

NEW

JANUARY 2024

AgeAction
Age Equality

AGEING MATTERS

AGE ACTION OPENS
NEW OFFICE IN
CORK

2023

THE YEAR IN
REVIEW



NEW GETTING STARTED
DIGITAL LITERACY
PROGRAMME LAUNCHED

ADVOCACY SHINES A
SPOTLIGHT ON INCOME
IN OLDER AGE

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**THIS BOOKLET IS A PUBLICATION OF
AGE ACTION CLG.**

PUBLISHER	Age Action Ireland CLG
ADDRESS	Age Action Ireland 30-31 Lower Camden St, Dublin 2, D02 EC96.
TELEPHONE	(01) 475-6989
EMAIL	<i>info@ageaction.ie</i>
WEBSITE	www.ageaction.ie
AGE ACTION IRELAND CLG	Company Limited by Guarantee Registered in Ireland No. 198571 Charity No. CHY 10583
CHIEF EXECUTIVE	Paddy Connolly
PUBLISHING & INFORMATION	Carrie Benn & Muire O'Farrell
DESIGN	Muire O'Farrell



Cover Photo: Winnie
O'Doherty, Volunteer
Knitter with Age Action

Message From The CEO



As we reflect on 2023 in this new edition of Ageing Matters, I am filled with immense pride and gratitude. Age Action, thanks to its dedicated staff and volunteers, continues to make a significant contribution in the lives of older people and on ageing in Ireland.

Contrary to the widespread depiction in the media and elsewhere of older people as vulnerable and frail, the majority of older people report themselves to be in good health. In 2019, 71% of people aged 65-74 and 60% of people aged 75+ reported their health as 'good' or 'very good'. This self-reported data indicates that older people generally live healthy, active lives.

As a national advocacy organisation Age Action endeavours to represent the lived experience of older people from all parts of the country and in all their richness and diversity. Thank you for your support.

Paddy Connolly

CEO, Age Action

Age Action's Recap Transforming Lives in 2023

Transforming Ageing, and Enriching Lives

Age Action is Ireland's leading advocacy organisation promoting equality for us all as we age.

Throughout 2023 we continued our mission to create change in Ireland by building an inclusive and age-positive society. We made our vision a reality through advocacy, DIY services in people's homes and education. Everything we did and continue to do ensures older people's rights are respected, their voices heard and their contributions celebrated. We lead the fight in challenging ageism, promoting everyone's agency in older age and finding solutions to the disadvantages we face as we grow older in Ireland.

Everything we do is based on recognising diversity and experiences. Our work is varied, encompassing advocacy, education, volunteering for all ages and services for older people. We actively campaign on issues that directly impact us all as we age, such as income security, healthcare and housing.

Additionally, we provide practical supports through our Information Service, Getting Started and Care and Repair services, as part of our mission to achieve fundamental change in the lives of all older people and facilitate a better quality of life.

AgeAction
Age Equality

Services:



Policy and Advocacy: We advocate for equality and human rights for all older people. Everything we do is based on a recognition of the diversity of identity and situation among older people.



Care and Repair: Does small DIY and home repair jobs to enable older people to maintain their homes and independence.



Getting Started: Digital skills courses helping people to get online or use their Smart device with confidence.



Information Service: Offers information on older people's issues and services throughout Ireland.

We operate nationally servicing the needs of older people in every county in Ireland, with offices in Dublin, Cork and Galway. Here's how you can get in touch today:

Age Action Dublin

- **Address:** Age Action Ireland, 30/31 Lower Camden St, Dublin 2, D02 EC96
- **Phone:** +353 (1) 4756989
- **Fax:** +353 (1) 4756011
- **Email:** info@ageaction.ie

Age Action West

- **Address:** 3 St Francis Street, Galway, H91 XF1P
- **Phone:** 091 527831
- **Email:** aaw@ageaction.ie

Age Action South

- **Address:** Core House, Link Road, Ballincollig, Cork.
- **Phone:** 021-2067399
- **Email:** aac@ageaction.ie



Pictured: John Dunlea (front), Age Action staff members, Jipe Kelly, Kieran Callaghan, John Collins and Brian Kelly (Background).

A Day in the Van

What does a day on the road for one of our Care and Repair team look like?

My name is John and I am a Maintenance Van Driver with Age Action. My main focus is to provide support to older people in Cork and surrounding counties to help them stay at home safely.

My typical workday starts at 9am, though sometimes earlier depending on how far I have to travel, and finish at 5pm, again depending on where the work takes me.

I go to older persons' houses to fit grab rails and stair rails. I also fit shower seats and

raised toilet seats and whatever else the client needs done.

The Care and Repair team are able to source the materials for clients if needed to take the burden off of them to get the materials. Sometimes the request called in, is just changing a light bulb, putting up a curtain rail, or fixing a lock on a door, but no matter what the job, the client is always happy to see us.

I usually find that people are so happy when we ring them and arrange to call out to their home to do whatever is needed. Sometimes the person just wants some company for a while.

To me this is as important as doing the jobs they need done, and it feels great to sit and listen to them telling their stories.

“sometimes the person just wants company for a while”

Age Action also offer a service to people coming out of hospital to enable them to stay at home. We make their home safe to return to and being part of this programme is amazing and a privilege.

To help older people to stay at home when they want to is a feeling I love. I enjoy every moment of my job.

New competency-based Getting Started programme launched

Age Action has recently launched the new & improved, digital literacy programme Getting Started. This free programme helps older people to get online, or use their smart device with confidence.

This free programme helps older people to get online, or use their smart device with confidence. Age Action's Getting Started is the first competency-based digital training for older people in Ireland. It uses the EU's DigComp framework as the foundation blocks of the curriculum, building the capacity of older people to engage with technology safely.

Every older learner is matched with their own volunteer tutor to work with them over five weeks on the skills they want to develop, at a pace that suits them. Each learner is provided with a learner manual at the beginning which they can refer back to, long after they have completed the Getting Started programme.

NEW

Getting Started programme!

Age Action's Getting Started is one of the first competency-based digital training for older people in Ireland. It is a free digital literacy programme, helping older people to get online, or use their smart device with confidence.

Digital content creation

Problem solving

Communication and collaboration

Safety

Information and data literacy

Age Action
Age Equality

Getting Started

62%

of adults over 60, or

637,285

people in Ireland are digitally excluded.

Age Action's Getting Started classes take place in community settings around the country, such as libraries and family resource centres and in the offices of some of our corporate partners.

The innovative competency-based Getting Started allows older people to develop the ability to adapt to the ever-changing tech landscape. Age Action's Getting Started focuses on five key areas of competencies and uses these as 'tools' to address any

Ageing Matters

difficulty a learner might come across. The five areas of competencies are:

1. Information and data literacy
2. Communication and collaboration
3. Digital content creation
4. Safety
5. Problem solving.

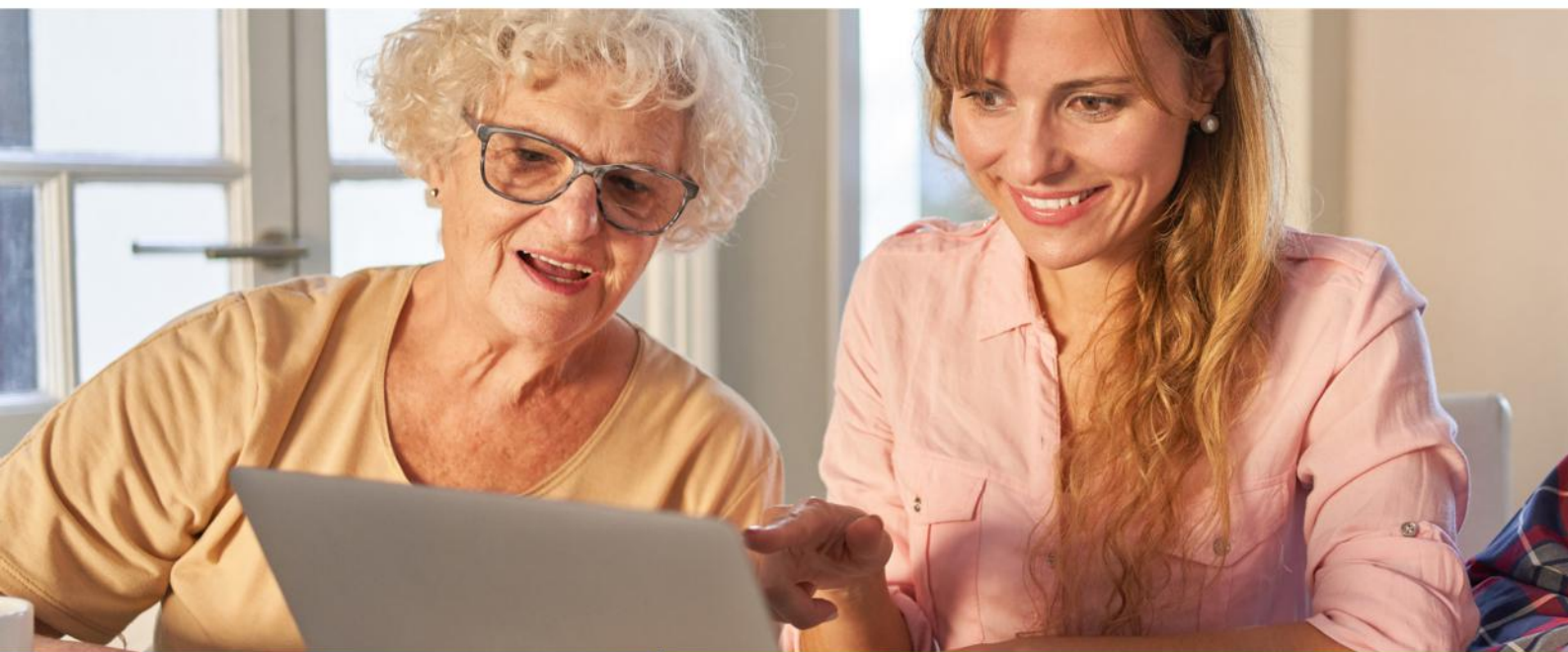
Competency-based means that during the course learners should test their knowledge through practical application of their improved skills.

Currently in Ireland, three in ten older adults are not using the internet. Of those adults who are using the internet almost half of them do not have 'basic' digital skills. This means that 62% of adults over 60, or 637,285 people in Ireland are digitally excluded.

Age Action's new competence-based Getting Started supports digital inclusion of older people which is an important aspect of Digital For Good: Roadmap for Digital Inclusion in Ireland.

To find out about your nearest Getting Started Class contact us today or visit our website: www.ageaction.ie or call 0818 911 109.

You can also scan this QR code to sign up:



**VOLUNTEER TUTORS NEEDED
ACROSS IRELAND**

**Getting
Started**

For Age Action's **free** one-on-one digital literacy classes for older people with basic or no computer/smart device experience

Volunteers will support learners in how to:



Send and receive emails



Navigate the internet



Download apps



Shop and book flights

and much more...

Time commitment:

Courses run for 2 hours once a week for five weeks

CONTACT US TODAY!



volunteering@ageaction.ie



0818 911 109

You can also check out current opportunities on I-VOL, the national volunteering database:



www.i-vol.ie

LEARN MORE:



Age Action Welcomes Dynamic New Fundraising Team

A Fundraising Team Ready to Make Waves!



Age Action staff Ruth O'Neill and Sonya O'Sullivan at the Cork Office Launch



Muire O'Farrell (Age Action), Avril Ronan (Trend Micro) with Age Action Getting Started volunteers

Fundraising plays a crucial role in organisations such as Age Action – not only does fundraising provide funds for the vital work we all do, but it also raises awareness and garners support for the cause.

Our team's goal is to help Age Action continue to offer our services for free and advocate for older people in Ireland, whilst constantly growing and expanding to meet the national demand.

In 2024, the Fundraising Team

will be looking to grow the areas of Community, Campaigns, Events and Corporate Fundraising. We will be growing our network of supporters whilst taking part in peer-led fundraising events such as the Dublin and Cork City Marathon, as well as developing a school pack to engage primary schools and Transition Year groups in fundraising for Age Action, while educating them on our work.

Our fundraising efforts will be focused on our base areas of Dublin, Cork, and Galway, with the potential to expand into neighbouring counties in 2025.

Our "Stamp Out Ageism" fundraising campaign, which we are hoping to launch in 2024, will aim to highlight the work Age Action does to combat ageism. This campaign will run continuously in the background while our other fundraising events take place.

The importance of Corporate Partnerships to Age Action Ireland cannot be understated as they account for a majority of funds raised in support of Age Action's services. Age Action welcomes the opportunity to develop lasting and impactful relationships with corporate bodies who share our values and seek to



Above: Right to Left, Ruth O'Neill, Winnie O' Doherty, and Anne Kelly and (Below) Luke Decaux with Anne Kelly an active member of Age Action's Knitting Group at Gas Networks' Big Knit Lunch



bridge generational gaps. By choosing Age Action as your Charity Partner, you will be taking the first step towards building a meaningful collaboration with Ireland's leading advocacy organisation for all of us as we age and highlighting your company's commitment to supporting older people in communities across Ireland.

Corporate partners can choose to engage with Age Action in a number of different ways in 2024 including staff

fundraising, in-kind support & corporate partnerships but to name a few. Staff fundraising can be undertaken by partners in many forms including challenge events, bake sales and Christmas Jumper days which raise awareness and vital funds for Age Action whilst providing a fun-filled day for staff bodies. In-kind support refers to the sharing of skills or knowledge for example, in lieu of monetary contributions.

We are fortunate to have partners that have already

pledged to support our Getting Started programme which combats digital exclusion through workshops often hosted on corporate premises and facilitated by their own staff volunteers.

Lastly, Age Action will be delighted to partner up with new corporate partners that will support Age Action through all of the aforementioned mediums of engagement which is something that we are thrilled to announce in the new year!

Garden Blitz Magic

Transforming Spaces, Enriching Lives

Age Action, in partnership with volunteers from Gas Networks Ireland, successfully organised heartwarming "Garden Blitz" events in Cork, and Dublin in August.

Bringing together dedicated volunteers to transform the lives of older Age Action clients in the Cork and Dublin areas, this remarkable initiative aimed to create safe and functional outdoor spaces for older people, enhancing their quality of life.

The event saw a large turnout of volunteers from Gas Networks Ireland, who worked tirelessly to revitalise and rejuvenate the gardens of older people's gardens.

During the Garden Blitz, a whirlwind of activity enveloped each garden as the dedicated teams tackled a range of tasks to breathe new life into these spaces. From meticulously cutting grass and clearing gardens of rampant overgrowth to precise mowing, strimming, and hedge cutting, every corner was attended to with care.

A significant focus was placed on ensuring the safety of paths, making them accessible and hazard-free for the residents. The Garden Blitz specifically supports Age Action's Care and Repair- a programme that carries out minor repairs for older people free of charge.

These practical supports assist older people to live and stay in their own homes for as long as they wish.

The collaboration between Age Action and Gas Networks Ireland demonstrates the power of community organisations and businesses working side by side.

By coming together, both organisations showcased their commitment to making a positive impact on the lives of the older people, enhancing their well-being as well as their living conditions.

"We are incredibly grateful to the volunteers from Gas Networks who dedicated their time and energy to this project," said Yoey McCarthy,



Volunteers from Gas Networks Ireland and Age Action team members hard at work during the Cork Garden Blitz

Ageing **Matters**

Regional Programmes Manager at Age Action.

"We know that some people find maintaining their homes and gardens challenging in older age. With the commitment of volunteers, the Age Action Care and Repair service is able to support older people to age in place by doing with small DIY jobs in their homes or garden."

At the heart of the Garden Blitz lies a purpose far greater than landscaping. They restore a sense of pride, independence, and joy to the residents.

A well-maintained garden can be a source of physical activity, mental well-being, and social interaction. It can be where grandparents play with their grandchildren, where friends gather for a chat, or simply where one can sit and enjoy nature.

"Our participation with the Age Action Garden Blitz for the third year demonstrates Gas Networks Ireland's commitment to doing good in the communities where we operate and to looking after our vulnerable customers. We hope that our gardening efforts have nurtured our

"The hard work has not only beautified these gardens but has also made them safer and more accessible"

local community and cultivated lasting relationships" said Gráinne O'Reilly, Social Sustainability Manager at Gas Networks Ireland.

By partnering with organisations like Gas Networks, Age Action continues to make a positive impact in the lives of many.



Age Action staff members with Volunteers from Gas Networks Ireland taking part in the Garden Blitz in Cork

Advocacy Spotlight on Ageing

“Age Action’s Spotlight on Income in Older Age tells the story of older persons’ experience of income and living costs”



Cover image of Spotlight on Income in Older Age

On the 17th of October, Age Action published Spotlight on Income in Older Age—The State of Ageing in Ireland 2023 which will inform our advocacy in the areas of pensions and social protection framework.

The publication was supported by the Community Foundation Ireland and follows our inaugural report in the State of Ageing series, Reframing Ageing: The State of Ageing in Ireland 2022.

The report was put together over months of research and analysis. Age Action values the lived experience of older people, and so we held focus groups and a survey to hear from the people this report describes. This provided invaluable insight into what people are going through, their concerns and aspirations, and the emotional and psychological impact inadequate incomes can have.



Visual from Spotlight on Income in Older Age

Age Action's Spotlight on Income in Older Age tells the story of older persons' experience of income and living costs. The report shows us that most older persons are deeply reliant on the state pension and social protection generally, to a greater extent than the rest of western Europe. 3 in 10 people aged 66+ rely on social protection for over 90% of their income and a further 4 in 10 people aged 66+ rely on it for more than half of their income.

A growing number of older people are often unable to make ends meet. Many of us in older age face new expenses, such as in the areas of health, transport and housing. Often these are large

one-off sums that cannot be covered with modest weekly incomes. Older people experience significant anxiety over one off costs, and the difficulty of preparing financially for the future.

Gender inequality persists and compounds with ageism to present new barriers for older women. Women have weaker incomes in older age, and are more likely to live alone and have a disability, meaning they also have more expenses. This results from cumulative disadvantage.

Cumulative advantage and disadvantage means what we experience throughout our lives creates inequalities that grow and deepen as we age.

Factors like education, housing, the income of one's parents, employment history, health, and adverse experiences like abuse or addiction, continue to affect us and differentiate us in older age. Unless the state intervenes, these inequalities are projected to become more extreme.

You can access the Spotlight on Income in Older Age on our website:
www.ageaction.ie/spotlight-income-older-age

Or scan the QR code below:





Pictured: Michael Mulhern, Care and Repair Donegal

Staff Spotlight

With Michael Mulhern, Care and Repair Donegal

It has been a great experience to work in Care And Repair Donegal. Helping older people to live independently gives me great satisfaction doing this job.

When I see people that are so glad for the little things you do for them and the respect they give you, it is so

rewarding. So far, there has been a great response to Care and Repair in Donegal; older people love the service because it gives them the independence to live at home safely. That is what they are telling me on the ground. They call me 'Age Action Michael' who can help them with the small jobs around the house.

It's especially great when Care and Repair, other health organisations and local

“ there is only one goal, to help older people. ”

services work together. When we work as part of a team there is only one goal, to help older people.

If you are anyone you know is interested in volunteering with our Care and Repair service in Donegal you can email volunteering@ageaction.ie. To get help/support from the care and repair team in Donegal contact Age Action West on [\(091\) 527 831](tel:091527831).

Highlights from the 2023 Event Circuit



In a vibrant display of community engagement, Age Action marked its presence at this year's Ploughing Championships in Ratheniska, Co. Laois, an event that has become a staple in the agricultural and social calendar of Ireland. Visitors to the Age Action stand were greeted with a wealth of information about the organisation's services and initiatives.



Pictured: Thomas McEvoy and Megan O'Reilly

The team's enthusiasm was palpable as they engaged with attendees, sharing insights and answering questions about the vital support they provide. The event proved to be a resounding success, fostering a deeper understanding and connection between Age Action and the wider community.



Age Action attended the 50 Plus Show held at the Radisson Hotel in Little Island, Cork, an event that celebrates and caters to the interests of the over-50 demographic.

The team from Age Action was delighted to meet a diverse array of attendees, ranging from the local community to other professional organisations all interested in learning more about our mission and services.



Pictured: Julie Oates and Carol Kelly

The event was a resounding success, fostering a sense of community and connection, and furthering Age Action's goal of creating a more inclusive and supportive society for older individuals.

In November 2023, we celebrated the vital work of our board members during Trustees Week. Trustees are volunteers who assist the CEO in leading our organisation and ensure it's run to the highest standards. We are so grateful for their expertise, time and input all year round. Here are just some things our Trustees had to say about working with Age Action:



What have you learned by being on a Board?

“I have gained some valuable insights into specific challenges facing the organisation which, ultimately, can determine the organisation’s overall future and direction, for example, the challenges in fundraising.”



Does participating with a board enhance your own skills and experience? If so, can you tell us how?

“It has definitely enhanced and expanded my interpersonal skills and experience and my understanding of the need for really good, strong governance”



How important is teamwork and collaboration in relation to Board effectiveness?

“Very important to listen and respect the different perspectives that people bring, based on their background and qualifications. Strive for compromise without backing off critical issues.”



What advice would you give someone considering joining a Board?

“To get involved with the governance of an organisation can be so rewarding, learning from other experts and for me being part of systems change at a board level is enriching. It is time consuming, but it can be very worthwhile. The skills that I am learning is transferable.”



Can you help?



Age Action's Care and Repair does small DIY jobs, free of charge, for older people to help them maintain their homes and independence.

Volunteers needed!

We require volunteers for this role who have skills in small repairs and home improvements, as well their own basic tools and transport.

Care and Repair volunteers can do minor home decorating, tack down carpets, change light-bulbs, move furniture, hang pictures, basic gardening and much more!

We are currently looking for volunteers in:

Dublin, Cork, Galway

Volunteering isn't just a chance to do good, it will make you feel great too!

If you are interested in this role please contact us on:



01 4756989



volunteering@ageaction.ie

AgeAction
Age Equality

care+
repair



Deputy Lord Mayor Cllr Collette Finn and CEO Paddy Connolly cut the ribbon with Age Action staff, funders and supporters.

Cork Office Launch

Transforming Spaces, Enriching Lives

On 8th November - Age Action, officially opened its new Cork office at Core House Link Road, Ballincollig. The ribbon-cutting ceremony was conducted by Deputy Lord Mayor Cllr. Collette Finn on 8th November, ushering in a new era of possibilities.

The opening was a resounding success, with attendees from local businesses, volunteers and staff coming together to celebrate this new chapter for Age Action. A volunteer with Getting Started and champion of Age Action's Care and Repair service Maureen Cullinane gave a touching testimony about the importance of Age Action for older people, saying "every time we can't get an answer on the phone, every time we get a bot on the internet,

every time we want to go somewhere and we have a problem with mobility, we remember that there is a group that will support us. Thank you, Age Action".

Furthermore, the new office in the centre of Ballincollig, will serve as a hub for various programmes and events aimed at empowering older people, combating digital exclusion, and promoting lifelong learning.

With facilities like the Getting Started- digital skills training and the Care and Repair programme, Age Action continues to bridge the digital divide and provide practical support to older individuals, which it has done in Cork since 2010.

Deputy Lord Mayor Cllr. Collette Finn commented on the importance of Age Action's programmes and in particular their advocacy work to "explain to politicians this is where to put our ever more demanded resources...to support older people to live well in the community".

“every time we can’t get an answer on the phone, every time we get a bot on the internet, every time we want to go somewhere and we have a problem with mobility, we remember that there is a group that will support us. Thank you, Age Action”.

The atmosphere was filled with joy and optimism, with Age Action CEO, Paddy Connolly reflecting the organisation's commitment to creating a more inclusive and age-friendly society. “As Age Action continues to grow and expand its reach, it remains focused on its mission to promote equality and uphold the rights of all individuals as they age. We are excited for the journey ahead and invite you all to join us”. The organisation believes that everyone, regardless of age, deserves to live a fulfilling and dignified life



Advocacy – Participation and Engagement

“Age Action connects with its stakeholders, those who are interested, impacted, affect or are affected by our work.”

Age Action is committed to stakeholder engagement and within the Advocacy and Public Affairs team, we try to reflect this commitment in our work.

When we discuss stakeholder engagement we mean the process in which Age Action connects with its stakeholders, those who are interested, impacted, affect or are affected by our work. Engagement involves a wide spectrum of activities and actions within our Advocacy and Public Affairs team ranging from convening focus groups with older people to representing Age Action on various fora’s and forums. An important aspect of all this work, however, is the lived experience and voice of older people.

During 2023, we began providing monthly updates to the 23 U3A groups on the work of the Advocacy and Public Affairs team.



(Left) Mary Murphy from Age Action with other Pension Promise Campaigners

Recognising the importance of the lived experience in shaping our advocacy work, we held several webinars for both our Budget 2024 submissions and our forthcoming election manifesto asks, to discuss our analysis and to hear feedback from our older stakeholders.

As part of the Pension Promise campaign with SIPTU, National Women’s Council, Active Retirement Ireland and Irish Senior

Citizen’s Parliament we went on a national roadshow to build support for the campaign which is asking the government to take the politics out of the State Pension by legislating to benchmark the State Pension at 34% of average earnings.

Demonstrating our values of participation and social justice, Age Action collaborated with EAPN (Ireland), to support

Annie Curbelo Lang, who is a member of the Roscommon U3A, to participate in the annual People Experiencing Poverty meeting in Madrid. Annie attended workshops hosted by EAPN and Age Action to prepare for the conference. In November, Annie was part of the Irish delegation with EAPN(Ireland,) where she spoke of the lived experience of older women in Ireland who depend on social protection for the majority of their incomes, at various conference events and gave an interview to RTVE, the Spanish National Broadcaster.

“ An important aspect of all this work... is the lived experience and voice of older people. ”

These are just some examples of the engagement and participation work undertaken during 2023 and we acknowledge the time and expertise shared with us by stakeholders throughout the year.

In 2024 as we prepare for the Local, European and imminent General Election, Age Action hopes that older stakeholders will continue to support our advocacy work.



Annie Curbelo Lang the annual People Experiencing Poverty meeting

What will your legacy be?

A Gift. An Heirloom. A Bequest. Something left behind for those who come after.



A legacy gift, often referred to as a bequest, is a deeply meaningful way to contribute to a cause that resonates with your values and beliefs, even beyond your lifetime.

It's a common myth that only the rich and famous leave money to charity when they die.

This couldn't be any further from the truth. The reality is without the gifts left in wills by people like you, many of the charities we know today wouldn't even exist.

Thankfully 74% of the Irish population support charities and when asked, 35% of people say they'd happily leave a gift in their will once family and friends had been provided for.



“Leaving a legacy gift is my way of ensuring that the causes I've been passionate about during my lifetime continue to thrive long after I'm gone.”

The problem is only 7% actually do. That's why, if you leave some money in your will for charity as well as your family, you can make a huge difference.

In fact, just a 4% change in behaviour would generate an addition €8 million for good causes in Ireland every year. Leaving a gift to Age Action gives the chance of a better quality of life to thousands of people and you don't need to give a large sum to know you have helped. We rely heavily on legacies, especially since they enable us to plan long-term funding for our programs. Many of these projects result in improved lives for older people, which is why legacies are so greatly appreciated.

If you would like to remember Age Action in your will, there are three kinds of legacy you may leave.

1. RESIDUARY

A residuary legacy is the gift of the re-sidue of your estate, or a share of the residue, after other bequests to your family and friends have been made and all debts, taxes and expenses have been paid. Generally, this kind of legacy is of greatest benefit to us, as its value increases with the value of your estate.

2. PECUNIARY

A pecuniary legacy is a specified sum of money, determined when the will or codicil is written.

3. SPECIFIC

When a particular item of value is bequeathed, this is a specific legacy. This can include stocks and shares, proceeds of a life assurance policy, property, furniture or jewellery.

If you already have a will, it's easy to amend it to include a gift to Age Action. Minor changes like this do not require a new will, as an existing will can be amended by completing a codicil, which

your solicitor will help you draw up.

“You don't have to be rich and famous to make a contribution that can make a difference.”

Legacies to charity are exempt from tax. So by leaving a gift to Age Action, you could substantially reduce the amount of tax payable by your family on your estate. Your solicitor may find the following wording helpful if you would like to remember Age Action in your will.

For a gift of the residue of an estate:

"I give to Age Action of 30 Lower Camden Street, Dublin 2 all (or a fraction) of the residue of my estate whatsoever and wheresoever and I direct that the receipt of the Treasurer or other proper officer for the time being of the said Foundation shall be a full and sufficient discharge of the same".

For a gift of a fixed sum or specific item:

"I give the sum of € or I bequeath (the item specified) To Age Action of 30/31 Lower Camden St, Dublin 2, D02 EC96 and I direct that the treasurer or other proper officer for the time being of the said Charity shall be proper and sufficient discharge for the same".

So, you don't have to be rich and famous to make a contribution that can make a difference. You can do something amazing for people just by remembering Age Action when writing your will. Thank you for considering to make this gift.

For more information on leaving a Gift to Age Action contact fundraising on 01-4756989. or Email: fundraising@ageaction.ie

TIME OUT **PUZZLE**



Find these words:

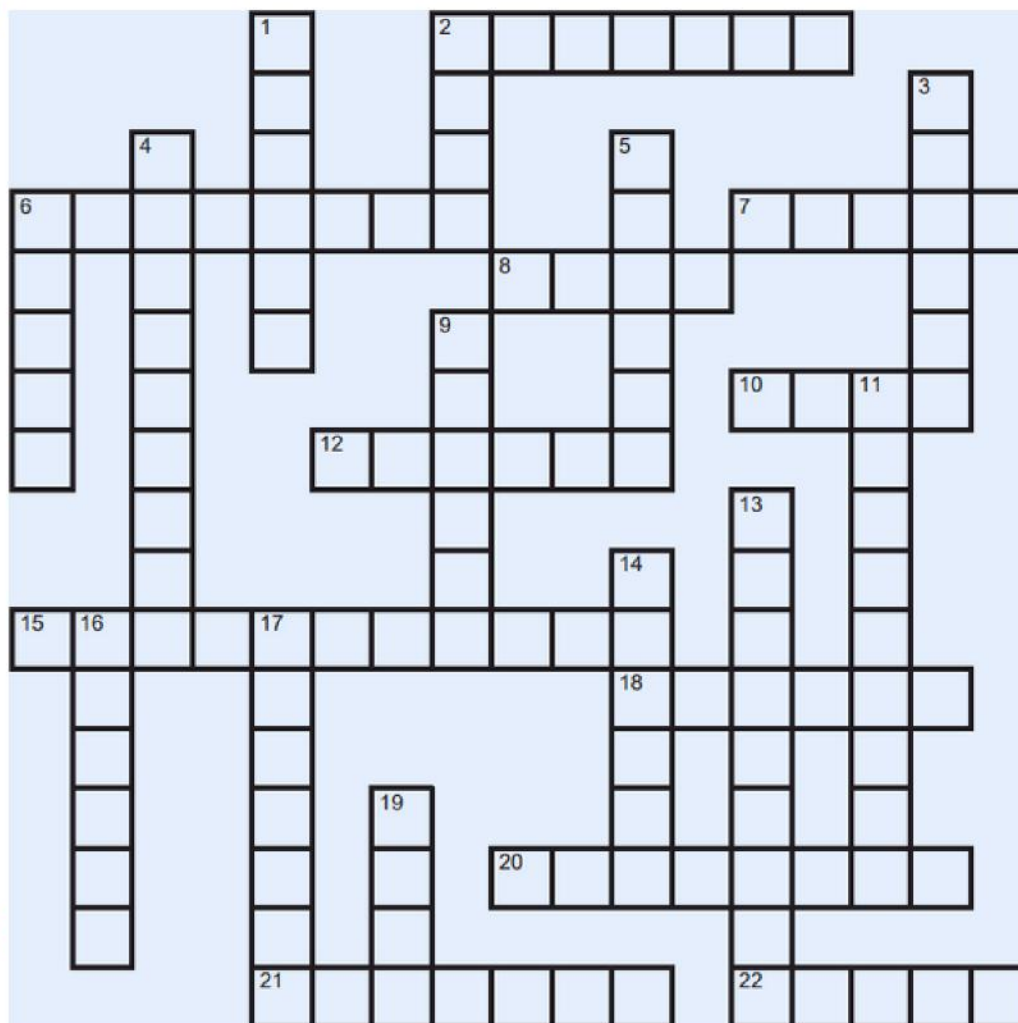
**avalanche
blizzard
chilly
cold
flurries
foggy**

**icicle
icy
rainy
sleet
slush
snow**

**forecast
freezing
rain
frost
hail
storm**

**sunny
temperature
thermometer
wind chill
windy
winter storm**

TIME OUT PUZZLE



Across

- 2 Knitted Top
- 6 Snowstorm with winds
- 7 Month that winter ends in
- 8 When air moves
- 10 A sudden blast of wind
- 12 Shake from the cold
- 15 Tells you how cold it is outside
- 18 Rather cold
- 20 Month winter starts
- 21 Has a carrot for a nose
- 22 Keeps your neck warm

Down

- 1 Turned to ice
- 2 Used in the snow for fun
- 3 A short coat
- 4 What bears do in winter
- 5 Opposite of summer
- 6 Shoes for snowy days
- 9 Frozen trickle of water
- 11 Ice crystal
- 13 December 25th
- 14 Area around the North Pole
- 16 Used to warm a room
- 17 Winter hand warmers
- 19 Temperature at which water freezes

Memberships Update



On May 29th we were delighted to be able to hold our first in person AGM since COVID 19 restrictions were put in place. Our Senior Policy Specialist, Nat O'Connor presented on our State of Ageing Report that was published late in 2022.

His presentation was well received with some lively interaction from the audience. Unfortunately, we did not reach a quorum of members to conduct the AGM business, so the meeting was postponed until 12th June and moved online. The quorum was then lowered to the number of members present and the meeting proceeded.

At the meeting, the members voted on a special resolution and changed the constitution to reduce the numbers required for a quorum from 30 to 15 members.

everything we do is transparent and accountable

Niall Fitzgerald was re-elected to the board following retirement by co-option and Tony Kehoe and Ray McGrath were re-elected following retirement by rotation. (Ray has since retired from the board and Susanne Moran stepped down at the AGM).

During 2023 the board have co-opted Jennifer Okeke, Fiona Weldon and Jonah Mudehwe to the board and

will be up for retirement and re-election at next year's AGM. We work continually to ensure everything we do is transparent and accountable and in line with our values. We were pleased to confirm to the Charity Regulator that we are in compliance with their Governance Code, which means we have put in place systems and processes to ensure that we achieve our charitable objectives with integrity and are managed in an effective, efficient, and responsible way.

You can read more about this on the Charities Regulator's website via: <https://www.charitiesregulator.ie/en/information-for-charities/charities-governance-code>

ANNUAL MEMBERSHIP FORM



■ FOR THE YEAR 2024



■ Fee Amounts for 2024

€20 : Individual- retired/unwaged

€40 : Individual- employed

€60 : Voluntary Body

€200 : Statutory Agency

€500 : Commercial

■ Payment Options

ONLINE – visit our website www.ageaction.ie and click on 'pay membership'

CHEQUE –send your cheque made payable to Age Action Ireland CLG with this form to the address below

CASH –visit our offices at 30/31 Lower Camden St, Dublin 2

CREDIT CARD – online (as above) or contact us at: 01 4756989

Please Note: all online payments made by credit or debit card including payments over the phone require authentication via a mobile banking app or through an alternative authentication method provided by your bank

ELECTRONIC TRANSFER/LODGEMENT:

BIC: IPBSIE2D

IBAN: IE82 IPBS 9906 2587 7790 21

■ Please Return Completed form to

**Membership Department,
Age Action Ireland Ltd.
30/31 Lower Camden Street, Dublin 2.
D02 EC96**

Email: membership@ageaction.ie

Tel: (01) 4756989

■ Your Details

I wish to join Age Action. I enclose € membership fee, plus (optional) € voluntary donation payable to Age Action Ireland Ltd.

If you are already an existing Age Action member and wish to renew your membership, please write your membership number:

Full Name:

Name of Company:
(If applicable)

Address:

County:

Eircode:

Email:

Telephone:

■ Consent- please tick to sign up

We don't want you to miss out on any updates, events, promotions or fundraisers happening at Age Action and would like your permission to contact you about events we think may be of interest. You can opt out at any time. We will not share personal information outside of Age Action without your permission and we will delete personal information after two years from the last time YOU contact us.

I consent to receive information from Age Action via email, post or phone.

Yes

No

Your Signature

Age-Action

Age Equality



WE THANK YOU
FOR YOUR CONTINUED
SUPPORT