

# AgeingMatters

in Ireland

## Ageing boldly

### PAW 2018

Fun and learning through  
Positive Ageing Week 10-11

### Seeking a fair Budget 2019

See Age Action's budget  
recommendations 3-5

### Older Immigrants

Ageing in a strange land 12-13



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

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**AGE ACTION IRELAND LTD** Company Limited by Guarantee Registered in Ireland No. 198571 Charity No. CHY 10583

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■ Cover photo by Getty Images Photographer Hans Berggrenn.

# Opinion Sunset run



Anna McCabe

As we enter the autumn months, it is good to know we have some exciting events planned at Age Action. The main immediate focus here is Positive Ageing Week (PAW), which is the first week of October. It is being launched with the Bank of Ireland Sunset run on Sandymount Strand on Thursday, September 27th.

Anna McCabe will MC proceedings and for the first time we'll have some board members participating, including our Chair, Patrick McCormack, and our Company Secretary, Lisa McKenna. BOI will match funds raised. We appreciate BOI's sponsorship of PAW and invite you to visit the PAW website for details on all that's happening around the country: [www.positiveageingweek.com](http://www.positiveageingweek.com) (See pages 10 & 11).

## Budget

Immediately following PAW, to bring us down to earth no doubt, will be Budget 2019 day on Tuesday, October 9th. We recognise that there are a lot of competing demands on government coffers at present, with homelessness and health being at the top of the list. Nonetheless, we are hopeful that our submissions to government departments will be given due consideration and that our key requests of increases in the State Pension by €5 per week, the Living Alone Allowance by €3 per week and the Home Supports budget by 26% will be granted. (See pages 3 – 5)

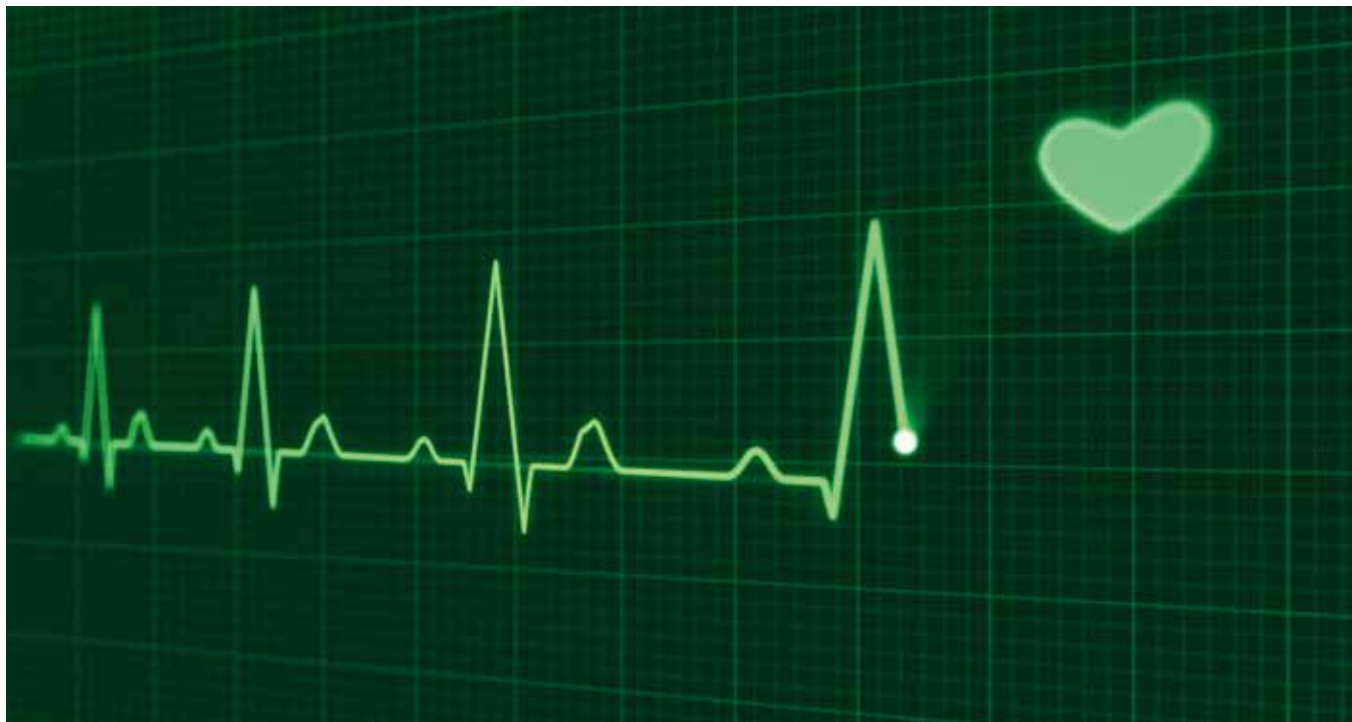
## Pilot programmes

I would like to tell you about two potential new services from Age Action being piloted, coincidentally both in Cork. The first is an off-shoot of our Care and Repair (C&R) service called the 'Hospital Discharge Service'. This is where our C&R team will help provide practical supports to facilitate someone's coming home from hospital. For example, installing grab rails, moving a bed downstairs, even getting in some shopping for their return. The much-appreciated funding is being provided by the Bons Secours Hospital (Cork) – thank you. Nonetheless, patients can also be referred from the Mercy, St. Finbarr's and the South Infirmary, with a plan to add Cork University Hospital in January, all going well. (See pages 17 – 18)

"EncourAGE IT" is a pilot project from our Getting Started (GS) team which will take place over four weeks at the SuperValu store in

Glanmire. The team will provide follow-on IT support for local people who have completed GS classes. During the pilot, the service will be appointment-based but the hope is that if the service is extended, it would be a drop-in service for older people. The support of Musgraves IT and the folks at SuperValu is greatly appreciated.

As I sign off, I hope that you will take part in some of the events of Positive Ageing Week. Our members come first in all we strive to do!



# Healthcare Budget 2019 welcomed

Budget 2019 discussions are underway. We may not all understand the jargon that fills the airways at this time of year — fiscal space, deficits, overspend — but we do know intuitively that our health service is failing to provide the quality Home Support services which are needed to maintain health and wellbeing of older people as well as to avoid or delay the need for hospital and residential care stays.

Age Action is aware that there are loud voices competing for attention. We also know that there are hard choices to be made, and often the long-term investment choices which yield results and better outcomes for service users are the unattractive ones. These choices are unattractive because it can take longer than a Government's lifespan to begin to see the benefits, making it less compelling for some politicians as they fear that they will no longer be associated with the success as they may no longer be in office.

The basis of decision making in healthcare is a moral one

as Harvard economist William Hsiao remarked. He stated that “your ethics, your sense of justice determine how you distribute goods and services, including healthcare”.

## Home support services

The current policy of prioritising the provision of resources to facilitate discharge from hospitals on an emergency basis means older people in hospital can access them more easily than those in the community. This makes it harder for older people in the community (for example, with non-emergency needs) to have their care needs met.

Enabling older people to remain at home for longer through investment in these schemes can deliver savings associated with long-term residential care and acute hospital admissions and stays by ensuring fewer older people require preventable hospitalisation or residential care.

Age Action welcomes the progress made towards designing and delivering a fit-for-purpose statutory Home Care scheme which will be underpinned by a robust legislative framework that has a sustainable funding model which can provide quality care

*Continued on page 4*



▲ Age Action members discuss Budget 2019.

# Age Action calls for modest increases in Budget 2019

**Many older people live just above poverty threshold.**

As the debate on how the government should address the competing calls on the public purse

takes place, many older people continue struggle to make ends meet. Many older people continue to live in consistent poverty, with many more living in poverty or just above the poverty threshold.

*From previous page*

for those who need it. We realise that this will take time to develop but we have signalled our commitment to working with Minister Daly and his staff to ensure the scheme is fair, affordable and accessible to all who need it. We are calling for an increase in the Home Supports budget by 26% to begin to meet unmet need. [Cost: €106 million].

### **Sláintecare**

Age Action is also conscious of the heavy resourcing demands that the implementation of the

Sláintecare health reform plan will make on this and future Budgets.

We applaud and support the cross-party consensus to deliver the healthcare system which Ireland so badly needs, based on need and not ability to pay. Sláintecare offers a roadmap to achieve these reforms to ensure that those who need care receive it regardless of their means and health insurance status.

The Government signed off on Sláintecare in May 2017 and it has taken some time to set up the Implementation Office and recruit the Director. The time has

now come to begin to resource Sláintecare to ensure that it can begin to deliver universal healthcare, over a ten-year period based on income.

You told us very clearly what the Government needs to do to improve health; ensure that older people have access to the health and social care services they need, in particular, access to Home Supports. Age Action has made your wishes known to Government in our pre-Budget 2019 submission on health. It is now the Government's responsibility to make the right decisions for our health service.

Age Action is calling for an increase in the weekly State Pension by €5 per week to build towards achieving the Government's commitment in the National Pensions Framework of a State Pension set at 35 per cent of average weekly earnings [Estimated Cost: €160.9 million].

### Living Alone Allowance

The Living Alone Allowance was introduced in 1977. The basis for the allowance was the realisation that older people living alone on a single income are faced with largely the same level of costs as a couple living on a double income. The Allowance remained at €7.70 between 1996 and 2015. It now stands at €9.00 having increased in 2015.

Last year rather than give an across the board increase in the allowance, the government introduced a €2.50 phone support allowance only for those on both the Living Alone Allowance and in receipt of the Fuel Allowance. This year Age Action is asking for an increase in the cost of the Living Alone Allowance by €3 per week [Estimated Cost: €32.8 million]

### Reversal of 2012 changes to State Pension

In September 2012 the government made changes to the qualifying criteria for the Contributory State Pension that cost tens of thousands of older people, mostly women, up to €30 per week. This was done without warning. Earlier this year the government introduced a specific scheme to help people affected by the changes introduced in 2012. This scheme will not help everyone, and we believe it will be difficult to administer. Age Action believes the easiest and fairest way to resolve this issue is to reverse the changes introduced in 2012 to the State Pension system reducing the number of bands from six to four [Estimated Cost: €73 million]

### Prescription charges

On the previous page Audry has outlined why we are calling for an increase in Home Supports budget by 26% to begin to meet unmet need. [Estimated Cost: €106 million].

Also, as a first step towards reinstating the full

over-70s medical card, we are asking for an expansion of the range of services provided by the GP visit card to include prescriptions to those over 70 [Estimated Cost: €61.5 million].

This charge is particularly unfair as it is imposed on people who are both unwell and living on a fixed income.

Age Action believes none of these demands are excessive but will make a real difference to the lives of many older people. Older people are aware of the difficulties faced by other groups in society and despite living on fixed incomes try to help their children and grandchildren. It would make no sense to allow large numbers of older people to drift below the poverty line while trying to lift other groups out of poverty.

## Age Action asks for Budget 2019

### Social Welfare

- Increase the weekly State Pension by €5.
- Restore Christmas Bonus by Christmas 2018.
- Increase Living Alone Allowance by €3 per week.
- Increase Over-80s Allowance by €2 per week.
- Reverse 2012 changes to State Pensions.
- Restore the Bereavement Grant.
- Restore Fuel Allowance to 32 weeks.
- €5 million extra funding for Free Travel Scheme.

### Dept of Health

- Increase Home Supports budget by 26%.
- Extend reablement programme to Community Health Organisations.
- Conduct a Cost-Benefit Analysis of reablement pilots in Home Supports and measure health and social outcomes for participants.
- Increase the income threshold for a medical card in line with State Pension and other benefits.
- Expand GP card to include prescriptions to over-70s.



▲ Ballybunion beach & castle.

# Ballybunion on the Wild Atlantic Way

A new buzzword, ‘staycation’, meaning vacating in Ireland, has crept into the vocabulary of hard-pressed Irish holidaymakers who no longer wish to suffer long delays and strikes at airports, not to mention being packed into a low cost aircraft where baggage can be a costly item, writes **Deasún Ó Seanáin**

And when you reach that foreign shore will the clouds of mosquitoes surround you or will you pine for a cool breeze or the smell of a crispy rasher? Why not leave all this aggravation behind and have a staycation instead?

Perched high up above the Atlantic Ocean lies the town of Ballybunion. It takes its name from the Bunyan family who were landowners there over two hundred years ago. The beach was once divided into the Ladies’ and Men’s beaches, you may not have heard of this gem on

our rugged rocky west coast, renowned as a place of cultural diversion.

## **The Lartigue monorail**

In the last century the Lartigue Monorail brought thousands of visitors from Listowel on its single track to Ballybunion’s now defunct railway station. It also carried goods and livestock. This transport system was pioneered by an engineer named Lartigue who had spent time in north Africa and observed how camels carry their load. These

loads were balanced on either side of the camel. So when the line was opened, each carriage had to have an equal weight of passengers seated on either side to prevent swaying. This archaic system led to many problems and was abandoned when cars and buses took its place. It ran from 1888 to 1924 and a couple of miles of it are used as a tourist attraction at its station in Listowel.

## **The beach**

When you stand on this beautiful

sandy strand with the Atlantic to your back you will observe Ballybunion Castle towering up above a black rock base on your right. To your left is the seaweed baths which are noted for their therapeutic affect particularly for those with arthritis. This type of treatment has made its way into upmarket women's magazines as both an effective natural skin enhancer and a relaxing tonic for the modern health conscious lady. Indeed, some of the not-so-young single ladies on the lookout for the 'one and only' often immerse themselves in this magic liquid on their way to the matchmaking festival at Lisdoonvarna.

### Places of entertainment

The town itself has an assortment of casinos, quiet bars and eating establishments where everything from fast food to

cuisines that would delight the palate of any wandering gourmet.

One can relax in the traditional bars where the sweet tones of the local uilleann pipers can be heard. Ballad singers are plentiful in this Kerry town and its surroundings. Songs of emigration, rebellion, famine and lovesick bachelors are always popular in this haven of poetry and song. While the Tinteán Theatre hosts a series of concerts and occasional plays from time to time.

### Hole of the Nine Daughters

There is a spectacular Cliff Walk that takes in a number of features one of them known locally as the Poll na Naoi n-Iníon or 'Hole of the Nine Daughters'. Legend has it that a king once lived there, and he wanted a son to take over. However, nine daughters were born one after the other whom he drowned in

this spot. We can speculate that his wife provided him with a son on the tenth attempt!

The world famous Ballybunion Golf Course is nearby and there is a statue of US President Bill Clinton outside the Garda Station commemorating his visit in which he played a round of golf.

Within easy reach of Ballybunion are Listowel, with its castle and the John B. Keane bar, Ballylongford, birthplace of The Raghallaigh a hero of the 1916 Rising, Carrigafoyle Castle, Rattoo Round Tower and the Cliffs of Dineen, famed in song and story.

One thing is certain, you will return to your home with a greater understanding of the natural world and the sound of the Wild Atlantic and the folks who live on the edge of this marvellous isle of contrasts and vitality and you might never be the same again.



▲ Ballybunion beach.



▲ My Legacy Week runs from 29 October to 4 November.

# My Legacy Week

**We are currently in the planning phase for My Legacy Week, which this year takes place from 29 October to 4 November.**

Having a will is very important for so many reasons. And particularly during this annual awareness campaign we encourage you to take this first step in writing your will by making an appointment with a solicitor.

We are grateful for the support of hundreds of solicitor firms all around the country who can offer expert guidance and advice about making or amending a will

at any time of the year.

It is usually a much more straightforward and cost-effective process than you might think; it will only take about an hour or so of your time.

### Your solicitor

Your solicitor will discuss what is necessary for drawing up this important personal document when you make your appointment.

Once family and friends have been looked after and all other important personal decisions have been made, deciding to leave a legacy gift to a charity

is a wonderful way to support a favourite cause in the future. Large or small, every legacy is a generous gift of hope and trust for the future.

Leaving a legacy to Age Action will strengthen the many services we provide to older people around the country and help develop new initiatives for a growing number of people.

**For further information on how you can help, please contact Daragh or anyone in the Business Development team at 01 475 6989. Thank you.**





▲ Age Action Volunteer Carol Singers.

# Tis **(almost)** the season!

I am sorry for mentioning the the festive season before Halloween but here in Age Action we are already busy planning for Christmas, writes Gerard Scully

This is the busiest time of year for the fundraising team with our Fantastic Christmas Raffle, carol singing and our Church gate collections.

## Volunteer carol singers

Some people have already contacted us to volunteer their time with carol singing. Musicians have also contacted offering their services to support the singers.

We are so grateful for this as it will add to the festive cheer and brighten up the day for everyone involved.

If you are musical or indeed can help us in any way in December, we would love to hear from you.

I am always conscious that we could not do much of our work, general or fundraising without your support.

Members and volunteers are an integral part of Age Action. Your continued support will help us with our vision to make Ireland the best place in the world in which to grow old.

We are always grateful but sometimes forget to say thank you. Can I take this opportunity to say just **Ar mhaithe le fáil, buíochas a ghabháil leat.**

# Positive Ageing Week 2018



## Fun and learning through the week

**Positive Ageing Week 2018, in association with Bank of Ireland, should be underway as Ageing Matters lands on your doorstep.**

Just to highlight three events that are taking place during the week that may be of interest; TechTuesday is being held on Tuesday 2nd October in the Royal College of Surgeons on St Stephens Green in Dublin from 12 noon to 2.30pm. The event highlights some of the technology that is available to support people living independent lives. It also has a 'tech drop-in' where

Age Action volunteers will be available to help solve issues you may have around use of smartphones and tablets.

### **Wellness Wednesday**

Wellness Wednesday is taking place in Cork at the Patrick Street branch of Bank of Ireland and has an early evening start of 5pm. It will focus on keeping our minds and bodies healthy and

how best we can achieve that.

Limerick's Strand Hotel on the Ennis Road is the venue for our Talks on Thursday and will be hosted by Liam Toland of Home Instead Senior Care.

### **Tips for living at home**

It will also have information sessions from Dr Katie Robinson, occupational therapist, who will have practical tips for living at home and protecting our mental health; Dr. Audrey Tierney, nutritionist - "Healthy Ageing: Eating the Mediterranean Way" and Dr.

Rose Galvin, physio - Healthy Ageing: "Exercise advice for older people". This event begins at 5pm on Thursday October 4th.

All the above events are free but it is necessary to register as space is limited. To register please go to [www.positiveageingweek.com](http://www.positiveageingweek.com) and click on Events. If you are not online then you can contact Carol on 01 4756989.

### Help Age International visitors

Age Action will be welcoming three visitors from Help Age International during Positive Ageing Week – Prafulla Misra, Taipwa Huye and Andrew Kavala are all working on the Ageing and Development project which is funded by Irish Aid. They will be visiting some of the Age Action groups seeing how we can all work for the good of older people both in Ireland as well as Kenya, Tanzania, Ethiopia, Malawi and Mozambique.

### Children's Books Ireland

Age Action is working with Children's Books Ireland who have just launched a nationwide reading campaign with the publication of the *Inis Reading Guide*. The guide recommends the very best books in all genres and age groups (0-18), enabling children – often with the help of a parent, guardian, grandparent, teacher or librarian – to find the right book for them.

This year, the campaign celebrates the special bond between grandparents and grandchildren and the importance of relationships across generations.

The guide includes a section of



◀ Images by Getty Images



books on this theme, highlighting books for young people that feature intergenerational relationships.

The bond between a child and their grandparent is unique and enriches the lives of young and old alike. Lived experiences and stories told by older generations help young people to understand the world around them and how it continues to change. Through these relationships, they learn about their heritage and family background, helping them understand who they are and where they come from.

### Share a Story

The theme is Share a Story/ Scéalta – Ó Ghlúin go Glúin. To win a bundle of excellent children's books, we are looking for pictures of grandparents and

grandchildren reading together or any story being shared between generations.

Post your photos on Twitter (@kidsbooksirel) or Facebook (<https://www.facebook.com/childrensbooksireland>) using the hashtag #shareastory.

To pick up an *Inis Reading Guide*, visit your local library or [www.childrensbooksireland.ie](http://www.childrensbooksireland.ie)

Children's Books Ireland will also be running storytelling events at the Dublin Book Festival with author/illustrator Peter Donnelly and author Patricia Forde; these will be aimed at younger children and their grandparents or whomever of an older generation is in their lives. For more information, see [www.childrensbooksireland.ie](http://www.childrensbooksireland.ie)



▲ Roma women arriving at the Intercultural Resource Centre.

## Growing older in a **new** country

**Moving to live in another country, or migrating as it is often called, is challenging. But migrating when older is obviously even more challenging.**

Migrating to Ireland has clearly increased in the last two decades and as a result the Irish population has become much more ethnically diverse. The last census in 2016, showed 17.3% of the population to be born outside Ireland. These census figures don't tell us what proportion of this group are aged over 55.

Age Action recently conducted a short study to find out more about what these challenges are. The study was done in collaboration with the South Dublin Community Partnership which runs two Intercultural Resource Centres for people from

other countries in Tallaght and Clondalkin. About a third of the people attending English classes and using other supports provided by these centres are aged over 55.

### **Reasons for migration**

People migrate for all sorts of reasons. They may be forced to migrate and become refugees, as is the situation for so many people leaving war torn Syria. Refugees are defined in international law as people who are outside their country of origin for reasons of persecution, conflict or general violence which make it intolerable for them to live in that country.

Or they may migrate, seeking a better life. Reasons can range from acute economic need, such as prevail in many poorer, developing countries,

to looking for better job opportunities. Or reasons may be more social such as joining family members in the new country. Some of these reasons were true for all the people who spoke to us. Some had come to Ireland to work when they were younger.

Some had come to be close to their grandchildren and support their adult children with child care because their parents were working. And a number had fled as refugees from countries that are affected by long term violence and conflict such as Afghanistan, Congo, Iraq, Somalia, Syria, and sought asylum in Ireland. Other ethnic backgrounds and countries from which participants came included Latvia, Italy, Poland, Lithuania, Vietnam, Kurdish people from Iraq, Roma people from Romania.

### Enough English to fit in

Not having enough English to fit in, to make friends or to use services was a major hurdle for most of the participants, in spite of having access to excellent English language classes.

Many said it was difficult to make real progress when learning at a later stage in life. And an extra difficulty for some of the participants from poorer countries was that they had limited formal education and struggled with basic literacy.

### We live like a blind or deaf person.

*Afghan participant*

Participants were positive about the friendliness of Irish people but, significantly, none of them had Irish friends. They gave many moving examples of how not having enough English interfered with their attempts to fit in. These included the feeling that they lived like a blind or deaf person and stories of people speaking to their children who may not be fluent in their parents' language.

One participant told us that she had joined a few Irish social groups in an attempt to make friends but said that she generally felt left out of conversations because she couldn't keep up with Irish jokes. Even for people coming from countries such



▲ Older Refugees at Intercultural Resource Centre.

as Nigeria where English is widely spoken, grasping the peculiarities of English as spoken in Ireland can be difficult.

Very importantly not having command of the language can create difficulties in using services. Many participants described the difficulties in engaging with services, especially health services and of having to bring their children with them to appointments.

### Experiences of discrimination and racism

Many participants had experienced some form of discrimination although they didn't like talking about it. Some of this had been from landlords. Some of it had been from young people in their neighbourhoods.

A Roma woman was frequently stopped by security guards at the entrance to the local shopping centre and was asked if she could wear a short skirt instead of her traditional skirt. African people had experienced higher levels of racism and this is sadly borne out in other research recently conducted countrywide.

This is a very short snapshot of some of the themes that emerged in the study. Despite the difficulties described people were generally positive about moving to Ireland and the kindness of Irish people. What was particularly impressive in listening to their accounts of leaving their own countries and navigating very complex situations in their new country was peoples' resilience and courage. There is no doubt of the assets they bring to Irish society.

# Stepping into a technological **utopia**

The Getting Started learner experience

Having stepped past the threshold of the front door of the Age Action Ireland office on Model Farm Road, my sister and I took the leap into an unknown technological utopia. We were greeted by the Administrators, Julie and Sigrid who were pleasant and most welcoming, writes learner **Ann Marie**.

Then we were introduced to our Tutors Alvaro and Denis. They were truly wonderful. How they made the world of tech savvy techniques easier to understand. At first, we were both apprehensive about pursuing the course. Fear is one of the greatest barriers to progress. We can honestly say that the material learned concerning computer operations and mobile phone devices was amazing.

## **New Samsung phone**

For myself, I ended up purchasing a Samsung mobile phone. I never thought I would do that. Now I can make a call, take a call, go on Google; use the camera.

There are so many more Information technology skills to acquire - we find that we are



▲ Volunteer tutor Alvaro with learner Anne Kelleher and her guide dog Rory.

ready to “launch” ourselves into this amazing world.

Denis and Alvaro really explained concepts to us so patiently. The other tutors, too, were quite helpful. Conversations over tea and coffee were inspiring and interesting.

We truly enjoyed ourselves.

Mary and I would recommend others to take on the courses offered in technology by Age Action. We thank all concerned in our learning very much for opening our world to technology.

# Pleasure to work with Ann Marie

## The Getting Started tutor experience

**It has been an absolute pleasure to get to know Ann Marie and introduce her into the world of technology and Internet: getting the basics on how to search on google, how to book flights or how to comfortably surf the web are life-changing skills, writes volunteer tutor Alvaro.**

The first day I met Ann Marie I sensed she was hesitant and scared of technology, hearing on the radio that people got scammed and lost money over the Internet. She was also worried other people might be recording conversations or seeing messages. She clearly wanted to jump into the smartphone era, but these fears were holding her back.

She was also a big fan of the keyboard on her old phone, something she would have to give up for the screen keyboard present on smartphones nowadays. We spent the first 2 classes just talking about technology in general and clarifying concepts, reassuring her the Internet was a safe place if she had the skills to use it properly.

Then, we moved on to the benefits of using the Internet: better deals and discounts on hotels, restaurants and cafés reviews, using Google Maps

to find routes, getting opening hours of places in town, and other useful information such as free music and videos on youtube!

### Her first smartphone

The big day came when she decided to purchase a smartphone and come to Age Action right away with her new tool. We showed her the basics of the phone: how to turn it off, how to change volume, how to make and receive phone calls, take pictures, and how to use Google on it. She was delighted she could get an alarm call every morning with the phone.

By the end of the class she was already sending messages to her sister and using Google voice to ask questions.

Ann Marie now has the skills to get comfortable with technology, and use her new smartphone daily, you can be next, don't be afraid of getting in touch with Age Action and we will have you getting started with the basics of the digital life

There's an option within the keyboard settings, where you can get a larger, brighter keyboard with the keys backlight in dark colours, this simple tool will make your typing much easier, especially in the first weeks with the smartphone.



◀ **New Opening Hours:**  
The Ballyfermot showroom opens Monday to Wednesday 9 to 5, Thursday 9-8, Friday 9-5 Saturday 9-6 and Sunday 12-5. Our direct contact details are 01 912 1850 and [showroom@ageaction.ie](mailto:showroom@ageaction.ie).

# First pop-up **five star** restaurant in a nursing home

We are delighted to announce the successful launch of Chapter Two at The Fern Dean, the first pop-up restaurant of its kind in Ireland. Chapter Two is a bona fide, 5-star, a la carte, culinary and dining experience for esteemed guests.

At the outset it is important to state that this is not associated with Chapter One. However, it does include a team of high end fine-dining chefs, an experienced and professional service team, an attentive host and the ability to deliver exceptional dishes with carefully selected wines to make for a bespoke dining experience.

Chapter Two was launched on 17th August to serve all those with a connection to The Fern Dean in Blackrock, Co. Dublin. The pop-up fine-dining experience is the first of its kind in Ireland (set up within a nursing home for senior citizens) and welcomes residents, family, friends, staff and acquaintances of all of the former to dine and socialise together in style.

## Five star dining

Attention to detail in the dining experience is that of a 5-star standard. It includes a carefully constructed three course a la carte menu, matching wines selected by a skilled sommelier, stylishly crafted deserts and



▲ Fine dining at The Fern Dean.

after dinner teas and coffees.

The pricing of the meal is passed on at less than cost price per patron without the usual rental overheads and margin applied in a comparable commercial high street restaurant. The opening night was a resounding success demonstrating that few things trump the simplicity of sharing good food and wine with family and friends.

Supported by the knowledgeable-

ble culinary and services team in Aramark, this fine-dining pop-up experience will be continuing to run on a fortnightly basis for its distinguished patrons. The success of the inaugural night boding well for many a wonderful evening in Chapter Two at The Fern Dean.

For queries, please contact Cillian Willis on 0877618194 or [cillian@virtue.ie](mailto:cillian@virtue.ie)





▲ Age Action members Sally Gorey and Sean Lattin show off one of the carbon monoxide alarms.

## Care & Repair to provide free carbon monoxide alarms

**For the third year running Age Action will be installing carbon monoxide alarms free of charge for older people through our Care & Repair programme.**

National Development Manager John O'Mahony is delighted to be able to provide the alarms again this year. "Our Care and Repair teams provide free DIY jobs for older people all year round.

### Safe in their homes

The people we visit are often living alone, with no family members to care for them. We aim to make sure they are comfortable and safe in their own homes. We are hugely grateful to

Gas Networks Ireland for this donation of carbon monoxide alarms for our clients."

Owen Wilson, Gas Networks Ireland said: "Carbon monoxide is a colourless, odourless gas that's very difficult to detect so it's essential that every home has a carbon monoxide alarm. Gas Networks Ireland is very pleased to be able to donate 4,300 carbon monoxide alarms to Age Action Ireland to help older people protect against the deadly gas."

The alarms will be available from September to Care & Repair clients in Dublin, Cork and Galway and through our Care & Repair community partners in certain other locations around the country. Call Age Action on 01-4756989 for details.



▲ John O'Mahony receives cheque from Ken Joyce of Bons Securs to get pilot scheme started.

## Pilot service to help older people on discharge from hospital

**Age Action's Care & Repair service, supported by Bon Secours, is piloting a new initiative to assist older people who are being discharged from hospital.**

National Development Manager John O'Mahony explained "Older people are often discharged from hospital with reduced mobility levels following accidents or illnesses. They need adaptations in their homes and other supports to accommodate for this.

"Sometimes the hospital staff cannot discharge people because the home is unsafe.

The patient can therefore stay in hospital longer than is necessary. In this pilot Hospital Discharge Service, the Care & Repair team will work with health professionals, patients and their families to provide an increased level of support for those being discharged from hospital."

"A series of tasks will be agreed on a case by case basis that would enable a client to be

discharged from hospital and return home in better safety and comfort.

### Care & Repair jobs

Examples would include moving a bed downstairs, installing handrails, replacing toilet seats, removing trip hazards and purchasing some basic grocery items."

The pilot project has been launched in Cork. If successful it will be rolled out in other locations in 2019. Age Action is hugely grateful to Bon Secours for supporting the project.

# U3A groups

## 📍 Active Virginians U3A

Patricia Price at (087) 235-0515

## 📍 An Cosán U3A Tallaght

Imelda Hanratty at (01) 462-8488

## 📍 Anovocare U3A

Swords, Co. Dublin  
Inga Herman at activities@anovocare.ie

## 📍 Ballina U3A

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# Auto-enrolment pensions scheme under discussion

The Department of Employment Affairs and Social Protection (DEASP) has launched a national consultation on the proposed Automatic Enrolment Retirement Savings Scheme.

The consultation began on the 22nd of August and will close on

the 4th of November 2018. The scheme proposes that workers aged between 23 and 60, who earn more than €20,000 a year and are not already contributing to a workplace pension, could be automatically enrolled.

The purpose of the consultation is to seek the views of stakeholders and members of the public about the scheme. Age

Action will be making a submission on this important issue and would like to hear your views. (See <https://www.surveymonkey.com/r/BXBKVZP>)

The link to the DEASP consultation page, including details of regional forums, can be found by following this link: <http://m.welfare.ie/en/Pages/Consultations.aspx#strawman>

## 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: ..... (Block capitals please)

Date: .....

### 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:.....

### FEES

- €20 Individual – retired/unwaged
- €40 Individual – employed
- €60 Voluntary Body
- €200 Statutory Agency
- €500 Commercial

### Please return to:

Membership Development, Age Action Ireland CLG, 10 Grattan Crescent, Inchicore, Dublin 8. Email: [membership@ageaction.ie](mailto:membership@ageaction.ie) Tel: (01) 475 6989