

# ageing matters

# Blondie shows how it's done



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## Age Action Ireland

*For All Older People*

**This booklet is a publication of Age Action. It is published 10 times a year.**

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■ Cover photo:

Debbie Harry at the Galway Arts Festival last year See pages 14-15.

Photo: Colm Hogan, Galway Arts Festival 2011

## Active ageing: live longer and prosper

**This** encouraging title comes from a recent report about ageing and older people in the UK. Its positive message should give us all renewed confidence to continue our drive to promote positive ageing and campaign against ageism in Ireland. It should also stimulate further research on the positive contribution older people can and do make following the first results from TILDA (The Irish Longitudinal Study on Ageing – tilda@tcd.ie) .

Its key message is that we can all benefit, both economically and socially, from the fact that more people are living longer and healthier lives, because as a result, they will be able to contribute more actively for longer and even match the rising cost of long-term care.

The authors Dr Jennifer Gill and Professor David Taylor from the School of Pharmacy, University College London understandably highlight the vital role of improved medicines in reducing death and disability rates from conditions such as heart attacks, strokes and diabetes. They stress the importance of comprehensive and integrated community-based services in support of the increasing numbers of older people, who already contribute significantly to the well-being of their families and communities.

The main implication for Ireland is that we should stop worrying about our ageing population, especially as we are years behind other European countries who already have between 25% to 30% of their populations over 65 compared to our 11%. Instead, we should welcome our ageing population as a modern miracle. There is a massive bonus for all of us if healthy ageing increases faster than life expectancy.

Their final conclusion is, I think, worth quoting:

“This will require greater insight into the reality that for most people living longer is to be celebrated because it is likely, given appropriate policies and focused self care and supportive professional efforts, to be associated with not only better health but also increased prosperity for all. In the final analysis, it will in addition demand values that do not allow people approaching the end of their lives to be dismissed as ‘pointless’ and neglected.”

Now for some disquieting home news. We had received reports that incontinence pads for residents in nursing homes are to be rationed to save money. However, I am pleased to say that, after lobbying by Age Action and the INHO, the HSE has agreed not to cut the number of incontinence pads available to those in residential care.

— Robin Webster

# Funding for Care and Repair yields large returns

Irish Life's funding of Age Action's programme to help older people remain living independently in their own homes is expected to have generated a social return on investment of €11.8m over a five year period, according to a new report.

The assessment by social enterprise firm Gauge shows that for every €1 invested by Irish Life in Age Action's Care and Repair programme, there was a social return on investment of €16.85.

The consultants surveyed almost 100 participants in the programme and calculated the return based on issues such as better support in the home (the reduction in the number of home help hours needed), less stress and anxiety (lower cost of prescriptions and medical appointments), improved health (fewer GP appointments) and increased security (reduced number of Garda call-outs and hospitalisations).

The Care and Repair programme involves teams of volunteers visiting older people to carry out small DIY jobs such as gardening, changing light bulbs, fitting hand rails and unblocking sinks. Last year volunteers visited and helped 14,000 older people. Age Action runs the programme in Dublin, Cork and Galway, while local groups operate it in another 22 locations across Ireland.

Irish Life committed €1.2 million to the Care and Repair programme between 2006 and 2011. In the Gauge research, funding for the first two years of project set-up was



■ The vision shown by Irish Life has enabled Age Action mobilise hundreds of volunteers to help thousands of older people remain living independently in their own homes

excluded. Irish Life's funding is due to end next year. Details of the Gauge report were published this month as Age Action seeks new organisations to get involved in corporate social responsibility programmes with Care and Repair and other programmes.

"A social return of almost €17 for every €1 invested shows the real value of corporate social responsibility to some of the most vulnerable people," Age Action chief executive Robin Webster said. "The vision shown by Irish Life has enabled us mobilise hundreds of volunteers to help their older neighbours and friends. We now need new funders to enable this important work to continue."

***For further information about the Care and Repair programme contact Lorraine Dorgan, Deputy Chief Executive, Age Action, at 01-4756989 or [lorraine.dorgan@ageaction.ie](mailto:lorraine.dorgan@ageaction.ie). The Gauge report can be viewed or downloaded as a pdf at [www.ageaction.ie](http://www.ageaction.ie)***



■ Latin America and Caribbean older people association meeting held in Panama

## Focus on age in Latin America

Latin America Week was celebrated in Ireland this year between April 10th and the 21st. The celebration comprises a range of conferences, meetings, workshops and cultural events around Ireland, focusing on different issues each year.

“This year, the main focus was on community solidarity as a means for community survival and for making society more just and inclusive. In more recent years, solidarity has begun to turn the tide in the region with a number of grassroots democratic experiments

emerging in different parts of Latin America. They are successfully challenging the dominance of the savage neo-liberalism of the last few decades,” according to the Latin American Solidarity Centre. (Visit [www.lasc.ie/content/latin-america-week-2012](http://www.lasc.ie/content/latin-america-week-2012) for more information on Latin American Week.)

But are these movements pushing for a more just and inclusive society for older people too?

### Ageing in Latin America

Latin America is a region of extremes, with a very rich minority co-existing beside the majority living in extreme poverty. It is also a region undergoing a

sustained ageing process, which has a different rate in each country.

Unfortunately, despite a greater presence on government agendas in recent years, policies favouring the specific needs and rights of people are still often not implemented properly.

Although Latin American States have signed up to many agreements, treaties and international conventions (including those dealing with human rights) follow-up monitoring on the human rights situation of older people has remained practically non-existent.

What does exist is a tendency to develop specific legislation and national plans on ageing, but these plans are often not matched

with the allocation of resources.

### Older people's rights in Latin America

In *A report on the Status of Older People's rights in Latin America* by Luz Baretto published in 2009, a number of key findings were reported.

- People, especially women, are living longer but older people are not prioritised in social budgets.
- Jobs were severely affected by structural model changes. Many older people lost their employment and had work benefits cut, but no measures were in place to ease the effects of these changes. The reform of pension systems also affected them. Most are still excluded from pensions.
- There exists an Inter-American human rights system and an Inter-American human rights committee. Likewise, the Economic Social and Cultural Rights (ESCR) Committee and the UN monitor rights compliance in these countries. The ESCR and the recommendations of the Inter-American system do not include details on the human rights of older people specifically. However, there is not much evidence to suggest older people are

familiar with these bodies and mechanisms and, as a result, are unlikely to report any human rights violations.

- Social violence caused by drug-trafficking and gangs of youths (the latter particularly in Central America) has left many older people scared for their safety as they are often the main victims.
- Forced displacement of older people caused by political unrest means that their specific needs are not met, and they have few chances to recover their livelihoods. Migration has also left older people abandoned or looking after grandchildren. Little is being done about this.
- Global climate change has and will have a severe impact on the region, and measures are not being implemented to discover the impact this will have on older people, minimise risks to them or to help

them adapt. Also, their specific needs and contributions have not been considered in any official or humanitarian aid, and they are not integrated into the civil defence systems.

- Advances in the mobilisation of older people are giving them greater visibility and more opportunities to demand access to their rights.

Help Age International, Age Action's international partner, works continually with older people in Latin American countries to claim their rights. They work with more than 28 affiliates and partners to help older women and men claim the healthcare, pensions, employment and other benefits that are rightfully theirs.

Their projects help thousands of older people live decent, active and healthy lives.

**For further information see:**  
<http://www.helpage.org/where-we-work/latin-america/>

### Discussion group on age issues

On 13th January several members and friends of Age Action took part in a focus group with Ina Voelcker (the Global Ageing Programme Assistant from Help Age) acting as mediator. Some of the key themes Ina discussed with the group were older people's contribution and participation in society, their feelings about secure income and work, health and caregiving and discrimination and rights. To get a better sense of the socio-demographic details of each participant, we also handed out profile questionnaires to explore personal circumstances and experiences of ageing and age discrimination.



■ George Ryan receives his well earned certificate from long term volunteer, Alan Egan.

## Getting Started in Cork City

Residents and staff of O'Connell Court Residents Home in Togher were glued to the radio at 11am on Monday, 1st April, listening to 93.1 Life FM to hear their resident, Frances Kennefick, talk about her experience in the Getting Started course she had just completed in Togher Family Resource Centre.

Julie Oates, Regional Coordinator for the Getting Started programme in Cork

City, South and West, collected Frances that morning and drove her to the studio to meet John Patrick. Frances never divulged her age, but she said it included VAT, so John announced her as a sprightly 26-year-old.

Also in the studio with Julie was the man she calls "her volunteer who goes the extra many miles", John Walsh from Schull. John is a businessman, out of work at the moment, and he has been known to make the three hour journey from Schull to Crosshaven to assist a member of their Active Retirement Group.

"I don't think people realise how much involvement

in this project means to the volunteers too, says Julie. "It brings some of them out of a self-imposed isolation and gets them back into circulation.

"We recently received an offer from a group of older people who have just completed their own ECDL course at Ballypheane CDP, who now want to give something back by teaching beginners. Now that is an ideal situation!" says Julie.

We are very grateful to the venues we use for providing their facilities for two hours a week. At the end of the course, we encourage our learners to keep learning

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# Befriending service expanded in Cork

The Care & Repair programme has expanded its befriending service in Cork. A new team of volunteers, both from the existing Care & Repair team and a newly recruited group of befriending volunteers were trained and have now begun visiting older people in their communities.



So far the visits have gone very well, with both the clients and the volunteers thoroughly enjoying the experience. One client even remarked that his neighbours will be jealous

Care & Repair Cork has served over 800 individual clients over the last two years. Most of the befriending visits which are now taking place have happened as a result of the Care & Repair volunteers reporting that particular clients have expressed an interest in receiving regular social visits. This shows how valuable the contribution of Care & Repair volunteers is to older people. They go beyond the simple job requested by the client and take an interest in the overall well-being of older people in their communities.

when they see the lovely young ladies calling to his door! The demand for befriending visits is very high and the intention now is to recruit more volunteers and visit more clients.

There are currently 75 Care & Repair volunteers in Cork and anybody interested in joining the team should call John on 021-453-6554.

— **John O'Mahony**  
**Development Officer**  
**Age Action South**

*Continued from previous page*  
 by joining a local computer club, once they feel ready.

“Community-conscious companies allow their staff time off work to volunteer and so far we have received generous offers of “ready made” volunteers from Easylink in Clonakilty, MSD (previously Schering Plough) in Brinny; Quest Software in Mahon; and IBM, in Cork Airport Business Park.

We tell our learners that we want to hear their voices and that if they want the government to hear their voice then computers are

the way through which they can make sure their government hears them.

Tony, one of our learners in Dunmanway, who bought a computer for his children 16 years ago with the intention of learning how to use it, says: “I am delighted that I have finally taken this step. It has opened up a whole new world for me and given me so many opportunities – for example, surfing the net, emails, YouTube, sport, reading the paper, etc. I’m even learning to improve my typing from an online course on the internet! Until now I always had to ask

someone to look up things for me. Now I am almost independent. I would like to thank everyone involved, especially my tutor Alan, for making my learning experience very enjoyable.”

Classes are being rolled out all over Cork, including West Cork.

**To apply for a class or find out more, call Julie on (021) 453-6556 or text or call (087) 195-6026. If you would like to volunteer or offer your venue (it needs to have several computers and Wi-Fi if possible), please email [gettingstartedcork@ageaction.ie](mailto:gettingstartedcork@ageaction.ie)**

# Just dropping in to lend a hand

Some 90 brave fundraisers took on one of Ireland's greatest charity challenges on April 28 when they abseiled down the country's tallest hotel.

Age Action, with 11 other charities, raised over €25,000 from the event at Limerick's Clarion Hotel. Crowds of supporters, with curious onlookers, gathered to watch the spectacle as the abseilers descended the 17-storey, 200 foot drop.

"It was truly a thrilling, adrenalin-filled day," according to Age Action fundraiser Rhona O'Connor, who organised the event and finished the day by abseiling down herself with a team of Age Action staff. "We would like to thank all the abseilers — Bluebird Care who sponsored the day, the Clarion Hotel and everyone who played a part in making it such a special event."



■ Laura Scanlon prepares for the big drop.



■ Marie McCallan is interviewed by Limerick's Live95 journalist Denis Tiernan seconds after completing her abseil.



■ Abseilers kitted out on the 17th floor



■ Lorna Gallagher goes over the top.



■ Age Action's Rhona O'Connor with abseilers Ivan Tuohy (Clarion Hotel manager), Gillian Devlin (journalist at Live95 FM) and William Ring (Bluebird Care).



■ Emily Ryan from Ennis has a steady grip on her abseiling lifeline.

# Volunteering is 'good for the soul'

One of our Care and Repair volunteers tells how her work for various groups has enriched her life along with those she's helping.

I volunteered with Age Action because I liked the idea of the Care and Repair team.

The area where I lived before my present home was an old area, and I was surrounded by older neighbours and realised that tasks that are simple to me, like changing light bulbs or plugs, could be quite an ordeal for some of my older neighbours, so to have a team dedicated to this kind of care, I believe, is a great idea.

I love calling to someone's door and being invited into their home and reassuring them that I can help them. And that we will sort out whatever the issue is. The people I have met are so friendly and relieved that they have found an organisation that they can trust.

Many of them have stories of being ripped off by tradesmen, and it upsets me to think of someone taking advantage of them. But I assure them that need not happen again. Then they usually like to tell me about themselves, especially their childhood or their early years starting families and such.

I love to hear these stories; they are very interesting and sometimes funny. I find these chats heartwarming as they sit there and laugh as they remember good times.



■ Nysa: I find these chats heartwarming.

So far I have had a great experience; I have met some lovely people and had some great chats with them. I find that everyone likes to tell their own story and I suppose as you get older everyone around you already knows it, so a new face is an opportunity to reminisce and share again. I have heard some great stories of days gone by, whilst doing the little odd jobs required.

I am a mother of three who went through a life-changing ordeal. Only five years ago I had to have open heart surgery. It changed me as a person, and once I became well I felt a need to help my community. It started with me running the PTA in my children's school. Then I volunteered to be a scout leader, and then I joined the Care and Repair team. I have found that volunteering gives me a sense of pride in myself. It's good for my soul.

— Nysa Tormey

## Would you like to help?

Sarah Nevin is my name. I am the Volunteer Administrator here at Age Action and I thoroughly enjoy my role, as it shows how many people are humble, good natured and selfless.

If you would like to volunteer, please contact me on (01) 475-6989 or email: [volunteer@ageaction.ie](mailto:volunteer@ageaction.ie)



■ L-R: Gerry McDermott, Sarah O'Connor, Eimear Whitfield & Ken McCue at the Dublin Workshop discuss what 'Intergenerational' means to them.

## Generations Together – one year on

Since Age Action launched its intergenerational programme, *Generations Together*, it has gone from strength to strength and now in the European Year of Active Ageing and Solidarity between Generations it is more crucial than ever.

After laying the foundations and making key contacts for the programme a year ago, we set about working with the National University in Galway on an exercise to map intergenerational projects in Ireland. The initial findings were published in a report that can be found at [www.icsg.ie/intergenerational\\_mapping\\_exercise](http://www.icsg.ie/intergenerational_mapping_exercise).

Through our work with the National Youth Council of Ireland, it has come to light that many more projects are going on throughout the country, and these will be added to the report before the end of the year.

As part of the European Year, we have been working in partnership with the National Youth Council on a series of intergenerational learning workshops aimed at individuals and groups who would like to learn more about intergenerational work, how to go about setting up a project and how to overcome potential challenges.

Three workshops have been held so far in Dublin, Galway and Cork. As a result of these workshops, we hope more intergenerational projects will be set up before the end of the year

with a showcase event to highlight and share stories of successes and achievements.

This is just some of the work that we have been doing over the last year and we hope to do a lot more.

In intergenerational work, different ages come together to exchange experiences and learning, to break down assumptions and limitations, to help change attitudes and perceptions, and to bridge any divide between generations. It builds relationships and connections in communities and is fun for those involved!

***For more information on intergenerational work and our Generations Together programme, please contact Keelin at [generationstogether@ageaction.ie](mailto:generationstogether@ageaction.ie)***

— Keelin MaCarthy

## Reminiscence and its role during the European Year of Active Ageing and Intergenerational Solidarity

For a number of years Age Action ran reminiscence projects, seminars and workshops, including intergenerational, and cross-border activities.

Unfortunately due to scarce resources and funding, this level of activity declined. In this, the European Year of Active Ageing and Intergenerational Solidarity, it would be nice to see a return to reminiscence work and integrate it into the daily activities of community groups and organisations.

Intergenerational reminiscence based community projects have proven successful because the age groups learn from each other. It may be of interest to know that the first such project was the Schools Folklore Scheme between 1937 and 1939 when senior pupils collected folklore from older people all over the country. Some time back, in Swinford, Co. Mayo, material from schools projects was compiled in book form and in one section of this book there was an updating of the 1937 project where present day senior pupils collected material from their older



■ **James Reddiough: the European Year of Active Ageing and Intergenerational Solidarity would be an excellent time for reminiscence.**

neighbours and relatives to reflect the changes that have taken place over the years. This would make a worthwhile project in all communities to mark the European Year in terms of activity for older people and learning between the generations.

The benefits of the project would be social contact, learning about the lives of people and the lives of communities; social and

mental activity or stimulation; and as a complement to the schools local history programme. It would be a good thing for younger people either from the Primary School or from the Transition Year or indeed students on heritage courses to visit local day centres, residential care centres or active age groups to collect memories from their clients and document them in a folder for reference purposes.

es. This would include photos, illustrations with captions and the written material. The pupil would have to seek the permission of management and agree on a time scale for the project.

Reminiscence is becoming increasingly important in the study of heritage and local history. The oral source along with the written broadens the knowledge and understanding of the past. It documents the changes that have taken place and explains why these changes took place. It would be a major achievement to further this work during the European Year.

It would make an excellent community education project and in a broader, if more ambitious project, a community drama could be produced based on the material in the collection. This would be a fitting and multi – dimensional way to celebrate the year.

There are a number of topics they could cover depending on the time constraints: schooldays, home life (family structure, daily routine, food etc), entertainment, (games and novelties), the celebration of Christmas and Easter; clothes, fashion; and travel.

The other area where reminiscence could be of benefit is in skills development and application on the Getting Started computer programme. Once learners have mastered word

processing, e-mail and the use of the internet they could input and structure the material into narrative or essay form. Relevant photos could be downloaded from the net, and facts and dates etc could be checked on the various sites.

The learners in the group could then e-mail the material to relatives and friends. It would be an interesting and meaningful exercise that would allow learners to use the skills they had acquired during the classes.

Reminiscence is best defined as re – living in the present something experienced or felt in the past, and for this reason would make an ideal activity for groups during the European Year of Active Ageing and Intergenerational Solidarity in a community education context. These projects could take the form of group work in the community, individual interviews in the home, group projects in day centres and nursing homes and with Active Age groups. They could link in with existing activation programmes in centres; and form the basis for a skills application programme in computer classes. It would also do much to foster social contact for the large numbers of older people living alone, and stimulate the willingness to learn among the younger age groups.

— James Reddiough

## A decade ago this month

Speaking of reminiscence, I thought it might be nice to look back at what was happening in May 2002. The big story that month was the election of Bertie Ahern as Taoiseach and Mary Harney as Tánaiste.

We were promised by Fianna Fáil “A health service more responsive to the needs of older people...” The major issue was equality of services.

In his editorial for May of that year, Robin



Webster called on the Government to end “the two-tier health service in which money

can buy quicker and better services, leaving others to wait, sometimes too long”. All we can say is that the struggle for fairness continues.

Internationally, Kofi Annan called for “ ‘enabling environments’, to engage the wider community in strengthening solidarity between generations and in combating abuse, violence and disrespect against older people.” Again we say, the struggle continues.

— Gerard Scully



■ Debbie Harry at the Galway Arts Festival

Photo: Colm Hogan, Galway Arts Festival 2011

## Positive ageing – Blondie shows the way

Last year in the Galway Arts Festival Big Top, we saw Ms. Debbie Harry, aged 66, put on a performance of energy and power that would put performers half her age to shame.

The voice of the old Blondie days is still there, as strong and pulsating as ever, the moves as fluid and mesmerising as they were 40 years ago and the body is as fit as any in the tent, regardless of age.

If ever a third-age person should be on the cover of every magazine in the world

devoted to the lives and interests of the “elderly” or the “aged”, (properly called, by the EU, third-agers now), it’s the divine Ms. Harry.

Her audience of over 2,000 people was well sprinkled with men and women of Debbie’s own age, and, some were well over that age (me for instance). The place was vibrating with energy and movement, all of it finding its source and inspiration in Ms. Harry’s defiance of the “elderly” stereotype. What a night for third-age rockers. You should have been there!

Most impressive was the beautiful stillness that emanated from this great

singer. There was no sign of the mad gyrations and headless chicken movements so dominant in the acts of most present day women performers, just a tiny woman standing in the light singing her beautiful songs, spreading love and joy everywhere.

Next time Debbie Harry comes this way every third-ager in the country should pile onto their motorcycles, into cars and onto buses and Zimmer frames to be here with her, paying her homage for her magnificent example of what can be done by human beings for whom attitude and action, and not the date on a birth

certificate, is their defining identity. Human beings who keep on keepin' on (as that other third-ager, Bob Dylan, 71 this year, sings) are indeed the salt of the earth.

Happily, the proof of attitude and action can be seen every day in the streets and parks of Galway where the many and wonderful grandparents of this city stroll with their grandchildren, little ones for the

most part. The sight of them makes my heart sing.

The economic contribution these wonderful third-agers make by the child-caring and nurturing they do is beyond calculation and not often appreciated. Think of what the cost would be if these children were in crèches! Not to mention all the money and resources these good grandparents are saving the health serv-

ice by staying active and fully alive by the exercise involved in caring for the children of their children.

So, we have at least two reasons to be grateful: the wonder of Debbie Harry and the inspiration and good example given to us every day by the third-ager grandparents of Galway.

— Mark Kennedy

## 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: [annahargaden@eircom.net](mailto:annahargaden@eircom.net))

☉ **Blessington U3A**  
Meetings 3rd Tuesday of each month. Contact Anne Cowie: (045) 865-159

☉ **Sutton/ Baldoyle U3A**  
Meet 2nd Wednesday each month, 10.45am-12.45pm, Baldoyle Library. Email [u3asutbal@gmail.com](mailto:u3asutbal@gmail.com) or just come along. Or visit <https://sites.google.com/site/u3asuttonbaldoyledublin> or [www.twitter.com/U3Asuttonbaldoyle](http://www.twitter.com/U3Asuttonbaldoyle)

☉ **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](mailto: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](mailto:molliehunt@eircom.net)

Email Age Action Education Officer Margaret Fitzpatrick at [u3a@ageaction.ie](mailto: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](mailto:info@ageaction.ie)**

## Do you know someone pretty amazing?

It's true. You have to be pretty amazing to win a People of the Year Award. That's what makes winning one so very special!

Do you know a potential winner? Someone who has put themselves in harm's way to rescue a person from immediate danger? A local hero who has made a big change in the lives of people in your community? Perhaps a campaigner who has selflessly championed a cause to right an injustice?

  
People  
of the year awards  
Rehab RTÉ

This year, the 38th People of the Year Awards, organised by Rehab, will be broadcast live on RTÉ One on Saturday, 15th September.

In addition to a number of People of the Year Awards, there are also specific awards for:

- Young Person of the Year — an individual under 25 years who has been a real hero and role model for others
- International Person of the Year — an Irish person who has contributed with distinction to the wider world, or a non-Irish person who has done something exceptional to enhance our lives in Ireland
- Sports Person of the Year — a person or a team that has broken records, overcome the odds, caused the nation's heart to skip a beat
- Community Group of the Year — a community group that has stepped up to do something really epic

This is your chance to honour those inspiring people who change our world. All it takes is one nomination.

**For further information, see [www.peopleoftheyear.com](http://www.peopleoftheyear.com) or call (01) 205-7268.**

**Closing date for nominations: June 29, 2012.**

— John Lupton