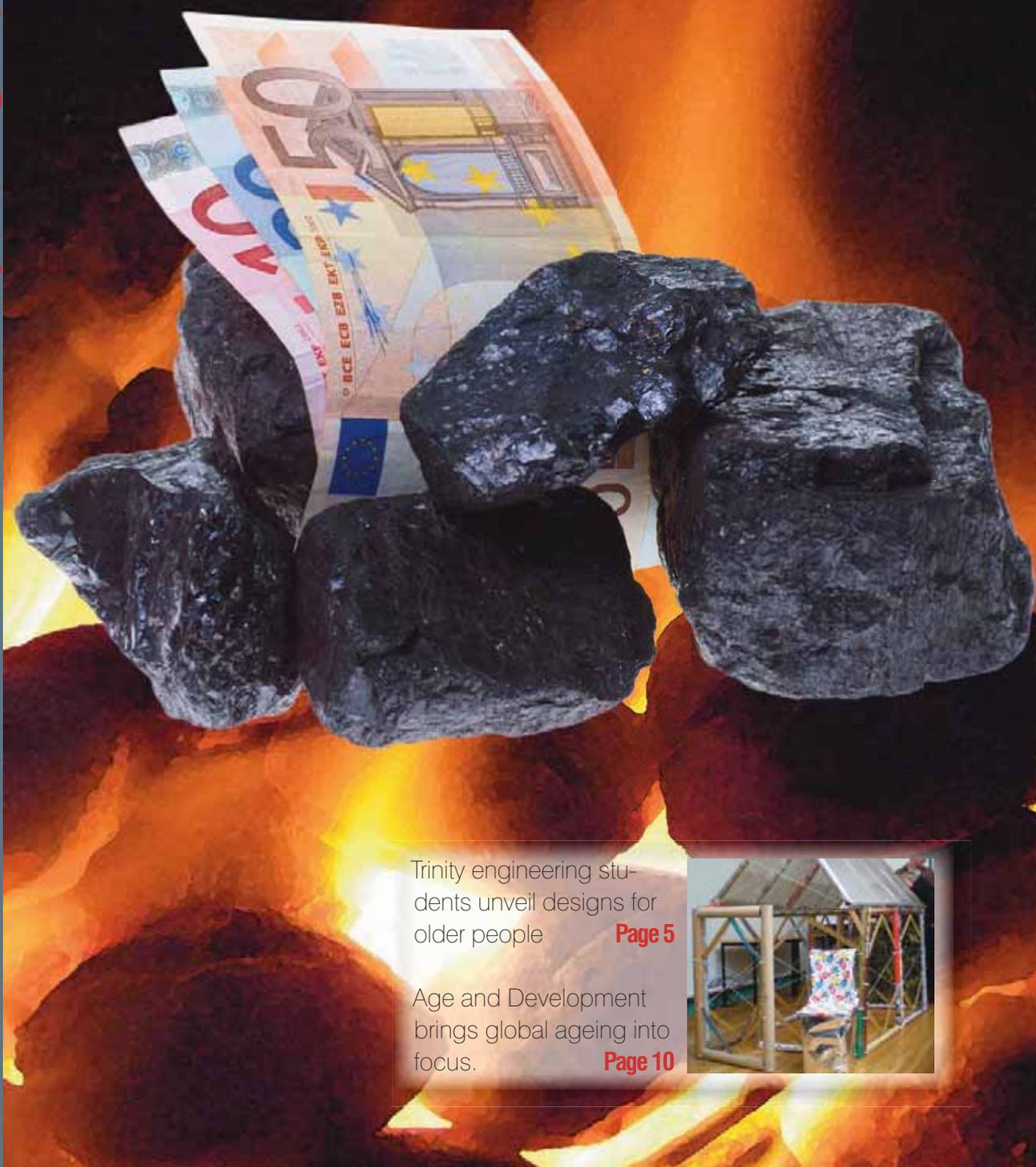


# ageing matters

# Carbon tax burns the vulnerable

Age Action is demanding that revenue from the carbon tax rise should be used to help those most in need. **Page 3**



Trinity engineering students unveil designs for older people **Page 5**



Age and Development brings global ageing into focus. **Page 10**




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<b>PUBLISHER</b>	Age Action Ireland Ltd
<b>ADDRESS</b>	30-31 Lower Camden St, Dublin 2
<b>TELEPHONE</b>	+353 1 475-6989
<b>FAX</b>	+ 353 1 475-6011
<b>EMAIL</b>	info@ageaction.ie
<b>WEBSITE</b>	www.ageaction.ie
<b>AGE ACTION IRELAND LTD</b>	Company Limited by Guarantee Registered in Ireland No. 198571 Charity No. CHY 10583
<b>CHIEF EXECUTIVE</b>	Robin Webster
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<b>SUB-EDITING AND DESIGN</b>	Catherine Osborn

■ Cover photo:  
iStock photo used with coal fire background image.

## Tackling poverty, protecting the weak

**The** Programme for Government of 2011–2016 promised to support the poorest and most vulnerable. Age Action strongly supported this policy, and it was presumably one reason why voters gave the coalition Government the biggest ever majority in the Dail. This commitment must therefore be a key test of Government performance and the credibility of other parties competing in the elections on May 23.

Equality is at the heart of recent debates about the withdrawal of medical cards and the introduction of universal health insurance. There are increasing reports that many people are losing their discretionary medical cards with little notice or explanation and no account of their medical condition or need for medication and support services. The overall impression is that this is simply a cost-cutting exercise that has nothing to do with healthcare in general or the individual people affected.

This is not a special plea for older people because ill health can strike any of us at any age. There is, however, a growing concern that people over 70 are being targeted. Of course, not all people over 70 are ill or need special medical care. But later life is one period when most of us might need extra care: another such phase is early childhood. The original purpose of the over 70s card may have been a political stroke, but despite initial misgivings, it proved successful in encouraging older people to visit their GPs more regularly and in improving their health — a real success story in health policy.

It is ironic that this Government is determined about their plan to introduce an age-related scheme for primary care without fees, but this time for children less than six years old. Its original commitment was to give priority to people of any age requiring drugs for long-term illness such as cerebral palsy or epilepsy, or requiring high-tech drugs after transplants or chemotherapy. The commitment to give priority to people with the most serious needs seems sensible and might also stand the best chance of uniting public opinion.

The Government's suggestion of a third-tier medical card is a giant step backwards from a universal health system. Another tier might paper over some cracks, but how can anyone support a policy that suggests our economic survival depends on taking the medical card away, after 22 years, from Ireland's longest surviving patient with an aggressive form of cancer (*Sunday Business Post* May 4, 2014)?

Beats me.

— Robin Webster

# Carbon tax must be offset by support for vulnerable



■ Many of Ireland's poor were already turning off central heating and relying on solid fuel before the latest tax.

Age Action has called on the Government to ring-fence revenue from the increased carbon tax on solid fuels, which came into effect on May 1, to protect older people on low incomes who are already struggling to heat their homes to a safe level.

The additional tax revenue must be used to fund higher payments in the means-tested winter fuel allowance this autumn, Age Action demanded.

The carbon tax increase has added €1.20 to a 40kg bag of coal and €0.26 to a bale of briquettes. It follows the imposition of similar increases in May 2013, when carbon tax was extended to solid fuel. The hardest hit will be older people who live in homes without central heating and depend on solid fuel

for their heating needs. However, many older people have also been juggling energy costs over the winter by switching off their oil- or gas-fired central heating part time and using more solid fuel.

“The Government has a responsibility to protect the most vulnerable of older people, and if it intervenes to drive up the cost of fuel through the imposition of carbon tax, the very minimum it should do is ensure it protects people who are already struggling to heat their homes to a safe level,” Age Action spokesperson Eamon Timmins said.

The increase in the carbon tax follows cuts to fuel supports for older people in 2011, when the means-tested fuel allowance was cut by six weeks. Changes to the way in which fuel supports were paid through the Household Benefits Package in Budget 2013 also reduced the spending power of older people for their energy needs.

In the meantime, older people's fixed pensions have been hit by a range of new demands from the State, including household charges, property tax and prescription charges. “The clear message from our national consultation of members in recent weeks was that many older people are at breaking point as a result of the cumulative impact of multiple cuts and new charges,” Mr Timmins said.

The rise in carbon tax must also be viewed against Ireland's shameful excess winter death rate of between 1,500 and 2,000 people. Most of these are older people, who are dying of respiratory illness, heart attack and stroke related to cold weather.

Those most at risk are people on low incomes, those living alone, occupants of poorly insulated homes and those with disabilities or health problems that restrict their mobility or leave them house-bound.



■ Michael McCarthy with transition year students Alanna Browne and Mairead O'Driscoll from Mercy Heights Secondary School in Skibbereen. They are both volunteer tutors with the Getting Started programme in the south.

## Care & Repair partners give valuable feedback

The Care and Repair team has been gathering feedback around the country on what works well in different areas and what needs to improve.

To gather information, Care and Repair held meetings in Dublin, Cork and Galway with representatives from our 31 Community Partners who deliver the service in cities, towns and rural areas with the support of Age Action.

This series of regional meetings was organised following the success of last year's showcase event in Croke Park where our community partners found it useful to meet other groups

who provide the Care and Repair service. Each group was asked which services were popular among their clients, which Age Action supports were most valuable and what difficulties groups encountered in running the programme.

The meetings were lively, with people more than willing to chat about their experiences. Security locks, smoke alarms and garden maintenance were the jobs that clients found most valuable, but some felt that regular grass cutting, which is not currently provided in every area, would be really useful.

Age Action will follow up on a number of suggestions made at the meetings, such as writing up advice on the steps to take in situ-

ations where clients are living in bad conditions.

The groups also reported that they find the training and support of the Age Action team very valuable and that they get local recognition and support by co-branding their local programme with Age Action.

The Care and Repair team would like to thank everyone who attended these meetings. Feedback from the groups will help to improve the service we provide to older people throughout the country.

**If you are interested in launching the Care & Repair service in your area, please call Claire Bellis on 01-4756989 or John O Mahony on 021-4536554.**

## Care & Repair locations and contact details

<b>Co. Carlow</b>	All of County Carlow	059-97207333
<b>Co. Cork</b>	Age Action Office, Cork City	021-4536554
	Bere Island	027-75099
	Carrigaline	021-4919299
	Charleville	063-30535
	Cobh	021-4908174
	Duhallow	029-60633
	Macroom	026-41698
	Midleton	021-4613432
	Youghal	024-91900
<b>Co. Dublin</b>	Age Action Office, Dublin City	01-4756989
	Ballyfermot/Chapelizod	01-6236423
	Blanchardstown	01-8295041
	Darndale	01-8771601
	Dublin 4.6.12	01-4059819
	Malahide	086-8653311
	South Side Partnership	01-4455450
	WALK	01-4290094
<b>Co. Galway</b>	Age Action Office, Galway City	091-527831
	Ballinasloe	090-9630630
	Ballygar	090-6624484
<b>Co. Kildare</b>	Newbridge	087 2124515
<b>Co. Kilkenny</b>	Callan	056-7755519
<b>Co. Leitrim</b>	North Leitrim/West Cavan	071-9648966
<b>Co. Limerick</b>	Limerick City	061-324703
<b>Co. Louth</b>	Drogheda	041-9846753
<b>Co. Mayo</b>	Belmullet	097-81079
	Clairmorris	094-9371830
	Ballina	096 70905
<b>Co. Waterford</b>	Dungarvan	058-44556
	Waterford City & Tramore	051-844844
<b>Co. Westmeath</b>	Mullingar & Athlone/Moate	044-9348571
<b>Co. Wicklow</b>	Arklow	0402-33837

## Cork Glór continues election campaign

The Cork Glór group's latest meeting focused on the local and European elections in meetings with Senator Deirdre Clune and MEP Brian Crowley at which members outlined EU issues that affect older people. One example is that the EU currently does not support a UN Convention on the Rights of Older People. Glór members want elected MEPs to press for this to change.

The group also met with Cork city councillors and have arranged to meet each of the five party groupings of councillors after the elections. Glór hopes these meetings can take place annually to inform Cork City Council of issues important to older people. The group also wants to become involved in Age Action's pre-Budget campaign over the summer and autumn.

— John O'Mahony



■ Age Action employee Przemek Kolasinski with his book at the Ha'penny Bridge in Dublin.

## Polish author weathers economy because he just 'likes it here'

**At the peak of the Celtic Tiger there were over 300,000 economic migrants from Poland living in Ireland. Today there are less than half that number.**

Once the recession hit, many inevitably moved on. For those who remained, some had families they didn't want to uproot, some had established businesses and some, like Przemek Kolasinski, stayed because they just "like it here".

For Przemek (pronounced Shh-mek), currently employed by Age Action, the draw of Ireland was as much cultural as it was a search for employ-

ment. While Germany, Scandinavia and the UK are the destination of choice for the majority of his countrymen, it was the pull of Joyce and Beckett which led him to Ireland.

Having studied literature, and with a background in communications, he felt that the opportunities in Dublin matched his skills and career aspirations. Its easy air links after Europe was opened to Poland in 2004 meant that Dublin for him was "a European city just like Krakow or Warsaw. I didn't leave Poland; I joined a united Europe."

Arriving in 2007 during the last heady days of the boom, he quickly settled in, finding work in an engi-

neering firm in Dublin. He also set about carving out a niche for himself as a voice for the Polish diaspora, regularly contributing articles to the Polish media both in Ireland and Poland. By 2009 he had moved to become assistant editor of *Gazetta Polska*, a weekly newspaper for the Polish community in Ireland.

Not one to rest on his laurels, he took the opportunity to make his contribution to Irish literature in the form of a book. Informed by articles he wrote between 2009 and 2011, *What I Got From Ireland?* gives an outsider's view of the country during a time of change and upheaval.

Influenced in part by the

best-selling *McCarthy's Bar* and its tales of the Irish diaspora, the book chronicles his experiences as immigrant and ex-patriot, and casts a jaundiced eye on the way in which the Polish media represent themselves overseas as well as a "deeply subjective depiction of the Green Island". With chapter headings such as "Leprechaun, the Irish Dwarf", "Xposé — Fashion and Gossip the Irish Way" and "The Cult of the Polish Bum", the result is more Flann O'Brien than Beckett or Joyce, but none the less enjoyable for that.

When asked about the cultural differences between the two countries, he sees "very little". Similarities between Poland and Ireland have been well documented, and the historical parallels and shared experience of occupation and partition are alluded to in the book's epilogue written by Dr Brian Earls, an Irish diplomat stationed in Warsaw before Poland joined the European Union. Przemek sees a difference between the Polish community here and their compatriots in Poland; Poles who have lived here for a while smile more and complain less than those who have recently arrived. However, he believes that we are prone to being more extrovert and notes in his book that "the Irish always smile in contacts with others".

Does he see this sense of community in how the elderly are treated in Ireland? "Absolutely. In Poland there is no such thing as Age Action." When asked what resources are available to the elderly in Poland, he says "the government gives some support, but not much". Currently working in IT Support, he initially was employed on Age Action's Care & Repair programme and says of his interaction with the clients: "Mature people represent the community, culture and history of the Irish. You can learn a lot from them."

Asked why he didn't leave us during the recession, he says the reasons he came

to Ireland are the same reasons he stayed, and this is the case for many of the 100,000+ Polish people living here: "We've chosen Ireland because we want to live in Ireland."

And what exactly did he get from Ireland? According to his book, he has experienced an overwhelming series of positives, ranging from how to live with ease to a sense of gratitude. He sees the immigrant's journey as being one of self-discovery and one that ultimately made him happy.

He is also an "enthusiastic patron of Irish pubs and a great fan of Celtic princesses".

As he said — he likes it here. — **Ciara O'Brien**

## 'A Time to Dance' exhibition

Age Action's photo exhibition dedicated to the late Maeve Binchy, 'A Time to Dance,' is on display at European Union House, Dawson Street, Dublin 2. The exhibition is of photographs taken by Anne Hendricks for a book called *A Time to Dance* with words from the book by Maeve Binchy. Both take inspiration from Maeve's own words "Age is not a problem, a worrying situation or a loss of glorious youth. It is just another stage of life, a time to laugh, a time to sing, a time to dance."

The exhibition was officially launched by actor and playwright Rose Henderson who entertained invited guests, friends and relatives of Maeve and Ann by comic sketch. Age Action CEO Robin Webster and the EU head of representation in Ireland, Barbara Nolan, also spoke.

Maeve's husband, author Gordon Snell, said that as they [Maeve and himself] grew older, they began to realise that no matter what age they actually were, they never really felt old. "That is exactly what this exhibition shows – a group of people who happen to be old, getting together, having a laugh, enjoying life to the full," he said.



■ Muhammad Arshad Arshad, Sarah Nevin, Beth Nunan, Ellen Reddin, Sean Hennesy, Christine Ryan, Mary McCarthy, Naomi Feeley, and Prof Mark Dye from the TCD engineering department.

## Age Action members help TCD students design rest shelters

As reported in our March issue, Trinity College's School of Engineering invited Age Action members and volunteers to engage with students as a part of their 2014 project, Give Me Shelter.

Professor Mark Dyer gave the students a brief to design and test a lightweight "pop-up-shelter" for older people who need to take a short rest in the city centre.

The students have now constructed a half-scale structure from pin-jointed ties and struts, made from

string, paper and cardboard, with a budget of €50. It was a great test of student creativity, design skills, construction techniques and listening skills.

Age Action volunteers guided the students by describing the factors that affect older people who use outdoor seating on city streets, and the students were expected to respond in their designs to what they were hearing.

### Dissolving barriers

At the first short, tightly focused, consultation attended by college tutors, 60–70 students and nine Age Action volunteers, initial barriers broke down quickly, and the room divid-

ed into several lively groups exchanging ideas and dismantling preconceptions. Soon, practical design concepts started to flow thick and fast from all sides.

The volunteers engaged fully in their groups, and it was soon apparent that the students recognised the value of listening to their older "clients". By meeting-end, clients (volunteers) and consultants (students) had formed strong working relationships, and major design implications were already being sorted out before the next meeting two weeks later.

That second meeting saw each of the student groups bringing their proposals in the form of scale models

and explanatory posters to be considered by the same volunteers they had been working with earlier. Those volunteers were briefed to question the designs, to test the concepts and to allocate marks to each presentation as part of the group assessment process.

**Careful consideration**

The designs varied widely in presentation, flair, design, practicality and structural complexity, but they also clearly demonstrated that the contributions from Age Action members had been considered carefully and that the aspirations of the volunteers were taken on board and acted on in most of the plans presented.

New issues had come to light that needed to be answered, leading to significant design changes in the final phase when students displayed half-scale mock-ups of their shelter designs. These were marked by tutors and Age Action volunteers six weeks later. Half-scale models were erected in college rooms for testing by college staff and the Age Action volunteers. The students had to describe and justify each model for the assessors. Final marks were allotted to each structure, and these will be used in student assessments later in the course.

The model shelters were creative, exciting and great



■ ABOVE: One of the shelters developed for older people by students of TCD's School of Engineering.

■ LEFT: Mary McCarthy, volunteer Coordinator of TOP with engineering students from Trinity College Dublin.

the value of acting on client inputs during the process of design.

**Testing the shelters**

It is probably true that no single design stood out as a standalone shelter for older or mobility-impaired people in the city, but many innovative ideas came out of the project, and there will (hopefully) be a strong incentive to combine the best of the designs into a single shelter for testing in the Dublin city centre. Is this possible? We hope it is!

fun. They demonstrated to students and volunteers the real value of listening attentively to those who would be using their structures. The exercise helped students appreciate more fully the needs of clients and

## Age Action joins EU project on development

The Ageing and Development programme has recently started a European Commission-funded project to bring global ageing into the mainstream as part of EU development policy and promote age-friendly development.

Through Europeaid, the EU is the world's largest donor of official development assistance and is also an important influencer of international policy on development.

The aim of the project is to engage with EU institutions — the European Parliament, the European Commission and the new MEPs and Commissioners (after the EU elections in May) — to ensure that funding from Europeaid goes to projects that include older people and that EU development policy takes global ageing demographics and older people into consideration. They must, for example, ensure the inclusion of older people in the development goals currently being discussed at the UN.

Age Action has already started to meet some of the MEP candidates and looks forward to working with the newly elected MEPs and reaching out to EU institutions after the elections in May.

Age Action has also linked up with Concord, the European platform on development and relief agencies, by working with the aid agencies based in Ireland, as well as with Dochas, the Irish association of international development organisations.

Similar work is being carried out by organisations in the six other project partner countries, the Czech Republic, Germany, the Netherlands, Slovenia, Spain and the UK, as well as with the coordinating organisation HelpAge International,



■ Through Europeaid, the EU is the world's largest donor of official development assistance.

which has an office in Brussels. These groups met in Ljubljana in Slovenia to plan the project at the end of March.

A wider EU network meeting of affiliates and partners of HelpAge International in Ljubljana met with other organisations from Finland, Denmark and Sweden. The network works on global ageing and development issues as well as advocating a new Convention on the Rights of Older People.

## Volunteers needed

**Age Action is looking for volunteers to help with a church gate collection at the Church of St. Vincent de Paul, in Marino on Saturday, June 14 and Sunday, June 15.**

**We would be grateful for your support if you have any time to spare. Please contact Fundraising at (01) 475-6989.**



Thanks for your help in fundraising for older people. Our next raffle takes place in May and June.

## Spring/summer raffle event

We are grateful for your support with our fundraising activities.

Our next big event is our spring/summer raffle over the months of May and June. This year's top cash prize is €1,500, with an overnight stay in the Presidential Suite at Dunboyne Castle as third prize. Tickets are €3, and the closing date for entries is Monday, June 9. The draw will take place on Thursday, June 12.

## Guess who's coming to tea?

To mark World Sight Day on Saturday, October 11, and as part of Positive Ageing Week, we have joined forces with Irish Guide Dogs for the Blind on a charity fundraiser, Guess Who's Coming to Tea?

Groups and individuals from around the country will organise a tea party with an added possibility that a celebrity will call in and join the party on the day. We are currently finalising details for the website and on how you can get involved. See next month's edition for more information.

## Positive Ageing Week tennis tournament

Are you an older tennis enthusiast? We would like to organise a tennis tournament during Positive Ageing Week and are looking for players and volunteers to take part.

If you are interested in this event, please contact Daragh or the fundraising team at [fundraising@ageaction.ie](mailto:fundraising@ageaction.ie) or ring (01) 475-6989.



■ The GAA has said that the additional money they will make from the Sky Sports deal will go back into the grassroots of the organisation.

## Is GAA/Sky Sports deal good for ageing Ireland?

**In a recent television deal for the rights to broadcast GAA matches, Sky Sports has secured exclusive screenings for 14 games.**

Without a doubt, the GAA has done enormous good and without it Ireland wouldn't be the country it is, but when it comes to our ageing population, this deal might simply be a step too far.

There is an argument that if people want to see games live, they have to go to them, or maybe they should go to a house that has Sky TV.

This could be a chance for the old Irish tradition of "Meitheal" to be re-established and for communities to rally round and support older people. This might be a good chance for communities to rally

round and support older people by encouraging them to come and watch a televised game. However, in rural Ireland neighbours might live miles away and might not have any means of transport. Some may also have disabilities which make using transport difficult. And that may also be true of people living in urban areas.

In fairness, the GAA has said that the additional money they will make from the Sky Sports deal will go back into the grassroots of the organisation. That has happened: for example, when rugby and soccer came to Croke Park and when there have been high-profile concerts on Jones Road. The GAA has to manage its finances so any extra revenue should be welcomed.

While every other sport is on Sky Sports, I believe Gaelic games are different. To me, they are part of

our cultural heritage, going right to the heart of who we are as Irish people. Gaelic games are too culturally valuable to reduce to simple economics.

"I think it is a great idea," said one neighbour. "In my opinion RTE have gotten away with only paying a nominal fee for broadcasting rights for far too long. In terms of ageing people not being able to afford it, provisions can be made. Local GAA Clubs could show games."

Another neighbour, however, disagreed. "I am crippled by the various charges, cuts etc. I don't know how I'm going to afford to pay for Sky Sports. I pay enough money in licence fees. To me, this is the antithesis of what the GAA stands for."

— **A personal view by Philip Matthews, Care & Repair**



■ Kilkenny senior Elaine Bolger shows Joe Schmidt, Ireland rugby coach, what successful ageing means to her at the launch of *Senior Citizen: The Essential Guidebook 2014*.

## New guidebook on ageing in Ireland

Home Instead Senior Care is calling on older people to 'Age Loudly' in 2014 with the launch of their new edition of *Senior Citizen: The Essential Guidebook*. This free annual guidebook is supported by Age Action, the HSE and Nursing Homes Ireland.

Ed Murphy, CEO of Home Instead Senior Care, said: "The Central Statistics Office predicts that, over the next 30 years, the number of people over the age of 65 will double and the number over 80 will quadruple.

"Our ageing population is certainly one of humanity's greatest triumphs, but it is also one of our

greatest challenges."

Pat Healy, National Director of Social Care, HSE said: "Many of our senior citizens and families have questions about what services are out there to assist them in keeping older people well and making decisions on their care, whether at home or in another setting. I trust that the topics covered in the guidebook will address many of these questions."

Eamon Timmins, head of advocacy and communications at Age Action, said: "If people are to continue to living with dignity and independence, they need to have easy access to relevant information about their rights, entitlements, supports and services. Unfortunately, much information is only available online. This guidebook

addresses this issue by providing an array of useful information in a format that most older people can access."

The guide includes information on allowances and entitlements; health; elder abuse; new technology; keeping safe at home; home care; nursing homes; dementia care; holidays and travel; financial and legal information; bereavement; a directory of older people's organisations; and a successful ageing checklist.

***Senior Citizen: The Essential Guidebook 2014* is available from Home Instead Senior Care on 1890 989 755. Alternatively, you can read it online or download a pdf at [www.homeinstead.ie](http://www.homeinstead.ie).**



■ The Age Action Curiosity Shop in Dun Laoghaire will host the second Vintage & Designer Night.

## Second Vintage and Designer sale planned

After the successful Vintage & Designer night on the March 27, we have decided to hold our second event on Thursday, June 12, 4–8pm.

We would like to express our sincere thanks to all of our wonderful donors and customers for their generous support throughout the year, but especially for making our Vintage & Designer Night on the March 27 such a huge success. We are especially grateful to you for the beautiful vintage and designer clothes, hats and handbags you donated as well as the beautiful glass, china, cutlery, pictures, mir-

rors, and general household items. They all helped to make the evening a huge fundraising and social success as people chatted and made new friends while enjoying the cheese and wine.

Due to the demand from our customers, we have scheduled Thursday, June 12 to hold another evening from 4pm–8pm. So we are asking you once again to look into the back of your wardrobes, sideboards, kitchen presses for those items long hidden away which are of no value to you, but will help us enormously to provide help and information to older people in Ireland.

You can donate directly into the Age Action Curios-

ity Shop in St Helen's Court, Lower George's Street, Dun Laoghaire or you may contact us by telephone on 280 8610 to organise free collection of your donation or by e-mailing [dlshopmanager@ageaction.ie](mailto:dlshopmanager@ageaction.ie)

Why not call in next time you are in Dun Laoghaire where you will find that a warm welcome awaits you from our team here and see the shop for yourself? We are looking forward to seeing or hearing from you soon.

**Check out our website [www.ageaction.ie](http://www.ageaction.ie) or follow us on Twitter @CrackingStyle for up to date news and pictures of the new arrivals into the shop.**

## Volunteer advocate celebrates three years on the team

On April 16, Age Action North Dublin was pleased to mark Monica Carter's three years of dedicated service as a volunteer advocate at St. Clare's Nursing Home. To thank Monica, the staff and residents of St. Clare's joined Age Action's Brenda Quigley to present her with a cake, card and certificate.

Monica appreciated the effort of staff in preparing the occasion. She said going

to St. Clare's is always a pleasure.



## U3A MEETINGS



### ☉ Dublin City U3A

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

### ☉ Blackrock U3A

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

### ☉ Ballyroan U3A

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

### ☉ Ballymun U3A

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

### ☉ Lucan U3A

Meetings 2nd Monday of the month, Ballyowen Castle. Contact Ann Hargaden (email: [annhargaden@eircom.net](mailto: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](mailto:u3asutbal@gmail.com). Phone: 01-832 3697 Website: [u3asuttonbaldoyledublin](http://u3asuttonbaldoyledublin)

### ☉ Active Virginians U3A

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

### ☉ Maynooth U3A.

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

### ☉ An Cosan U3A Tallaght.

### ☉ Meet every 2nd Thursday.

Contact Imelda Hanratty: (01) 462-8488

### ☉ Waterford U3A

Contact Margaret Wheeler: [mwheeler2010@live.ie](mailto:mwheeler2010@live.ie)

### ☉ Monaghan U3A

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

### ☉ Tramore U3A

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

### ☉ Roscommon U3A

Meet every 2nd Tuesday. Contact Avril McTeigue: [amcteigue@rosdisabilities.ie](mailto:amcteigue@rosdisabilities.ie)

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

# Getting Starting at Dundalk Institute of Technology

Volunteer Anne Egan, with help from volunteer Martha Hogan, runs computer classes for older people at Dundalk Institute of Technology, no mean feat with up to 40 older learners attending classes weekly.

The classes started over six years ago and run twice a year. Since they started, over 200 older people have received training, which has opened up the world of computers to them. Thanks to Dundalk Institute of Technology president Denis Cummins, access to the computer suites in DKIT is available free of charge. More than

40 volunteer tutors have been trained to provide one-to-one instruction.



■ Jim Daly (tutor) and Ann Theresa Meegan (student) at Getting Started classes in Dundalk.

## 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

30/31 Lower Camden Street, Dublin 2

Email: membership@ageaction.ie

Tel: (01) 475 6989

Fax: (01) 475 6011