

Silver Surfers are keyed up



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ageing matters
in Ireland

Age Action**Ireland***For All Older People*

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■ **Cover photo:**

Broadcaster George Hook and Lucy Belle, Sandymount, at the launch of this year's Google Silver Surfer Awards with Age Action. For details of how to enter see page 6.

Photo: Conor Healy

More theory Y thinking and people

Many years ago, I studied management theory and practice. Though the impact of this study may not be obvious, there was one lasting influence, Douglas McGregor and his book, *The Human Side of Enterprise* (1960).

Summarising McGregor's thinking crudely, there are two fundamentally different approaches to managing people. Theory X is the authoritarian way based on the assumption that most people dislike work and do it only for income and security. Therefore, managers have to exercise tight controls and punishment over workers to ensure they meet the employer's objectives. Theory Y is the participative way based on the notion that work is as natural as play, that most people are ambitious, want to use their creativity and look for greater self-esteem and self development through work. Therefore, managers have to provide the right environment to make the most of their workers' talents at work.

McGregor did not present these theories as right and wrong but as approaches that could be used according to circumstances. Most of us could apply these theories to family life: there's a time for discipline, or love or even tough love.

We need much more of the theory Y approach in the current economic problems of rising unemployment and cuts in wages and pensions. We need to find ways of promoting participation and sharing to overcome our problems and reject the tendency to promote friction among the generations.

For example, one myth that needs to be exploded is that older workers block jobs for unemployed young people. There's no evidence for this, and moreover older workers know all about the stress of unemployment. For generations older workers have faced discrimination and no more so than women who have had to face sexism and ageism in trying to return to work after caring. When it comes to unemployment, the generations actually have much in common. We all need more and better training. Judging by our results in the Getting Started computer training and Community Employment Programme, people can learn and overcome their own their self doubts, if they get effective support.

Finally, who could be our Theory Y exemplar? My nomination is the late Maeve Binchy. Apart from her generous support for Age Action, I was struck by how many times writers mentioned her generosity and encouragement to new writers and urged them to be ambitious and believe in their own talent. That's the generous spirit we all need and should give to others.

— **Robin Webster**

Campaign to resist IMF attack on pensions

Age Action will launch a nationwide pre-Budget campaign in September, after calls from the IMF for the Government to means-test the Contributory State Pension and Household Benefits Package, and impose a more stringent means test for the Over-70s Medical Card.



■ Some of the 1,800 people at Westland Row Church in Dublin who attended Age Action's public protest meeting in 2008 against the introduction of means-testing for the Over-70s Medical Card. The IMF are now seeking to have the income threshold lowered.

"If the Government were to act on the IMF's calls, it would represent an unprecedented attack on key supports and entitlements for older people," Age Action spokesman Eamon Timmins said. "We are hoping our Ministers and TDs are explaining to the IMF why these supports are so important for the well being and dignity of older people. We will be doing the same through the campaign in the run-up to the Budget."

Eligibility for the Contributory State Pension has always been based on the number of PRSI stamps paid and provides an element of financial certainty for those who qualify. Currently the State Pension is the main source of income for more than half Ireland's State Pensioners. With the majority defined contribution pensions expe-

riencing funding difficulties and many workers not covered by occupation or private pensions, the importance of the Contributory State Pension in protecting pensioners from poverty will continue for the foreseeable future.

The IMF's call for a more stringent means test for the Over-70s Medical Card will also cause considerable anxiety for many older people. With a third of older people having a disability or chronic disease, the Over-70s Card provides peace of mind that people will be able to afford medical care and ongoing treatment to manage their health. The reasons that brought thousands of people on to the streets in 2008 when the Government introduced means-testing for the Over-70s Medical Card have not

changed.

Likewise, Age Action believes the Household Benefits Package is an important support to enable older people live with dignity in their own homes. It helps address key aspects of ageing, such as heat and social inclusion (through the phone allowance and TV licence).

Age Action will launch a national petition campaign on September 17, at the start of a members meeting in Croke Park.

"We will need the support of all our members, other older people's groups and the wider community if we are to have an impact," Mr Timmins said. If you are interested in helping with the campaign in your community, please contact Age Action at 01-4756989 or info@ageaction.ie



■ **Philomena Lynott (mother of the late Phil Lynott) with members of the Bugle Babes, (from left) Derby Browne, Hillary Bowe and Eileen Coyle, at the launch of last year's Positive Ageing Week.**

Photo: Leon Farrell/
Photocall Ireland

Let's hear your PAW event ideas

Age Action is celebrating older people and their contribution to community life with its 10th Positive Ageing Week (PAW) Festival.

This year the festival will take place between Friday, September 28, and Saturday, October 6. This is the 10th year Age Action has marked UN International Day of Older Persons (October 1), and each year PAW has become bigger and better. Last year there were over 1,000 recorded events, and this year we hope to have at least 1,250 events and activities across Ireland, including Northern Ireland.

In addition to the 1,250 individual events expected to take place during the

week, 15 towns have been selected to be PAW Towns: Arklow, Athy, Ballymun, Boyle, Cashel, Drogheda, Dublin, Dundalk, Dungarvan, Galway, Kinsale, Midleton, Sligo, Trim and Tullamore. Each will host a week-long series of events.

2012 is also the European Year of Active Ageing and Solidarity Between Generations, and we propose this as a theme for this year's Positive Ageing Week. Age Action is asking individuals, groups or organisations to organise an event or activity that will bring generations together and celebrate the fact that we are living longer.

What is so special about PAW is that there are no rules about the type of activity that can be organised, except of course that it involves older people.

The type of events held in

2011 included coffee mornings, afternoon tea dances and quiz nights, excursions, exhibitions, bridge tournaments and historic walks, talks and workshops on a variety of topics, musical evenings, performances, choral recitals and sing songs, and a wide range of keep fit activities such as boules, golf, yoga, walks and aqua aerobics to name but a few.

We would like to see Positive Ageing Week events take place in every town and village in Ireland.

If you are interested in organising an event, please contact Lorraine Murphy for a Positive Ageing Week information pack on (01) 475-6989 or email lorraine.murphy@ageaction.ie. You can also log on to www.ageaction.ie and enter the details of your event online.



That's it, you have booked your holidays and you cannot wait to go away!

The only thing you are anxious about is your journey through Dublin Airport. Wouldn't it be great if there was someone who would give you a helping hand and make your trip through the terminal an enjoyable experience?

With **Airport Genie Chaperone** you can book your own personal attendant who will meet you and your travel partner after check-in at one of the Airport Genie Meeting Points.

The attendant will bring you through the Fast-Track entrance to Passenger Screening so you do not have to queue for the standard security check point. The attendant will help you carry your hand luggage so you can relax and do some shopping in the retail area, The Loop. You will then be brought to your departure gate in plenty of time to board your flight.

Airport Genie offers peace of mind to your relatives by notifying them when you have completed your journey with the Genie Chaperone service. They will receive a call or text to confirm that you have arrived safely and on time to your departure gate.

Bringing your grand-children with you?

Airport Genie can also accommodate families with **Airport Genie Family Care**. This service offers you the same benefits as Genie Chaperone but can cater for up to six people. You can give your full attention to the little ones without worrying about your journey through the terminal!

Coming home and tired?

Airport Genie Welcome provides you with a personal Meet & Greet service as soon as you enter the terminal building.

An attendant helps you make your way through Passport Control and onto the Baggage Hall where they collect your luggage from the carousel.

You will then be escorted to your car (if you have parked in the short term car park), to the taxi rank or the appropriate bus stop.

How to book?

You can book online on our website: www.airportgenie.com or if you prefer, you can call our Customer Service Team - just call: **01 944 20 20**.

Airport Genie — Travel Happy.



■ **Communications Minister Pat Rabbitte and Lucy Bell, from Sandymount, at the launch of the Google Silver Surfer Awards with Age Action.**

Photo: Conor Healy

Silver Surfer nominations sought

Google and Age Action have once again teamed up to search for Ireland's top Silver Surfers and to highlight the difference technology can make to older people's lives.

Google and Age Action are encouraging people to nominate a friend, neighbour or relative who has made modern technology part of daily life and who uses technology to improve the quality of their life.

It is hoped that the winners will help other older people learn how to use a computer. "Fear is the fundamental thing which stops older people from taking up new technology," broadcaster George Hook said.

Communications Minister Pat Rabbitte said the

internet was an essential resource that allowed people to learn, shop, keep in touch and have fun. "The Government is committed to building a digitally inclusive society, and the Google Silver Surfer Awards with Age Action are a great way to highlight that it is never too late to learn something new," he said.

Sinéad Gibney, head of Social Action at Google, said: "We hope by highlighting and honouring some of Ireland's best examples of Silver Surfers they will act as an inspiration to other older people," she said.

Nomination forms are available online at www.ageaction.ie/silversurfer or by phoning Mark on (01) 475-6989. The closing date for is September 14.

The five categories are:

Google Silver Surfer 2012 Award with Age Action: A

person over the age of 50 who embraces the Internet or technology with a sense of fun and adventure

Most Dedicated IT Learner

Award: An individual over the age of 50 who has overcome challenges to become IT savvy

Hobbies on the Net Award:

Someone over the age of 50 who uses the Internet to pursue a passion or hobby or who uses IT for communication and social networking.

IT Tutor(s) of the Year: An

individual (or individuals) under the age of 50 who has helped teach IT to a family member over the age of 50 or an individual or group of individuals of any age who provide support to teaching older learners

Golden IT Award: An

individual over the age of 85 who uses technology in daily life



■ Age Action members Peggy Cumberton and Ronald Rumbold blow out candles to mark Age Action's 20th anniversary, with chief executive Robin Webster (left) and deputy chief executive Lorraine Dorgan. The cake was donated by Irene Manning and her staff at Mannings, Thomas St, Dublin. Photo: Lensmen

AGM marks 20 years of progress but signals future struggles

The Government must implement its frequently made promise to protect the most vulnerable people of all ages, especially in times of austerity, Age Action chief executive Robin Webster said in his address to the charity's annual meeting.

"The accumulation of many cuts in services and benefits has hit hardest those who need them most," he told the meeting at Croke

Park on June 29. "Of greatest concern were the cuts in the fuel allowance, the reduction in the household benefits package and the significant reduction in the home help hours."

Age Action readily acknowledged that increases in state pensions and benefits had reduced poverty among older people in recent years, he said. "In fact they have proved to be the bulwark against poverty in old age, and that is why they must not be cut," Mr Webster told members.

As Age Action celebrates

its 20th anniversary this year, Mr Webster said three themes reflected the work done over the last two decades, and more importantly lay down markers for how the organisation's work must be measured over the next 20 years. These were gracious efficiency, innovation and collaboration.

On gracious efficiency, he said Age Action did things well with limited resources, and with a smile and a warmth that was appreciated by others.

Innovation had been a

Continued on next page

Keynote speaker pinpoints factors in longevity



■ Prof. Rose Anne Kenny receives flowers from Age Action chairman Dick Harvey (left) and chief executive Robin Webster (right) after her keynote address.

The keynote speaker at this year's AGM was Dr Rose Anne Kenny whose talk was entitled 'The End of Ageing'.

Professor Kenny was appointed to Trinity College and St. James's Hospital in 2005 as Head of the academic Department of Medical Gerontology, Director of the new 'Falls and Blackout' Unit at St. James's Hospital, and the Director of the new Centre for Successful Ageing

In Ireland the growth in the numbers of older people has been increasing since the 1840s. The three social drivers pushing this increase are: a high birth rate; emigration;

and longer life expectancy. Life expectancy is determined by a number of factors, including genetics, healthcare and socio-economic factors. Some ethnic groups seem to be able to resist the ageing process longer: the Japanese for cultural reasons (it is not unusual for older Japanese to continue working well into their 90s); and Ashkenazi Jews for genetic reasons (this population group has the insulin/IGFI GENE).

The importance of social cohesion in extending life expectancy was highlighted by the work of Dr. Reginald Wolfe on the population of Rosetta in Oklahoma. Rosetta was settled by a homogeneous group of

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hallmark of the charity's work from research in the early days of Age Action on grandparenthood and the launch of the information service, to the launch of Care & Repair, Getting Started and Positive Ageing Week. Age Action also did the first research project in Ireland on the experience of elder abuse by older people. And in the last year, it launched an inter-generational programme.

"This drive towards innovation must go on, not least in finding new ways of promoting positive ageing and countering ageism to persuade Ireland to overcome its fears and welcome greater longevity as a bonus, rather than a burden," Mr Webster said.

Collaboration was also essential, and Age Action must continue to bring together within its membership people of all ages, as well as voluntary, statutory

and private bodies engaged in policy, research and service provision.

In his address, Age Action chair Dick Harvey paid tribute to everyone who had played a role in helping turn around the organisation's financial affairs during 2011. The situation changed from having a significant deficit in 2010, to generating a modest surplus last year. The most exceptional contribution was the cuts to pay and benefits of staff, he said. ■

Italians from a place called Rosetta in Italy. The population of American Rosetta showed a very low rate of heart disease in comparison with individuals who had emigrated from Rosetta in Italy but had settled away from Rosetta in Oklahoma. It is theorised that, because genetics cannot explain the longevity of residents in American Rosetta, it must be their lifestyle and the high level of social cohesion observed by researchers in Rosetta, Oklahoma.

Other factors contributing to long life expectancy are diet and exercise. The Pritikin diet is a good example of a diet worth following.

Milk: low fat or soya

Meat: chicken or game

Low: salt, sugar and fat

High: fruit, fish, pasta/grains and vegetables (dark coloured)

Exercise is vital to maintain health. A 30 minute brisk walk three times a week is the minimum. Exercise helps to build physical strength, flexibility and endurance as well as reducing blood pressure, maintaining bone density and reducing the risk of diabetes. Mentally, it reduces stress, improves memory function (improves blood flow) and helps us to perform mental tasks.

Research into ageing is looking at a number of factors leading to higher rates of longevity. These are: genes, healthcare and social factors. We age because the cells in our body gradually lose efficiency in how they use energy and discharge toxins. As toxins build up in the body its ability to repair itself from decay/damage and defend itself against disease becomes compromised. Some ethnic groups seem to be able to resist this process longer than others.

Science is also looking at other mammals such as the Blowhead whale that can live for 200 years and the turtle, the most famous of which was Darwin's turtle which lived for 175 years.

— Gerard Scully



■ ABOVE: An Age Action member raises an issue from the floor during the AGM at Croke Park.

Photo: Lensmen

■ BELOW: Una McGurk, Cork Street, Dublin, and Mary Ryan, Donabate, Co. Dublin, at the AGM



■ Some of those attending the AGM at Croke Park.

Photo: Lensmen



CLOCKWISE FROM TOP:
 ■ June Dixon, Terenure, Dublin, Rosemary Flynn, Blackrock, Dublin, and Cyril Doyle, Galway, at the AGM

■ Phil Ui Mhurcu, Roger Coughlan and Michael O'Connor from Cork city at the AGM

■ Ronald Rumbold, who celebrated his 89th birthday on the day of the AGM, with former work colleague Elsie Flannery. The pair worked for over 30 years together at Guinness's.



September meeting to make room for more debate

Age Action is organising a meeting on September 17 to enable members debate current issues regarding ageing.

The meeting is being arranged in recognition of the fact that time constraints at the AGM on June 29 did not allow adequate time for members to debate

issues. A number of members have expressed their dissatisfaction with the lack of time left for debate.

Broadcaster John Bowman has agreed to chair the meeting. There will be dedicated time for members to discuss issues and raise concerns. The second half of the meeting

will involve a panel of political representatives who will be invited to answer questions from the floor and debate the issues.

Age Action will also use the meeting to launch its pre-Budget campaign. Members will receive further details of the meeting closer to the date.



■ Dancing to the music of Sonny Knowles at the first of our afternoon tea dances at the Burlington Hotel, Dublin, in May.

Photo: Conor Ó Mearáin

New series of afternoon tea dances

Our hugely successful programme of afternoon tea parties is expanding, with parties planned across the country in the coming weeks.



These are really popular events, with a range of people coming along from members and Active Retirement Groups to residents of local nursing homes. A lovely afternoon tea is served and then wonderful entertainment is provided. Tickets are just €20 each and can be booked by ringing 01-4756989 or emailing fundraising@ageaction.ie. Book now as these events sell out!

The dates and venues for the next tea parties are:

August 28	Sligo Park Hotel, Sligo
September 11	Maryborough Hotel, Cork
September 22	St Mary's Church, Dungarvan
September 24	Burlington Hotel, Dublin 2

The afternoon tea parties are very kindly sponsored by Bluebird Care.

Church gate collections

Church gate collections are an invaluable way of raising money to keep our Care and Repair team visiting people who need our help. You can help in two ways – by being a volunteer collector or a volunteer coordinator.

If you'd like to be a volunteer collector in your area, please register your details with us and we will contact you when a Church Gate Collection is being held in your parish. We are currently seeking permission from parish priests to allow us to organise collections. Perhaps you might ask your parish priest for us.

Some of the collections coming up are:

- August 29-30 Cabinteely, Co. Dublin
- September 1-2 St Canice's, Finglas
- September 8-9 St Patrick's, Donabate
- September 15-16 Christ the King, Cabra West
- September 22-23 St Augustine's Friary, Dungarvan
- October 6-7 St Josephs, Berkeley Rd
- October 20-21 Artane, Dublin 5

Raffle

Our summer raffle has been a great success, with many people selling the tickets for us. A huge thank you to everyone who has returned the tickets. If you have some at home, don't forget to return them. The draw is on August 31.

Mobile phones

Do you have an old mobile phone sitting in a drawer? Is there a broken phone gathering dust on a shelf? Send it to us in Age Action and we can turn it into money!

Please send phones, working or not, to us at 30-31 Lower Camden Street, Dublin 2.



■ At the Cork Lord Mayor's Award were Con O'Donnell of Cork City Council, Julia Oates of Age Action, Cork City Manager Tim Lucey, Cork Mayor Terry Shannon, Diarmuid O'Donovan from the *Evening Echo* (sponsor), Age Action South Regional Committee chair Roger Coughlan, Lady Mayoress Ursula Shannon, Leslie Fitzgerald of Express Kitchens & Floors (sponsor) and Rhona O'Connor and Michael O'Connor, both Age Action. Photo: Tony O'Connell

Care & Repair wins Cork award

Care & Repair Cork has won the prestigious Cork Lord Mayor's Community and Voluntary Award for 2012. This is a tremendous achievement and a well deserved recognition of the excellent work by our group of volunteers.

"We have a fantastic team of dedicated volunteers that are the backbone of the Care & Repair service," Age Action's development officer in Cork, John O'Mahony said. "Not only do they do vital small jobs for older people to improve the quality of their lives, but they also take time to have a friendly chat with the people they visit. Both our Care & Repair clients and the volunteers say the chat and banter is as important as the job they

do. We even had one client who phoned the office and asked if she could "adopt the two Tonys" who called to trim her hedge. It is this personal touch that sets Care & Repair apart as a programme."

There are now 77 active volunteers in Cork and the programme is continuing to grow and expand in the City and surrounding areas. In particular, the team of "Befriending Volunteers" is currently being expanded so that the number of clients receiving regular social

visits can be increased. Mr O'Mahony said: "The Care & Repair programme has only been established in Cork for three years, and we have only had city-wide coverage for 18 months. It is very rare for such a new service to win this award, and I would like to thank all of the volunteer team for their commitment and their efforts."

Anybody in Cork City and surrounding areas who would like to access the service should call Age Action's Cork office on 021-4536554

Bere Island now gaining benefits

Care & Repair has launched its first island-based programme, on Bere Island in West Cork. Staff at Bere Island Project Group recently completed their Age Action training programme and did their Care & Repair job in July.

The Bere Island Project supports community development on Bere Island and on the islands of Whiddy, Dursey and Sherkin. Bere Island group manages 14 full and part-time posts, including Development workers, FÁS and RSS workers. **Contact Bere Island Care & Repair at 027-75099.**

Waterford partners

Waterford Area Partnership has become an Age Action Care & Repair partner and has launched the Care & Repair programme in Waterford City.

The group have put a huge amount of effort into making the programme a success. They have assigned several staff members and purchased a van to ensure that all older people in the city had access to the service from its launch date on July 18th 2012.

The launch took place in the Tower Hotel and was attended by the Mayor of Waterford, Cllr Jim D'Arcy several media personnel and over 70 representatives of older people's groups.

The Care & Repair programme was opened by the mayor and a questions and answers session allowed older people to ask questions about the programme.

John O'Mahony, Age Action's Development Officer, said: "The launch of Care & Repair in Waterford was a great success and there was huge enthusiasm for the programme. I was delighted to be able to tell the group what a fantastic service Care & Repair is and to answer questions that people had about the programme.

"Joe Stokes, Ian Lennon and Susanne Connolly have put an enormous amount of work into getting the programme off the ground on a large scale and I have no doubt that Care & Repair will be a huge success in Waterford City."

Care & Repair Waterford can be contacted on 051-844844 or ageaction@wap.ie

■ **BELOW:** Age Action's John O Mahony with Ian Lennon of WAP, Waterford Mayor Jim D'Arcy, Babs Murphy of Sacred Heart Active Retired, WAP's Paul Doyle and WAP CEO Joe Stokes.



■ **At the launch of the Care and Repair programme in County Carlow were members of the Carlow County Development Programme staff (from left): Patrick Hickey, Rupprecht Deym, Denis Lonergan, Paul Pugh, Tanya O'Neill and Karol Byrne. They are pictured with Age Action development officer Claire Bellis (third from the right).**

Programme extended to County Carlow

The Care & Repair programme has been extended to County Carlow, following the commencement of the service by the Carlow County Development Partnership (CCDP).

The new group is providing the county-wide service to older people from their base in Bagnelstown. In addition to the home DIY service, the CCDP team are offering a weekly contact service to inform older people of activities and services that may be of interest to them, and to have a chat.

CCDP social inclusion manager Aislinn Brennan believes there will be a strong demand for the Care and Repair programme in the county.

The workers are funded by the Tus programme and all are Garda vetted. Care and Repair offers the opportunity for people to make a positive impact on the lives of older people in Carlow, Ms Brennan believes.

To contact the service, phone (059) 9720733 or email careandrepair@carlowdevelopment.ie



■ Consider de-cluttering your home. Our charity shops (including Camden Street – pictured) can turn your unwanted household items into urgently needed funds for Age Action's work.

The fashionistas have noticed us

"I thought to myself, this is like something you'd see in a designer boutique in London or Paris, and it is in Dublin, on the fast becoming fashionable Camden Street, where someone has a very good eye."

"My eyes were immediately drawn to the wonderful display of items in the windows, which were drawn from the treasure trove of beautifully displayed stock from within the shop. They contained fabulous vintage and designer clothing, shoes and handbags, antique furniture and collectibles of every sort, as well as beautiful gifts, linen, china, glass, pictures and much, much more — and all at very affordable prices".

"This beautiful, clean, bright, airy shop is a must for all discerning customers seeking a bargain".

The quotes above are taken from fashion blogs – the fashionistas are talking about us!

So where do we get all this wonderful stock for the Camden Street, Dun Laoghaire and Monaghan shops? Yes, it all comes from you, from your very generous donations.

Everything you donate is put to good use for the benefit of All Older People. So with the summer now ending why not do a good clean up? Clear out all the unwanted clutter from your wardrobes, chests of drawers, presses and garages

and donate your unwanted clothing (1900 – 2012), shoes, jewellery, furniture, china, glass, pictures, mirrors, records, CDs, DVDs, books, antiques & collectables and general household bric-a-brac to us? If you don't need it, we do!

We are grateful to you for donations, no matter what size. We even collect from your home free of charge if you live within five miles of the Camden Street shop.

However, we do not take electrical appliances, beds/mattresses or bedclothes for health, hygiene and safety reasons.

You can also help us if you have experience in the antiques, silver, painting / pictures, jewellery and book trades. We need professional people to help us to assess the authenticity and value of items in these areas. You would be a wonderful resource for us to be able to call on from time to time when the need arises. If you think you could be of assistance, then please make contact with our shops manager based in Camden Street by telephoning 01 475-6989 or emailing: shopsmanager@ageaction.ie

Dublin Zoo offers free entry day for older people

Dublin Zoo is offering free entry to anyone aged 50 and older on Wednesday, September 12. The offer is being provided to mark Age Action's Positive Ageing Week and to celebrate the 50th birthday of the zoo's chimpanzees, Wendy and Betty.

Age Action is supporting this event with an information stand and an animal-themed story-telling event. More details

will be available closer to the date.

We are also encouraging grandparents to bring their grandchildren to mark the European Year of Active Ageing and Intergenerational Solidarity between Generations.

More information can be found on www.dublinczoo.ie. You may also contact Margaret, Brenda or Keelin in Age Action with questions (phone 01-4756989).

U3A MEETINGS



© Dublin City U3A

Meetings last Tuesday of month, (not June-August), 11am, at 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: u3asuttonbaldoyle-dublin/

© Active Virginians U3A

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

© Maynooth U3A.

Maynooth Library Meet every 2nd 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 Terry (Theresa) Moloney: (051) 876542 or email tmoloney@wit.ie

© Monaghan U3A

Contact Mary Beagan: (047) 75942, (086) 3314439

© Roscara U3A,

Co Roscommon. Contact Helen Waldren: (094) 962-1233

© Tramore U3A

Meetings 1st Thursday each month, 11am, Coastguard Station, Love Lane, Tramore. Contact Mollie Hunt, molliehunt@eircom.net

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

Annual membership application

We/I wish to join Age Action Ireland and enclose € membership fee, plus € voluntary donation = € total payable to Age Action Ireland Ltd

- €20 Individual — retired/unwaged
- €40 Individual — employed
- €60 NGO
- €200 Statutory body
- €500 Corporate

Name

Organisation

Address

.

.

Tel

Fax

Email

Contact person

Signature

Date

Please return to:

**Age Action Ireland Ltd,
30/31 Lower Camden Street,
Dublin 2**

Tel: (01) 475-6989

Fax: (01) 475-6011

Email: info@ageaction.ie



Time to get knitting

Age Action is calling knitters to support this year’s innocent Big Knit. “We need to knit 80,000 of the bottle top hats by November 30 to raise €20,000 for Age Action,” Age Action fundraiser Rhona O’Connor said.

Our regular Wednesday and Saturday morning knitting groups are continuing in our Camden Street shop. For further details, patterns and inspiration visit www.innocentdrinks.ie/thebigknit

Government and Aras tours

Tours of Government Buildings and Aras an Uachtarain are being organised as part of Positive Ageing Week.

The tour of Government Buildings is on Saturday, September 29, at 10.30am. It should last about an hour and will include a history presentation, and a walk inside, including the Taoiseach’s office and the cabinet room.

The tour of Aras an Uachtarain is on Saturday, October 6, at 10.30am. This tour lasts about an hour and includes the reception room and some of the gardens.

There are only 25 places for each event, so you must book early. Contact Margaret Fitzpatrick at Age Action, 01-4756989, to book. The closing date is Friday, 21st September.

Correction

An article in the June edition of Ageing Matters incorrectly stated that the weekly income threshold for the Over-70s Medical Card was €770. The correct figure is €700. We apologise for the error.