



Getting Started

Age Page - Autumn 2016

Welcome to the *Getting Started* Age Page

This newsletter will keep you up to date on the activities of the Getting Started Programme and provide information on interesting websites, new technology and news.

Getting Started is a programme for older people to help them gain confidence and basic skills in computers and the internet. Training is provided by volunteer tutors in small classes, with an emphasis on encouragement and support for older learners.

Staff Changes

Our Getting Started Team has recently changed with our National Development Manager, Pauline Power taking up a new post with another organisation.

Robert Carroll, our Dublin City Council Sheltered Housing Development Officer took early retirement in September and

Jennifer Glansford has been appointed the new National Development Manager.

Improving Later Life – Understanding the oldest old

Age UK has produced this quite long but very interesting read about improving the lives of people in their mid 80s onwards:

<http://www.ageuk.org.uk/Documents/EN-GB/For-professionals/Research/Improving%20Later%20Life%20%20WEB.pdf?dtrk=true>

Silver Surfer Awards

Open eir has announced its sponsorship of the Silver Surfer Awards as part of a two-year partnership with Age Action. Now in its eighth year, the Awards celebrate and recognise the achievements of older people using technology and the Internet as well as the volunteers who teach these skills.

Nominations are now open for the following categories:

The five categories for the 2017 open eir Silver Surfer Awards are:

New to IT Award - A person over the age of 50 who is new to technology and has overcome challenges to become an IT user.

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.

Golden IT Award - An individual over the age of 80 who uses technology to enhance their life.

Silver Surfer Award - An older person who embraces the Internet or technology with a sense of fun and adventure.

IT Tutor(s) of the Year Award - An individual or group who provides voluntary support to older learners.

Nominate someone you know!

The closing date for entry is Friday, 17 February 2017 and you [make your nomination online](#). The awards ceremony takes place in eir's Head Office, 1HSQ, on Tuesday, 28 March 2017.

Better Together Awards

Irish Haemochromatosis Society

Last years Silver Surfer Winner, Margaret Mullett, is the chairperson of the Irish Haemochromatosis Society. The society has been nominated for a Better Together Award and needs your votes!

You can view the video here:

<http://www.bettertogether.ie/video/haemochromatosis-sean-danny>

You can vote for the video EVERY DAY up to 7th December

Remembering 1916, Recording 2016 Survey

The National Library of Ireland needs your help!
Help them build the archive of the future. What website
best reflects the events of 1916? What website best
records life in Ireland in 2016?

Vote now at:

<https://www.surveymonkey.com/r/8CCV93P>

DCU New Programme for Retirees

Dublin City University has launched a new programme
aimed at engaging the talents of retired and soon-to-be
retired professionals who are seeking new challenges into
the latter stages of their careers.

The Advanced Transitions Programme will offer a
combination of academic, personal and professional
activities with the aim for its participants to realise an
engaged and purposeful stage in later life through
vitalising their skills, knowledge and expertise.

An initial pilot-programme will seek 25 participants in
order to combine their expertise into a dynamic and
engaging community at the college. A week-long
programme 'Ignite' will introduce participants and explore
their personal motivations for taking part where they will
be questioned about their current plans and what they
aim to achieve through the programme.

The outcome will provide a personalised plan as to how
each individual will engage with the range of activities
offered in the programme.

The programme, led by Director Ronan King, will contain
core elements as well as optional activities that aim to
reflect the unique interests of the group as a whole in
addition to each individual's personal interests.

Participants are being welcomed to act as mentors to undergraduate and postgraduate students as well as to provide knowledge and advice to groups of students engaging in commercial and social enterprises.

The Advanced Transitions Programme will launch for a full academic year at the beginning of next year, with a full week of activities set for January 2017 followed by selective days throughout the twelve week duration from February to April and September to December.

Aaron Gallagher

<http://www.thecollegeview.com/2016/06/02/dcu-offers-new-programmes-retirees/>

New Age Action Shops

Age Action is delighted to announce the opening of our new shops at:

5 Bharr Na Straide Ballincollig, Cork

&

15, Terenure Place, Terenure, Dublin 6W

Donations are always welcome. Either drop donations to shops or call our Stock Collection team on 01 4756989

Information Team – Online Enquiry Form

If you need information about any ageing matter or need to ask us a question, the Information Team have a new online enquiry form you can complete and send:

<https://www.ageaction.ie/how-we-can-help/information/ask-question>

The Information Team is always on the end of the phone so if you would prefer, call them on 01 4756989.

Websites of Interest

Travel with a difference

<http://www.freebirdclub.net/>

Making Ireland Click

A new series, Making Ireland Click is being currently aired on RTE. It highlights the challenges of getting people, including older people online. In the first episode (31/10/16), our classes at Dominican College featured along with a great piece by our previous Silver Surfer Winner, Marie O’Gorman. You can watch the last two episodes on the following link:

<http://www.rte.ie/player/ie/search/?q=making%20ireland%20click>

Alternatively, log onto the following website for links:

<http://www.makingirelandclick.ie>

Or check out our blog on our website:

<https://www.ageaction.ie/blog/2016/10/27/tune-making-ireland-click>

YouTube Videos

Recent Irish Sporting History

<https://www.youtube.com/watch?v=RZ3o5S61IBY>

A bird video to make you smile

☺ <https://www.youtube.com/watch?v=RZ3o5S61IBY>

An inspirational lady

<http://www.bbc.com/news/uk-england-norfolk-37775585>

Ageing Matters

- Car Insurance Costs out of Control, page 3
- Top tips for Positive Ageing, page 10
- Getting Started in Cork, turn to page 15

For all of that and a lot more check out

https://www.ageaction.ie/sites/default/files/attachments/t_hird_and_final_proof.pdf

and please feel free to share this email with your friends and family.

Age Action's Facebook – Help get us to 7,000 Likes

We have 6,650 likes on Facebook and we would love to reach 7,000 soon. It's a great way to follow what's going on in the charity so if you are on Facebook please find the Age Action page click "Like" and "Share" the page with your friends and ask them to "Like" us too. If you "Like" and "Share" our postings you can greatly help us to spread our message far and wide.

www.facebook.com/AgeActionIreland

Thanks.



You can also follow us on Twitter

<https://twitter.com/ageaction>

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Do you know someone who is over 55 who would like to learn to use a computer?

- - **Dublin- 01 475 6989**
 - **Cork & Waterford – 021 2067399**
 - **Galway, Mayo and Leitrim - 091 527831**

Attention Volunteer Tutors

If your students would like to receive this monthly email newsletter just ask them to email gettingstarted@ageaction.ie and we will include them in the mailing. Please could you also ask students to include their location in the email. Thanks

Contribute to this Newsletter

If you know of an interesting website or have information on technology that you would like to share, or if you would like to write a short story about your experience as a learner or tutor please contact Jennifer Glansford at gettingstarted@ageaction.ie

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