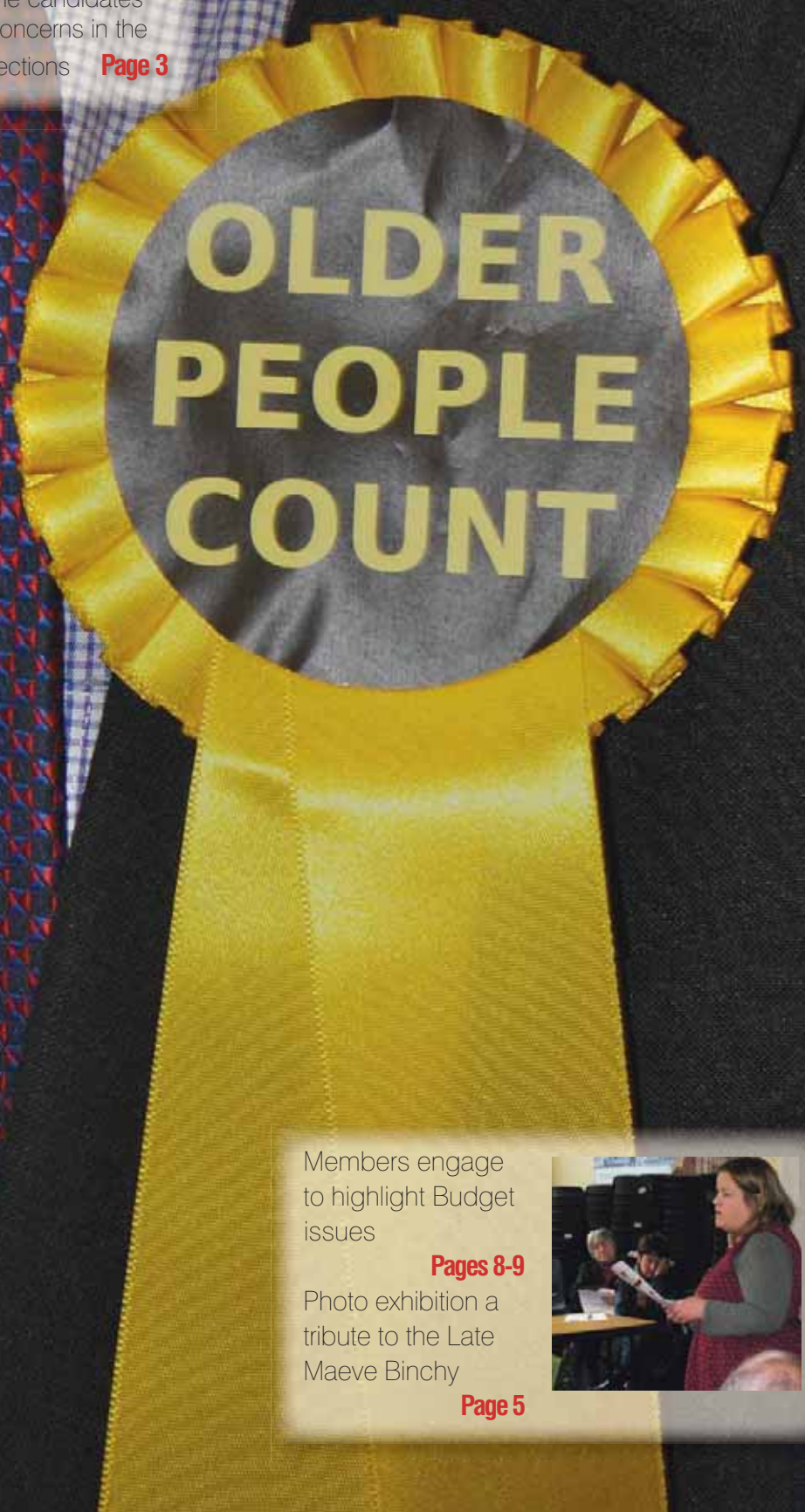


Ageing matters

Make your voice heard

Make sure the candidates know your concerns in the May local elections **Page 3**



Members engage to highlight Budget issues

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Photo exhibition a tribute to the Late Maeve Binchy

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■ Cover photo:
With local elections pending, it is vital that candidates are aware of the needs of older people (See page 3.)

Anxious times among members

“Grow old along with me! The best is yet to be”

(Robert Browning 1812-1889)

This optimistic quotation recalled by one of our Cork members is in stark contrast to the general mood of members at regional meetings on our submission to Government for Budget 2015. As you will read on pages 8–9, the mood of members who came to these meetings and answered our survey was much more anxious.

Their overall message was that the Government has to take action to provide more affordable and accessible basic services and to reassure older people that these services will be maintained to protect those on low incomes and/or in poor health or living in rural areas. One impressive aspect of our meetings was the solidarity between older people from urban and rural areas: urban dwellers were highly critical of services available to them, but also mindful of the greater problems facing people in rural areas.

There was widespread concern about inadequate health services, with increases in prescription charges and reductions in home care services and the changes in the eligibility for medical cards compounded by rumours of further increases in costs and less accessibility. The cuts seem to have targeted the poorest and sickest older people and increased the anxiety among others that these services will be less available when they might need them more. Confusion about the Government’s plans for universal health insurance, while the cost of private health insurance rockets beyond the reach of an increasing number of long-standing subscribers adds even more worries.

Another major concern was income. While the Government did not cut the state pension in the last budget, the frozen state pension is losing value in the face of higher prices for food and fuel, the introduction of the property tax and water charges, and cuts in the household benefits package.

Our greatest fear is that the Government is not only unprepared for an ageing population but unsure how to plan for it. We hoped the National Positive Ageing Strategy published a year ago, with the promise of a Government implementation plan by last September, would allay that fear. It is vital that this plan is published quickly with full engagement of all government departments. Ageing is one of the major changes facing Ireland now and for the next 50 years, and no government department should evade its responsibility to be ready for it.

— **Robin Webster**

Be heard in local elections

Age Action is urging members to raise issues of concern to older people in their community when local election canvassers call in the run-up to the elections on May 23.

“It’s vital that we demand that would-be members of the next local councils prioritise policies to help build age-friendly communities,” Age Action head of advocacy and communications Eamon Timmins said. “No two areas are the same, so it is essential that people raise their particular local issues with the candidates.”

These issues may include local transport, policing, litter or parking by-laws, public lighting and footpaths, road repairs, pedestrian crossings and traffic calming measures.

The councils will operate under new structures which Environment Minister Phil Hogan intends should allow more decision making at local level. Their new functions will include economic development, community/local development and enterprise support.

As part of the powers that will allow them to be financially stable, the councils will be able to increase or

decrease local property tax rates by up to 15%.

The new councillors will be simultaneously elected to municipal districts, and their county local authorities. The municipal districts will have greater powers than the town councils, which will be abolished at the end of May. The aim is for these districts to make decisions on issues that affect their areas.

“It is important that people carefully consider who they are electing, as these councillors will have greater powers than those who went before them,” Age Action spokesperson Eamon Timmins said. “It is up to everyone to identify the issues in their area which make their locality less age-friendly, and to raise these with candidates.”

Although local councillors do not have responsibility for national issues (such as pensions, medical cards, community-based care or age-related income supports), Age Action is encouraging members to raise these issues with candidates when they call, as they may pass concerns back to their parties. We would also like national issues to be raised with European election candidates (which also take place on May 23).



Age Action is asking candidates to support a new UN convention which would improve the protection of rights of older persons. The EU’s current position is that there is no need for such a convention.

European election candidates are also being urged to advocate that the EU commit to ring fence some of its development aid budget for work with older people in developing countries.



■ Members of the Castletownbere knitting group presenting knit and crochet shamrocks to Catherine Murphy and Louise O'Sullivan, staff of Family Support & Community Wellbeing Beara West centre.

Photo: Seán Moriarty

Shamrock campaign a success

Age Action is delighted with the response to its appeal for knitted shamrocks as part of the Made with Love campaign for St Patrick's Day.

Knitting groups and individuals from all over the country sent in some wonderful creations in both knitted and crocheted style. It truly was 40 shades of green, and they arrived in all shapes and sizes.

"We received just over 6,000 shamrocks," fundraiser Daragh Matthews said. "This was a pilot initiative, and we only had seven weeks to plan, promote, collect and then sell them — the response has been fantastic."

The shamrocks were

mainly on sale in Dublin, with some in Kilkenny and Cork and were available in 50 locations. They even travelled to New Jersey, New York, California, Ohio, London and down under to Oz.

"We raised just over €3,000, which is a modest success, and we are most grateful to everyone who bought shamrocks or supported the campaign," Mr Matthews said. "We are thankful to our First Lady, Sabina Higgins, who proudly wore her own knitted shamrock in support of the campaign, and to the Lord Mayor of Dublin, who wore his badge for the St Patrick's Day parade."

Age Action received much media coverage around the launch of the campaign and on social media through Facebook. Some groups

have sent in photographs of their displays before posting off to us here in Dublin.

"The shamrocks have taken off like wildfire. Everyone down here loves them and proudly wore them on the day," said Louise O'Sullivan of the Family Resource Centre in Castletownbere in Co. Cork.

This is indeed encouragement for us to plan for a nationwide campaign in 2015. Every community will be encouraged to participate, and with a longer lead-in, next year's St Patrick's Day should provide a much bigger event. We welcome any suggestions you may have to make next year's event bigger and better.

Please contact our fundraising team at (01) 475-6989 or at fundraising@ageaction.ie

A Time to Dance exhibition celebrates age and the life of Maeve Binchy

“Age is not a problem, a worrying situation or an absence of glorious youth. It’s just another time of our life, a time to laugh, a time to sing, a time to dance.”

Those are the words of the late Maeve Binchy, captured in the 2006 book *A Time to Dance*, which she produced with photographer Ann Henrick.

Now, almost two years after Maeve’s death, Age Action will stage a special photography exhibition featuring Ann’s images, accompanied by Maeve’s words. The exhibition will be open to the public from May 1–30, (9am–5pm, Monday to Friday), at European Union House, Dawson Street, Dublin 2.

The exhibition of black and white photography and wonderful words is an uplifting celebration of life and living among Ireland’s older population. It carries a positive message, which is both affirming for those already in advanced years and, more importantly, inspiring for those who are heading that way.

Ann Henrick’s photos cover the energy,



■ TOP: One of Ann Henrick’s photos in the exhibition.

■ ABOVE: the late Maeve Binchy and Ann Henrick, the artists behind the exhibition.

beauty and creativity life can hold for an older person today. Maeve Binchy’s words express the positive message of what it means to become older, and the joys that await us as we enter the Third Age.

Originally exhibited by the Dublin City Council on Culture Night and in some Dublin libraries, including Pearse St., the exhibit was used to illustrate Dublin City Council’s Independent Living programme. The exhibition is now presented as a tribute to the late Maeve Binchy — one of Ireland’s best loved authors and journalists — who wrote so positively about ageing.

The exhibition is free. However, visitors are urged to phone European Union House on (01) 634-1111 to ensure the exhibition is accessible on the day you plan to visit.

For more information, contact Lorraine Murphy in Age Action at (01) 475-6989 or lorraine.murphy@ageaction.ie



■ Zoo keeper Helen Clarke (extreme left) with some of those attending the Dublin Zoo event.

Dublin Zoo hosts talks and tours

The first in a series of special events at Dublin Zoo began last month, with the aim of giving people an opportunity to come and enjoy the magic of the zoo without necessarily having the grandchildren in tow.

Guests arrived at the Family Farm House (based in the Family Farm) where Helen Clarke, long time zoo keeper at Dublin Zoo, spoke briefly about the world famous institution.

She described its origins

and the changing nature of the work being carried out, from the zoo as a place of captivity for animals to a

The welfare and survival of animals is put right at the heart of today's Dublin Zoo.

centre of excellence known across the world for the breeding and conservation of animals.

Helen also spoke about some of the wrongs of

Victorian zoos and how the welfare and survival of animals is put right at the heart of today's Dublin Zoo. A tour of the zoo was also organised for those who wished to avail.

The cost for the day was €6 and guests were able to spend the whole day wandering around at their leisure.

Dublin Zoo will continue to organise these events on the second Wednesday of each month with a different speaker each time.

To book, please contact Una Smyth at education@dublinczoo.ie

Getting Started in Cork and Waterford

Schools and Offices provided the theme for February and March for Getting Started in Cork and Waterford.

In a bid to bring community elements together (learners and tutors), we are continuing to work with more Transition Year students. Thanks to the following schools: St. Paul's Community School, Waterford ; Blackwater Community School, Lismore; Bandon Grammar School; Mercy Heights Secondary School, Skibbereen; Gaelcholaiste Mhuire, Cork city; and St. Michael's NS in Whites Cross, Cork.

The learners have been unanimous in their praise of the programme. Valentine in Cork sent us her first email: "I am enjoying the class very much. I have no experience of computers, so I am learning how to deal with the email booking

of hotel rooms. I find the one-to-one teaching very good. My tutor explains all the workings of the computer. He is very patient and a good teacher and never gets excited when I make mistakes. I would recommend this form of teaching for people of my age group, which is over 60."

We have also continued to engage with businesses in the community, and are pleased to have been able to add VMWare in Ballincollig to our supporters and partners of the Getting Started programme.

Andrew Mulcahy and Linda Holland, VMWare's HR Business Partners, with the help of the technical support team from Global Support Delivery headed up by senior director Karen Egan, banded together for our first Getting Started course on their premises in Behan House, Ballincollig. The class was buzzing right away, and the learning (and chat) was intense.

Volunteers at Dell Software in Mahon, under the kind and efficient guidance of Penny Elliott, HR, also hosted and tutored another Getting Started class in March, with the bonus of a social networking lesson by Dell volunteer J.B. Heine as part of the final class.

If you have a venue with Wi-Fi for class use (to hold 10 learners and 10 tutors), please email gettingstartedcork@ageaction.ie (particularly in Cork city centre), and if you would like to volunteer (all you need is the basics and a good sense of humour — training provided), email aac@ageaction.ie.

If you are over 55 and want to sign up for a Getting Started or refresher course, call Gordon or Martina on (021) 453-6556. For information on Getting Started in Waterford, visit <http://www.waterfordlife.ie/gettingstarted/>



■ FAR LEFT: Staff and learners at the VMWare plant in Ballincollig.

■ LEFT: Learners at Dell Software in Mahon, Cork, with Dell tutor.



■ Age Action's John O'Mahony (extreme right) addressing the members' meeting in Cork.

Members focus on Budget concerns

*In the last edition of **Ageing Matters** we urged as many people as possible to get involved in our Budget 2015 consultation by coming to a regional meeting or by returning our survey.*

So far we have met or heard from over 500 people, and the issues raised will form a central part of our submission to the Government for Budget 2015.

The main aim of our consultation was not to set out Age Action's position on policy to issues, but to listen and understand the lived experience of our members.

With this in mind, we

structured our meetings in a way that allowed people to raise the issues of central importance to them, their families and their communities.

At each of our meetings we provided an overview of the development of our pre-Budget submission. The starting point for this work lies very much in listening to the experience of our members and identifying the impact of policy changes on their lives.

Secondly, we examine what national and international research tells us about these issues. We use this evidence to build our case for change on policy issues.

Finally, we develop recommendations for policy changes that will have a positive impact on the lives

of older people and their families. We identify these recommendations within our submission document. We also use them when meeting with members of the Oireachtas, doing media work and raising awareness amongst the general public.

Meetings were held in Dublin, Cork, Galway and Monaghan. Across all the meetings and in many of the responses to our survey, a clear message was that, while the rate of the state pension has not been cut, its value has been eroded through the introduction of numerous stealth charges.

The introduction of the property tax and the forthcoming water charges are of particular concern for members, along with increases to prescription

charges. Changes to the household benefits package and fuel allowance have also had a negative effect on people's incomes.

Access to healthcare continues to be of critical importance to our members. Concerns were expressed about cuts to the medical card as well as the impact that Universal Health Insurance may have on this.

Our members were clear about the importance of enabling people to be cared for in their homes: "It saves the Government money."

In Monaghan, the closure of the local hospital has had particularly serious implications for the entire community. There are fears about the impact that travelling to hospitals farther away may have on people who suffer a serious emergency, such as stroke or heart attack.

With a tightening of the purse strings in all areas of expenditure by both the Government and those providing private services in the community, increased isolation is of particular concern. Closures of bank branches and local post offices are devastating the infrastructure of small communities.

However, the greatest concern centres on continued access to free travel. While there have been no changes to this scheme, we are aware that it is under



■ TOP: One of the break out groups at the members' consultation meeting discussing issues impacting on older people in Monaghan.

■ ABOVE: Naomi Feely briefing members Age Action's consultation meeting in Dublin.

review at the Department of Social Protection.

The importance of this scheme from a health perspective was emphasised throughout our consultations. There is a genuine fear that if access to free travel were restricted, it would have major implications for the mental health and wellbeing of older people.

There is no doubt from our consultations that older people are angry about the impact of austerity budgets on their lives. But behind this anger there is also fear — fear of what may

be announced in the next Budget.

At our meeting in Cork one of our members urged us not to dwell just on this anger and fear but to focus as well on the positivity of ageing. Quoting the poet Robert Browning, she encouraged people: "Grow old with me, the best is yet to come." This aspiration will be at the centre of the pre-Budget submission as we tell the Government what must be done to ensure that Ireland is the best place to grow old.

— Naomi Feely,
senior policy officer



■ Age Action's Suze Baker, who is part of the team which runs our charity shop at Glaslough Street, Monaghan.

Shoppers' evening well received

A special customers' evening was held at our Monaghan shop on April 10 to highlight the refurbishment work undertaken there in recent weeks.

"Our newly refurbished shop is drawing lots of admiration from our many customers," shop manager Mary Beagan said. "They love the spacious atmosphere and warm ambience that has been created."

The well attended customers' evening was also an opportunity to introduce the huge selection of spring and summer clothes which the shop team were gathering over the winter months. These include designer labels, vintage pieces and other items suitable for all occasions during the spring and summer months.

The Glaslough Street shop now stocks a huge range of items, including footwear, bags, jewellery, bric-a-brac, china, crystal, silverware, furniture and

household wares. "We always have something for everyone, whether you are hunting for a bargain or you are a trendsetting shopper," Mary said.

The shop team are deeply grateful to customers for their continuing support and to everyone who regularly donates good quality items.

The customer evening in Monaghan follows successful vintage and designer events at our Camden Street and Dun Laoghaire shops in recent months.

Your custom and donations help charity shops

Our charity shops provide an important source of revenue to help Age Action fund its work with older people. We depend on your support to shop with us and donate quality goods.

Age Action is the only charity in Dublin which operates a free call-out collection service (for addresses within the M50) for

household clear-outs and donations. If you have a large quantity of items, or large or heavy items, to donate, call our service on (01) 475-6989 to arrange a collection.

Please beware of bogus collectors. The only way to be sure a donation to Age Action reaches us is to deliver it to one of our shops or use our collection service.



■ Ann Moroney: integration is a two-way process.

Promoting interculturalism in nursing homes

Work has begun on a major new Age Action project to promote and embed interculturalism and anti-racism among residents, their relatives and staff of nursing homes in north Dublin.

The Intercultural Nursing Home Project is funded by Pobal through the European Integration Fund. It follows research conducted by the Migrant Rights Centre in Ireland (MRCI) in 2012 and the Irish Centre for Social Gerontology (at NUI Galway) in 2009, both of which identified high levels of discrimination experienced by migrant staff.

Given the high proportion of migrant workers in residential care for older people, and the lack of expo-

sure to diversity that many older Irish people have had compared to younger Irish people, nursing homes are environments where significant cultural challenges can occur that need to be addressed.

Ann Moroney, the project officer who will undertake the work, joins Age Action from the HSE Primary Care Team in north Dublin, where she was a social worker. She brings a wealth of experience to the job, having previously worked for 13 years with Access Ireland. This organisation operated between 1998 and 2011, working in a variety of ways to promote the integration of refugees and migrants in Irish society. A core value of Access Ireland was the concept of integration as a two-way process.

Ann is excited about the challenge ahead. "I see it as continuing the concept of integration as a two-way process since it will underscore the immense contribution of the migrant population to the care of older people in today's Ireland and draw on that contribution to promote interculturalism as a core value in service provision for older people," she said.

This project will conduct a needs analysis study in nursing homes in north Dublin; develop an intercultural guide for residents, staff and relatives; and develop intercultural training in north Dublin nursing homes.

Ann can be contacted (01) 475-6989 or by emailing intercultural@ageaction.ie.



■ The TOY project aims to bring children and older people together to learn from each other and develop meaningful relationships.

Intergenerational seminar in May

The Dublin Institute of Technology, a partner in the European-funded TOY Project, is holding a seminar on May 15 to explore possibilities for the development of intergenerational initiatives and to share experiences.

The TOY Project is a two-year project about intergenerational learning, bringing young children and older people together to share experiences, have fun, learn from each other and develop meaningful relationships.

The seminar will include presentations on the work

of the project and other successful intergenerational learning projects in Ireland.

The event will interest those working in services for young children or older people as well as community and policy organisations. People who have been involved in intergenerational projects in their communities are also welcome to participate.

The TOY project combines research, practice and training, and its long-term objectives include:

- increasing involvement of older people in community based services for young children;
- increasing numbers of intergenerational learning

initiatives; and

- broadening intergenerational skills and knowledge among practitioners, community organisations and policy makers.

The seminar is being held from 2–6pm on May 15 at Dublin Institute of Technology, Mountjoy Square, Dublin 1. This is a free event, but booking is essential by April 28. Please book directly with DIT by contacting Anne Fitzpatrick at Anne.fitzpatrick@dit.ie or Carmel Gallagher at Carmel.gallagher@dit.ie

More information about the TOY project is available on the project website: www.toyproject.net

When you've read *Ageing Matters*, pass it on

Age Action is urging members to pass on their copy of *Ageing Matters* (when they have finished reading it) to friends and family who may be interested in joining the organisation.

"At several Age Action AGMs, members have talked about encouraging others to join

in order to boost our membership and extend our reach," Age Action chief executive Robin Webster said. "Passing on your copy of *Ageing Matters* and encouraging people to use the membership form on the back page is a practical way of doing this."

Concern over Fair Deal funding cuts

Age Action is concerned at reports that the National Treatment Purchase Fund is cutting payments to nursing homes under the Fair Deal scheme and encouraging nursing home owners to require residents to make up the difference.

Correspondence publicised last month by the Irish Patients Association showed the NTPF had offered one home a rate of €1,050 per bed a week under the Fair Deal scheme – a cut of €60 a week. The home owner claimed the official involved in the negotiations suggested the short fall should be passed on to residents by charging for social activities in the home.

The NTPF later issued a statement denying it made any suggestion that reductions could be imposed on residents. “The levels of profit and the actual cost of care reflected in the financial statements of each private nursing home form a key input to the discussions on price,” it said. Any agreement to cut the price of a bed was based on the facts presented by the individual home.

The NTPF said it expected



■ The Fair Deal charge must cover the cost of essential services for nursing home residents.

any cut in funding to be met from a reduction in profit levels and increases in efficiency that did not affect the quality of care provided.

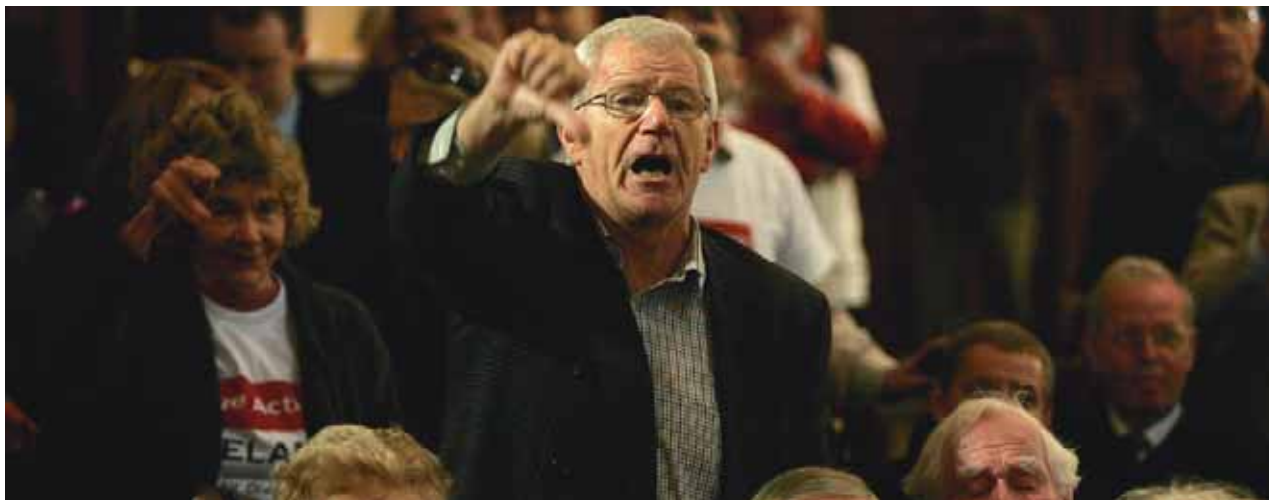
Age Action warned that nursing home residents on low incomes were already under severe financial pressure under the terms of the Fair Deal scheme. It urged the Minister for Health to clarify the situation and insist that no further charges should be imposed on nursing home residents.

“Under the Fair Deal scheme the State currently takes 80% of a person’s disposable income along with up to 22.5% of the value of their home,” Age Action spokesperson Eamon Timmins said. “For somebody on a State Pension, they are left with

just €44 a week to pay for essential costs not covered by the Fair Deal, such as chiropody, physiotherapy, specialised wheelchairs, the prescription charge for their medications, toiletries and hairdressing.”

“To suggest that a mandatory charge now be introduced for social activities in a bid to pick up the tab for cost cutting by the State, will leave many older people in penury and choosing between which of these other essential services they will have to go without.”

The Department of Health is reviewing the Fair Deal Scheme, and Age Action is urging that the scheme must, at the very least, be fair and cover the cost of essential services that a person needs in a nursing home.



■ The 2008 Medical Card protest: the abolition of the automatic entitlement to the Over-70s Medical Card spurred John Connolly to act.

Dr John Connolly appeals to readers

Dear reader,

When Health Minister Mary Harney decided to take the over-70s medical card rights from older people in 2008, I was very angry. I had to do something. So I started to write in a weekly medical magazine and later in *Ageing Matters* as well.

I will be 83 years old in the summer (if I make it) and I am clearing my desk gradually. The editor of *Ageing Matters*, Eamon Timmins, tells me no one else has made a continued contribution to our magazine from among the membership of Age Action. I would like to see someone take up this

work. I do not mean a medical person. But I think it is ideal for someone just retired from a busy job.

I have made many new friends in my small town, but particularly in Dublin and around Ireland through my writing. Generally, I have never seen “the colour of their eyes” in most cases.

If anyone is even slightly tempted, please send me a note, care of Eamon Timmins at Age Action. I will reply (one at a time) and in confidence.

With best wishes,

Dr John Connolly

Bealtaine Festival celebrates 19th year

The 19th annual Bealtaine Festival will run throughout May, featuring theatre, visual arts and music at venues across Ireland.

“And Catch the Heart Off Guard” is the theme of this year’s festival, taken from a line by the late Seamus Heaney. The Bealtaine Theatre Tour will bring 2013 Dublin Fringe Festival

favourite *Small Plastic Wars* to venues across the country. This play, about one man’s comic attempt to hide from the recession by building plastic models, got rave reviews when it premiered last year. Carnation Theatre will also be bringing their production *Fuss on the Bus* to audiences in care homes, day care centres

and community venues. **Bealtaine is organised by Age & Opportunity. For more information, visit www.bealtaine.com, email bealtaine.online@ageandopportunity.ie, phone (01) 805-7734 or write to Bealtaine at Age & Opportunity, Marino Institute of Education, Griffith Avenue, Dublin.**

Information team offers help to callers

Do you know an older person who needs some independent, impartial advice to help them deal with an issue?

Age Action's information team helped with over 2,300 such enquiries last year.

"No two calls are the same, but common queries relate to social welfare entitlements, security and health issues," Age Action senior information officer Gerry Scully said.

"Information is power, and we help empower older people by giving them the information they need to make important decisions about their lives," he said. "There are a lot of services and supports out there, but often people are not aware of them."

The service operates Monday to Friday, 9am–5pm. Phone (01) 475-6989 or email library@ageaction.ie for help.

U3A MEETINGS



© Dublin City U3A

Meeting last Tuesday of each month at 11am in the Chester Beatty Library. Contact John Roche: (01) 201-7490

© Blackrock U3A

Contact Eileen Larkin: (087) 4128607, (01) 455-7653

© Ballyroan U3A

Meet every 2nd Monday at 11am in Ballyroan Library. Contact Al Connor: (01) 490-3212

© Ballymun U3A

Meetings every 2nd Monday, 2pm in Ballymun Library. Contact: Vera Butler (01) 842-2256

© Lucan U3A

Meetings 2nd Monday of the month, Ballyowen Castle. Contact Ann Hargaden (email: annhargaden@eircom.net)

© Blessington U3A

Meetings 3rd Tuesday of each month. Contact Anne Cowie: (045) 865-159

© Sutton/Baldoyle-Dublin

North-East. Meets 10.45-12.45, Baldoyle Library. Second Wednesday every month (excl Jun-Aug). Contact: u3asutbal@gmail.com. Phone: 01-832 3697 Website: u3asuttonbaldoyledublin

© Active Virginians U3A

Meet every week. Contact Ann Brodie at (049) 854-8232

© Maynooth U3A.

Community Space, beside Manor Mills Shopping centre. Meet every Friday 11am. Contact Helena Kirkpatrick: (01) 628-5128

© An Cosan U3A Tallaght.

Meet every 2nd Thursday.

Contact Imelda Hanratty: (01) 462-8488

© Waterford U3A

Contact Margaret Wheeler: mwheeler2010@live.ie

© Monaghan U3A

Contact Mary Beagan: (047) 75942, (086) 331-4439

© Tramore U3A

Meetings 3rd Thursday of the month, 11am, Coastguard Station, Love Lane, Tramore. Contact Mollie Hunt, molliehunt@eircom.net

© Roscommon U3A

Meet every 2nd Tuesday. Contact Avril McTeigue: amcteigue@rosdisabilities.ie

Email Age Action Education Officer Margaret Fitzpatrick at u3a@ageaction.ie or (01) 475-6989 for information.

Macroom joins Care & Repair network

Macroom in Co. Cork has become the latest Care and Repair Community Partner.

The service is being provided by the Macroom Senior Citizens Housing Centre and will assist older people within a 10 mile radius of the west Cork town.

“We can do anything from changing light bulbs to gardening work, putting up shelves, hanging pictures or moving furniture, free of charge,” centre manager Pat O’Connell said.

“We also have a list of reliable local

tradespeople whose contact details we can provide for quotations for professional work.”

Macroom is the 31st community partner to join Care and Repair. The service is also provided directly by Age Action in Dublin, Cork city and Galway. More community partners are due to be announced in the coming months.

Care and Repair Macroom can be contacted on (026) 41698.

Annual membership application

I wish to join Age Action and enclose
 €..... membership fee, plus €.....
 voluntary donation payable to Age Action
 Ireland Ltd. If you are already an existing Age
 Action member and wish to renew your mem-
 bership please write your membership number
 here

Full name:.....
 (Block capitals please)

Address:

Tel:

Email:

(Block capitals please)

Website:

(Block capitals please)

Signature:

Date:

FEES

€20 Individual – retired/unwaged

€40 Individual – employed

€60 Voluntary Body

€200 Statutory Agency

€500 Commercial

STANDING ORDER

To the Manager
 (Name of Bank/Building Society)

Bank Address:

Please pay annually to Age Action Ireland,
 Permanent TSB, 70 Grafton Street, Dublin 2,
 BIC: IPBSIE2D

IBAN: IE82 IPBS 9906 2587 7790 21

the following amount €

until further notice. Starting on: 1st Day of
 January 20

Name:

(Block capitals please)

BIC:

IBAN:

Signature:

Please return to:

Membership Development

Age Action Ireland Ltd

30/31 Lower Camden Street, Dublin 2

Email: membership@ageaction.ie

Tel: (01) 475 6989

Fax: (01) 475 6011