

Ageing matters

Silver Surfer of the year



Silver Surfers are making the most of the web
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The latest austerity budget holds bad news for older people
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Celebrating Positive Ageing for our 11th year
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For all older people

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■ Cover: Age Action Google Silver Surfer of the Year David Lowen being congratulated by Derby Browne and Lou VanLaake from The Bugle Babes, who performed at the awards ceremony. See pages 10-11.

Photo: Conor McCabe Photography

Promises and delivery: mind the gap

Mind the gap – a warning often heard at railway stations – should also be applied to Budget 2014. And the first and most obvious gap is between the promises of the Government and this budget.

The Programme for Government in 2011 claimed, “both our parties are committed to protecting the vulnerable and to burden-sharing on an equitable basis”. The Fine Gael Manifesto promised to solve the debt crisis “in a way that protects the most vulnerable and distributes the burden fairly”. And Labour made similar pledges.

These words must surely ring hollow in light of higher prescription charges, withdrawal or restrictions of medical cards, and the abolition of the telephone allowance and bereavement grant. These measures hurt the sickest, poorest and most vulnerable among older and younger people and those with disabilities. There is little evidence of creating the promised universal single tier health service based on solidarity with access according to need and ability to pay.

Prescription charges will be increased five-fold rather than the promised reduction in the State’s large drugs bill and the cost to individuals of their medications. People with chronic ill health need support, not more financial barriers.

Medical cards are being withdrawn or the income thresholds reduced for people over 70 on financial rather than health grounds. The introduction of free GP care for children under six is a positive announcement but is in stark contrast to the removal of this service from many people over 70 and the failure to provide the same service to people with long-term illness.

The abolition of the bereavement grant and the telephone allowance expose a gap between the Government’s perception of how older people live and the reality of life for many. For those who are housebound, living alone or living in remote areas, the telephone with the connection to house and personal alarms is their lifeline, especially in a crisis or when they feel scared. The bereavement grant offered a little help for the bereaved families and comfort to older people themselves. I have spent years trying to persuade older people to eat properly and keep warm instead of saving for their own funerals to avoid being a burden on their families. They can start worrying even more now.

In response to the Department of Health’s recent call for suggested priority actions for its National Positive Ageing Strategy, our first proposal must be to provide effective protection and prevention to the most vulnerable people from the cradle to the grave.

— Robin Webster

Poll shows Irish view older people in developing countries positively

Age Action's Ageing and Development programme commissioned IPSOS/MRBI to carry out a survey to identify the level of awareness and attitudes of the public on issues older people face in developing countries.

The research provides a baseline and will help us to monitor progress. The results were both interesting and informative. While slightly more than half of the respondents think the ageing population is growing in developing countries, 23% do not and a similar proportion does not know.

In fact, populations are ageing rapidly in developing countries. Globally, the population of older people (defined as over 60) will increase on average by 29 million each year between 2010 and 2050, and 80% of this increase will be in developing countries.

When asked about the vulnerability of different segments of society of developing countries such as Tanzania, Uganda, Mozambique and South Africa (the countries we are

working with on this programme), respondents rated people with disabilities as being the most vulnerable group, followed by children, then older and ageing people, and finally women. This was particularly interesting and will be a good comparator as we engage further with the public on ageing and development issues.

Of the main issues that older people face in developing countries, not having access to age-appropriate health services received the most mentions (33%), followed by poverty (24%) and food security (16%). However, a vast array of other issues were mentioned, such as ill health/diseases (13%), proper care (12%) and lack of state pensions/provisions/infrastructure (11%).

Taking ageing and older people into consideration in devising and implementing policies and programmes for developing countries was supported by 88%, who would also support a dedicated International Convention on the Rights of Older People. We are lobbying the Irish government to support a Convention at the UN and EU level.

While a significant 84% of respondents have donated

money to aid/charity organisations that work in developing countries, 43% of respondents claim they are at the moment more likely to donate money to organisations that are committed to working on issues faced by ageing and older people; 34% say they are neither more nor less likely, and 22% claim to be less likely to donate.

These results show that the public have a positive view of older people in developing countries, despite some not realising that developing countries have ageing populations. They show people would like to support older people in developing countries, if they can, and understand some of the issues they face, such as access to age-appropriate health services.

The results also uphold Age Action's conviction that ageing and development should be an issue we work on and raise awareness about.

For further information on the Ageing and Development programme, please contact Lianne Murphy by emailing ageinganddevelopment@ageaction.ie or phoning (01) 475-6989.



■ Eileen Moynihan and Nuala Riordan, IRD Duhallow, Newmarket, Co. Cork, who provide the Care and Repair service in their area.

Appeal for Care & Repair funding

Age Action has made a public appeal for financial support to help fund the expansion of its successful Care and Repair programme, which supports older people to continue living independently in their own homes.

Community representatives from across Ireland who are part of Age Action's innovative scheme met in Dublin last month to discuss ways of expanding the programme. Care and Repair was launched in 2007 to provide a small DIY service and home visitations to older people, with the aim

of enabling them to live independently and with dignity in their own homes.

"Typically, the jobs may involve light gardening, fitting hand rails, changing light bulbs or unblocking sinks – small jobs which many of us take for granted but which may be challenging for some older people," Age Action chief executive Robin Webster said. "It is a wonderful success story which is helping thousands of older people."

Last year, Age Action's volunteers and its 30 community partners carried out almost 19,500 jobs. Since the programme began, they have completed over 58,000 jobs.

With a gradually ageing population, one of the

greatest challenges is how society supports more older people to remain living in their own communities.

"Approximately one-third of older people currently live alone, and with more than a quarter of older people living with a disability and more than half having a chronic illness, there is no doubt that the question of how to support people to live with dignity will quickly become a major challenge for Irish society," Mr Webster said.

"Age Action believes that our Care and Repair model is working to meet these needs. It is a flexible model with existing community partners ranging from groups serving the needs of their town or village to

others serving large urban areas of Dublin or large rural areas. If expanded, this model could meet the needs of an ageing society.”

“However, we urgently need new sources of funding to enable us continue and expand Care and Repair, and so enable us to help more older people. We are interested in exploring all forms of funding, both from the state and the corporate sector.”

The Care and Repair programme has been funded since its inception by Irish Life. However, that funding arrangement ends later this year. Age Action is now looking for new funders to enable the programme continue and expand, building on its success to date.

Irish Life’s corporate social responsibility manager, Gerry Loughrey, said independent research commissioned by Irish Life showed that every €1 they invested in Care and Repair produced a social return of €16.85. “By any

measure, this is an effective programme – if that was a share, I would buy it,” he said.

Delivering the keynote address, Social Protection Minister Joan Burton praised Age Action and its volunteers for the impact they were making.

“The Age Action staff, volunteers and community partners delivering this programme are unsung heroes, carrying out a huge volume of work quietly and efficiently on a daily basis and making a real difference to the lives of older people in the process,” she said. “I am especially pleased that participants in the Department of Social Protection’s Tús community work placement initiative are working alongside volunteers to help deliver the Care and Repair service.”

The conference at Croke Park was attended by Care and Repair’s community partners, local authorities, older people’s groups and potential funders.

The service at work

From Care and Repair Galway: Nellie had left hospital – she was terminally ill. An agency contacted Care and Repair and asked for help to clean her house. A team of volunteers cleaned and scrubbed her house to make her final days more comfortable and to minimise risks of infection.

From Care and Repair Cork: Care & Repair volunteers Connie O Driscoll and Derry McCarthy from Douglas in Cork cleared a shed for an elderly couple in Passage West. The space was needed to store the gentleman’s wheelchair and related equipment. They had nobody to help them move the old junk from the shed and the assistance they received from Connie and Derry made a real difference at a difficult time in their lives.



■ Irish Life’s corporate social responsibility manager, Gerry Loughrey, speaking at the Care and Repair Conference.

■ Social Protection Minister Joan Burton with Age Action’s Care and Repair development manager Clare Bellis and Izabela Cwizewska.





■ A group from the Trim ALPs (Ladies Adult Learning Group) enjoying their visit to Leinster House where they were met by local deputy Ray Butler (pictured). Trim was one of 15 Positive Ageing Week towns.

Celebrating age for the 11th year

After months of planning, hundreds of events took place around the country to celebrate Positive Ageing Week 2013. From tai chi to afternoon tea, there was something for everyone.

This year Age Action celebrated 11 years of Positive Ageing Week and young and old came out in force in their towns and communities to celebrate ageing in a positive light.

Positive Ageing Week over the last number of years has expanded rapidly due to the enthusiasm of older people and their communities who have embraced the



idea and made it their own. This has been evident in the diverse range of activities that took place over the week-long celebration.

ITea – Afternoon Tea & Technology Event for Over 80s, Mother/Daughter/Niece Morning, Father/Son/Nephew Afternoon, Knitting Parties, Singing for Wellbeing, Dublin's Working Prams Exhibition, Frugal Fridays – Cooking on a Budget workshop, Conversation Boxes: Years Gone By theme, Rolling & Bowling Workshop, Eco, Historical and Forest

Walks, Dancercise, Chair Zumba, Scrabble, Chess, Bridge and Boggle Clubs, Coffee Mornings, Musical Afternoons and Ceol agus Craic Evenings are just some of the great events that took place over the week.

Other highlights this year included the Over-50s Event in Dublin Zoo, an Intergenerational Orchestral Performance in the National Concert Hall, the Positive Ageing Touring Photo Exhibition, a Human Library Event, a Care and Repair Showcase event, Standard Life Planning for Retirement Seminars, Boots Health & Beauty Days, Bank of Ireland Online Banking Training and the Google Silver Surfer Awards.

■ **RIGHT: Athy** – Jimmy Kelly, Martin O’Sullivan, Jimmy Griffin, Michael Dooley and Aiden McHugh At Maganey bridge, Athy, Co. Kildare, before the start of the annual Barrow canoe



More photos on next page

■ **BELOW: Bluebird team:** Age Action chief executive Robin Webster (left) with Bluebird Care’s Dave Bruton, Eddie O’Toole and Brian MacGoey at the intergenerational concert at the National Concert Hall, Dublin, to launch the week. Bluebird are sponsors of Positive Ageing Week.



■ **ABOVE: Age Action’s Claire Bellis** (left) gets a manicure from a Beauty Academy staff member in Drogheda. The Academy offered free manicures and nail painting for the “Day of pampering” in Drogheda.

As well as the hundreds of individual events that took place, 13 Positive Ageing Week Towns hosted an action-packed week-long series of events. They were Arklow, Co. Wicklow; Ballymun, Dublin; Boyle, Co. Roscommon; Cashel, Co. Tipperary; Drogheda, Co. Louth; Dublin city; Dungarvan, Co. Waterford; Galway city; Kinsale, Co.

Cork; Midleton, Co. Cork; Sligo town; Trim, Co. Meath; and Tullamore, Co. Offaly.

We would like to thank all of the active retirement groups, nursing homes, schools, libraries, galleries, businesses, individual older people themselves and anyone else who organised an activity or event to mark the week.

We would also like to

thank Bluebird Care for their support to Positive Ageing Week 2013.

If you would like some more information on Positive Ageing Week, or if you are interested in becoming a Positive Ageing Week town, please contact Lorraine Murphy on (01) 475-6989 or email lorraine.murphy@ageaction.ie



■ Miriam Tormey, Gerry Mathews and Tom Kavanagh who played during the intergenerational concert at the National Concert Hall to open Positive Ageing Week.



■ Residents of TLC Straffan enjoying Positive Ageing Days at Dublin Zoo. They are Eileen Reilly, Helen Scully, Josphine Normoyle, Phyllis Murphy, Mary Henry and Sheila Nulty. They were accompanied by staff members Bernice, Martine, Carol and Heather.



■ Deep in conversation during one of the break out sessions at the Care and Repair conference in Croke Park.



■ RIGHT: Kieran Hallinan of Bluebird Care (sponsors of Positive Ageing Week) being interviewed for LMFM during the Pampering Day in Drogheda.





It's getting colder outside – it's time to wrap up well and protect your hearing

The autumnal equinox has been and gone, and the inevitable longer, colder nights and shorter days are upon us once more. Winter is a time for many people, young and old, to take varying degrees of action to safeguard and enhance health, and the same applies to hearing health-care.

The ear is an amazing but delicate piece of hardware that is in constant use. We rely on our hearing to carry out the most basic of human tasks, but it also is responsible for one of our most primal needs – that of communication and connection with our community – thus its vital role in our physical

and emotional health.

Winter months and plummeting temperatures can have repercussions for hearing as the ears can become chilled and rather painful. As a great deal of heat is lost from the body via the head, it is advisable to wear a woolly hat or wrap a scarf around your ears to prevent earache.

The common cold is a frequent complaint in winter, and in severe cases can cause or effect sinusitis. Acute and chronic sinusitis can lead to temporary hearing loss, which is not only debilitating if not treated but chronic sinusitis in particular can lead to developing permanent hearing conditions.

Dolores Madden, Director of Marketing with Hidden Hearing, has this advice: "Certain ailments and cold weather can have the knock on effect of causing hearing problems. The best thing to do is to call your local Hidden Hearing branch for a free hearing screening to examine the issue. Sometimes the problem can be as simple as removing ear wax – which is a free service we offer to the over-60s."

For more information on how to protect your hearing this winter and for details of the free hearing screening and wax removal offers, see www.hiddenhearing.ie or call 1800 370 000.



■ Google Silver Surfer of the Year David Lowen with (from left) Sinead Gibney, Google, Age Action's Robin Webster and broadcaster George Hook.

Photo: Conor McCabe

Sterling year for Silver Surfers

David Lowen, a 61-year-old grandfather and music aficionado from Greystones, Co. Wicklow, is the overall winner of the 2013 Google Silver Surfer Awards with Age Action.

A huge fan of the Beach Boys, David regularly streams music, listens to Spotify and is the owner of an extensive music collection on his computer.

Age Action Chief Executive Robin Webster presented David with his award and a Google Chromebook laptop at a ceremony held at Google Headquarters in Dublin on October 2.

Retirement from his job in banking meant David could

fully embrace the digital world and indulge his love of music. He learned to shop, bank, book holidays and use Google Translate online to talk to a relative living in Peru. David's latest project is a digital photography course, which he hopes to use to build an impressive photography collection.

David was nominated for the award by his daughter Susan O'Keeffe, who said: "My Dad fits the bill perfectly because he is such a technology enthusiast. He has been a subtle influence on his family and friends who are always asking him to show them how to do things on the internet. When his grandchildren visit, he's able to show them cartoons and funny video clips using his iPad, and they have great fun."

Speaking at the awards ceremony, Communications Minister Pat Rabbitte said the Silver Surfer award winners and those shortlisted demonstrated in their lives some of the ways people can benefit by embracing online opportunities. "These are inspiring stories of ordinary people, many who left school early and are now an example to us all on what we, like them, can achieve through the internet," he said.

Sinead Gibney, Head of Social Action at Google, said it was amazing to see the quality of entrants this year. "All of our winners' stories demonstrate how using the internet has given them increased independence as well as a chance to connect with more people and pursue their interests," she said.

Four other awards presented on the night were:

IT Tutor of the Year

Anne Egan (70s) from Blackrock, Dundalk, Co. Louth

Former school principal and teacher Ann Egan truly believes “education is a life-long experience”. She has moved from the “talk and chalk” of the classroom to organising and providing IT classes for older people in Louth. For five years she has been running two classes a year and has opened up a wonderful world of computers to almost 200 older people in Co. Louth.

With the help of the President of Dundalk Institute of Technology, she was given access to the computer suites in the DKIT free of charge. She has sourced and trained over 40 volunteer tutors who provide one-to-one training for older people.

Hobbies on the Net

Seamus Harkin (76) from Creeslough, Co. Donegal
Seamus Harkin left school

early and has always had a curiosity about digital technology. The former farmer and undertaker helped to install the first computer in a national school in Ireland in 1986.

He has written seven books – all on his computer. He talks online to his son in Sydney and keeps in touch with friends and family through social media. He edits his photo collection in Photoshop and buys old fiddles on eBay, which he lovingly restores and sells to clients all over Ireland.

Golden IT Award

Michael Gorman (86) from Sandymount, Dublin 4

Born in 1927, Michael has been an ardent advocate of computers and their benefits since they were first invented. In his lifetime, he has worked as a theatre director, a magazine editor and as a tourism executive with Bord Failte. Since retiring, computers and the internet have played a vital role in Michael’s life. He has two iPads, which go with him everywhere, and he has

all of his 1940s jazz tunes categorised into YouTube playlists. Since turning 80, he has embarked on a number of computer related projects most significantly his own blog – “The Commonplace Book,” where he records quotes he wants to remember.

More recently, he has become a passionate advocate of technology as an invaluable tool for older people, encouraging friends in his age range to get connected, showing them how easy it is, and demystifying it all with his enthusiasm.

New to IT Award

Austin McPartlin (56) Navan, Co. Meath.

Former fitter and member of the well known ballad group Shamrog!, Austin had a busy lifestyle and never had much opportunity to use computers.

All of this changed when in 2007 he had major heart surgery. With the subsequent free time on his hands, he decided to learn how to use computers. He achieved the ECDL and MOS computer qualifications, he set up a Gmail account and became proficient at surfing the net. With his new skills, he decided to do something constructive and write his autobiography. He produced 64,000 words, and over 100 photos to publish *Parts of My Life 1957*, which he presented to his five children.



■ Golden IT Award winner Michael Gorman (left) with (front row from left) runners up Jean Eddison, Francie Murray and Roe Gillick and (back row from left) Robin Webster, Google’s Sinead Gibney and broadcaster George Hook.

Photo: Conor McCabe

Protection of core payments sabotaged by budget cuts

The immediate reaction to the budget was one of disbelief that so many of its measures were either directly against older people or adversely affected them.

In Budget 2014, the last budget under the guidance of the Troika, the government took some serious and nasty swipes at older people. The most obvious was of course the removal of the telephone allowance worth €9.50 a month (a weekly cut of about €2.37). This cut will force many older people to give up their landline and consequently their personal alarms.

While the rest of the Household Benefits Package has not been touched, there is cause for concern that the value of the other elements may be so reduced over the coming years their removal will not seem a major loss. The second cut from the Department of Social Protection's budget was the removal of the Bereavement Grant worth €850, which you got if you were on a Contributory State Pension.

The second set of attacks came from the Department of Health and Children. The

first attack, while not affecting only older people, will affect the poorest and most vulnerable of older people and is of course the obscene increase in the prescription charge to €2.50 per item with a cap of €25 a month per household.

The second attack on older people is difficult to explain. The Dept. of Health and Children have again reduced the eligibility for the over-70s medical card from a gross weekly figure of €600 to €500 for a single person and from €1,200 to €900. This obvious example of unfairness towards couples is causing a lot of anger and consternation among older couples. For those on discretionary pensions, there was more bad news with €113m due to be saved following a review of such cards.

The Dept. of Finance also targeted older people. They increased the Private Pension levy which most funds pass on to their pension recipients from 0.6% to 0.75% in 2014 with a promise that it will be reduced to 0.15% in 2015. The Private Pension lump sum tax relief has also been abolished, while the Standard Fund Threshold tax relief has been reduced from €2.5m to €2m.

On the savings side, DIRT has increased to 41%, but

if you do not pay income tax (the exemption limit for a single person is €18,000 and €36,000 for a couple) you may not be liable for DIRT. You should contact your financial institutions to check.

The final bit of bad news, as far as tax is concerned, relates to Carbon Tax on solid fuels. While there was no increase in Budget 2014, we have a "hangover" from 2013 in that in May 2014 the rate of tax on solid fuels will go from 10% to 20%.

There was a little good news. Capital Gains Tax retirement relief is being extended to disposals of leased land in circumstances where, among other conditions, the land is leased over the long term (a minimum lease of five years) and the subsequent disposal is to a person other than a child of the individual disposing of the farm land. The purpose of the measure is to encourage older farmers who have no children to lease out their farm land to younger farmers.

There was no increase on the Universal Social Charge. While funding for 5,700 Home Adaptation grants was announced, this is for the entire country and does not include extra funding for the those on waiting lists.



■ **Seforosa, 64, from Uganda runs a banana field and grows coffee. She is photographed with her daughter, granddaughter and great-granddaughter.**

Ageing and Development workshops

Through our Ageing and Development programme, Age Action seeks to raise awareness about issues older people face in developing countries. Ageing affects us all, and despite many differences between the lives of older people in Ireland and in the Global South, there are also many similarities.

These free workshops will explore the role and lives of older people in Ireland and developing countries, looking at some of the human rights and justice issues they face including:

- perceptions about older people in society;

- income security; and
- the role of human rights in the lives of older people.

This is a follow-on workshop from the one on ageing and development that was held in March 2013. Those who attended before and newcomers are both very welcome. A light lunch will be provided during the workshops. Please advise us of any allergies when registering.

Contact Lianne Murphy to register at ageinganddevelopment@ageaction.ie or on (01) 475-6989.

Kerry (with Kerry One World Centre)	Meadowlands Hotel, Oakpark, Tralee, Co. Kerry	Wednesday, November 13	11am – 3pm
Waterford (with Waterford One World Centre)	ISU Mount Sion, Barrack Street, Waterford	Wednesday, November 20	11am – 3pm

Finding out what's under the cover

As part of Positive Ageing Week 2013, Age Action and Dublin City's Central Library collaborated on an innovative event to challenge prejudice against age.

We held a Human Library Event called Don't Judge a Book by its Cover, where both the books and the readers were people. The aim of the event was to challenge stereotyping and misconceptions about age which can affect both younger and older people.

What is a Human Library? It is an international movement for social change, based on a concept that encourages us to challenge our prejudices through social contact.

Borrowing privileges

Just as in a real library, a visitor to the Human Library can choose a book to "borrow". The difference is that the books are people. The reader can sit down with the book and engage in a short, respectful face-to-face

conversation. Typically, a Human Library will address a number of prejudices, but for the purpose of this event and given the week that was in it, we focused on age and ageism, including people of all ages, young and old.

We had a variety of book titles on the day, including: "Back to School", "Young and Far Away From Home", "Writing to My Future Self", "Being an Older Person in Ireland", "A Migrant Perspective", "Only 4, Plus 70 Years' experience" and "The Turbulent Woman".

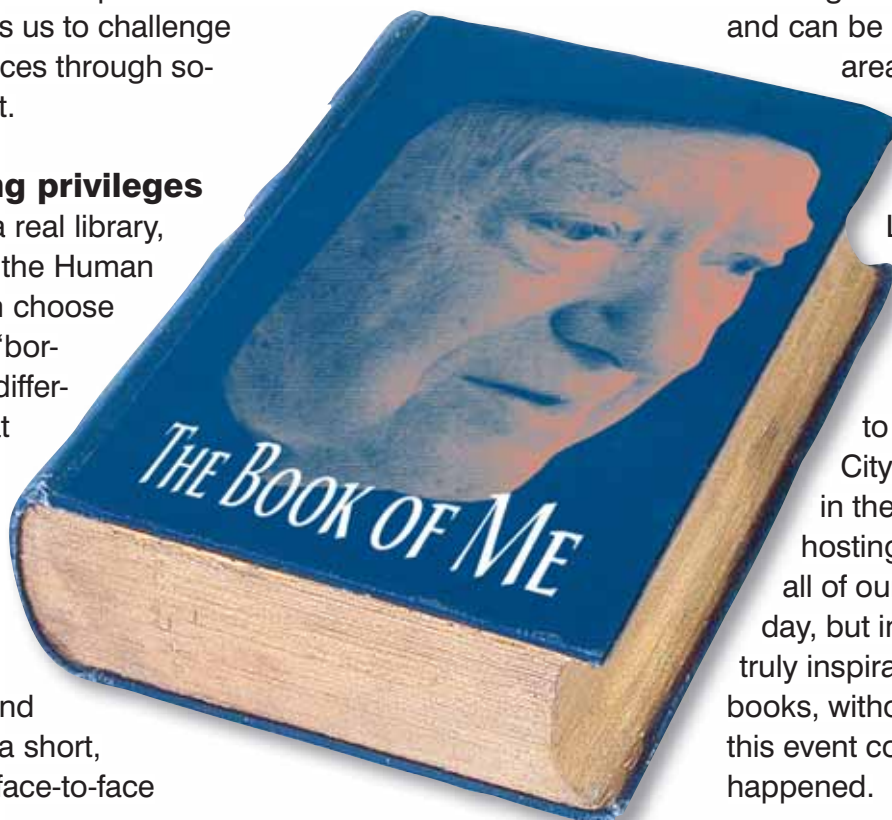
The readers who borrowed these books thoroughly enjoyed their conversations, with many learning

something new and leaving with a changed perspective because of their book's insights. Following their conversations, some of the readers said they were stimulated to learn more about a particular age group, culture or different outlook on life. There was a strong emphasis on the idea that it's never too late or too early to learn more!

What became obvious to us here in Age Action, and also to the Central Library, is the simplicity of this event which nevertheless had a meaningful impact. The Human Library facilitates meaningful face-to-face conversations about issues that matter to everyday people. It opens a door to help challenge misconceptions and can be applied to all

areas of discrimination. We hope to work with the Central Library in this wider context again in the future.

We would like to thank Dublin City's Central library in the Ilac Centre for hosting this event and all of our readers on the day, but in particular the truly inspirational human books, without whom this event couldn't have happened.



Driving our Pneumo message home



Age Action is supporting the '7 Reasons to Know Pneumo' campaign from Sanofi Pasteur MSD. Our Eamon Timmins joined representatives from Diabetes Ireland, Meningitis Research Foundation, Irish Patients' Association and Asthma Society of Ireland to give broadcaster Ronan Collins a push in our drive to get the message out. Older people are at risk of pneumococcal disease but only 65% have been vaccinated. Ask your GP or go to www.pneumo.ie for more information.

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)

© Blessington U3A

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

© Sutton/Baldoyle-Dublin

North-East. Meets 10.45-12.45, Baldoyle Library. Second Wednesday every month (excl Jun-Aug). Contact: u3asutbal@gmail.com. Phone: 01-832 3697 Website: 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

© 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

© Roscommon U3A

Meet every 2nd Tuesday. Contact Avril McTeigue: amcteigue@rosdisabilities.ie

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

Age Action North Dublin and Age Action North-East to host residential care conference

The title of the conference is “Creating a sense of community and supporting a holistic approach to residential care: the role of residents’ councils, befriending and advocacy”. It will take place in Carlton Dublin Airport Hotel on Wednesday, November 13.

Speakers include Mary Flanagan, the Director of Nursing for Claremont Residential and Day Services, and Finola Bell, the Director of Operations for Firstcare, Ireland. A highlight of the day will be a

panel composed of six nursing home residents and three volunteer advocates.

Registration will begin at 9:30am and the conference will end by 4pm. The attendance fee is €22 and will include lunch and two coffee breaks. The venue is wheelchair accessible and there is free parking.

For more information or to be included in our circulation list, email Brenda Quigley at aand@ageaction.ie.

Annual membership application

I wish to join Age Action and enclose €.....membership fee, plus €..... voluntary donation payable to Age Action Ireland Ltd. If you are already an existing Age Action member and wish to renew your membership please write your membership number here

Full Name:
 (Block capitals please)
 Organisation Name (if applicable):.....

 Address:

 Tel:
 Email:
 (Block capitals please)
 Website:
 (Block capitals please)
 Signature:

Date:

FEES

- €20 Individual – retired/unwaged
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- €200 Statutory Agency
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