

# Health Service storm brewing

Older People trapped in care queues by ineffective system

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Walking challenge of a lifetime

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Policy consultation meetings highlight vital shortages created by austerity

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ageing matters *in Ireland*





For all older people

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■ Cover photo:

The problems being experienced in our overcrowded hospitals are a symptom of a health service which is failing to meet the needs of older people.

Photo:123RF

## Finding what matters in the end

**Robin Webster reviews Being Mortal: Illness, Medicine, and What Matters in the End, by Atul Gawande**

*"We've been wrong about what our job is in medicine. We think our job is to ensure health and survival. But really it is larger than that. It is to enable well-being. And well-being is about the reasons one wishes to be alive. Those reasons matter not just at the end of life, or when debility comes, but all along the way."*

When I was young we were encouraged to pray for a "good death". I wasn't keen on the idea, and the poor quality of my praying may explain why I am still alive so many years later. After reading this book, however, I have a better understanding about living and dying well and the importance of well-being throughout life.

This is an extraordinarily powerful, thought-provoking and beautifully written book by Atul Gawande, who also gave the 2014 BBC Radio Reith Lectures on the theme of the future of medicine (<http://www.bbc.co.uk/podcasts/reith>). The book is wide-ranging but deeply personal. It questions our general attitudes towards ageing and older people and caring for older people with increasing longevity and often increasing frailty. It describes the institutionalisation of older people in hospitals and nursing homes, but also gives plenty of examples of attempts to change these institutions to become livelier and more focused on the wishes of older people. These larger themes are brought to life with personal examples from his experience as a surgeon and from a memorable account of caring for his dying father.

I would recommend this book and lectures to anyone interested in ageing as a life-long process. They should challenge us all. As a doctor, Gawande is critical of his own practice and profession and by extension other healthcare professions, managers and policy makers. He sympathetically describes the dilemma facing families of dying people unable to let go and the need for hard conversations and courageous decisions in the interest of the dying person.

His central message is that we should all respect the autonomy of people facing death by listening to their wishes, discussing options and implications and then carrying their decisions regardless of our own views and feelings. Facing these agonizing moments of death may be much easier, or at least more natural, if we recognize the importance of autonomy throughout life.

Ending on a optimistic note, the Assisted Decision-Making (Capacity) Bill 2013 passing through the Dail should, if properly implemented, promote this approach for people with limited capacity.

— Robin Webster



■ Older people are prisoners of an overcrowded hospital system

## Hospital backlogs trap older people

**Chronic over-crowding in Ireland's acute hospitals is a consequence of a health system that is failing to address the needs of older people, Age Action has warned.**

A HSE analysis of the crisis on February 24 found that 705 patients were in delayed discharge beds – ie they no longer needed acute care and were waiting either to go home with support (17%), to be admitted to a nursing home (73%) or to receive other forms of care, such as palliative care or a hospice bed (10%). The majority of these people (86%) were aged over 65.

The report also found that almost half of those seeking a nursing home bed were waiting for a response from the authorities, eg for their

application to be processed or for funding to be made available. The majority of people seeking to go home were also waiting for the authorities to act so that they could leave hospital.

“What is clear from the report is that the term ‘bed blockers’ must be binned, as most of the delays are not of the older person’s making – many older people are tied up in bureaucratic red tape,” Age Action spokesperson Eamon Timmins said. “It is more accurate to say that older people are trapped in their hospital beds by the system – they are prisoners of the system.”

HSE director general Tony O’Brien warned the Oireachtas Health Committee on February 12 that unless additional funding was provided, the number of people waiting for funding for a nursing

home bed under the Fair Deal scheme would rise from 1,200 to 2,200 by the end of the year. The waiting time for a bed would increase from the current 11 weeks to 20, he added.

The Minister for Older People, Kathleen Lynch, believes that an investment of a further €30 million per annum for the scheme would enable it to be demand-led. Age Action is concerned that insufficient State funding and the capped funding arrangement in place for the Fair Deal has resulted in unacceptable waiting periods for sick, frail older people who need a nursing home bed.

“The health service will continue fire fighting until the service is adapted to meet the needs of older people, and society begins planning for the future needs of its ageing population,” Mr Timmins said.

# Raise funds on idyllic walking tour

Age Action's Mediterranean islands Walking Challenge takes place from October 4 to October 11, 2015.

We're organising a fundraising walk to the islands of Sardinia in Italy and Corsica in France. Irwin Gill is our very competent walk organiser and guide, and funds raised from the walk will go directly to Age Action.

The total price is €2,900 per person based on a minimum of 25 passengers travelling. This includes:

- Return flights from Dublin to Alghero airport with priority boarding, including one checked bag per person weighing up to 15kg.
- Transfer from and to Alghero with transfer representative.
- All bus transfers indicated in the itinerary.
- Ferry between Sardinia, Italy to Corsica, France.
- Three nights on half board basis in the Hotel Cala Ginepro.
- Four nights on half board basis in the Park Hotel.
- Full group travel insurance and the services of ground handler.
- Each walking day a guide will accompany the group, and every walker



will be given two bottles of water. The price does not include single room supplement (€220) or meals not specified in the itinerary.

## Schedule

- Day 1:** Sunday, October 4, Dublin Airport–Alghero Airport – followed by a tour of the city, described by *Lonely Planet* as one of Sardinia's most Medieval cities.
- Day 2:** Monday, October 5 – Visit to Orgosolo, famous for its political murals dating from about 1969.
- Day 3:** Tuesday, October 6 – Beach walk in Biderosa, renowned for its five coves of incredible beauty.
- Day 4:** Wednesday, October 7 – a visit to the Emerald Coast, along beaches lapped by translucent blue sea water

perfumed by wild thyme bushes.

**Day 5:** Thursday, October 8 – a walking tour in Garibaldi's footsteps on Caprera, a small island off the Sardinian coast.

**Day 6:** Friday, October 9 – Capo Testa, a rocky wonder world on the tip of Sardinia looking across at Corsica.

**Day 7:** Saturday, October 10 – Bonifacio Corsican fortress town.

**Day 8:** Sunday, October 11 – Return flight to Dublin Airport.

**For more information, or if you would like to take part in this interesting challenge, please contact Daragh Matthews, Business Development, Age Action Ireland, 30/31 Lr Camden Street, Dublin 2. Email: [businessdevelopment@ageaction.ie](mailto:businessdevelopment@ageaction.ie)**



■ The Age Action Curiosity Shop in Dun Laoghaire

## Vintage & Designer Nights return

The Age Action Curiosity Shop in Dun Laoghaire is planning another of our popular Vintage & Designer Nights for Thursday March 26, from 5pm to 9pm to which you are cordially invited.

We are once again asking you to dig deep into your wardrobes, dressing tables and chests of drawers to donate as much clothing, shoes, bags, scarves, jewellery, watches and gentlemen's cuff links as you can. You donated some wonderful stock for our last event, for which we are very grateful, and we know you won't let us down this time.

The Dun Laoghaire shop team is aiming to make this our biggest and best event

to date. We offer a free collection service within the M50, or you can drop your donation directly to the shop. And remember that we also accept clothes and fabric that is not fit for sale. We can sell these on for recycling, and this also helps us to raise much needed funds. The shop is located at the Monkstown end of Lower George's Street, just beyond and opposite the Carnegie library.

### Bring a Bag to Work

We are also seeking corporate donors to support a new charity initiative for 2015 called Bring a Bag to Work Day. While this could be a new means of donating to the shop, it is also a way of team building within an organisation. Your local Age Action manager,

Patrick Mangan, invites you to arrange a Bring a Bag to Work Day during 2015 whereby your team members can bring used or unwanted items in a bag to work on a pre-arranged day and our van will collect all of them from your premises free of charge.

The shop team would like to express our sincere thanks to our donors and shoppers for all your wonderful support over the last year.

**You can contact us on (01) 280-8610 or by email: [dishopmanager@ageaction.ie](mailto:dishopmanager@ageaction.ie)**

**To arrange a collection in the Dublin area, please phone us on (01) 475-6989 to ask for our stock collection team or email us at [stockcollection@ageaction.ie](mailto:stockcollection@ageaction.ie)**



■ Members in deep discussion during a breakout discussion at the Dublin meeting.

## Food, heat, medicine among main concerns at policy meetings

**‘Sometimes when I think of what is ahead of me and how I will cope, I get really scared,’ a small, white haired lady said during a discussion at our regional meeting in Galway to discuss policy priorities for the coming year.**

With key services and supports cut or abolished in recent budgets, the lady summarised the feelings of many of the older people who attended our regional meetings in Galway, Cork, Monaghan and Dublin in recent months.

The aim of the meetings was to get the input of

our members on policy priorities as we draw up Age Action’s pre-Budget submission in the coming weeks, and prepare our core issues for the next General Election.

“The voice of older people and their lived experience is always core to our policy work,” Age Action’s senior policy officer Naomi Feely said. “We will analyse the input from all the regional meetings as part of our work and ensure the key messages are included in our submissions to government and the political parties.”

A strong message from all four meetings is that the cumulative impact of a succession of cuts in recent years to key supports and services is taking a heavy toll on older people,

especially those on low income who have health issues.

Repeatedly people spoke about the need to restore the telephone allowance and other cuts to the Household Benefits Package. They highlighted the need to reverse cuts to the means-tested fuel allowance. The impact which the gradual reduction in the income limits for the Over-70s Medical Card was also raised by a number of speakers at the meetings, along with the hardship which the prescription charge was having.

The protection of the purchasing power of the state pension was raised as an issue, with calls to link it to a percentage of the average industrial wage. The Dublin meeting was warned

by a speaker that as the economy improved, wages would rise and so would prices. Unless pensioners also received increased payments in their pension, their difficulties could mount in the years to come.

A number of speakers highlighted the impact which the property tax and water charges were having on people with low fixed incomes. The harshness of taxes and charges which fail to take into account the income of the person expected to pay them was also raised by speakers.

“It was clear from the meetings that if politicians thought that older people would get used to cuts made a few years ago and over a number of budgets, they should think again,” Age Action Head of Advocacy and Communications Eamon Timmins said. “These are issues which will be

raised on the doorsteps in the run-up to the General Election because they are issues which are continuing to have a negative impact on people’s lives. The October Budget will probably be the last opportunity the Government has to address these issues before the General Election.”

All the political parties are already working on their political manifestos. Age Action was urged by members to seek a full Minister for Older People, given Ireland’s ageing population and the need for a senior Cabinet Minister to address an increasing number of age-related policy decisions.

Some members believed Age Action should seek a full reversal of the cuts to the Household Benefits Package in recent years. Community-based care such as home helps was raised as an issue by a

speaker at the Cork meeting. “Home helps is where your battle is,” he said. “If you want to save money, look after your old.”

Another man summarised his priorities as an older person: “Food. Heat. Medicine. Tell your politician that these are the key areas for older people.”

There will be some strong regional issues come the election. The future of Cork Airport is important on Leaside. The future of the local hospital will be a big issue in Monaghan. The loss of community gardai is a cause of concern for older people in Galway. Inheritance tax was raised as an issue at the Dublin meeting.

Age Action’s policy team will now work on these issues and develop them for the pre-Budget submission which is expected to be presented to the Government in June.



■ A section of the well attended meeting in Galway.



■ The former chapel convent is now an arts and culture centre.

## Complex that makes older people central

First impressions for an unsuspecting visitor to McAuley Place in Naas may be that they have discovered a cosy, boutique hotel.

The building is a former 19th century Mercy convent, nestling in the shadow of the spire of Our Lady and St David's Church in the heart of the town. Inside there's a charming tea room, with china cups and saucers. Two guitarists are playing quietly in one corner, and the catering staff are busy as the first of the lunch time customers arrive.

In the foyer, visitors are chatting at the reception

desk, which gives pride of place to an award which the premises has won. There is beautiful art on the walls and display cabinets in the entrance feature colourful knitted craftwork. It is bright and warm – an old building sensitively restored. It is bustling with life, but not busy or chaotic.

First impressions are important, but they can also be deceptive. The first clue to the true nature of the building is the framed award at reception. It's the Age Friendly Ireland Award 2014 for "healthy ageing", presented a week previously. This is not a boutique hotel, but the response by a group of people in Naas to the current and future

needs of older people in the area.

Former nurse and current chairperson of the Nás na Riogh Housing Association (NRHA), which developed McAuley Place, Margarita Solon often thought of how she would age as she nursed older patients. "I began thinking where would I like to live when I grow older," she explained. "How would I live if I could no longer drive and what would I like to be able to do."

This approach to the issue of ageing in place, has resulted in the development of McAuley Place. It features 53 self-contained, one-bed apartments (13 in the original convent building and another 40 in a newly constructed adjacent

block). But it's more than a residential development – it's about ensuring the residents live at the heart of a vibrant community.

To do achieve this, the NRHA has developed the Convent Tea Rooms, an arts and culture centre, and a community centre – which are all part of the complex. McAuley Place is part of the wider community, ensuring a steady flow of visitors each day.

The schedule of events for March included weekly old time ceili dancing, concerts, craft workshops for children, story telling sessions for pre-school children, Thursday night chats for Irish speakers in the tea rooms, and an exhibition in the foyer of the work of a talented local artist.

The old chapel in the convent is now the arts and culture centre. Sometimes it hosts exhibitions or concerts (it features a Bevington organ in the gallery looking down over the main room). On the day this feature was written, a tai chi class was in progress, with participants moving slowly and gracefully under the stained glass windows.

At the other end of the building, the former primary school is now the community centre. There are meeting rooms to rent for local groups or for business meetings. There is also a soundproof room for bands to practise in.

Residents are not under any obligation to participate in any of the events taking place, Margarita says, but with so many activities happening there is always a flow of people of all ages coming and going. The only part of the development reserved for residents is the residents' lounge. Complete with computer, three large sofas, tables and book shelves, it is a place where residents meet each other or bring visitors.

The central location, in the heart of the town, is also a key feature of the development. "If you no longer drive and are less mobile, your local shops and services are all just a short walk away," Margarita said.

McAuley Place is focused on supporting older people from the area or those wishing to return to their roots. Seventy-five per cent of the residents must be drawn from the social housing list or local authority housing list. The remaining 25 per cent can be people of "independent means".

Residents pay approximately €90 a week plus a €10 weekly service charge. In addition, if you own your own home, you must provide a down payment of €35,000 key money. From this, €7,000 a year is paid from towards the cost of your apartment. Residents are responsible for their own electricity and gas bills.

NRHA received statutory funding to develop the complex. Rental income from residents and rental of rooms also provides funding. The local community is generous in its support for fundraising activities, and the project is greatly dependent on the contribution of over 100 volunteers who work an average of four hours a week to help run the complex.

And the vision of McAuley Place is not finished yet. Planning permission has been secured to transform a former Augustinian friary on the site into a Health Through Learning Centre.

The building will feature a series of craft workshops (Margarita suggests basket making, wood turning and weaving). She envisages it as a place where people of all ages can "hang out – maybe if older people are in town for the morning, or if parents are early to pick up their children" – there are two schools adjacent to McAuley Place.

When President Michael D. Higgins visited McAuley Place in 2012, he described it as an exemplar for other communities. Margarita agrees: "Every town should think about what's best for their older people and should have something like this (McAuley Place) – not exactly like this – but something that meets their local needs."



■ First Lady Sabina Higgins modelled one of our shamrocks last year.



## Entries for Women's Mini Marathon closing soon

Entries opened for this year's Women's Mini Marathon on February 17 and the closing date is April 17. We had a small team taking part in 2014, and again we would encourage you, your friends and families to get involved this year and support Age Action.

If you are in a walking or running group, please do share our request with your club colleagues. If you register by the end of March, you will be in with a chance to win an Overnight Stay with B&B, including dinner on the evening, courtesy of our friends at Dunboyne Castle Hotel and Spa, Co. Meath. You can get sponsor cards and a T-shirt pack from Daragh at fundraising@ageaction.ie or (01) 475-6989 or (087) 634-4099.

## St Patrick's Day Shamrock Campaign

It's that time of year again and our knitting groups around the country are getting into the spirit of things by knitting and crocheting little shamrocks as part of our St Patrick's Day campaign. This is the second year of the event, and by all accounts it was well received last year (many shamrocks, in all 40 shades of green). We will be selling them for €2 in shopping centres in Dublin, Cork and Galway on Friday and Saturday, March 13–14. We are looking for volunteers to help on the day. Would you have two hours to spare and help sell the shamrock badges? If so, please contact either Sheila or Rob at fundraising@ageaction.ie or (01) 475-6989. Thanks in advance.

## Christmas Raffle

We are extremely grateful to the many supporters who bought tickets for our Christmas Raffle. It was a huge success and all funds raised will support our continuing work with older people around the country. The winners were:

**M Keenan**, €1,500, Dublin 8  
**O Smyth** €1,000, Dublin 5.  
**B Connelly** €500, Dublin 5 and the sellers prize went to **M Drew**, Dublin 24, who received €100

Well done to you all, and thank you again for your continuing support.

# Chronic illnesses rise with global ageing

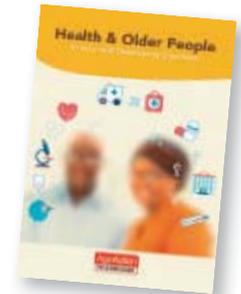
Two-thirds of people living with type-2 diabetes are in the developing world, and older people in developing countries lose five times as many years from chronic lung disease and twice as many from stroke as in developed countries.

As the global population ages, non-communicable chronic diseases are beginning to overshadow infectious diseases. This shift and its implications are described in a new booklet entitled *Health & older people, in Ireland & developing countries*. It was published by Age Action in January 2015 and is the result of collaboration between our Ageing and Development programme and our Policy and Advocacy Team.

While highlighting the increase in chronic diseases as a growing health problem globally, the booklet also acknowledges the importance of the continuing problem of infectious diseases. However, the proper and timely tackling of chronic diseases will have significant health and economic benefits. “The effective management of chronic diseases at primary care level has been



■ Galgallo is 85 and lives in Miyo District, an arid part of Ethiopia. He has suffered from recurring droughts and struggles to survive.



shown to reduce unplanned hospital admissions by 50% as well as 50% in bed day rates for these conditions..”

The booklet particularly emphasises the prevalence of non-communicable diseases among older populations globally. This includes conditions such as cardiovascular diseases, cancer, chronic respiratory diseases, hypertension, diabetes, Alzheimer’s and other dementias. It also links the health of older people to human rights. Health is a fundamental human right recognised in international human rights law; everyone has the right to the enjoyment of the highest attainable standard of physical and mental health. Unfortunately, there seem to be gaps between this and the reality on the ground for older people here in Ireland and in developing countries.

The booklet was

published to raise awareness about the major health challenges affecting older people globally. Like the income security booklet we published in October 2013, this booklet emphasises the similar health issues older people have in both Ireland and developing countries. Case studies of older people with health issues from Ireland, the Democratic Republic of Congo, India, Mozambique and Lebanon are included, which highlight some of these commonalities.

**If you would like to read the booklet, it is available on Age Action’s website at [www.ageaction.ie/global-education/publications](http://www.ageaction.ie/global-education/publications). If you would like a hard copy, please contact Lianne Murphy at [ageinganddevelopment@ageaction.ie](mailto:ageinganddevelopment@ageaction.ie) or (01) 475-6989**



■ Age Action members Phyllis Talbot, Ellen Reddin and Pat Doyle at the launch of our campaign last summer to protect the travel pass for older people. The Government were reviewing the scheme at the time, but subsequently confirmed that no changes would be introduced that would negatively impact on older people.

Photo: Conor Healy

## Who started this fantasy about the rich abusing the Travel Pass?

**What is the situation for older people in Ireland in 2015? Age Action members Sean Oliver and Beth Nunan give their view.**

James Joyce once said history was a nightmare from which he was just awaking. For many older people today Ireland is a nightmare from which they will never awaken.

Why do we see the current situation this way? Let's take a look at what's been inflicted on them by successive governments. They have been deprived of the telephone allowance, the Christmas Bonus (only partially restored), part of the Winter Fuel Allowance and, for many, the Medical Card.

If this wasn't enough, they have also been accused by the media of causing the present recession and

destroying the lives of thousands of young people – that we all “partied” and helped Anglo-Irish to ruin the country. Really? Why don't they blame us for the rise of Hitler as well?

But worse even than these accusations is the very recent attempt on the part of the Government to cut or abolish the Free Travel Pass: a benefit which is a vital passport to the outside world for those who need to get out of their

homes so they can escape the crippling loneliness and depression of old age. Certainly over the last three years the Government has been terrifying people about abolishing it completely. They almost did it last summer.

If the Government had been successful in doing this, older people would have lost the ability to see their grandchildren, visit their friends, go for hospital appointments or go to a film or the library: all of these safety valves against depression and illness.

The Government justified this proposed cut on the grounds that Michael Smurfit or Denis O'Brien might decide one day to leave their BMWs in the garage and take the 46A into O'Connell Street so that they could feast on a Big Mac or fish and chips in Burger King. O'Connell Street would never get over this!

Swift action on the part of Age Action shamed the Government into cancelling (postponing?) this attack on its members.

The loss of the Medical Card was justified on similar grounds. We were told that too many High Court judges were abusing their over-70s Medical Card by going to the local GP in Dun Laoghaire instead of paying large sums of money to wealthy consultants in the Blackrock Clinic.

One really has to ask how it is possible for anyone in Government to imagine that a High Court judge would sit in a waiting room amongst those beings whom he would normally consider to be just "ordinary people"? Thinking about this, I can only assume that we are being ruled by characters straight out of the *Dandy* and the *Beano*. Keyhole Kate maybe?

Older people would have lost the ability to see their grandchildren, visit their friends, go for hospital appointments or go to a film or the library: all of these safety valves against depression and illness.

Truly, the mind boggles at this fantasy. Yet this particular fantasy has inflicted appalling distress on many older people whose health has deteriorated since they lost the right to a Medical Card.

But what really is the final insult inflicted on older people? In our opinion, it is the statement that: "Older people have never had it so good." Well, obviously,

older people no longer starve as they did during the Famine of 1847, or die from both the cold and Government indifference as they did in the great Dublin freeze-up of 1947.

But by 21st century standards, they are not doing well. And that should be the criterion for politicians, sociologists or media pundits to think about.

Added to these attacks is the accusation that the older generations are a burden on the young Irish taxpayer. Tell that to the retired grandparents who babysit and nurse their grandchildren every working day so that their adult children can go to work and pay the taxes which keep this country afloat and help to pay for the bloated salaries of our politicians.

Sadly, we are now convinced that this sort of hunting-down of older people and the sick will never stop, since governments and their civil servants must always find somebody or something to attack in order to justify what they are doing in the name of a ruthless instrument called the Free Market.

Truly we are in a bad place.

The French philosopher Jean-Paul Sartre once said: "Hell is other people." For the old, the sick and the poor in Ireland today hell is not other people: hell is our duly elected Government.

# Action urged on ageing strategy

Age Action has urged a cross-party group of former parliamentarians to use their influence to get the Government to begin implementing the National Positive Ageing Strategy.

The strategy is approaching the second anniversary of its publication, although the Government has yet to publish an implementation plan. Addressing a conference organised by the Irish Association of Former Parliamentarians in the Seanad chamber, Age Action's Head of Advocacy and Communications, Eamon Timmins, said the organisation was frustrated by the undue delay.

"Ageing is not on the agenda in any pro-active way," he said. "Our ageing population is occasionally referred to, but usually as a threat coming down the track."

The demographic forecasts predict Ireland has time to plan and the time to get it right. "But there is no evidence that we are using this time wisely. Our National Positive Ageing Strategy is lying on a shelf. There is no joined up thinking, no understanding that ageing is a cross-departmental



■ Two governments, four political parties and three ministers for older people were involved in the development of the strategy which is still awaiting implementation almost two years after publication.

issue and a society-wide issue."

Age Action warned the former politicians that it was not the current generation of older people who would pay the price if our leaders did not wake up. "The big losers will be future generations of older people – people out there today in their 20s, 30s and 40s who believe that ageing issues have nothing to do with them," Mr Timmins said. "I urge you today to use the influence you have as a group and within your parties, as former parliamentarians, to put this issue back on the agenda."

The National Positive Ageing Strategy took six years to produce, with work on it beginning in 2007 by the Fianna Fail/PD

Government and completed in 2013 by the current administration. Two governments, four political parties and three ministers for older people were involved in its development.

The strategy contained many key issues, with the exception of seeking rights for older people. Missing also were measurable targets and timelines – essential to track progress. But most significantly, it did not contain an implementation plan.

"To the frustration of everyone who realises the scale of the challenge facing us and the need to begin addressing the key issues, the serious work of implementing the strategy has yet to begin in earnest," Mr Timmins said.

## U3A MEETINGS



© Active Virginians U3A  
Meet every week.  
Contact Ann Brodie at  
(049) 854-8232

© An Cosan U3A Tallaght.  
Meet every 2nd Thursday.  
Contact Imelda Hanratty:  
(01) 462-8488

© Ballymun U3A  
Meetings every 2nd Monday,  
2pm in Ballymun Library.  
Contact: Brenda Hickey (01)  
857-1673

© Ballyroan U3A  
Meetings on Mondays  
@10.30am, once every  
month, in the Ruah Centre,  
Ballyroan. Marian Road,  
Rathfarnham, Dublin 14.  
Contact June Murphy:  
(01) 490-3212

© Blackrock U3A  
Contact Eileen Larkin: (087)  
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Meetings 3rd Tuesday of each  
month. Contact Peter Polden:  
(087) 815-1018, (045) 867-  
248 or email [pjpolden@gmail.com](mailto:pjpolden@gmail.com)

© Bray U3A  
Meeting last Thursday of  
every month [except July/  
August] at 10am in the Little  
Bray Family Resource Centre,

Ard Chualann, Bray, Co  
Wicklow. Contact Linda  
Uhleman: (086) 045-1600;  
email: [linda\\_uhlemann@  
yahoo.co.uk](mailto:linda_uhlemann@yahoo.co.uk)

© Dublin City U3A  
Meeting last Tuesday of each  
month (except June–August)  
at 11am in the Chester Beatty  
Library. Contact John Roche:  
(01) 201-7490

© Galway U3A  
Meetings in the Age Action  
Office 2/3 West End Square,  
Small Crane Galway  
Contact: Livio Rocca. Email:  
[u3agalway@gmail.com](mailto:u3agalway@gmail.com)

© Lucan U3A  
Meetings are @2.30pm-  
4.30pm in Ballyowen Castle  
Community Centre, Ballyowen,  
Lucan, Co. Dublin.  
Contact Maureen Newell:  
email [lucanu3a@gmail.com](mailto:lucanu3a@gmail.com)

© Maynooth U3A.  
Community Space, beside  
Manor Mills Shopping centre  
Meet every Friday 11am.  
Contact Helena Kirkpatrick:  
(01) 628-5128

© Monaghan U3A  
Contact Mary Beagan: (047)  
75942, (086) 331-4439

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Meetings each Thursday,

at 10.30 am – 12-30pm in St  
Finian's Community Centre,  
Main Street Newcastle, Co.  
Dublin.

Contact: Matt Dowling  
01-4589007 /0868443820

© Roscommon U3A  
Meet every 2nd Tuesday.  
Contact Elizabeth Fannon:  
(090) 662-5852 or email  
[lindandbrian@sithee.eu](mailto:lindandbrian@sithee.eu)

© Sutton/Baldoyle-Dublin  
North-East. Meets 10.45-  
12.45, Baldoyle Library.  
Second Wednesday every  
month (excl Jun-Aug).  
Contact: [u3asutbal@gmail.com](mailto:u3asutbal@gmail.com).  
Phone: 01-832 3697  
Website: [u3asuttonbal-  
doyledublin](http://u3asuttonbaldoyledublin)

© Tramore U3A  
Meetings 3rd Thursday of the  
month, 11am, Coastguard  
Station, Love Lane, Tramore.  
Contact Mollie Hunt,  
[molliehunt@eircom.net](mailto:molliehunt@eircom.net)

© Waterford U3A  
Contact Josephine Murphy:  
(051) 871-037 or email  
[jo1murphy7@gmail.com](mailto:jo1murphy7@gmail.com)

For further information,  
please email Sam O'Brien-  
Olinger, U3A Development  
Officer, at [u3a@ageaction.ie](mailto:u3a@ageaction.ie)  
or telephone (01) 475-6989.

## Clean out those old issues by passing them on

As you prepare to spring clean your home and are tempted to discard your past issues of *Ageing Matters*, stop and consider if you could pass them on to a friend. Passing on *Ageing Matters* is a wonderful way to tell others about issues facing older people as well as the positive side of ageing in Ireland. It is of course also a good way of telling your friends about the work of Age Action and of encouraging them to become members. We are always looking to increase awareness about ageing and our work among the wider public, including younger people, so if

you think they would be interested, give the magazine to younger relatives.

Thank you to all our members who have already paid their membership renewal for 2015. If you would like to speak to someone on the Membership Team about your membership fee, call (01) 475-6989.

And getting back to the spring cleaning, remember our charity shops are always looking for donations. To arrange a collection in the Dublin area, please phone us on (01) 475-6989 to ask for our stock collection team or email us at [stockcollection@ageaction.ie](mailto:stockcollection@ageaction.ie).

## 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](mailto:membership@ageaction.ie)

Tel: (01) 475 6989

Fax: (01) 475 6011