



## Getting Started

### *Age Page - Autumn 2017*

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.

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## Getting Started Updates

Our one to one classes have recommenced after the Summer break with several new venues being added.

The move was made over the Summer from Small Crane to our gorgeous new premises at Francis Street, **Galway** and classes will be starting in our new training room in September.

Call 091 527831 for further information.

At Inchicore, **Dublin** we have a free appointment based basic Technical Service; We also have a Drop In Service running on Fridays. To enquire about either, call 01 4756989.

At Age Action Offices in **Cork**, classes continue as well as lots of venues around the city and county. Call 021 2067399 for further details.

One of our Silver Surfer nominees and Getting Started graduate, Carmel Murray was featured in the Examiner recently – read all about her adventure at the link below:

<http://www.irishexaminer.com/lifestyle/features/ageing-with-attitude--world-traveller-has-plenty-to-smile-about-453604.html>

Another one of our graduates Patricia Pierce from Dublin, has started her own business selling fridge magnets online with an unusual theme (Dublin iconic keepsakes) with the help of the Getting Started team. Check out her website or her Facebook page.



<http://www.quirkyirishicons.ie/>

<https://www.facebook.com/QuirkyIrishCons.ie/>

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## Free Tutorials

We all have problems when using the internet that we would like to solve straight away but there is no one around to help. Well there is now. Just go to <https://www.gcflearnfree.org/subjects/technology/>

They also give tutorials on Word, Excel, PowerPoint and Access plus lots more.

<https://www.gcflearnfree.org/>

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## Websites of Interest

### Elder Share Home

Live-In Support & Companionship

Trusted & Vetted Companions

<http://www.elderhomeshare.ie/>

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### Holidays for the over 55s

The over 55s travel company, Golden Ireland has just launched a new solo friendly holiday, with no single supplement. More and more older people are single these days, with solo travellers ranging from divorced or widowed holidaymakers to married travellers whose partners cannot join them on a particular trip, to people looking to holiday with a group of like minded people in a safe and sociable setting.

<http://www.goldenireland.ie/locations/abroad/all/253/>

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### Don't Know What Type of Computer to Buy?

Top 10 best laptops for seniors – Cheap Price Available

<http://www.sysprobs.com/best-laptops-for-elders-and-seniors>

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### Dublin Theatre Festival

**dublin** | 28 Sept–  
**theatre** | 15 Oct  
**festival** | 2017



Explore the 2017 Dublin Theatre Festival programme - 18 days of live performance showcasing pioneering international productions,

engaging and provocative Irish work, theatre for children, as well a series of critical talks, artist development programmes and industry events.

<https://www.dublintheatrefestival.com/Online/2017 Programme>

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## **Top 10 Historical Anniversaries: 2017**

As its Age Action's 25<sup>th</sup> Anniversary why not find out about some more anniversaries. The Bridgeman archive has a range of images and footage covering a variety of anniversaries throughout 2017 and beyond. See highlights of the top ten historical anniversaries in 2017 below and visit their **archival calendar** for many more.

<http://blog.bridgemanimages.com/top-10-historical-anniversaries-2017/>

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## **Cycling without Age**

Check out this great initiative that was started in Denmark

<http://cyclingwithoutage.ie/>

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## **Glasnevin Cemetery Museum**



Find out what's happening at Glasnevin Cemetery this autumn with

tours, lectures and workshops including the Patrick Pearse oration re-enactment and tours of Goldenbridge Cemetery and Richmond Barracks.

<https://www.glasnevinmuseum.ie/events/>

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## **Census 2016**

Some interesting information about our 2016 Census are online at

<http://www.cso.ie/en/census/>

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## **YouTube Videos**

Watch Simon's cat play "cat and mouse" with his pc.

<https://www.youtube.com/watch?v=BWIPZvwcX8>

Bray Air Show

<https://www.youtube.com/watch?v=EHPdQeHq1U4>

Amazing Yoga Instructor

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

For the Week that Was in It! Aerial Footage of Croke Park

<https://www.youtube.com/watch?v=h4efEirg29w>

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## **AGE ACTION NEWS**

### **Dementia: Understand Together Campaign**

Each year over 4,000 people in Ireland develop dementia – that’s over 11 people every day. Fear and stigma surround dementia, that can result in delaying a diagnosis, and unnecessary loneliness and isolation for people living with dementia and their families.

Understand Together, a public support, awareness and information campaign led by the HSE working with the Alzheimer Society of Ireland and Genio, aims to tackle this stigma to create an Ireland that embraces and includes people living with dementia and their loved ones.

Age Action is a partner of the Dementia: Understand Together campaign.

*For more information on dementia, Freephone 1800 341 341 or visit [www.understandtogether.ie](http://www.understandtogether.ie)*

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### **Positive Ageing Week**

Our 15<sup>th</sup> Annual Positive Ageing Week will happen from 25<sup>th</sup> September to 1<sup>st</sup> October this year and there are hundreds of events happening all over the country. Check out PAW page on our website for further details:

<https://www.ageaction.ie/how-you-can-help/positive-ageing-week-2017-sponsored-bank-ireland>

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### **Our 2<sup>nd</sup> Annual National Collection Day**

**Friday 29 September.**

Our Fundraising Department need lots of extra help with our new Heart of Gold campaign. If you could spare two hours on that day, please contact [fundraising@ageaction.ie](mailto:fundraising@ageaction.ie) or 01 4756989

The Heart of Gold campaign calls on people young and old to purchase a pin for €2 celebrating the contribution older people make and continue to make in the community

We are collecting on select streets and shopping centres in Dublin, Cork, Galway, Kilkenny and Limerick from 9.00am to 8.00pm so any time you can offer would be greatly appreciated

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## Home Care

The Government has announced a public consultation on how it could deliver a statutory scheme that would provide homecare to people in Ireland. This is a huge opportunity for older people and their families to ensure we put in place a system that provides the home supports so many people need, but so few get.

**The people who use homecare are the real experts and their families are the real experts and that's why it's important they hear from you.**

You can order a paper copy of the consultation form by ringing the Department of Health on 01 635 4402; you can fill it out online at <http://health.gov.ie/consultations>; or you can contact the Age Action information team on 01 475 6989 for assistance in making a submission.

**The closing date for submissions is 6pm on Monday 2 October.**

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## Reverse State Pension Cuts

Age Action launched its first online petition and we're looking for your help to spread the word!

Earlier this year we launched a report exposing the fact that changes to the State Pension introduced in 2012 have punished tens of thousands of pensioners, mostly women, for taking time out of work to rear their kids.

We have a petition going to reverse this and already have more than 200 signatures. People can now sign online here:

[www.ageaction.ie/takeaction/reverse-2012-state-pension-cuts](http://www.ageaction.ie/takeaction/reverse-2012-state-pension-cuts)

We are asking you to sign yourself and spread the word!!

A couple of blogs relating to this you might want to check out.

<https://www.ageaction.ie/blog/2017/08/11/your-chance-shape-homecare-ireland>

<https://www.ageaction.ie/blog/2017/08/08/politicians-must-act-growing-old-shouldnt-mean-being-afraid>

<https://www.ageaction.ie/blog/2017/08/16/bins-moving-pay-weight>

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## **Carbon Monoxide Awareness Week**

**Gas Networks Ireland** have confirmed delivery dates for 4,300 carbon monoxide alarms to be distributed to Care & Repair clients free of charge. A launch has been scheduled for **September 25th**, which is the first day of both **Positive Ageing Week** and **Carbon Monoxide Awareness Week**. The Care & Repair team can begin taking names of clients from any of our services who would like a free carbon monoxide alarm, which would be installed for them after September 25th.

Contact John O'Mahony at 021 2067399

[jomahony@ageaction.ie](mailto:jomahony@ageaction.ie)

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## Back Yard Blitz

Age Action and Bank of Ireland today took part in the Great Bank of Ireland Backyard Blitz, which saw hundreds of bank volunteers swapping their calculators for watering cans and their spreadsheets for spades to give their older neighbours a 'dig out' in the garden.

For all that and a lot more



checkout

[https://www.ageaction.ie/sites/default/files/attachments/ageing\\_matters\\_april\\_2017.pdf](https://www.ageaction.ie/sites/default/files/attachments/ageing_matters_april_2017.pdf)

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## Become a Member

Please scroll to page 20 if you are not already a member of Age Action. Our voice as an organisation becomes stronger the more members we have!

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

Also check out our website for new blogs, updates of our activities and lots more!

<https://www.ageaction.ie/>

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## **Age Action's Facebook**

### **Help get us to 8,500 Likes**

We have 8,004 likes on Facebook and we would love to reach 8,500 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](http://www.facebook.com/AgeActionIreland)

Thanks.



### **You can also follow us on Twitter**

<https://twitter.com/ageaction>

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### **Attention Volunteer Tutors**

If your students would like to receive this monthly email newsletter just ask them to email [gettingstarted@ageaction.ie](mailto: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

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### **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](mailto:gettingstarted@ageaction.ie)

**Getting Started, Age Action Ireland,**

**30/31 Lower Camden Street, Dublin 2**  
**Phone: 01 475 6989**

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