be unwell

Symptoms

- > Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

www.gov.ie/health/covid-19
www.hse.ie

Healthcare and community support
www.hse.ie



Klárka na Míreann
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: leavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday

The following is the list of each **Local Authority's Helpline** phone numbers

Local Authority

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council
Dublin City Council
DLR County Council
Fingal County Council
Galway City Council
Galway County Council
Kerry County Council
Kildare County Council
Kilkenny County Council
Laois County Council
Leitrim County Council
Limerick City and County Council
Longford County Council
Louth County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
1800 805 819
1800 928 982
01 222 8555
1800 804 535
1800 459 059
1800 400 150
1800 928 894
1800 807 009
1800 300 174
1800 326 522
1800 832 010
1800 852 389
1800 832 005
1800 300 122
1800 805 817



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Mayo County Council	094 906 4660
Meath County Council	1800 808 809
Monaghan County Council	1800 804 158
Offaly County Council	1800 818 181
Roscommon County Council	1800 200 727
Sligo County Council	1800 292 765
South Dublin County Council	1800 240519
Tipperary County Council	076 106 5000
Waterford City and County Council	1800 250 185
Westmeath County Council	1800 805 816
Wexford County Council	053 919 6000
Wicklow County Council	1800 868 399