



# U3A Ireland

Age Action

IRELAND

*For All Older People*

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## Welcome to U3A

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### Special points of interest:

Take a look at the Personal Information Packs (PIP) on Page 4

U3A Ireland is funded by the Department of Education

Welcome to the September edition of the U3A Ireland newsletter. This is the month that U3A hold their first meeting after the summer break and everyone returns refreshed with many ideas for the forthcoming year. Similarly in Age Action this is a time of growth and renewal for the U3A network.

I have the honour of being the new U3A Development Officer and look forward to working with all of you over the next few months. The Department of Education, in association with Age Action, has produced a new development plan for the U3As which will see their numbers increase and, most importantly, develop a more balanced regional spread. With

this in mind, Age Action will use its two regional offices, in Galway, and Monaghan, to promote the development of U3As in the West and North and Elaine Cartmill, Development and Support Officer for the Positive Ageing Cross Border Project, outlines her work in this area below.

We also have plans to establish international contacts for the Irish U3A network and we will be applying for funding which would allow Irish U3As to visit their counterparts in other EU Member States and to receive visits from them.

We aim to hold a national conference on adult learning which would allow all the U3As to meet each



Ann Neville, Development Officer

other and share examples of best practice and to hear stories from successful U3A groups.

Looking forward to a stimulating and positive working relationship,

Ann Neville  
Development Officer U3A  
Age Action Ireland

### New regional office for Age Action Ireland and plans for the growth of the U3A network

At the moment most U3As are concentrated in Dublin and the surrounding area and Age Action is anxious to encourage the formation of new groups throughout the country. With this in mind, Age Action Ireland has set up a partnership with Age Concern Northern Ireland, the Positive Ageing Cross Border Project, which fo-

cuses, among other things, on education, and delivers programmes to older people in the border regions. Elaine Cartmill, Development and Support Officer for the Positive Ageing Cross Border Project, is based in Monaghan and she aims to encourage the formation of new U3A groups in the counties south of the border, as well

as to strengthen links between U3As in the Republic and their counterparts in the North.

Elaine will keep us informed of her work and meanwhile if you are interested in setting up a U3A in the border counties you can contact Elaine at **047 81132** or by email at **positiveageing@ageaction.ie**

## National Gallery Programme for Older Visitors

The National Gallery Of Ireland will be a familiar place for our readers but some may not know that the gallery has identified older visitors as a key element of its audience. Gallery research has shown that the majority of its visitors come from the over-55 age group. In order to improve the range of services that it offers this age range the National Gallery has developed a programme of events for older audiences, the Art For All Ages programme. This offers



National Gallery of Ireland

monthly events of interest to older people such as a tour of the costumes in the collection in September and an interactive talk on Christmas Past and Present in December. In addition, the gallery is holding a festival from 22-30 September which offers workshops on creative writing, poetry and book cover designs, as well as regular guided visitor tours.

In November the gallery is running a series of events in association with

the Adelaide and Meath Hospital, incorporating the National Children's Hospital, Dublin, on the theme of 'Medicine and the Arts,' exploring the relationship between art, creativity and health, with a special emphasis on the older person. Events include talks on the "Art of Ageing" and "Ageing and the Self Portrait" and take place at 6.30pm every Thursday from the 15<sup>th</sup> to the 29<sup>th</sup> of November. The National Gallery is open seven days a week and admission is free of charge as is attendance at all Gallery events.

For information on these events you can contact the Education Department at **01 663 3505**.

## Cross-Border Partnership

Lucan U3A celebrated their fifth anniversary in March this year. Among many other achievements is their involvement with a cross-border initiative in partnership with the Clannmil Housing Association of Bangor, County Down and the Chinese Welfare Society of Belfast. In August last year Lucan U3A hosted a visit from their northern partners in Ballyowen Centre and in October nine members from Lucan travelled

to Bangor on a return visit. The Mayor of Bangor presented the group with a plaque of the County Down Arms which they donated for exhibition in the Ballyowen Centre. Lucan U3A is scheduled to make a return visit to Bangor in the near future.

Pictured in Maynooth are members of U3A Lucan hosting their northern visitors



## What are you doing during Positive Ageing Week 2007?



**Positive Ageing Week** takes place this year from Friday 28 September to

Saturday 6 October 2007.

The term refers to the efforts Age Action is making to ensure that Ireland is the best place to grow older by creating a society in which people of all ages enjoy the same status and rights. The aim of Positive Ageing Week is to dispel the negative perceptions about ageing and to emphasise the positive aspects that ageing holds for older people in Ireland. Last year there were over 300 events in 22 counties. This year we plan to have 400 events taking

place in every county in Ireland, with cross-border activities with groups in Northern Ireland.

If you would like to organise an event suggestions include information and coffee mornings, walks, table quiz or debate with a local school, art exhibition, cookery class, pet day etc... For further information see [www.ageaction.ie](http://www.ageaction.ie) or contact Lorraine Murphy at **01- 475 6989**. Details of all events being organised should also be sent to Lorraine Murphy.

## Members Voice

### U3A Baldoyle's visit to the Boyne Valley By Sheila Cullen

In May this year, the Baldoyle/Sutton U3A celebrated Bealtaine and 11 members took the train to Drogheda, all set for a tour of the Boyne Valley.

Newgrange is such an absorbing location it warrants a full day to itself, but, nothing daunted, we viewed the tombs and those of Knowth across the skyline. On to the Hill of Slane where St Patrick lit the pascal fire and from where we could see the imposing Hill of Tara. Slane is synonymous now with annual rock concerts but to see the castle and its natural amphitheatre, without the crowds, revealed itself as one of nature's wonders. Next time you are in Slane village, stop at the crossroads and gaze on the four Georgian houses standing at each of the corners, which were built for and lived in by four sisters.

Down more country roads we sailed and on to Collon and Tinure. What is significant about Tinure? It has the grocery shop, church, crossroads but no public house. It is possibly the only village in Ireland to hold this status.

Monasterboice, its Celtic crosses, with ruins of its tower and two churches left us spellbound. These are the very crosses one sees most often on calendars and postcards. It was a privilege to spend time appreciating the sculpture and stonemason skills of our ancestral monks.

Within our circular route, we were surrounded by the Dublin mountains, the Cooley's and Mournes all in one fell swoop. The work of the Cistercian monks continues in Collon but we moved to their ancient site at Mellifont Abbey which reminded me of the ruins

now to be viewed in Ephesus, Turkey. The quiet and tranquility of the area must be little changed over the centuries since the Cistercians' first settlement.

Never far from Drogheda town or the Boyne River, we headed for Old Bridge House and the surrounding territory where the famous Battle of 1692 was fought. Arriving here just days after the visit to the location by Dr Ian Paisley, lots of the battle paraphernalia were on display in the fields, where a mock-up of canons, guns and barricades had been re-enacted for his visit.

Why not visit the National Museum of Ireland at Collins Barracks where a special exhibition of High Cross Replicas and other Irish Early Christian Treasures is running until the end of September. For more information ring **01- 6777 444**

## What's On Where?

### Wild Strawberries at Irish Film Institute, Eustace Street, Temple Bar, D2. Cinema Club (for over 50s)

Named "Best Free Film" by the Dubliner Magazine

Each film shown is carefully chosen from a repertoire of classics, new releases and foreign language films and a member of IFI staff gives an introductory talk before each screening. Screenings are free but places MUST be booked in advance by ringing **01 612 9407** or **01 612 9415**. Afterwards attendees have the opportunity to discuss the film over a sociable coffee in the foyer.

### Upcoming screenings:

In October there is a special screening from the IFI archives of a vintage Irish film, **She Didn't Say No** on Wednesday Oct 17 at 11am - Directed by Cyril Frankel Ireland, 1958, 97 min. Starring: Eileen Herlie, Perlita Neilson, Wildred Downing, Anne Dickins, and the late lamented Joan O'Hara

Bridget Monaghan (Eileen Herlie) is the caring mother of six illegitimate children in a small Irish town. Her presence provokes the ire of the local villagers- foremost among them being

the children's natural fathers-who try to have her run out of town. But the natural charm of Bridget and her young children proves hard to resist, even for the most ardent of moralists. Adapted from the novel by Una Troy and scandalous for its sympathetic portrayal of an unwed mother, the film was quickly suppressed and has rarely been seen since. *She Didn't Say No* can now be appreciated for the buoyant comedy classic that it is. **Ann Bulter, an expert on the work of Una Troy and the true-life story on which the film is based, will be present to introduce this screening.**

## Members' Voice - Call for Contributions



This newsletter is for U3A members. It is about sharing ideas, stories and articles of interest. If you have attended an interesting talk, read an inspiring article or book, or enjoyed a trip away, perhaps you

would like to write about it for older readers. Please post articles or details of meetings to Ann Neville, Age Action Ireland, 30-31 Lower Camden Street, Dublin 2, or email **u3a@ageaction.ie**.

# What's on where?-Dublin Theatre Festival

**Ulster Bank**  
**DUBLIN THEATRE FESTIVAL**

The Dublin Theatre Festival takes place from 27th September to the 14th October this year and this year marks its fiftieth anniversary. The 2007 programme includes a number of programme innovations including: *On the Outside* – a programme of work in unusual locations: Dublin Theatre Festival, thanks to its sponsor, Ulster Bank, takes to the great outdoors, with three major international productions playing at unusual locations around the city. As the centrepiece to this programme, the leading Australian physical theatre and abseiling company, *Legs on the Wall*, will present their thrilling spectacle *On the Case*, on a purpose built arena at George's Dock in the IFSC. Presented in partnership with the Dublin Docklands Development Authority (DDDA), *On the Case* is Ulster Bank's gift to the city on the occasion of the Festival's 50<sup>th</sup> birthday. Suitable for all the family, tickets for *On the Case* are free but ticketed and are available from [www.ulsterbanktheatre.ie](http://www.ulsterbanktheatre.ie) or any Leinster branch of Ulster bank.

At Dublin's new Italian Quarter (Quartière Bloom), the street will literally come alive with Mariano Pensotti's *La Marea*. Presented in

association with Bedrock Productions, the Argentinean director and playwright will work with Irish actors



## Small Metal Objects

to present a series of rotating 10 minute scenes – on the pavement, in cafes, behind shop windows, and on balconies – that reveal the inner thoughts and secret stories of the people you pass unnoticed on the street everyday. Also in partnership with DDDA, the Festival will present the runaway hit of the Sydney and Melbourne Festivals, *Small Metal Objects*, amongst the unsuspecting lunch-time public at Mayor Square in the IFSC.

For further information about the dates and times of these events see [www.ulsterbanktheatre.ie](http://www.ulsterbanktheatre.ie) or the Leinster branches of Ulster Bank.

## U3A Meetings

### Dublin City U3A

Meet at the Chester Beatty Library at 11am on the last Tuesday of every month. Contact John Roche: (01) 2017490 or Lily Shanley: (01) 6773166

### Blessington U3A

Meet the third Tuesday of each month. Contact Aileen O'Riordan: 045 865564

### Ballyroan U3A

Meet every second Monday at 11am in Ballyroan Library. Contact Al Connor: (01) 4903212

### Sutton and Baldoyle U3A

Meet on the first and third Wednesday of the month at 2.30pm, Baldoyle library. Contact Sheila Cullen: (01) 8393868

### Ballymun Library U3A

Meet every second Monday at 2pm, except Bank Holidays. Contact Ruth Meehan: (01) 8571673.

### Blackrock U3A

Meet every Friday at 10.45am in Blackrock Education Centre. Contact Eileen Larkin: (01) 4557653

### Lucan U3A

Contact Sue Peard: (01) 6280429

### The Shanty U3A (Tallaght)

Contact Imelda Hanratty: (01) 4628491

### Maynooth U3A

Contact Maeve Moloney: (01) 6286616

### Navan U3A

Contact Patricia McGooley or Deirdre McGivern: (046) 9021680.

## THIS CAN HELP US HELP YOU!



- Want a list of all your medicines and medical conditions in case of an emergency?
- Would your family know who your pharmacist and doctor are if they were asked at A&E?
- If not then you need a Personal Information Pack (PIP). Ask your pharmacist to fill it out for you. It might just save your life!

Available exclusively from your local pharmacist for only €

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