

Lifelong Learning Newsletter

- 2016/2017 Winter Edition -

AgeAction
For all older people

University of the Third Age – U3A

Two new U3A groups have just begun in Limerick city and in Rathmines. This brings the number of groups to 23 across the country. U3A members organise their own activities and learn together. U3A groups have participated in all kinds of activities with learners of all ages.

They draw on the skills, knowledge, and experience of one another - everyone teaches and everyone learns. U3A groups have organised talks on local history and wildlife, tai chi, creative writing, stress management, gardening, computers, poetry appreciation, visits to museums, walking festivals, and other learning opportunities and activities.

No educational or professional qualifications are required and there are no exams! To locate (or start) a group near you, log onto www.ageaction.ie You can also call Sam, or Billy, on 01 475 6989 for more information.

Enactus is an initiative for students to create social enterprises and to help make a difference. Brendan Hughes is a member of the *Enactus Society* in the Dublin Institute of Technology.

Brendan is promoting a project called **Erasmate**.

Visiting international students "buddy-up" with Irish students to co-ordinate language lessons. Erasmate hopes to organise tours of the city for students, guided by individuals with extensive local knowledge.

Brendan is hoping to capture the wonderful knowledge and stories that older people have about the city. Participating in and becoming an 'Erasmate' creates an active and healthy opportunity for intergenerational and intercultural exchange.

If interested you can contact Brendan hughesbrendan145@gmail.com or for further information [Click Erasmate](#)

Financial Abuse & Scams and Frauds

In 2016 the Age Action policy team, with support from Ulster Bank, produced leaflets on financial abuse and about scams and frauds. The leaflets are available on the Age Action website – [Click Here](#)

If you would like hard copies of the leaflets, please contact Naomi Feely, Senior Policy Officer, at socialinclusion@ageaction.ie or call 01 475 6989. We are happy to send out a batch of each leaflet for distribution in your community.



Photographs from Rathmines U3A – Greg from Rathmines Leisure Centre & Mary O'Brien talking about the Simplex Crossword she constructs for The Irish Times



Welcome Limerick City U3A!

Click and listen to a [radio recording](#), produced by Nancy Klein, which talks about many aspects of Age Action's work in Ireland. It was recorded at the first Limerick U3A meeting. It deals with the topic of older people who want to stay intellectually active and socially stimulated through attending lectures, going on field trips, and doing a variety of locally-run activities with other like-minded people.

Open Eir & Age Action are making waves to find Ireland's top Silver Surfers

The Open Eir Silver Surfer Awards celebrate and showcase use of the internet and technology by older people as well as recognising the volunteers who teach these skills. The awards will be presented by broadcaster Baz Ashmawy, and his mother Nancy, on Tuesday 28th March, at The eir Building in Dublin's Heuston South Quarter

Age Action is looking for people over the age of 50 who have an interesting story to share about how they use their computer and the internet. They are role models who inspire other older people to embrace technology. We are asking you to nominate a friend, neighbour, or relative, who uses technology for pleasure or as a way to enhance their quality of life.

This is the 8th year of the awards and there are 5 award categories:

1. **New to IT Award** - An older person who is new to technology and has overcome challenges to become an IT user
2. **Hobbies on the Net Award** - An older person who uses the Internet to pursue their passion or hobby or who uses IT for communication and social networking
3. **IT Tutor(s) of the Year** - An individual volunteer or group of volunteers of any age who tutor older learners
4. **Silver Surfer Award** - An older person who embraces the Internet or technology with a sense of fun and adventure
5. **Golden IT Award** - An individual over the age of 80 who uses technology to enhance their life

You can nominate someone for an award by filling in an online form at www.ageaction.ie/silversurfer or you can phone Anne-Marie on 01 475 6989 – before February 17th



You can keep up to date with Age Action through social media by using the links below

- [Age Action Facebook Page](#)
- [U3A Facebook Page](#)
- [Age Action Twitter Feed](#)
- [Age Action LinkedIn](#)

Have you any unwanted Christmas presents?

Are you doing a Spring Clean?

Why not donate your unwanted gift to Age Action?

Age Action accepts all types of donations, including furniture, clothing, shoes, accessories, household goods, children's toys, CDs and DVDs.

Age Action works with older people all year round and every donation can make a huge difference. Donations can be dropped off at any of our five stores. There are Age Action stores located on Camden St, Terenure and Dun Laoghaire in the Dublin area. We are also in Monaghan and Ballincollig in Cork. You can also phone Age Action on 01 475 6989 to arrange a collection.



CONTACT US

Age Action welcomes Billy O'Keefe as the new Programme Manager for Lifelong Learning

If you would like information about the Age Action **Generations Together Programme** or are interested in participating in intergenerational activities and projects then please get in touch with him: **Email:** billy.okeefe@ageaction.ie **Phone:** 01 – 475 6989

If you would like information about **University of the 3rd Age Programme** please contact: Sam O'Brien-Olinger, Development Officer U3A Programme **Email:** u3a@ageaction.ie **Phone:** 01 – 475 6989



There are three strands to Age Action's lifelong learning programme

- **The University of the Third Age (U3A)**
- **Generations Together**
- **Intercultural Programme**

Generations Together is all about collaborating to build better communities for all who live and work and play in a particular area. People of all ages come together in many areas of life. Youth groups, sports and leisure groups, music and art groups, community groups, social inclusion, Tidy Towns, community gardens, etc.

Generations Together works to support and build up new and existing projects. Tell us about what's happening in your area and how we can support and build on that work.

"In Europe the parents are included as with children. All three generations are together. I'm thinking of Italy. You go out on a Sunday afternoon and the whole family is there." —Dana Delany



Back in 2008 the good folk at Innocent Smoothies had an idea. They asked some older people, and some younger people, to knit little woolly hats. They then put those hats on their smoothies, and for each one sold they donated 30c to Age Action!

The idea snowballed and so far the people of Ireland have knitted an astonishing 390,000 hats! Thanks to knitters like you we have raised over €140,000 so far. This year we are aiming to put 100,000 little hats on our bottles.

If you can help get us towards that target then please get knitting. You'll find patterns and more information at www.thebigknit.ie/patterns

This e-newsletter is published quarterly. If there is an event, article, item you would like included, please email details to: generationstogether@ageaction.ie

Please print out a copy of this newsletter and leave on your noticeboard, or in any public areas where people may read it.

If you no longer wish to receive the Life Long Learning Newsletter from Age Action then please email generationstogether@ageaction.ie with UNSUBSCRIBE in the subject field.

The Promise - Musical Drama

Inspired by true events, The Promise is five very different love stories mixed with haunting melodies, rousing anthems and romantic love songs, composed by Dublin singer/songwriter Paul Redmond. The plot twists and turns with exciting unpredictability. The cauldron of Irish revolutionary fervour is the melting pot into which the love stories are skilfully blended. Sometimes sad, sometimes witty but always gripping, the unfolding plot will have you on the edge of your seat.

March 3rd & 4th at 8pm

The Academic Centre
Gleeson Auditorium
James Connolly Memorial Hospital
Campus
Blanchardstown

Tickets (€20 each) can be purchased by emailing promisemusical@gmail.com

In aid of Blanchardstown Hospital Society

Toward a Fair State Pension for Women Pensioners

In 2012, a number of changes to the eligibility criteria for the State Pension (Contributory) were introduced. These changes have made it increasingly difficult to obtain the top rate of payment. Research conducted by Age Action indicates that women have been disproportionately affected by these changes and have negatively affected women's ability to access an adequate income in older age.

What: Launch of *Toward a Fair State Pension for Women Pensioners*

When: 9:30am to 12:30pm
Thursday 9th February 2017

Where: Alexander Hotel,
Fenian St., Dublin 2

The seminar will present the findings of our research on the current generation of older women, as well as looking to identify what needs to be done to ensure a narrowing of the gap for future generations.