

All aboard for Positive Ageing Week

Celebrating 10 years of older people paddling their own canoe

Page 8



ageing matters
in Ireland

Protect the dignity of older people

The status of thousands of older people's lives will be affected by the Government's proposals to cut key supports such as the State Pension, Fuel Allowance, and the Health Care Grant. The Department of Health is also proposing to cut the Health Care Grant in the December Budget.

AgeAction
For all older people

Sign the petition at www.ageaction.ie (lines 41-42)



Campaign to fight the cuts
Page 3

Be Equal, Be Different conference to open PAW Page 8

Age Action**Ireland***For All Older People*

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

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

■ **Cover photo:**

Jimmy Griffin (front) and Brendan O'Connell taking part in the annual Generation Paddle from Athy to Carlow as part of Positive Ageing Week.
Photo: Aidan McHugh

Switching focus: disability to ability

That is how Helen Kearney, our triple medal winner in equestrianism, described the impact of the Paralympics 2012 in London on public attitudes towards people with disabilities. The focus has been on the competitors' dedication, training and extraordinary feats of skill, strength or speed, with little mention of their disabilities.

Let's hope this revolution in public attitudes will become permanent and spread to other aspects of life to include people of all ages. For a similar revolution is urgently required in attitudes towards ageing and older people, which is the main aim of Positive Ageing Week, and the sooner that becomes an all year round activity the better.

We must try to eliminate our deep-seated fear of ageing. We have to persuade people that ageing is a modern miracle that should be celebrated, and we have to ensure that people have the opportunity to experience a positive later life. We have to go on challenging the use of chronological age as an explanation for disability or uselessness and redouble our efforts to demonstrate the enormous contribution that many older people make to their families, communities and the country as a whole, especially as carers, volunteers and workers, as well as voters. Moreover, we should stress that this contribution is made in the face of widespread ageism.

I have been inspired by the example of our Paralympians and I hope we will use Positive Ageing Week to promote positive ageing in our own families and use our positive ageing conference on 28 September to influence future policies.

In contrast, I have been appalled and bewildered by the Government's latest announcements about cuts to services to support independent living for people with disabilities and home care services to enable older people to stay in their own homes. Despite the partial U-turn, the lack of any coherent justification for these cuts in crucial front line services makes little economic or social sense. Such decisions devalue the commitment made by the current and previous governments to protect the most vulnerable people.

Below are two quotes from the current Programme for Government, which might be useful for our members' meeting with a panel of political representatives on 17 September.

"We will ensure that the quality of life of people with disabilities is enhanced and that resources allocated reach the people who need them".

"Investment in the supply of more and better care for older people in the community and in residential settings will be a priority of this Government."

— **Robin Webster**

What we are planning and why

Here is your chance to register your anger against the cuts already suffered and to fight any further cuts.

On the September 17th in Croke Park Age Action will launch its postcard campaign against possible attacks against the Contributory Pension and the Medical Card, as well as further cuts to services such as the Home Help Service.

The IMF has already confirmed to us that it is proposing that the Government should begin means-testing the State Contributory Pension and the Household Benefits Package, which many older people depend on.

It is also seeking more stringent means-testing for the Over-70s Medical Card. If the Government were to accede to these proposed cuts, it would represent an unprecedented attack on the entitlements of older people — entitlements which many people depend on to live with dignity in their own homes. The effects would also be felt by future generations of older people.

In this campaign we are asking people of all ages to take a stand by signing our petition and/or by signing postcards that have a pre-scripted message asking

the government to protect older people in the forthcoming budget. Both the petition and the postcards will be available to be signed at www.ageaction.ie. However, we will need to get tens of thousands of signatures if this is to have any impact. We need all the help you can offer in distributing our postcards as well.

We also need organisations and groups to take hundreds of cards, get them signed and then return them to Age Action — all before mid-November.

Apart from the petition and postcards, we also need individuals of all ages to contact their public representatives, TDs, Senators and County Councilors to tell them that these cuts and attacks on the entitlements of older people are intolerable. The campaign needs community-based groups across the country

to row in behind it. If older people, their families and friends, and every younger person who hopes to grow older in Ireland, does not support the campaign, they are essentially telling the authorities that these supports are not important and that they can be taken away.

Finally, it is important to stress that this campaign is not anti-government. It is non-party political and seeks the support of Oireachtas members and representatives of all parties. It is a campaign about providing supports for older people at a stage of their lives when their incomes have been cut by retirement and when many have health issues.

If you wish to help in any way with this campaign, please contact us at (01) 475-6989 or email us at Library@ageaction.ie

Universal Health Insurance plan raises questions for equality regulations

While the Olympic Torch was negotiating its way through Dublin, a small group of interested people were negotiating their way through the technicalities of health insurance and older people in Dublin Castle.

This is an issue that will soon see major changes with the proposed introduction of a Universal Health Insurance system as well as some interesting changes in the European equality legislation.

The seminar took place during this year's Say No to Ageism Week and was hosted by the Equality Authority. The title of the seminar was Attitudes to Health and Ageing in Insurance Provision.

The speakers were Charles Normand



Edward Kennedy, Professor of Health Policy and Management in TCD; John Armstrong, Health Economist and Actuary at Aviva Health Insurance; Mary Horan (BL) specialising in employment law and equality cases; Tom Comerford, Deputy Financial Services Ombudsman; and Paul McDonnell of the Irish Insurance Federation.

Some of the speakers were critical of the government policy of imposing community rating and risk equalisation. They said that by protecting older people from having to pay a premium that fully reflects their level of health risk, the government forces younger people to pay high premiums than necessary. They also claimed that it distorts the type of plan or package a company is able to offer.

These issues will become more pronounced with the introduction of Universal Health Insurance under which the majority of people will be automatically enrolled into an insurance plan and will have to opt out.

UHI means that many individuals who would not otherwise apply for or get health insurance, either

because of their level of risk or because of their income, will be covered. So the extent of risk equalisation will have to increase while the range of risks which the insurance industry will be able to insure against will shrink.

This will mean more people will be sharing more of the risk of others and will be offered a narrower range of coverage.

Finally, the Test Achats (the Belgium Consumer Association) against the European Council of Ministers was successful in 2011 in the European Court of Justice (ECJ). The basis of this case was the European Directive which gives insurance companies derogation from equality legislation. This case was taken on the gender ground, but it may have implications for grounds such as age.

Basically, it was decided that insurance companies could not use gender as a basis for determining the level of premium an individual paid. So women in future will pay more, while men may pay less. It is only a matter of time before a case is brought before the ECJ on the use of age as a proxy by insurance companies.



Get going for health, men!

Are you interested in keeping healthy and having fun in the process? Age Action is embarking on a series of activities aimed at getting older men involved in activities that encourage a healthy body and mind.



■ There are lots of ways to be active. A conkers competition at Athy in Positive Ageing Week 2008 got everyone worked up and having fun.

We have chosen activities that are not taxing on limbs, which promote mental as well as physical health and will appeal not only to older men, but to younger men, opening up an important intergenerational aspect for older men who may have lost contact with children, grandchildren and other relatives over the years.

There are three planned activities over the coming weeks and months:

Bike Trip

(To a historical landmark or building)

On the October 4, 2012 there will be a bike tour (rental bikes provided or bring your own) from the Park Gate Street entrance of Phoenix Park and a leisurely cycle to Farmleigh where a tour has been organised. A complimentary lunch will be provided followed by another leisurely cycle back to the entrance.

Intergenerational Photography Project

(Walking & Talking Pictures)
We will be providing disposable cameras (or bring your own) and encouraging participants to take pictures of what they think is good and bad about their communities. This could be done individually or as a group, for example as part of an intergenerational walking tour.

We would then like the older and younger men to come together to share their stories behind the photographs and display what they have captured in an exhibition.

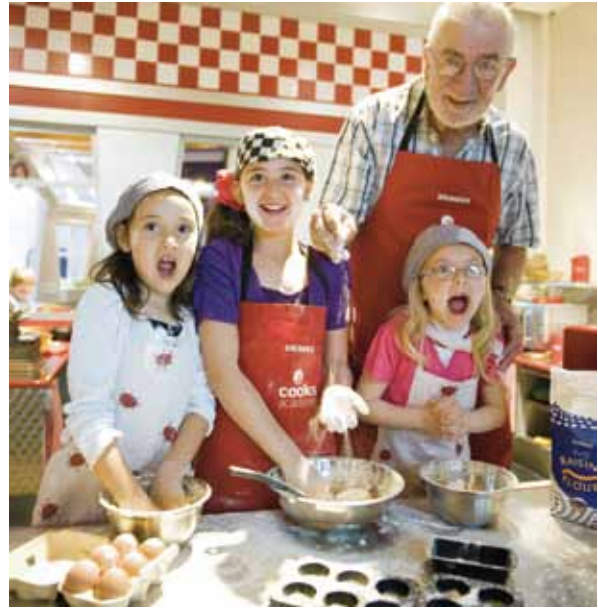
The idea behind this project is that participants are getting out and about in their area, rediscovering their communities and interacting with younger or older people they may not have had the chance to meet before. (Date to be confirmed.)

Giant Chess and Other Games

Games that involve strategy, such as traditional board games like chess, help keep the mind nimble and sharp. And for those who cannot play chess, we will also provide the fun and traditional games of Giant Snakes and Ladders and Skittles. We will be holding a games day in the coming weeks, initially in a Dublin venue. We also hope we will be able to take the games to other locations or make them available to groups to enjoy in their own time and locations. (Date to be confirmed.)

To learn more and register for the above events, please email Margaret Fitzpatrick at u3a@ageaction.ie or Keelin McCarthy at generationstogether@ageaction.ie or phone (01) 475-9689.

Big fun at The Big Bake



■ Fun at last year's Big Bake.

It's time to pre-heat the oven, roll up the sleeves, and get Grannies' cookbooks out with the launch of Age Action's Big Bake.

We are searching for the nation's best loved baking, as well as your family recipes and what they mean to you. All you have to do is:

- bake your favourite recipe;
- download the entry form;
- tell us in 50 words or less why it is your favourite;
- take a photo of the baked result; and
- send the completed form and photo to us with €10.

Entries can be posted or emailed. The top 10 entries will be invited to come to the Cooks Academy in South Williams Street where The Big Bake Off will be judged by award-

winning celebrity chef Gary O'Hanlon. The overall winner will be invited to cook their recipe on TV3's *Ireland AM* with Catherine Leyden.

Age Action fundraiser Rhona O'Connor says: "We are very excited about The Big Bake, one of our favourite events of Positive Ageing Week. Applications are now welcome, so get baking to be in with your chance to cook your goodies on TV."

Eddie O'Toole, Operations Director of Bluebird Care, says: "We are delighted to team up again with Age Action for The Big Bake. Last year it was wonderful to see so many people making lovely cakes, and it was even better to taste them all! Bluebird Care is delighted to help celebrate the 10th year of Positive Ageing Week. It is a fantastic initiative that brings to light the positive aspects of growing older, living longer and engaging communities."

Summer Raffle 2012

Thanks you so much for your support in this year's Summer Raffle. We raised over €29,500 which is a huge amount of money. It will go directly to help keep our computer classes running. Tesco very kindly sponsored the prizes. The lucky winners are -

- 1st Prize Kindle Touch e-reader, M & M McMonagle, Dublin
- 2nd Prize 22" Flat Screen TV, P Pender, Limerick
- 3rd Prize €100 Tesco Voucher, Celia Handy, Stradbally, Co. Laois,
- 4th Prize €75 Tesco Voucher, K O'Mahony, Cork
- 5th Prize €50 Tesco Voucher, Seamus McGrath, Dublin
- Seller's Prize €100 Tesco Voucher, Mary McMonagle, Dublin.

So long, Sonny

After a long and busy career, Sonny Knowles is retiring in October on his 80th birthday. He has brought such joy to so many people. We are delighted to say he will perform for us at our Afternoon Tea Parties in Cork, Navan and Dublin. Tickets (€20) are selling fast, so book yours today! Ring (01) 475-6989 or email fundraising@ageaction.ie.

11th September – Maryborough Hotel, Cork

18th September – Ardboyne Hotel, Navan

24th September – Burlington Hotel, Dublin 2



The Big Knit is back!

We are really excited to announce the launch of the innocent Big Knit 2012. For the past few years innocent Big Knit supporters have knitted thousands of little woolly hats for our smoothies, with money from every bottle sold going to support our winter Stay Well, Stay Warm campaign.

We've raised over €60,000 so far, so if you've ever picked up your needles and knitted a hat for us or bought one of the smoothies that was wearing one, thank you!

We're doing it all again this year, and 25c from every hatted bottle sold will go straight to us in Age Action to help older people stay well and warm this winter. So stretch



out those fingers, get your needles out and untangle that wool. It's time to get your knit (or crochet) on.

Deadline for hats is Friday, November 30, 2012. For more information and patterns go to www.ageaction.ie/big-knit-2012

He's a star – and singing just for you

We are delighted that David O'Connor, who won *You're a Star* in 2007, will be along to sing at the Afternoon Tea Parties. David performs songs we all know, including "Love Grows" and "On Borrowed Wings". He has recently recorded a new

album and will be performing some of the songs from it along with other well loved ballads. A traditional Afternoon Tea will be served; there might even be a sing-along!

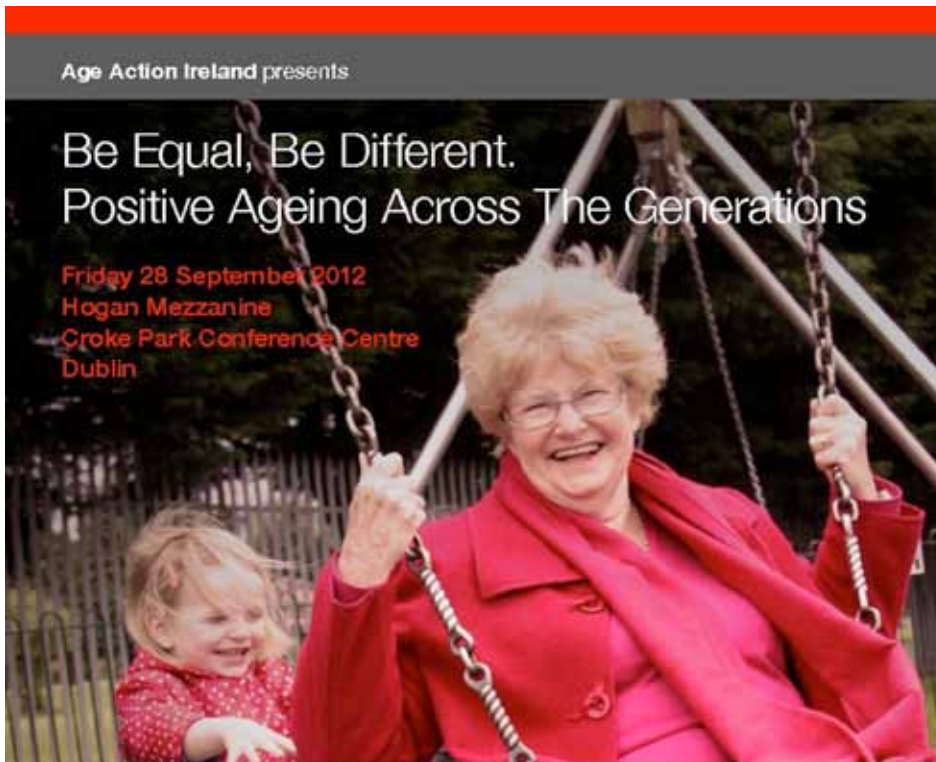
Tickets are selling fast so book yours today. Ring 01

475-6989 or email fundraising@ageaction.ie.

● **22nd September** –

St Marys Church, Jacknell Street, Dungarvan. Tickets for Dungarvan are just €10.

● **8th October** – Sligo Park Hotel



■ This year Positive Ageing Week will help to celebrate The European Year for Active Ageing and Solidarity between Generations

Launch of Positive Ageing Week

Age Action's *Be Equal, Be Different* conference will launch the 10th Positive Ageing Week on Friday, 28th September. It will celebrate the European Year for Active Ageing and Solidarity between Generations 2012.

Our aim is to explore how we can ensure that this year's work has a real impact on the lives of people of all ages for years to come. We want to highlight the contribution older people make not only as workers, but as carers and volunteers. We also want to promote positive ageing as a life-long process that

brings different generations together rather than dividing them into competing groups.

The conference will be open to people of all ages, so that we can engage in discussions and plans to ensure that the aims of the EU year are realised and developed long after the end of the year. Mícheál Ó Muircheartaigh will officially launch Positive Ageing Week at this conference. He doesn't just launch positive ageing but personifies it. Paul Knight, Professor of Medicine from Glasgow University, will highlight some of the key messages from the report "A New Vision for Old Age" undertaken by the Economist Intelligence Unit for Pfizer.

Advanced booking is required and places are limited, but we would encourage members who want to attend to please contact Lyndsey Jones about the cost of attending on (01) 475-6989 or email her lyndseyj@ageaction.ie

Conference fee

Retired/Unwaged	€25
Waged	€50

You can book online at http://www.ageaction.ie/sites/default/files/pdf/Conference%20Programme%20and%20booking%20Form_28.08.12.pdf

For more information on the conference, visit www.ageaction.ie

Two new Care & Repair officers

Regular readers of *Ageing Matters* will know that Age Action's Care and Repair programme delivers a vital service nationwide.

Using the skills of dedicated volunteers as well as Age Action staff, we complete small, practical DIY jobs for older people in their own homes. We also keep a list of trustworthy tradespeople, whom we can recommend for those larger jobs. In this way, we help people to stay at home in increased safety and comfort.

Care and Repair can also arrange home visits for older people who would like a friendly caller to socialise with.

Community partnerships

Care and Repair is delivered directly by Age Action offices in Cork, Dublin and Galway, as well as by Community Partnerships — also known as franchises — in these locations and nationwide.

There are currently more than 20 Care and Repair Community Partnerships in Ireland. They range from large city franchises, run in partnership with the Tús programme, to small franchises serving rural areas and manned by teams of

enthusiastic volunteers.

We're delighted to welcome the two newest members of the Care and Repair franchise family this month — they serve Carlow and Waterford.

How you can help

If you think Care and Repair is needed in your area, we can help. Age Action works to develop the programme with constituted community groups, such as Family Resource Centres, Community Development Partnerships etc to deliver the programme. Board members agree to take responsibility for the development and running of the franchise with the support of Age Action and its development officers. So if you are a member of a community group, or have contact with one, you can take these steps:

- Ask the group to contact Claire Bellis or John O'Mahony to discuss the programme.
- Claire or John can meet the group's board members to make a presentation about how Care and Repair works. Once we get the go-ahead and the agreement is signed, the development work starts and a plan of action is agreed.
- Claire or John supports

community partnership in recruitment and training of volunteers. All volunteers are Garda vetted.

- Publicity and launch – an opportunity to advertise the service locally.
- The development team continued to support the new franchise.

We aim to increase the number of Community Partnerships to deliver the programme nationwide. We rely on forging strong links with local groups for the success of this vital programme. If you support Age Action, please think about helping to strengthen our Community Partners.

Care and Repair Contact

Details: John O'Mahony, (021) 453-6554; ageaction-cork@ageaction.ie

Claire Bellis, (01) 475-6989; cbellis@ageaction.ie

The regions covered by John and Claire are shown below.





■ Angela Gallagher, finalist in the *I am part of IT* category of the E-Inclusion awards, with Pauline Power, manager of Age Action's Getting Started Programme

How I became a part of IT all

The e-Inclusion Awards were established by the European Commission to discover and celebrate individuals and organizations across Europe who embrace new technology and use the internet to improve their lives.

Open to entries from 36 countries, including EU candidate countries and members of the EAA, there were four categories. I was

delighted and amazed to be chosen as one of just three finalists in the category, entitled "I am Part of IT".

My being a part of IT started at Christmas 2010 – that cold frozen Christmas that was to be our last Christmas together – my daughter and son and my daughter's two beautiful baby girls. These little women, then aged 21 months and 12 months, had become a huge part of my life. But now tickets were booked for Australia for June, and the future looked lonely and bleak.

My son suggested that I might need some hobby to suck up the spare time I would have, and thought that I should try writing a blog to help fill the void. And so in January 2011, with his help, I took my first steps into the world of blogging by publishing one of my favourite poems by Jenny Joseph, "When I go old I will wear purple..."

Over the next few weeks, I began to explore a number of themes around living in Ireland – Irish history, family history, social history and being older in Ireland.

I found that I enjoyed researching topics and enjoyed seeing that people were beginning to visit my site. He then helped me to link my blog to a dedicated Facebook page, which helped to increase readership.

Winning the Social Networking category at the Google/Age Action Silver Surfer Awards in Dublin in September 2011 was a great boost to my confidence and encouraged me to stick with it. By that time, just some nine months after making my first post, I had struck up correspondence with some Australian readers and was already on my way to a Genealogy Conference in Ennis, Co. Clare to meet people with similar interests who were members of a genealogy group!

In April 2012, Age Action nominated me for the e-Inclusion Awards, for the 'I am part of IT' category aimed at individuals who had significant benefit and empowerment by becoming e-included. That surely was me, for I had derived enormous benefit by embracing social networking sites. At this stage I had miraculously been linked in to Twitter where I picked up even more followers for my blog.

The honour of having been short-listed to the panel of three finalists in my category was nothing short of amazing. I spent days

smiling broadly to myself. And so I was invited to the two-day Digital Assembly in Brussels on June 21 and 22. Pauline Power from Age Action was in Brussels with me and what a wonderfully easy and relaxing companion she was! And what a thrill to be there in the Parliament in Brussels in the presence of politicians from across Europe, distinguished industrialists and the cream of people trying to improve the lives of others, as representatives of marginalised groups and socially aware activists.

The worthy winner of our category was a young man from Belgium who can neither read nor write but through technology can now write emails using pictograms, and can travel independently to and from his special needs school by bus and by bicycle as he is constantly monitored by a mobile technology app. Simeon was rightly overjoyed by his prize and really treasured his trophy.

In the 18 months since I began blogging, my life has totally changed. I have become part of a global community that reaches far beyond my relatively isolated rural life. Here I enjoy email and Skype and instant messaging relationships with wonderful people from Ireland and across the world. From here I have expanded my education and have met some fabu-

lously inspirational people from across the continents.

The thrill of meeting a descendant of a convict lady who was deported from Ireland to Australia for stealing a lace handkerchief will remain with me for a long time!

Not only have I made new friends, but through my internet activity I have re-established contact with long lost friends – only last week I met in Dublin my best friend from boarding school after 48 years!

And as Google/Age Action launches the 2012 search for the Silver Surfer Awards, I urge every one to embrace this marvellous technology. At whatever level you decide, it has the capacity to really enhance your life. If any one of you decides to join the world of blogging, I would love to hear from you – indeed I would love to hear from you no matter what level of interaction suits you best.

My very special gratitude to the delightful Pauline Power from Age Action for her support and wisdom, and to Eamon Timmins from Age action for his positive and affirming interactions. Thank you both.

***My blog is at <http://thesilvervoice.wordpress.com/>
My email address is thesilvervoice@gmail.com***

— Angela Gallagher



■ KARP Hero: Mr Juch, President of KARP, pins CEO Robin Webster of Age Action with a KARP Hero badge.

Korean group visit Age Action

On the 24th of September we welcomed a visit from Mr Myong Juch, the President of the Korean Association of Retired People (KARP).

KARP was founded as a non-profit organisation in New York City in 1996 to meet the needs of the growing Korean-American community.

Like many Irish immigrants, Mr Juch who founded the organisation, returned home, in his case to Seoul in South Korea in 2002. There he re-established KARP on home soil. KARP is the first organisation of its kind in Korea and

now boasts membership of 180,000 people.

Mr Juch saw comparisons between older Korean and Irish people which prompted his visit to us. He was keen to discuss these comparisons with Age Action's CEO, Robin Webster, Senior Information Officer Gerard Scully and Social inclusion Officer Emer Begley.

A similar proportion of the two populations for example are aged 65 years and over, approximately 11%. However, retirement and pension policy in the two countries is very different. Even though Korea has a similar life expectancy to Ireland (approximately 80 years), people retire there when they turn 50 years of age. Mr Juch explained

to us that most employers see older workers as being too expensive, and there is a general perception that jobs should be given to the young.

He spoke about the limited state support for the 350,000 people who retire each year. The state pension system was only set up in the late 1980s and is \$90 a month. As a result, there are significant challenges for older Koreans to sustain an adequate standard of living, and many live in poverty (46.1%).

Mr Juch told us how the current situation is not reflective of the desire of most older Koreans to stay working, and a survey carried out by KARP found that 72% of 50- to 75-year-olds

Dementia affects almost 44,000 people and touches the lives of 50,000 carers and hundreds of thousands of family members. Dementia affects 1 in 20 people aged over 65 years. This rises to 1 in 4 in the 80+ group.

Dementia services recommended

In August Age Action made a submission to the Department of Health and Children as part of the consultation process that will lead to the formulation of Ireland's first National Dementia Strategy. The submission was drawn up by our Social Inclusion Officer **Emer Begley** who did her PhD on dementia care and social policy.



■ **Emer Begley, who drew up Age Action's submission on dementia care.**

heart of service-planning.

This is of course not an exhaustive list.

Monitoring service

A new monitoring service will see improved communications and enhanced levels of safety and care for people with dementia and their families.

The initiative is a partnership between the Alzheimer's Society of Ireland and Tunstall Emergency Response. The initial pilot programme will involve 100 people in Dublin, Wicklow, Kildare, Limerick, Clare and Tipperary.

Funded under the European Commission's Competitiveness and Innovation Framework Programme (CIP), the initiative will see telecare technology installed in the homes of those with dementia.

The main recommendations of the submission were: .

- support people to live at home;
- provide carer support;
- take a strength-based approach;
- develop guidelines for diagnosis and disclosure;
- develop appropriate care pathways;
- raise public awareness;
- develop responses to dementia in different settings;
- support research and development;
- take a rights-based approach; and
- maintain the person with dementia at the

wanted to continue working. He sees the need for greater opportunities for people to work into older age, just as we do in Ireland's labour force.

Issues for older Koreans extend beyond adequate income supports. Mr Juch also spoke about growing levels of intergenerational disconnect in his country.

As in our intergenerational programme, KARP set up the YOU (Young Old United) movement to help create a society for all ages.

Like many NGOs, Age Action included, KARP struggles to find adequate resources to keep their services going. We spent an interesting morning talking with him, sharing experi-

ences and knowledge of our different programmes and approaches.

Following a tour of our Abbey Street Office, Mr Juch presented Robin with a Hero badge as recognition of his work with and for older people. We hope to maintain contact with KARP into the future and build on this initial meeting.



■ **Kinsale Graduation – Back left: James Collins, Maureen Harrington, Mary Foley, Mayor of Kinsale Billy Lynch, Sylvana Fiorini, William Reynolds. Front from left: Seamus Nyhan, Eileen O’Connell, Nanette Palmer, Christian Matson, May Hurley, Christine O’Connell – all learners.**

Kinsale computer classes for over-55s

“You’re never too old to learn.” That’s the positive message from young-at-heart students who this summer successfully completed Age Action’s Getting Started Cork computer training course at Kinsale Community School.

In what was a happy and informal ceremony, the Mayor of Kinsale, Billy Lynch, presented certificates, signed by the CEO of Age Action Ireland, Robin Webster, to all participants and tutors in the school, and all who were able to attend were photographed by John Walsh of SB Photography, Schull, who is also a volunteer tutor.

Kinsale Community

School principal Sean O’Broin congratulated all involved in the Age Action course, saying Kinsale was very much a school for the community and was delighted to facilitate courses for all ages. He paid a special tribute to Julie Oates Regional Officer with Getting Started Cork, who along with her daughter Miriam, Ann O’Reilly and Mags Lordan also prepared refreshments and welcomed the Mayor.

Julie praised the students for their courage in taking the leap and being pioneers for future courses and for demonstrating that the world of computers and technology wasn’t as scary as some thought.

She specially lauded the tutors who come from a variety of backgrounds, for generously giving of their spare time and thanked

the school.

Over 300 mature students have benefited from Age Action’s Getting Started Cork project this year, and venues have also included libraries and community and family resource centres. Similar courses were held for the first time at Bandon, Clonakilty, Dunmanway and other venues in the city and county.

Age Action invites people to forward nominations for a Google Silver Surfer Award celebrating older people who have embraced technology.

Enquiries to (01) 475-6939 or log onto www.ageaction/silversurfer

— **Leo McMahon, Southern Star**

A full version of this article was written for and appeared in the Southern Star newspaper.

Second phase of intergenerational mapping

Age Action has launched the second phase of the Intergenerational Mapping Exercise in conjunction with NUI Galway and The Beth Johnson Foundation.

The initial report which was launched in February of this year is available online at www.icsg.ie/intergenerational_mapping_exercise. We now want to update this information and gather more details about intergenerational activities in Ireland

and establish best practice for these kinds of projects.

Further details and the information template to be filled out by intergenerational projects can be found at: www.ageaction.ie/generations-together. The closing date is October 26. If you know of any intergenerational projects, please share this information with them so that we can spread the word as widely as possible.

U3A MEETINGS



☉ **Dublin City U3A**
Meetings last Tuesday of month, (not June-August), 11am, at the Chester Beatty Library. Contact John Roche, (01) 201-7490

☉ **Blackrock U3A**
Contact Eileen Larkin: (087) 4128607, (01) 455-7653

☉ **Ballyroan U3A**
Meet every 2nd Monday at 11am in Ballyroan Library. Contact Al Connor: (01) 490-3212

☉ **Ballymun U3A**
Meetings every 2nd Monday, 2pm in Ballymun Library. Contact: Vera Butler (01) 842-2256

☉ **Lucan U3A**
Meetings 2nd Monday of the month, Ballyowen Castle. Contact Ann Hargaden (email: 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: u3asuttonbaldoyle-dublin/

☉ **Active Virginians U3A**
Meet every week. Contact Ann Brodie at (049) 854-8232

☉ **Maynooth U3A**.
Maynooth Library
Meet every 2nd Friday 11am. Contact Helena Kirkpatrick: (01) 628-5128

☉ **An Cosan U3A Tallaght**.
Meet every 2nd Thursday.

Contact Imelda Hanratty: (01) 462-8488

☉ **Waterford U3A**
Contact Terry (Theresa) Moloney: (051) 876542 or email tmoloney@wit.ie

☉ **Monaghan U3A**
Contact Mary Beagan: (047) 75942, (086) 3314439

☉ **Roscara U3A**,
Co Roscommon. Contact Helen Waldren: (094) 962-1233

☉ **Tramore U3A**
Meetings 1st Thursday each month, 11am, Coastguard Station, Love Lane, Tramore. Contact Mollie Hunt, molliehunt@eircom.net

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

Annual membership application

We/I wish to join Age Action Ireland and enclose € membership fee, plus € voluntary donation = € total payable to Age Action Ireland Ltd

- €20 Individual — retired/unwaged
- €40 Individual — employed
- €60 NGO
- €200 Statutory body
- €500 Corporate

Name

Organisation

Address

.

.

Tel

Fax

Email

Contact person

Signature

Date

Please return to:

**Age Action Ireland Ltd,
30/31 Lower Camden Street,
Dublin 2**

Tel: (01) 475-6989

Fax: (01) 475-6011

Email: info@ageaction.ie

PAW events in Galway

Positive Ageing Week takes place this year from September 28 to October 6, and preparations are under way in Galway city and county. Clients of Sonas Day Centre in Mervue will have their artwork on display at City Hall, and this will be launched on Wednesday October 3.

The children of Foroige Ballybane’s Garden Club will come together with the local Active Retirement Association for a session of autumn bulb planting. An information morning will take place at the Carlton Hotel on the Dublin Road Galway. This is jointly organised by the Family Resource Centres of Ballygar, Loughrea, Gort and Headford. There will be health and fitness sessions, lunch clubs and music afternoons also.



MSD volunteers get certificates

When they heard about Getting Started needing volunteers, the AIT Team of pharmaceutical distributors MSD in Brinny decided to offer their services to the programme in Cork under the leadership of their AIT lead John Sheehan (front right) and with encouragement of the initiative advocate, Gerard Dunne (back centre). They have been volunteering since the end of April in Cork and West Cork. During the presentation of their Age Action recognition certificates on July 26, Ms Chris Dennehy (centre), head of human resources at MSD, Brinny, expressed her gratitude to the team, her pride in their work and her intention to encourage others to become involved.