

AgeingMatters

in Ireland

A quarter century and going strong

From small beginnings
Robin Webster looks back 4-5

Protect the dignity of older people

The ability of thousands of older people to live with dignity will be severely hit if the Government accepts proposals to cut key supports such as the State Pension, the Over-70s Medical Card and the Household Benefits Package in the December Budget.

Speak out and sign up to protect older people.

AgeAction
For all older people

Sign the petition at www.ageaction.ie or phone 01 4756989

Happy 25th birthday
From Minister Helen McEntee TD 3

Meet our volunteers
The people who really run
Age Action 6-7

AgeAction
For all older people



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PUBLISHER Age Action Ireland Ltd

ADDRESS 30-31 Lower Camden St, Dublin 2

TELEPHONE (01) 475-6989

FAX (01) 475-6011

EMAIL info@ageaction.ie

WEBSITE www.ageaction.ie

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CHIEF EXECUTIVE Lorraine Fitzsimons

PUBLISHING & INFORMATION Justin Moran & Gerard Scully

DESIGN Catherine Osborn

■ Cover photo:
Age Action members at the launch of the 2012 pre-budget petition campaign at Croke Park.
Photo: Marc O'Sullivan

Opinion

Amongst women



Lorraine Fitzsimons

I am very pleased to write my first editorial as Acting Chief Executive because I am the first woman to hold this office. Twenty five years ago I volunteered to help set up Age Action and I never thought that 25 years later I would still be here but I am glad I am.

This lengthy first-hand experience has convinced me that the success of Age Action is due to the commitment and hard work of many members, volunteers and staff and our thanks must go to them all including those who have sadly passed away.

The following pages summarise our efforts to realise our vision of making Ireland the best country in which to grow older. While we should take pride in our progress, we mustn't be complacent because there is so much more we must do.

We all know of people left behind or excluded from this positive vision. I immediately think of people on trollies, people forced to stay in hospitals or nursing homes because of inadequate home care, people abused in home and residential care (so vividly captured on RTÉ TV) as well as those socially excluded in declining rural communities without shops, services or transport.

Spirit of Westland Row

We will all have our own ideas so we have to sort out some agreed priorities on which we can work together. To be effective, we may have to rediscover the spirit of Westland Row Church in 2008 to persuade Government and social partners to act urgently to improve the lives of ordinary people including the rapidly growing numbers of older people.

Finally, I want to seize this opportunity to suggest that we should give more attention to the rights of women within our campaign for equality and justice for all.

We must combat discrimination against women in all its forms, especially in employment and pensions. We must promote greater recognition of the vital role of women in our ageing society, which if not entirely dismissed is certainly taken for granted.

Women are the majority in Ireland and their majority increases as we grow older. Women must have more support in doing most of the main caring roles for others within families and the caring professions.

Age Action should be a real force in this campaign; these women need our support and our activism.

So, let's start thinking and working together and there's no better time or place to start than our AGM on 27 June.

— Lorraine Fitzsimons

Committed to care in the community

As Minister of State for Older People, my top priority is ensuring that our older population is looked after, supported and protected, writes **Helen McEntee TD**, as she congratulates Age Action on its 25th anniversary.

We are now living longer and thankfully the indications are that this trend will continue. Older people are active, productive and valued members of society and this is something to be celebrated. Together we should aim to make this a country where people think positively about ageing and plan to get the most out of life.

Of course, that is not to say that we are not faced with challenges in supporting people as they age. We must ensure that the dignity and independence of the older generation is protected, and that the services and facilities people need are provided. As Minister, I am committed to promoting care in the community for older people.

It is my firmly held view that long-term nursing home care should be a last resort after home support and other community based supports have been exhausted. That is why we are developing a new standalone Homecare Scheme, to fund and regulate services in a way that is affordable and sustainable. A public consultation will take place shortly and I would encourage everyone



▲ Minister Helen McEntee, Minister of State for Mental Health and Older People.

to make their views known.

Age Action invaluable

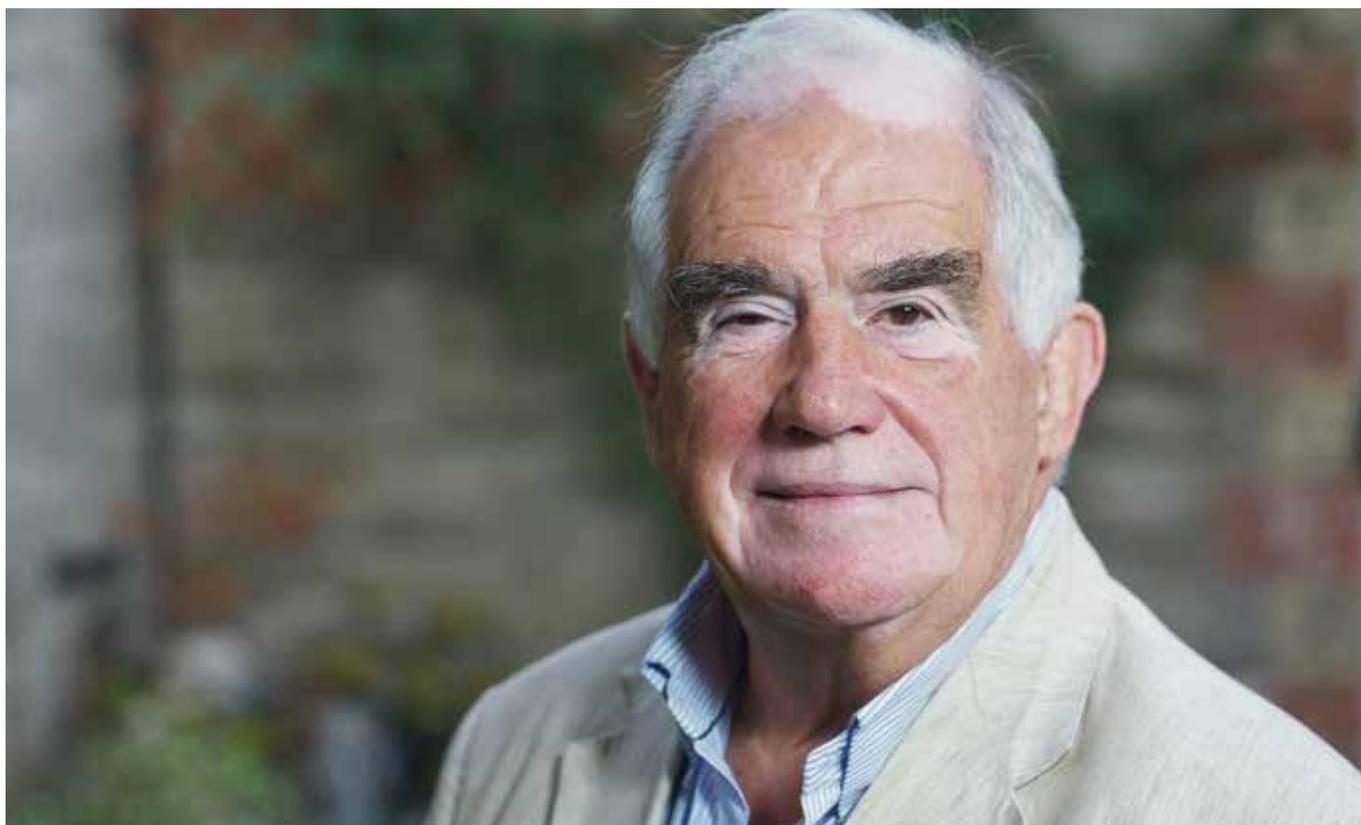
The work of Age Action in supporting older people is invaluable. Services such as your information helplines, computer training programmes and your care and repair programme can be lifelines. Providing people with access to good quality advice and information is also essential.

You are providing opportunities for older people to learn and reskill, thus enabling people to become more involved in society

as active citizens and to play a meaningful role in shaping their own communities. This is very important work. Supporting involvement in community life is vital to empowering people and building strong communities. Of course, none of this would be possible without the hard work of the Age Action volunteers and members, and I would like to thank you all for your continued efforts and dedication.

Older people in Ireland have a great resource and advocate in Age Action, and I hope your next 25 years are just as successful.

25 years of promoting the rights of older people



▲ Former Age Action CEO and founding member Robin Webster.

Former Age Action CEO Robin Webster looks back on 25 successful years.

To mark our first 25 years, I am going to start with a potted history and then concentrate on advocacy as our primary role but I must stress the vital importance of our regional develop-

ment, services and charity stores in keeping us in touch with reality through their regular contacts with thousands of older people throughout the country.

Basic numbers

We started formally as a company on 9 March 1992 and we began work in St Andrew's Resource Centre in Pearse Street,

Dublin on 4 January 1993 when Lorraine Fitzsimons and I started as Administrator and Chief Executive. The basic numbers tell our story. Since 1993/4, members have increased from 137 to 4,513, volunteers from 21 to 1,385 and staff from 14 to 84.

This is due to the commitment and hard work of many people with Age Action but it couldn't



have happened without the support of many others. These include St Andrew's Resource Centre, who provided our first home, HelpAge International, and gave us our first grant, and Help the Aged, who funded our first store. Then the Department of Health, the Health Boards and now the HSE have given us an annual core grant matched by equally valuable funding under the Community Employment Programme from FÁS and latterly the Department of Social Protection.

These bodies not only helped us financially but also assisted in developing our policies and activities. The Department of Health has been very supportive in our work on ageing, most notably in publishing a series of policy documents, including the National Positive Ageing Strategy.

HelpAge International has always supported the international dimension of our work including the current campaign to persuade the United Nations to approve a human rights convention for older people and to promote ageing as a major global issue.

Right to key services

Right from the beginning, we encountered difficulties in presenting ourselves as an advocacy organisation, to establish that older people should have the right to key services and to speak up for themselves in demanding those rights.

We adopted the following definition of advocacy from the Centre for Policy on Ageing:

“Advocacy is about stating a case, influencing decisions, ending assumptions, getting better services, being treated equally, being included, protecting from

Right from the beginning, we encountered difficulties in presenting ourselves as an advocacy organisation, to establish that older people should have the right to key services and to speak up for themselves in demanding those rights.

abuse, redressing the balance of power, becoming more aware of and exercising rights.” We thought this could be applied to all levels of advocacy, including individuals and groups at local, national or international levels.

So, we started with an information centre and published guides on different services and the first pilot advocacy projects for older people in St Mary's Hospital, Phoenix Park, and for family carers in Co Clare. From 1996 to 1998 we organised the first European and Irish conferences on advocacy and older people.

From 2005 to 2014 we managed various local and regional advocacy programmes in cooperation with the health boards. But all these projects were dependent on statutory funding and when this funding ceased, either for financial reasons or because of doubts about funding projects that would criticise the

statutory services, the projects were shut down.

We haven't yet persuaded all service providers or policy makers that engaging with older people might help to improve their services and identify services that are needed.

One of the most successful aspects of our work has been our work with the media mainly due to the expertise of two former colleagues, Paul Murray and Eamon Timmins, who through their professional journalism made Age Action a household name and the go-to organisation on everything to do with ageing and older people.

Westland Row protest

The event that really demonstrated the ability of older people to speak up for themselves and cemented our reputation as an advocacy body was the famous protest meeting at Westland Row Church in October 2008 about the cuts to medical cards for the over 70s.

We won a famous battle but lost the war to retain the automatic right to medical cards.

Two important aspects of that event that have been overlooked are that the impetus came entirely from members, not the staff, and that the enthusiasm of the meeting instilled individuals present with great self-confidence as part of a larger movement, which continues to this day.

We should bottle that spirit and distribute it regularly to all would be advocates of whatever age for the next 25 years.



▲ Phil Uí Mhurchú of the Cork Glór Group and P.J. Gallagher of the Dublin group.

How our volunteers make it all possible

Over the last 25 years Age Action has grown because of the willingness of individuals, of all ages, to give their time to help Age Action to help older people, writes **Gerard Scully**.

Robin Webster, for instance, was not only our first CEO he was also our first volunteer as he worked without pay to get Age Action off the ground.

It is, of course, in a way unfair to signal out particular individuals as examples of people volunteering because all are important and all contribute to the success of the organisation. .

There is no team or department within Age Action that does not benefit from volunteers. From the Board of Directors to the stores you will find people giving their time just to help other people. These people are often anonymous but we wanted

to take a moment to celebrate some of them.

Member directors

From the Board of Directors Geraldine Kennedy (author of *Growing Older in Ireland* in 1995), who died tragically young, springs to mind, or from our first Board Anne Gallagher who always spoke up for ordinary members like herself. This tradition of members being directors is still continuing with Sean Oliver and Anne Donnellan, who are active in the Dublin and Galway Glór groups.

Not only are our Glór groups campaigners and policy advisers, they are more than willing to articulate the concerns of older people in the media. People like Catherine and Dick O'Brien in Cork and Dubliners Ellen Reddin and Noel Nutley are able spokespersons for older people in Ireland.

Another media stalwart is PJ Gallagher who began working with the Information Service, then became a volunteer and is now active in the Dublin Glór Group.

All of Age Action's services rely on volunteers. For instance, this year our Getting Started Programme has 547 volunteers, while Care and Repair has 121. The shops have 47 volunteers, while six people volunteer with the stock collection service.

Age is no barrier

And age is certainly no barrier for our volunteers. Bill Kelly, aged 90, can shake a bucket better than most. For those who enjoy a more relaxing form of fundraising there are the many fantastic knitters who supply the thousands of little hats as part of the innocent Big Knit campaign, including Delo, Winnie, Anne and Noirín from our Camden Street knitting group.

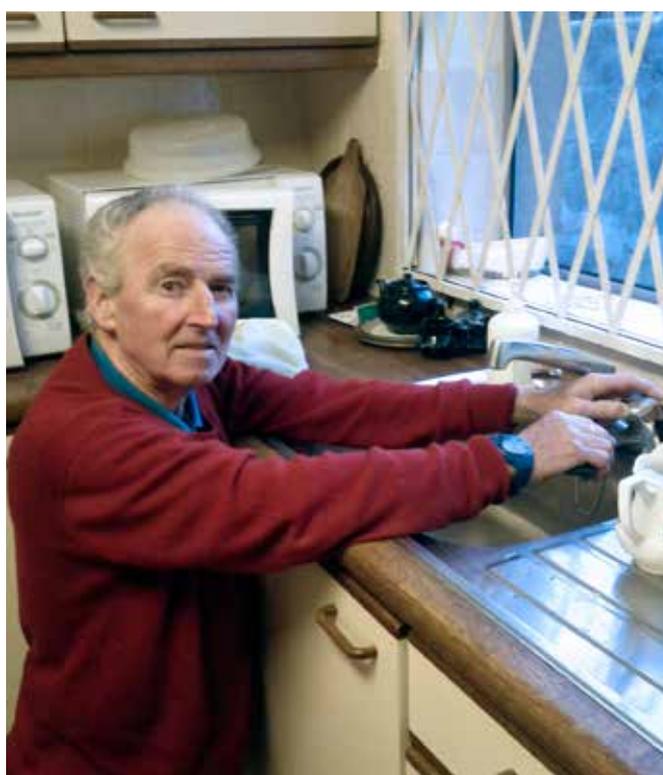
Getting Started has volunteers of all ages like Najat Abdinassir, a young social studies student from Tallaght, while the Tutor of the Year Frank Brady from Malahide is retired. I would like to mention Ronald Rumboll RIP who hounded the people of Dublin with flyers and booklets explaining what Age Action was all about and did so with a smile.

Many of our volunteers also work behind the scenes in administration – Robin Adams who volunteers in the office with stock collection and Edel and Ojo who worked tirelessly in our finance team to make sure the organisation runs smoothly.



▲ Ronald Rumboll

▼ Care & Repair volunteer John Fitzsimons



Information, please

It is a little known fact that on the 29 April 1993 then Minister for Health Brendan Howlin launched Age Action’s Information and Resource Centre, writes Gerard Scully.

Our first Information Officer was Siobhan Conry. To quote from the April issue of the members’ bulletin (dated the 1st which I hope was not an omen), “The purpose of the centre is to provide an information service to all organisations and people concerned with ageing and older people.” A purpose which I hope we have kept faith with for the last 24 years.

When I began (I nearly said working) with Age Action in 1996 we were still occupying an office in St Andrew’s Resource Centre. Even then we were handling calls about nursing home fees, insurance costs and looking for information to explain to people how the system works and how to go about getting their entitlements.

It’s about a bike

We also had a number calls that were difficult to categorise. We had one from a man who said the local Garda Seargent had stolen his bike, while another man, a newly arrived immigrant, rang to ask where in Dundalk was the post office. But other calls are simply heart breaking, as when a caller has been affected by suicide or just wants



▲ Information officers hard at work.

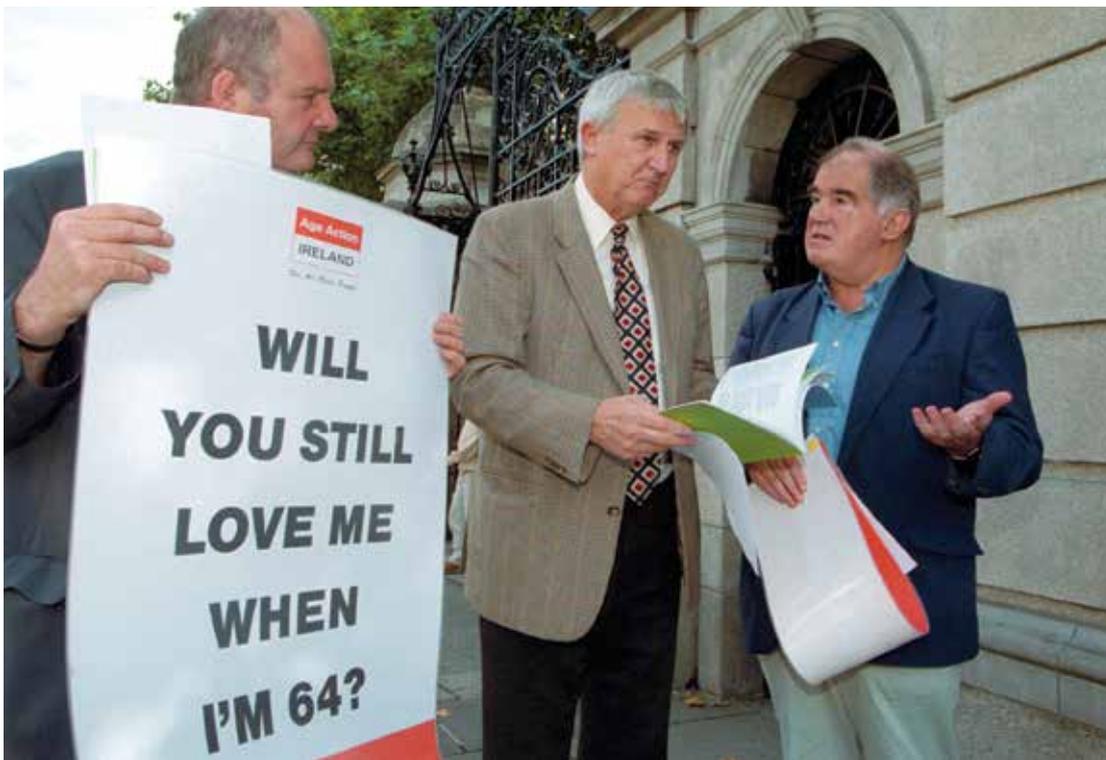
to speak because no one else is there to listen.

I do not have the statistics for the service going back to 1993 but this year so far we have taken 1,191 calls and counting. And so often callers tell us that they have been referred to us by other services simply because they are old, regardless of the nature of their query.

We are still here at the end of the phone to listen and to give

information, directing people where they need to go to get the services they need.

Finally, I would like to say a very warm thank you to all the people, volunteers and staff, who served on the information service with me over the last 21 years. Their compassion, common sense and dedication to helping the older people who contacted us have never been anything less than inspirational.



◀ Paul Murray, Seán Ryan TD and Robin Webster at a protest outside the Dáil.

Campaigning to make a difference

From the very beginning Age Action was fearless in speaking out, fighting ageism and campaigning for the rights of older people, writes Justin Moran.

Age Action began life with a dual purpose, to act as a network bringing organisations working with older people together, and to work to improve “policies and services for older people”.

And while we evolved beyond the first objective we have remained faithful to the second and have campaigned successfully on many policy issues affecting older people. When we were founded in 1992, the State Pension was £66.60, or around €136 in today’s money and though we’ve won substantial increases, there is more to be done.

Pension equality for women is still a key objective. The Homemakers Scheme in 1994 allowed people – mostly women – to raise a family and protect their PRSI contributions. It was a welcome victory, but it does little for those who cared before 1994.

Age Action has also been at the forefront of campaigns on elder abuse which before Anne O’Loughlin’s seminal 1995 report was completely unrecognised as an issue in Ireland.

We were also heavily involved in raising awareness of fuel poverty beginning with our 2006 pre-budget submission *Make Poverty History for Older People*.

Discrimination and employment

In 1995 we were already highlighting the issue of age discrimination in employment long before the Equal Status Acts of 2000. We’re continuing the fight today, supporting the Bill from Deputy John Brady to abolish mandatory retirement clauses in contracts.

In 2008 Age Action supported the action taken by our member Mark Kennedy, then aged 71, in the High Court to have the upper age limit of 65 for jury service removed.

And who can forget the 2008 Medical Card protest when we disgraced ourselves in St Andrew’s Church and made the politicians quake in their boots?

25 years — and still



▲ CLOCKWISE FROM TOP LEFT:
2011: David Henshaw, ex-Chairperson
of Age Action, abseils down the front of
the Irish Life Mall.

Photo: by Mike Louw

2007: Ann Walsh, the late Dr Garret
FitzGerald, Miriam O'Callaghan and
John Campion of the ESB at the launch
of the Photo Exhibition.

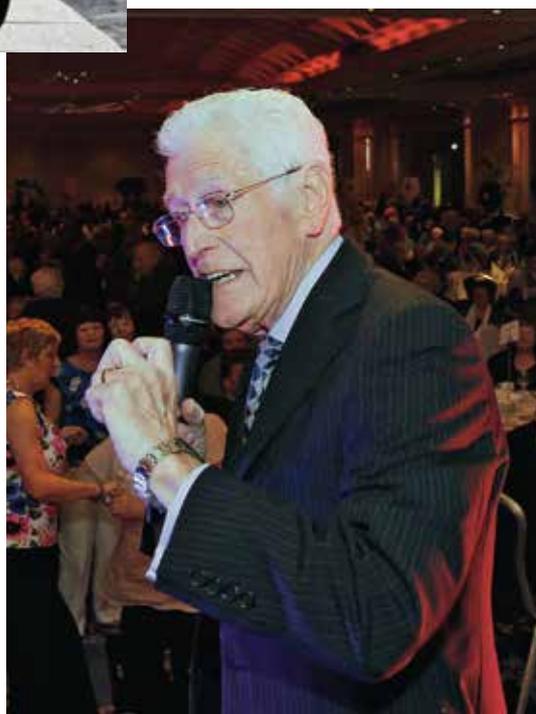
Photo: Shane O'Neill Copyright Fennells 2007

2014: Age Action's Lianne Murphy
meets Lalam Rose Oti, who takes part
in intergenerational activities organised
in Gulu, Uganda.

2008: Doris Molloy, Blackrock, Co Dub-
lin, at the Age Action, protest meeting
in St Andrews Church, Westland Row,
Dublin.

Photo: Dara Mac Dónaill

growing strong



▲ CLOCKWISE FROM TOP RIGHT
2009 From left: Marie O'Gorman (2009 Silver Surfer Award winner), Claire Murphy, First Lady Sabina Higgins, President Michael D. Higgins, Robin Webster and Beth Nunan.

2009: Our Age Action Christmas collection box.

2012: Sonny Knowles entertains guests at the Burlington Hotel during an afternoon tea dance to mark Age Action's 20th anniversary.

Photo: Conor Ó Mearáin

Continued next page



▲ CLOCKWISE FROM TOP LEFT

2010: Leinster rugby's Kevin McLoughlin and Ben Thompson with children of the Mater Dei primary school in Dublin 8 at Age Action's Share A Golden Moment launch.

2012: Volunteer Winnie O'Doherty with Claire Bellis.

2002: Pamela Whittaker, who wrote Age Action's important lifelong learning report *I'm Not Finished Yet*.

2007: Team Age Action run in the Women's Mini Marathon.



▲ TOP RIGHT: 2012: Mayor Hildegard Naughton and Age Action's Pauline Power at the launch of the Getting Started Programme in Galway.

BOTTOM: 2012: Age action members prepare to hand over the Age Action Protect the Dignity of Older People petition to Minister Kathleen Lynch at the Dáil, calling for supports for older people to be protected in the budget.

Photo: Marc O'Sullivan





▲ Opening our new office in Cork.

Photo: Gerard McCarthy

Expanding around Ireland

Though we started in Dublin Age Action was always determined to be a national organisation, one that worked hard to reach out to older people right across our country.

Age Action West

Age Action West officially began in 1999 with John Grant as its first Chair. But we started working in Galway in 1995 with Rita Cunningham, the first development officer, who worked with Pauline Clerkin to get it off the ground. Rita was succeeded by Mary Surliss.

Age Action West's first office opened 2000 in 3 Lower Abbeygate Street with James Reddiough as the Development Officer and Ted Kerrigan as Office Administrator.

Our first shop in Galway was at

25 Upper Abbeygate St with Jill O'Connor at the helm.

Carmel Sheridan succeeded James in 2004 and stayed until 2009. She did great work in nursing homes with facilitation, residents' councils etc. The office moved to Small Crane in 2006 where the team is now based.

Finally, special mention has to be made of Willie Costello who was a staunch supporter and Chairperson of Age Action West.

Age Action West provides a Care and Repair Service, with 510 clients, and Getting Started classes with 850 students in

2016. There are 202 volunteers providing these services, Care and Repair (25), and Getting Started (177) in 20 locations. It engages with 35 local organisations. There is also a very active Glór group based in Galway.

Contact: Anna-Marie Byrne
2/3 West End Square, Small Crane, Galway, H91 PYD9
Phone: 091 527831 Fax: 091 527828
Email: aaw@eircom.net

Age Action South

The Care & Repair programme, the Getting Started programme, Advocacy, Fundraising and Charity Shop Departments are now all active in Age Action South, which covers the Munster region. The last 18 months have seen some

major developments to advance our work there. Having worked from an office St Luke's Home since 2010, Age Action South opened its own doors to the public for the first time when we moved to a new office in Bishopstown. It's a great step forward to be able to bring our clients and volunteers into our own building.

We also opened a charity store in Ballincollig last year. The store increases our visibility in the region and will provide a sustainable income to enable our services for older people to keep growing.

There are now a total of four full-time staff and seven more staff on employment schemes in the region, along with over 150 active volunteers. Each year we are teaching over 500 people in basic computer skills and providing over 5,000 Care & Repair jobs in locations throughout the region. Our advocacy work in the region includes members' meetings, hustings events and a very active Cork Glór Group.

Contact: John O'Mahony
14 Melbourne Business Park,
Model Farm Road, Cork City
Phone: 021-2067399 Email:
aac@ageaction.ie

Age Action stores

Over the years Age Action's stores have offered not only bargains to our customers but also a means to interact with our services and our staff.

They have always been central to the work of the organisation, not only as a means of fundrais-



▲ Our Acting CEO gets a little help opening our new store in Ballincollig.

Photo: Vincent Horgan

ing but also as a way of meeting the public and explaining what Age Action is all about.

Things have not always gone smoothly. Over the years we have unfortunately had to close three of our stores, Mary Street in Dublin, Small Crane in Galway and Linenhall Street in Castlebar. But thankfully things are again improving and we expanding once again. We have just formally opened a new store in Ballincollig and opened one in Terenure last year. Plans are very advanced to open in Galway soon, while our shops in Camden Street, Dun Laoghaire and Monaghan are continuing to thrive.

Charity shops contact

Dublin – Camden Street
30/31 Lower Camden Street,
Dublin 2, D02 EC96
Phone: 01 4756989
Fax: 01 4756011
Email: shopsmanager@
ageaction.ie

Dublin – Dun Laoghaire

The Curiosity Shop, Unit 5,
St Helen's Court, Lower George's
Street, Dun Laoghaire, Co Dublin,
A96 V201
Phone/fax: 01 2808610
Email: dlshopsmanager@
ageaction.ie

Dublin – Terenure
15 Terenure Place, Terenure,
Dublin 6W
Phone: 01 5484275
Email: terenureshopmanager@
ageaction.ie

Monaghan
31 Glaslough Street,
Monaghan Town, H18 KP58
Phone/Fax: 047 75942
Email: mbeagan@
ageaction.ie

Cork – Ballincollig
5 Bharr na tStraide, Ballincollig,
Co Cork
Phone: 021 487 6487
Email: corkshopmanager@
ageaction.ie



Dermot McCarthy



David Henshaw



Richard Harvey



Con Murphy

Saluting a generation of Age Action chairpersons

Dermot McCarthy

In 1992 Age Action's first Board was chaired by Dermot McCarthy who at the time was chair of St Andrew's Resource Centre (the location of our first office). He went on to serve as Secretary General to the Government of Ireland and Secretary General to the Department of the Taoiseach. Dermot McCarthy was Age Action's Chairperson until 1993.

Con Murphy

Our longest serving Chairperson was Con Murphy who held the role from 1994 to 1999. Con was born in Carlow and was a civil engineer working for 10 years in Nigeria on the Direini Cathedral. He was a founding Vice President of Active Retirement Ireland in 1985 and President from 1989 to 1993. He was also instrumental in founding the HAIL (Housing Association of In

tegrated Living). Con always had a very keen interest in promoting the U3A.

David Fanagan

David Fanagan was Chairperson following Con from 1999 to 2004. David was educated at St Mary's College Rathmines and Rockwell College, Co Tipperary. He has been with the Fanagan's Funeral Directors since leaving UCD (where he studied Business and Geography) in 1974. The company has been in existence since 1819, nearly 200 years.

Tony Condon

Tony Condon, was Chair between 2004 and 2005. He was closely associated with the UCD Business and Law Schools and he worked

as Director of Development UCD from 2001 to March 2017.

Sarah Mahon

Our first female Chairperson was Sarah Mahon (nee Marsh) who was Chairperson between 2006 and 2008. Sarah juggled being Chair with being employed by the HSE. Since qualifying as a social worker from Trinity College in 2001, she has developed extensive expertise in working with older people and on dementia. She is at present a Senior Dementia Strategy Projects Manager with the HSE.

Carol Pemberton and Claire Murphy

Age Action had two Joint-Chairs, Claire Murphy and Carol Pemberton, for the year 2009 to 2010.

Carol worked for Irish Life & Permanent in the position of General Manager – HR – Ire



David Fanagan



Claire Murphy



Carol Pemberton

land. Over the years she has been involved in a number of community/voluntary initiatives and is now an Executive Director for Energy Action. Claire Murphy worked for Pfizer as Corporate Responsibility Manager for Ireland. Claire led our very successful Personal Information Pack (PIP) Project. She now works as a counsellor with Everyone Counselling.

Richard Harvey

Richard Harvey was Chairperson in 2011. Prior to retirement in 1999 he worked for many years in a major firm of Chartered Surveyors based in London

and across the world. Since retiring he has time to go fishing, read and travel. He is married to Ann and they have two grown daughters.

David Henshaw

David was Chairperson in 2012 and has continued as a director. He also very bravely volunteered to take part in our abseil down the front of the Irish Life Mall in 2011. David, who is a trained carpenter and boat-builder, retired to Athy where he renovated and opened an award-winning pub.

Margaret Pilkington

Margaret, Chairperson in 2013, was educated at University College Dublin and the Law Society of Ireland. She was admitted

as a solicitor in 2000 and since qualifying has worked exclusively in the area of employment law. She holds a Diploma in Business Studies specialising in human resources and industrial relations and a Diploma in Employment Law.

Owen O'Sullivan,

Owen, the present Chairperson of Age Action, is a solicitor in private practice in Dublin since 1987. He was delighted to be invited to join the Board of Age Action in 2013 and previously acted as legal advisor to a prominent national charitable body.



Owen O'Sullivan



Sarah Mahon



Tony Condon



Margaret Pilkington

A quarter century of **service** to older people

Over the years Age Action has developed and expanded several key services and programmes for older people in their communities — from household repairs to computer skills.

Care & Repair

Care and Repair began life in 2006 as a pilot programme in Dublin and Galway following a very generous grant from Irish Life of €250,000 per year for five years. It was officially launched by Duncan Stewart in 2008 and our first managers were Sean Silke in Dublin and Dara Dunne in Galway.

The Care & Repair programme provides vital supports to older people in 36 cities, towns and rural areas throughout the country. The programme carried out a record 32,467 DIY jobs, befriending visits, trade referrals and telephone contacts for older people during 2016.

Client quotes

Many thanks for putting me in contact with a builder from your list when I had trouble with my roof. He did an excellent job, was punctual, kept in touch and I highly recommend him.

Declan, Galway



▲ Sean Silke and Jennifer Connolly receiving the 2007 Irish Times Living Dublin Award, Community Development category.

An Age Action volunteer came and fixed my bathroom seat and installed two free carbon monoxide alarms. It's fantastic to have this support. I really don't know what I would do without them.

Veronica, Ballincollig

Getting Started

The Getting Started Programme was set up to provide one-to-one computer training for older people to help combat digital exclusion. Since 2006, more than 32,500 people have taken training courses delivered by volunteer tutors in community venues, schools, sheltered housing and businesses. Classes run in 14 counties. Empowering and encouraging older people to bridge the digital divide has been literally life-changing for many older people.

Client quotes

I am 89 years of age and I live alone. Now I don't



▲ Clare Bellis and Peter Lynch with the then new Care and Repair Van 2012.

feel so alone, I can now communicate not only with friends in Ireland but also in other countries.

John, Galway

It's a great programme. I enjoy meeting other folks my age and helping them acquire the skills needed to keep in touch with family and friends and current affairs. Thanks to AA, I am able to help other seniors.

Volunteer, Cork

Together our staff, volunteers and community partners have made a huge difference to the lives of older people, reducing isolation and helping them to remain in their own homes in increased safety and comfort.

Lifelong Learning

The University of the Third Age is an international movement whose aims are the education and stimulation of mainly retired members of the community—those in their third 'age' of life.

Age Action introduced the University of the Third Age (U3A) to the Republic in 1995.

The keynote speaker at the launch was Professor Eric Midwinter who introduced the idea to England in the early 1980s. The first project worker with Age Action was Therese Kearns. U3A members organise their own activities and learn together. They draw on the skills, knowledge, and experience of one another – everyone teaches and everyone learns. There are now 23 U3A groups around the

country supported by Age Action.

Generations Together

Intergenerational projects take place all around us every day. Parents and children, grandparents and grandchildren, older and younger people work, learn and socialise with one another.

There is an increased focus on involving more people of mixed ages in their own neighbourhoods and increasing awareness of the benefits of age friendly communities.

Age Action's Generations Together programme has been running since 2011 and aims to make these projects sustainable and worthwhile learning experiences.

Ageing and Development

The main aim of Age Action's Ageing and Development programme is to raise awareness about ageing in developing countries.

By 2050, older people will account for 20 per cent of the population in developing countries, the same proportion currently experienced in many developed countries. It is something that we cannot ignore!

We live in an interdependent, unequal world and the Ageing and Development programme aims to make people aware that the things we do here in Ireland affect people in the global south and vice versa.

The Ageing and Development programme is funded by Irish Aid and we partner with Help Age International.



▲ Getting Started trainee Nuala McCarthy and volunteer tutor Paul Finlay during a computer class in 2011.



▲ 2009 Silver Surfer Winner the then 95-year-old great grandmother Marguerite Faulkner.

Photo: Colm Mahady / Fennells

Age Action is 25 this year



But we're not celebrating...yet

Age Action was established in 1992 with the vision of making Ireland the best place in the world to grow old, **but in 2017 our services are needed more than ever!**

Since 1992 our staff, volunteers and members have worked tirelessly to **protect the rights** of older people and to **empower** thousands of older people to **live full lives**.

We could not have done this without **YOUR** support, please help us continue our work.

WE ARE ALL GETTING OLDER...

With your support we can make this something to really celebrate!

Yes, I want to change the lives of older people in Ireland by...

Making a lasting gift to Age Action for the future of €25/€___ (amount of my choice) per month
(gifts over €21 per month are eligible for charity tax relief and worth 45% more to Age Action at no extra cost to you!)

Name: _____ Address: _____

Phone number: _____ Email address: _____

IBAN: _____ BIC: _____

TYPE OF PAYMENT: Recurring One Off (check one)

*(IBAN and BIC numbers appear at the top of your bank statement. Your BIC can be either 8 or 11 digits)

Creditor: Age Action Ireland. Creditor Identifier: IE78ZZZ360341 Creditor Address: 30/31 Camden Street Lower, Dublin 2.

SIGNATURE: _____ DATE: __/__/____ AM617

Making a special anniversary gift of €50/€100/€250/€_____ (amount of my choice) to Age Action today

(gifts over €250 are eligible for charity tax relief and worth 45% more to Age Action at no extra cost to you!)

My name: _____ My address: _____

Phone number: _____ Email address: _____

Please find enclosed a cheque/bank draft/postal order made payable to Age Action _____ (please tick)

OR Please debit my: Visa Mastercard Amex Laser

Card number _____ / _____ / _____ / _____ Security Code: _-_/ _-_/ _-_ Expiry date: _-/_-

SIGNATURE: _____ DATE: __/__/____ AM617

Please return your donation freepost: Head of Fundraising, **ANNIVERSARY APPEAL**, Licence No. DN 5455, Age Action, 30/31 Camden Street Lower, Dublin 2.

THANK YOU!