

Volunteer appeal

ageing matters *in Ireland*

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Our Care & Repair service makes a major difference to the lives of older people on Bere Island **Pages 8-9**



For all older people

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■ Cover photo: At the launch of our appeal for national bucket collection volunteers at Tesco branches across Ireland were (from left) Age Action's Nicola Troy, Daragh Matthews and Sheila Ward. See page 5.

Making our voices heard

Politicians are already in electioneering mode and so we should join them to ensure our views influence the next Government. Politicians will be make so many promises that it will feel like Christmas every day until the day after the election, which will feel more like Ash Wednesday with the prospect of suffering for more than 40 days.

We must match them in doing all we can to make the election work for us and our wish to make Ireland a better place for all of us. We must broaden the support for our ideas: if we confine ourselves to recruiting older people, we cannot win. People don't have to be over 65 before they take an interest in ageing. Most of our policies and services will benefit people of all ages and will definitely benefit future generations of older people. We can all help to start our election campaign now by talking and listening to our families, friends and neighbours.

Our campaign has to be based on a carefully selected short list of priorities and presented to attract maximum support. We share the same challenge as the political parties in reducing our proposals to key priorities, which in management speak must be SMART – specific, measurable, achievable, realistic and time bound. Our proposals must be easy to understand, to do and to check that they have been done. The can't be wishy-washy.

So let me start with four from my initial list of 77 suggestions.

1. The implementation plan for the National Positive Ageing Policy should be published immediately with "SMART" proposals from all government departments
2. The appointment of a Commissioner for Older People as an independent champion to safeguard and protect their interests (this post was established in Northern Ireland in 2011 (<http://www.copni.org>))
3. The enactment and implementation of the Assisted Decision-Making (Capacity) Bill 2013, to help people with limited capacity make decisions to suit their wishes.
4. The Health Information Quality Authority's (HIQA) role should be broadened to provide an independent inspection and regulation of quality standards in community and home care as well as in residential care.

These measures should improve the quality of life and protection of many older people, particularly those facing dementia and other disabilities. Such a prospect could face any of us, so let's use this election to improve the autonomy and quality of life for all of us. – **Robin Webster**



■ The four people elected to the Cork Age Friendly City Alliance with representatives from Cork City Council and Age Friendly Ireland: Noel Dempsey, Phil Uí Mhurchú, Shane Winters (Age Friendly Ireland), Chris Dorgan (Cork City Council), Nora O'Donovan and Finbarr Coughlan.

Cork Glór member joins new city alliance

A member of Age Action's Cork Glór group, Phil Uí Mhurchú, has been elected by the older people of Cork to sit on the newly formed Cork Age Friendly City Alliance.

Cork Age Friendly City Alliance is a project led by Cork City Council and Age Friendly Ireland that aims to make Cork a better place in which to grow old.

Age Action regional manager John O'Mahony was invited to join a working group which helped set up the Cork City Older People's Forum. "Every older people's organisation in Cork was invited to have two representatives join the forum, which in turn elects four representatives to sit on the Cork Age Friendly City Alliance," John said.

The group meets

quarterly and will consist of senior decision makers in organisations such as Cork City Council, HSE, Gardai, Bus Eireann etc. They will discuss with the older people's representatives how the city can be made more age friendly.

"The idea is that senior decision makers who have control of budgets are made aware of the issues that older people face and will bring about change to address the issues," John said.

The Age Action Cork Glór Group nominated Phil Uí Mhurchú and Margaret Ryan to join the Older People's Forum and nominated Phil to stand for election to the Alliance. The inaugural forum meeting took place on March 4 in Millennium Hall and was well attended. A strong and capable set of candidates stood for election to the alliance. Phil was the first

person elected by forum members to represent them on the alliance.

She is very well equipped to represent older people, having spent her career working in Cork City and County Councils and with extensive experience in many older people's organisations. Noel Dempsey was also elected to the alliance on behalf of the Gurrabraher/Churchfield Men's Group. Noel also happens to be an Age Action Care & Repair volunteer.

The first Cork Age Friendly City Alliance meeting is scheduled for April.

"Age Action would like to congratulate Phil and Noel on their election," John said.

"This was an excellent achievement, and hopefully it can be the start of a process that can bring about positive and lasting change for older people in the city."

The letter that made our day

Our Care and Repair team recently received an email which sums up the hugely positive impact of the programme on older people across Ireland.

The message was sent by Rosemary (72) who lives alone and has arthritis in her spine. She had asked our volunteers to fix her garden gate amid growing home security fears.

“Rosemary’s email made our day,” Age Action Care and Repair regional development manager Claire Bellis said. “We want to share it to show the difference small jobs make, and to thank our volunteers,

community partners and everyone who has donated to help the programme.

*Dear Claire,
Thank you so much.*

Those very nice guys fixed the gate in a few minutes. And I am so relieved. Thank you so much. I will no doubt call again.

Being old, alone, and having spinal arthritis I can become very nervous. Anyone else would have charged and made big work of it, and more important I would have been afraid instead of confident and happy as I was with your people.

Between property tax and tiny pension etc, I find it all so difficult.

I feel so safe now. I can't thank you enough.

Rosemary



■ Angela Glavee, Niamh Hennesly and Oliver Keane selling St Patrick's Day shamrock badges for Age Action at the Eyre Square Shopping Centre in Galway.

Thank you to our shamrock volunteers

Age Action would like to extend a huge thank you to everybody who volunteered to help with our St. Patrick's Day campaign. Your shamrocks brought smiles to many faces young and old in Dublin, Cork and Galway. Without our volunteers, none of this would have been possible.

Support from the public was incredible! We are currently rounding up any stray shamrocks to be put into the leprechauns' storage room until next March. We hope to have more shamrocks for sale in more locations in 2016.

Thanks again!



■ We Need You!
 Launching our appeal for volunteers to help with the national bucket collection on June 13 were (from left) Age Action's Nicola Troy, Daragh Matthews and Sheila Ward.

Join our fundraising bucket brigade

Age Action has launched its largest ever appeal for volunteers to help with its national bucket collection at 90 Tesco stores on Saturday, June 13.

"It's a huge undertaking and it's also a very important fundraising opportunity for Age Action," Age Action fundraiser Daragh Matthews said. "We are appealing to our members and friends, and their families, to sign up and shake a bucket for a few hours at their local Tesco store on the day."

Age Action is delighted to be chosen by Tesco as one of a select number of charities to hold a national bucket collection at their stores. This is a huge fundraising opportunity and will, if we are successful, help us to fund our Information Service, which last year answered

over 2,000 calls from older people or those working with older people.

"Age Action could not provide this service or continue its work on behalf of older people without the continuing help of our members, supporters and their families, who have volunteered to rally round and either to shake a bucket themselves or to drive a bucket shaker to where they need to be," Daragh said. "And on this occasion, because of the size of the undertaking, we will need an army of drivers and bucket shakers."

On our last appeal for volunteers for our St Patrick's Day campaign, Mary, one of our service users, said: "I am delighted to return the favour to Age Action by helping out as you helped me learn to use a computer, and I am now able to Skype my grandchildren in Sydney every Saturday morning. This is a real gift and thank you."

This is just one of our success stories from the Getting Started computer training courses we provide, but it could be echoed by the thousands of others from our Care and Repair programme, which makes such a difference to the lives of those older people it gives a bit of comfort to in their own homes. Please help us to help more people like Mary around the country.

The collections will take place 10am–6pm on June 13. If you or a family member or friend can spare an hour or two in any of the 90 locations, please contact us. If there is a Tesco store near you, we will probably be there on the day. Please register your interest by contacting Daragh in the fundraising office at (01) 475-6989 or fundraising@ageaction.ie. You can register online at <https://www.surveymonkey.com/r/78T6CZ9>.



■ There were plenty of designer and vintage bargains to be had at the special event at our Camden Street shop this month.

Photo: Anita Kulon

Changing lives with Getting Started

Age Action's Getting Started programme is changing the lives of those learning to use technology. Take Carrie O'Connor for example. She is attending classes with her volunteer tutor, Eleanor, at the Dell premises in Cork city.

She lifted the spirits of our Getting Started team recently when she sent them this email:

I really appreciate the time given to me by Age Action to further advance me in the use of my tablet, which I got as a present from my family at Christmas.

When I received it, I didn't know how to swipe the screen. I was asking why they gave it to me.

I can now enjoy watching a television programme I had missed, check on



■ Carrie O'Connor's selfie.

the death notices, check on cinema times, go to YouTube, and so on.

I wish to thank Eleanor, my tutor, for all her help, patience and professionalism. She made me feel so relaxed. I was able to learn in a very 'no pressure'

atmosphere.

I would also like to thank Dell for accommodating me in such a comfortable, welcoming manner.

I was capable of forwarding my photograph as I learned that task last week. I am giving my permission to put it on your Facebook page.

(Carrie's selfie – left – accompanies this article.)

Last year Age Action trained 3,300 older people to use computers, at 80 venues across the country. These skills are life-changing.

To find out more about how to volunteer or book a class for an older friend or loved one visit <http://www.ageaction.ie/getting-start.../about-getting-started>



■ Heads down: one of the Age Action computer training classes under way at Trinity College Dublin.

Getting Started classes go to ‘uni’

Last year, Age Action was approached by Anita O’Donovan who lectures on Radiation Therapy in Trinity College Dublin. She wanted her students to build intergenerational solidarity with older people to develop communication skills.

She also wanted to dispel negative myths or misconceptions her students might have about older adults, by witnessing examples of successful ageing.

“From this initiative, we set up a Getting Started class in Trinity College and the students of Radiation

Therapy became our volunteer tutors to teach a class of 28 older learners how to use computers,” Age Action’s Getting Started development officer Jennifer Glansford said. “This proved to be extremely successful.”

Following the popularity of this class, and with the kind help and support of Zhanna O’Clery from Trinity Foundation, Age Action was lucky enough to source one of the computer rooms in TCD to run our Getting Started classes for two months.

“We have had a total of 52 older learners trained in the grand surroundings of TCD,” Jennifer explained. “Our dedicated volunteer tutors were lining up to

help out at these classes as most of them perhaps secretly harboured a dream of ‘teaching in Trinity,’ and we were delighted with 52 volunteers getting that opportunity! “

“We would like to express our gratitude to TCD, Anita O’Donovan, Zhanna O’Clery and the Trinity Foundation for supporting this great programme,” Jennifer said. “Also, we have to send out a huge thank you to all 52 volunteer tutors who supported the classes. They are our most precious resource!”

While no further classes are planned for Trinity in the immediate future, Age Action is hoping to secure further classes here at some stage.



■ A client of Bere Island Care & Repair makes his way down the laneway leading to his home.

Neighbours lend Care & Repair extra value on Bere Island

The Care and Repair service for older people on Bere Island, off the west Cork coast, is certainly the most remote location of any Age Action community partner. It may also be the most scenic.

Lying two kilometres off the coast of Castletownbere at the mouth of Bantry Bay, Hungry Hill and the Slieve Miskish Mountains provide the backdrop to the north of the island. On a clear day, islanders enjoy stunning views of Sheep's Head to the south.

But, as the old saying

goes, you can't eat scenery. "The Island population is only 200 people, and life can be very difficult for older people there who do not have family nearby," Age Action's regional development manager John O'Mahony explained.

Many of the older people live in isolated parts of the island.

The Care and Repair programme has been running on Bere Island since 2012. The service is run in partnership with Bere Island Project Group.

Local programme organiser Tim Hanley explains that the programme meets specific needs for the islanders. "The Island has

a high proportion of elderly people who live alone in relative isolation," he said. "The service that the care and repair team offer in terms of small jobs such as gardening and painting makes a huge difference to the lives of these people."

Key to the programme's success is that the Care and Repair team members all live on the island and are known and trusted by the older people they visit. "The Care and Repair team do a fantastic job making sure that people are looked after," Mr O'Mahony said. "The workers are part of the Rural Social Scheme, and the fact they all live on the island themselves

and know all of the clients personally gives a very warm and friendly feeling to the service there.”

Mr Hanley says examples of the work they have done recently include making safe an entrance to an elderly farmer’s property which was waterlogged, clearing a blocked drain and putting down shale.

“One client was particularly happy with a job that was done to wash down and repaint a room after smoke damage from a badly fitted fireplace,” he said. “A builder was recommended to repair the fireplace and the Care and Repair team took over to fix up the room so that the client could feel at home again.”

“These jobs are vital,” Mr Hanley said. The Care and Repair programme is of even greater importance on

islands – Bere Island is the only offshore island where the service is currently running.

“There is a significant cost saving for the clients because it is very expensive to bring in tradesmen from the mainland,” Mr Hanley said. “The trust the team have with the older residents is also hugely important.”

Bere Island is 11 kilometres long and five kilometres wide. The islanders are working hard as a community to attract more tourists. With its rich archaeology and history and its natural beauty and wildlife, it has much to offer visitors.

The Care and Repair programme is part of the support for the local community.

The success of the Care

and Repair programme is a good example of how flexible the Age Action programme can be when it comes to helping communities meet the needs of their older people across Ireland.

“Care and Repair can be delivered in many different ways and can serve large urban centres or isolated rural areas,” Mr O’Mahony said. “The programme is currently running in major towns and cities, and in rural areas. Bere Island Care and Repair is an excellent example of how even a programme covering a small population base can make a real difference to the lives of older people in the community.”

To contact Bere Island Care and Repair call 027-75099



■ Bere Island Care and Repair Team members Paul Elphick, Patrick Dennehy, John Orpen and Teddy Sullivan with development worker Tim Hanley.



■ Anna Geary, this year's Cork Rose of Tralee, with Getting Started learners and tutors at Dell's offices in Mahon, Cork.

Reigning Rose awards certificates

Cork camogie star and the county's reigning Cork Rose of Tralee Anna Geary brought added excitement to a recent Getting Started graduation ceremony.

Anna presented the certificates on the final day of training at the Dell Software premises in Mahon, Cork, involving older people and Dell volunteer tutors.

The company also made a video to present the Age Action initiative to their EMEA Leadership team. Feedback from learners and tutors was excellent.

EMC² in Ovens, Ballincollig, hosted and mentored our beginners and refreshers in their onsite facilities under the

passionate guidance and supervision of Tori Hawthorne. The volunteers all reported enjoying the experience – even more than their learners did!

We had facetimeing, online dress buying, and a wonderful cake which was presented by the ICA (three days in the making – created by Jacqueline Cullinane) to the EMC² volunteers.

“We weren't always sure who was putting who through their paces, but there was certainly lots of laughter,” said Julie Oates, the regional project coordinator for the Cork Getting Started programme.

The certificates were presented by Senior Vice President of EMC Global Manufacturing Operations in the USA, Royan Jones. Thanks go to EMC for

making this possible.

We are pleased to announce that VMware will be running another class from April 24 in their training facilities on the first floor of Ballincollig Shopping Centre. We have space for 24 learners and 24 tutors. Please call (021) 453-6554 or text (087) 195-6026 to reserve your place now.

At the end of our first Upper Glanmire class, learners and tutors were treated to a wonderful spread prepared by our now nearly famous Valentine O'Leary, who has progressed from learner last year to tutor and all-round administrator in conjunction with committee member Denis Kelly. It's thanks to their passion that this got off the ground.

Use your spring clean to help others

Age Action is urging people to do a spring clean and donate their unwanted goods to its three charity shops.

“We are always looking for new stock, volunteers and, of course, customers,” says Camden Street shop manager Edwina Brady. “If you’d like to make a donation of stock, you can either drop it off at your nearest shop or take advantage of our collection service, which operates within the M50 in Dublin.”

Age Action is encouraging people to do a spring clean around their home to identify items that could be donated. “There are great benefits to clearing out and de-cluttering spaces,” Ms Brady said. “Why keep items you don’t need if somebody else can use them now? And the money raised will help fund Age Action’s work with some of the most vulnerable older people in Ireland.”

Here are our top five tips to de-clutter your home:

- Do a little at a time. Try setting aside 15 minutes every few days to start tackling what you have to sort through. Don’t try to do too much at one time or you may find the task too onerous.
- Take a small box, car-



■ Unwanted household items are the lifeblood of Age Action’s shops.

Photo: Anita Kulon

- rier bag or bin bag. Set yourself a time limit and tackle one area that’s troubling you.
 - Gather all the unwanted items together and put them aside to donate to Age Action.
 - Think as you clear out things and identify items as your charitable donation. Share the wealth and contribute to the wider society. Sharing can make you feel good because you’re giving something back.
 - Look at seasonal clothing. Will it be good for next year, or will it look dated? Have you outgrown the style or colours? Remember, try to be as ruthless as you can. When was the last time you used the item, and are you likely to use it again soon?
- We accept vintage items,

including furniture, clean clothing (ladies’, men’s and children’s), jewellery, collectibles and antiques.

We also welcome handbags, pairs of shoes, hats, scarves, glassware, table linen, bed linen, blankets, bedspreads, curtains, books, paintings, records, CDs, DVDs, ornaments, mirrors and clocks.

To arrange a viewing/ collection, contact us on (01) 475-6989 or (087) 677-2978 or email stockcollection@ageaction.ie. If you want to deliver items yourself to our shops, they are located at 30/31 Lower Camden Street, Dublin 2; 5 St Helen’s Court, Lower George’s Street, Dun Laoghaire; and 31 Glaslough Street, The Diamond, Monaghan Town.



■ From left: Ellen Graham of HelpAge International, Age Action's Lianne Murphy, Caroline van Dulleman of the Dutch-based World Granny organisation, and Minister for Foreign Trade and Development Cooperation in the Netherlands Lillianne Ploumen.

Age Action participates in EU gender and development event

Ageing is an important gender issue and more practical steps must be taken to improve the position of older women in developing countries, economically and otherwise.

That was the key message Age Action helped deliver to senior politicians at an EU meeting earlier this month

Lianne Murphy, from our Ageing and Development programme, attended the

Women's Empowerment and Sustainable Development event in Riga on March 2, as part of a group drawn from HelpAge International's EU Network.

The EU has designated 2015 as the European Year for Development. With the Millennium Development Goals to be announced later this year and the process to complete the EU's Gender Action Plan for its external action also due later this year, the event was well timed.

References to ageing and older women in the opening statements and various panel discussions at the event were notably absent. Given that women form the majority of older people – 54 per cent of those aged 60 or over – and that women over 50 account for almost one quarter of the world's women, it is shocking that it gets so little attention. We were, however, pleased that the closing panel of the day finally made reference to older women.

Baroness Northover, Parliamentary Under Secretary of State for International Cooperation in the UK, spoke about the discriminatory practice of widows losing their inheritance. Both Martin Bille Hermann, State Secretary for Development of Denmark, and Andris Piebalgs, former European Commissioner for Development, highlighted the importance of collecting disaggregated data by age and gender.

Data disaggregated by age is hugely important to provide an accurate picture of older people and their needs. The post-2015 framework must ensure the collection of such data without upper age limits across all goals and targets.

Economic empowerment

Many older women in developing countries do not have access to a stable income in old age. Only 25 per cent of older people in low and middle-income countries currently receive a pension. Older women are more likely than men, and more likely than younger women, to live in poverty.

Nevertheless, older women make huge contributions to economies across the world, directly and indirectly. More than 37 per cent of older women in the least developed countries continue to

participate in the labour force. Those who don't work in the formal economy often provide care for family members. These important contributions to the economy often go unnoticed and unpaid.

Another issue to consider is that older women can be particularly vulnerable to losing their livelihoods and economic power due to lower status, lack of knowledge of their rights, and local laws that prevent them from inheriting property. Globally, only two per cent of land is owned by women. It is clear that more needs to be done to improve the economic situation of older women and the event gave us the opportunity to articulate this.

Meetings

We had a useful meeting with the Minister for Foreign Trade and Development Cooperation in the Netherlands, Lilianne Ploumen. We talked about the contribution older women can bring to entrepreneurship, through their experience and local knowledge, and discussed the financial exclusion of older women in accessing credit and their reliance on the informal sector for employment. Minister Ploumen and her advisers committed to analysing the Dutch gender-focused employment and entrepreneurial programmes

to see how older women could be included.

They were also very interested in framing older women's issues in the life cycle approach. This approach looks at women and girls over the course of their lives and is helpful in highlighting how a lifetime of discrimination culminates for women in old age. Older women often experience multiple discrimination on the grounds of gender, age and marital status.

We also met with Parliamentary State Secretary for EU Affairs of Latvia, Zanda Kalniņa-Lukaševica. This was particularly useful as Latvia currently holds the EU Presidency and is one of the drivers of the EU Gender Action Plan. We again emphasised the importance of including data disaggregated by age in the plan.

Call for action

The network group took the opportunity of attending this event to disseminate our European Year for Development 2015 Call for Action. As well as health, humanitarian aid and demography, the action also focuses on women and girls, so it was fitting to be able to distribute it to delegates. You can read details of the project on our website at www.ageaction.ie/global-education/eu-project.

State pension changes causing distress

During March, Age Action's Information service received a number of calls from people distressed and disgusted at recent changes to how PRSI contributions are calculated.

They were particularly incensed at the fact that your contributions are averaged out over your entire working life.

This means that if you began working in 1960 doing a summer job before going on to college for three years and then joined CIE in 1963 when you retired in 2013, the Department of Social Protection goes back to 1960 to calculate your yearly average, not 1963.

This is also true for those who left the workforce to raise children or care for a relative and did not or could not sign on for credited contributions.

All these gaps or lost years reduce your yearly average, and therefore the value of your contributions in terms of the level of pension to which you are entitled. There is some relief for homemakers in that, since 1994, if you leave the workforce to work at home, the years during which you are out of the workforce are



■ Changes to how PRSI contributions are calculated will result in reduced State Pensions for some people.

disregarded when calculating your yearly average.

None of this should be new to regular readers of Ageing Matters. We have been writing about it ad nauseam for at least the last five or six years.

Then in 2012 the government moved to reform the State Pension and how it is calculated. Reform is of course their term and it is tendentious because in many ways it was simply a raid on the State Pension.

The good bit was that the government announced its intention to abandon the averaging out method of calculating the level of pension entitlement in favour of a system based on the total number of contributions. This will begin in 2020. In the meantime the government has scrapped the Transition Pension (which one could claim at 65), which means in effect that people stay in the workforce longer and delay applying for the state pension for a year.

This extending of one's working life will continue so that in 2021 the pension age will rise to 67, and in 2028 it will rise to 68. The other and perhaps nastiest thing the government did in 2012 was to increase the number of bands of PRSI contributions that determine the level of pension to which one is entitled, and so raised the number of contributions you needed to move from one band to a higher band. This meant fewer people could qualify for a full pension and more found themselves in a lower band than they had expected and budgeted for.

Finally, the fact that we are getting calls from people referring to "recent" changes after the horse had bolted, starred in a remake of *Black Beauty* and returned to the barn, shows the apathy many people have to pension reform until it affects them personally.

— **Gerard Scully,**
senior information
officer, Age Action

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)
4128607, (01) 455-7653

© Blessington U3A
Meetings 3rd Tuesday of each
month. Contact Peter Polden:
(087) 815-1018, (045) 867-
248 or email 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

© Lucan U3A
Meetings are @2.30pm-
4.30pm in Ballyowen Castle
Community Centre, Ballyowen,
Lucan, Co. Dublin.
Contact Maureen Newell:
email 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

© RAMs U3A
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

© 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: [u3asuttonbal-
doyledublin](http://u3asuttonbaldoyledublin)

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

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Contact Josephine Murphy:
(051) 871-037 or email
jo1murphy7@gmail.com

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

Transition year students forging links as Getting Started tutors



Transition Year students are making a major contribution to Age Action’s Getting Started computer programme by tutoring older learners. Not only are they passing on important skills, but they are also strengthening intergenerational links between younger and older people. In Munster, Cork city schools Deerpark CBS and Gaelcholaiste Mhuire (learners and tutors pictured) recently completed classes. In West Cork, classes are under way with transition year groups of St. Brogan’s Community School, Bandon, and Kinsale Community School. Reports from schools around Ireland are positive.

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 membership please write your membership number here

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

Address:

Tel:

Email:

Website:

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
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