

# ageing matters *in Ireland*

# Robin passes the torch

Age Action founding member and CEO Robin Webster moves on to new role  
**Pages 8-9**



Staff changes at Age Action **Page 3**

Ulster Bank funds project on financial elder abuse **Pages 6-7**




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

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

■ Cover photo:

Age Action Chief Executive Robin Webster, who is stepping down after 22 years in the post. See *interview* pages 8-9

## Farewell and best wishes

**You** may not notice it, but this editorial is sodden with tears for it's my last as Chief Executive after 22 years. But I hope that you will support my bid to write a guest editorial for *Ageing Matters* in April 2038.

There are so many things that I could write, but there is not enough space, so I will offer some simple thoughts about Age Action and its future.

We can all be proud of how Age Action has developed since it started. I am proud that it is one the few democratic charities controlled by its members, most of whom are older people themselves. This means the directors, staff and volunteers are answerable to the people they serve, a principle that I hope will be strengthened by more members becoming more active as advocates and volunteers.

Age Action has often been accused of doing too much, but never of doing too little. There is so much more to be done to transform Ireland to become the best place in the world to grow older in. There is still far too much discrimination because of age as well as the other eight grounds, including gender, race and disability. We have to get rid of discrimination and replace it with a national commitment to equality and justice for all. So far, we have failed utterly to convince the most powerful groups in the country that equality is good for all of us. In addition to changing attitudes, we have to develop many more practical services to make life better for all, especially those who are the poorest, the sickest and the most excluded. For example, why shouldn't everyone have access to Getting Started for computing, to Care & Repair for managing their homes and to U3As to go on learning? I hope that we can be more ambitious and daring in creating the kind of country we want for our families, our communities and ourselves.

Age Action has often been praised not simply for what it does but more importantly for the caring way in which our volunteers and staff do their work. That's a fine reputation to have and one that must be treasured by all of us. Whenever any of us does something for others in the name of Age Action, we are Age Action. So I hope that Age Action cares for people in ways that restore their self-belief and independence rather than reinforce any feelings of inadequacy or dependency.

Finally I want to thank all the members, volunteers, staff and directors for their generosity and kindness to me over many years. It's been my honour and privilege to serve you.

With thanks and best wishes.

— **Robin Webster (Member No. 28)**

# Age Action appoints new CEO

Eamon Timmins was selected as Chief Executive of Age Action on April 7, following the decision of Robin Webster to step down after 22 years of service.

Eamon has been Age Action's Head of Advocacy and Communications since 2006. Before joining the charity, he worked for 19 years as a journalist with a number of national and

regional newspapers.

"Robin Webster has done a remarkable job in building Age Action from the ground up, and I am thrilled and honoured to be given this opportunity," he said. "I look forward to working with our great members, staff and volunteers to continue to develop the vital work which Age Action is doing around the country."



■ New CEO Eamon Timmins

## New head of Advocacy & Communications

Major changes in personnel have taken place in Age Action over the past month, and among these was the arrival of Justin Moran as the new Head of Advocacy and Communications.

"While nervous about filling the shoes of Eamon Timmins, who has become Age Action's new CEO, I am looking forward to my new role and working on issues around ageing," and I am particularly interested in advocating for the rights of older people, Justin says.

Born in Galway, Justin was raised in Mayo but maintains a strong loyalty to the western country. He studied Journalism in DCU and has always had a keen interest in social issues, working with EAPN in 2007 for six months. Justin has also worked closely with the media on political issues as Head of Leinster House Press Office for Sinn Féin between June 2006 and January 2007.

The bulk of his career was with Amnesty International (between 2007 and 2013), where he developed a deep knowledge of international politics and human rights.

Justin completed a Masters in



■ Justin Moran

International Relations in 2011. Apart from the community sector, Justin also has experience of the commercial world, working with EirGrid between 2013 and 2015.

As Head of Advocacy and Communications at Age Action, Justin will be working to make it an even more effective organisation in advocating for better policies for older people. "Our members will also be central to the campaigning work of Age Action," Justin Said.

# Social inclusion model leaves many groups feeling excluded

On the March 25, the Dept. of Social Protection hosted a social inclusion forum attended by NGOs and stakeholders representing many groups at risk of social exclusion.

In addition to the forum, there was an information fair with many of the groups taking the opportunity to organise a stand to distribute information.

Representing Age Action were Phil Colley and Gerard Scully from our Information Service. There were presentations from Hugh Frazer (NUI Maynooth) and Simonetta Ryan (Dept. of Social Protection), who described the work of the European Anti-Poverty Network, and the Community Workers Co-op in organising events preceding the forum.

The forum took a lifecycle approach and included workshops on Youth Exclusion, Children's Services, Migrant Integration and Social Housing.

Phil and Gerard both agreed that the lifecycle approach tends to see older people as a single group rather than a diverse



group of people with different interests and challenges. They chose the workshop on social housing as the one into which older people's issues best fitted.

**'A video was shown of people describing their experience of social exclusion in which no older people were included.'**

Their overall impression of the forum was that older people were ignored, as were people with disabilities and travellers.

For instance, in the opening talk by Simonetta Ryan, a video was shown of people describing their experience of social exclusion in which no older people were included.

Simonetta spoke of the prospect of 200,000 people being lifted out of poverty as we exit recession. And she announced that the National Action Plan on

Social Exclusion is being extended to 2017. She spoke about the problem of consistent poverty affecting children, but neglected poverty among older people.

The workshop on the sheltered housing was led by Dr Padraic Kenna (School of Law NUI Galway), Ms Lisa Clifford (Dept of the Environment) and Senator Aideen Hayden (Labour Seanad whip and chairperson of Threshold). An issue that arose frequently was the lack of social housing and the difficulties experienced by people on rent supplement. Rents are increasing and many landlords are refusing to accept tenants on rent supplement. Phil also raised the issue of sheltered housing liaison officers in Dublin City Council.

The forum was closed by the Tánaiste and Minister for Social Protection, Joan Burton TD, who also took time to speak to those who worked the information stands.

The Minister welcomed the work of the Liberty Belles, a group of people from the Liberties who are working towards October 17, the UN Day for the Eradication of Poverty (to be achieved by 2030).

# So good that Michael did it twice

Michael Niblock, a well known Gaelic Football player from the 60s and 70s, has just finished his second course with Age Action's Getting Started programme in Cork.

Michael, who is originally from Magherafelt, had the good sense to marry a Cork woman called Dolores and is now living in Cork.

This is Michael's second course. He completed one in February 2014 but neglected to practise. Let this be a warning to all.

This second course took place in Douglas Library in Cork, and his tutor was Declan Foley. Michael is already practising and emailing his son. He has also discovered YouTube to look up coaching drills and has already booked himself into a Smartphone course being run in May by the Getting Started programme.

When Michael discovered the RTÉ Player during his class, it was Cheltenham day and he asked his tutor whether it was possible to watch it live. They logged on and watched the Gold Cup together, which he was thrilled about.

We are not told if he had a bet on, but if he still has his winning ways, then he



■ Michael Niblock, well known GAA star (right), with his tutor Declan Foley.

is certainly a good man to take a tip from.

Michael maintains a keen interest in football and is delighted that he can look up the scores and fixtures of Nemo Rangers, just one of the teams he had success with.

It was while playing with another Cork club that Michael showed his rebel streak. In 1978, against the rules of the GAA, while playing for Douglas, Michael travelled north to play alongside his brothers and help Magherafelt win the Derry Senior Football Championship (for the first time in 29 years). But the victory cost him a chance

to play for Cork at county level.

Julie Oates, the coordinator of the Getting Started programme in Cork, discovered Michael's illustrious past while chatting with him after the course. Then, using her own finely honed computer skills, she tracked down the following links on Michael's Career:

- [http://en.wikipedia.org/wiki/Mickey\\_Niblock](http://en.wikipedia.org/wiki/Mickey_Niblock),
- <https://vimeo.com/6186061> and
- <http://www.hoganstand.com/Derry/ArticleForm.aspx?ID=88756>

**You can contact Julie at [gettingstartedcork@age-action.ie](mailto:gettingstartedcork@age-action.ie)**



■ Ulster Bank's Community Impact Fund helped Age Action to undertake the study of financial abuse against older people in Ireland.

## Ulster Bank funds project on financial elder abuse

**At Age Action we want to ensure that all older people can live in dignity and security and are free of exploitation, abuse and discrimination. In particular, we want to ensure that older people are protected from all forms of elder abuse.**

In 2014 we were delighted to receive a grant from Ulster Bank's

Community Impact Fund to undertake a project on financial elder abuse.

The HSE recognises a number of types of elder abuse including – physical abuse, financial or material abuse, psychological abuse, neglect and acts of omission, sexual abuse and discriminatory abuse.

For this project financial or material abuse are of particular relevance, and the HSE says this includes the following: “theft, fraud or exploitation; pressure in connection with wills, power

of attorney, property, inheritance or financial transactions; or the misuse or misappropriation of property, possessions or benefits” (HSE, *Open Your Eyes – An information booklet on Elder Abuse*).

In 2010 a study in Ireland suggested that 2.2% of Irish people over the age of 65 suffered some form of elder abuse in the preceding 12 months; 1.8% experienced financial abuse. In 2012, just over one-fifth of cases referred to the HSE's dedicated protection of older

people's service related to financial abuse.

The purpose of the project is to raise awareness amongst older people and customer-facing bank staff (in Ulster Bank initially, and more widely in due course) about this issue and to provide relevant information to both groups.

There are four key stages to the project:

- Research – we will conduct a short survey of both older people and bank officials to gauge their awareness and experience of financial abuse.
- Design – we will develop materials such as posters, postcards, a short booklet and a short video for older people and bank staff.
- Engage – we will deliver three workshops in Cork, Dublin and Galway with bank officials and credit union staff.
- Report – we will produce

a short report on the project and identify areas for further work.

With only one in four older people in Ireland online, it is important for them to be able safely to access their money in bank branches in a way that treats them with dignity. It is also critical that officials working in banks are aware of financial abuse against older people and know the warning signs.

We are delighted to be collaborating with Ulster Bank on this important issue.

Pauline McKiernan, Community Affairs Manager at Ulster Bank, outlined the importance of the collaboration: "One of the most important responsibilities of a bank is to protect its customers' money. Older customers may sometimes be more vulnerable to scams and frauds, and indeed to financial abuse. We want to do everything we can to

help them, and all our customers, recognise and deal with situations where they may be at risk. Equally, we want to ensure our staff are fully aware of the wide range of situations in which customers may be vulnerable, and to be confident in supporting customers in those situations."

In this issue of *Ageing Matters* we are enclosing a short survey for you to complete. The questions are designed to investigate the level of awareness amongst older people about financial abuse and to get your ideas to increase awareness of this issue. Please return the survey in the stamped addressed envelope enclosed by Thursday, May 21.

**For further information on the project, you can contact Senior Policy Officer Naomi Feely at [socialinclusion@ageaction.ie](mailto:socialinclusion@ageaction.ie) or on (01) 475-6989.**

## Dublin Bus travel permits for mobility scooters

Mobility scooters are a boon to many older people and people with disabilities, giving them independence they simply could not get from a wheelchair.

However, the size of some scooters presents a problem for people using public transport. Many are too big to be used on Dublin buses and either cannot get on or, once on, cannot be manoeuvred into a safe position. Some even get

jammed, neither very funny nor pleasant.

To prevent such situations, Dublin Bus is introducing a permit scheme to make sure scooters can travel on the buses. Travel assistants from Dublin Bus will check out your scooter's size and arrange a permit if your scooter is not too large. For more information, you can email [travelassist@dublinbus.ie](mailto:travelassist@dublinbus.ie) or phone (01) 703-3204.



■ Robin Webster: there is greater recognition of older people now, especially in the last 10 years, and Age Action has done much to achieve that.

## Robin Webster steps down as CEO

When Robin Webster started work on his first day as Chief Executive of Age Action in a single room in the St Andrew's Resource Centre in Dublin, in January 1993, one of his immediate ambitions was to find carpet to cover the bare, black floor boards.

Twenty-two years later, as he stepped down from the post, the charity has grown to be the leading older people's organisation

in Ireland, with over 3,000 members and more than 4,000 volunteers. It represents the voice of older people at national and international level and provides support to tens of thousands of older people and their families. It has been some journey, and Robin has been there every step of the way.

Irish society has changed in that period. "There is slightly greater recognition that there are older people in the country," Robin reflected. "Certainly in 1992 and 1993 the whole emphasis was on younger people, and it was very difficult to get any emphasis

on older people. There is greater recognition now of older people, especially in the last 10 years, and Age Action has done much to achieve that."

However, whether Ireland is a better or worse place in 2015 than in 1993, is a more difficult question to answer. Robin points to the neglect of rural Ireland. "Many older people are only surviving because of the strong community spirit in those areas," he said.

Equally, he believes the former Health Boards were better resourced than the current HSE. "The public health nurses were at the heart of services for older



people, but community-based services are currently under severe pressure.”

On the other hand, the State Pension and other income supports have increased, and the free travel scheme has been maintained.

There have also been some encouraging one-off projects, such as St. Brendan’s Village in Mullranny, Co. Mayo, and the use of school buses and postal services to provide transport for older people in Co. Clare in the 1970s.

“We have had various unconnected responses to the challenge of supporting older people in the community, developed by individuals with a lot of drive and imagination, but we have never managed to mainstream these projects,” he said.

Reflecting on Age Action’s achievements over the first 22 years, Robin believes one of these was to have put advocacy on the map. The charity organised the first advocacy programme for older people in Europe, he said. “We held a conference in the mid-1990s on advocacy, and it attracted representatives from all the major European countries. We have continued since then to create a better understanding of advocacy.”

Robin also has some regrets. “I do regret the uneasy relationship which

we had with other older people’s organisations,” he said. “What I should have done differently I am not sure, but I would have done things differently if I knew what.”

Looking back, he believes Age Action should have done more work in the areas of mental health and housing. “My biggest regret is that we have not made progress on advancing the human rights of older people,” he said. “Ireland now has a seat on the United Nations Human Rights Council but – like charity – human rights should start at home.”

Stepping down as Chief Executive at the age of 77 – Robin never uses the word “retire” – marks the end of another chapter in his life. This was the sixth chief executive post he has held during a career which has included periods as Chief Executive of Age Concern Scotland, director of Aontas, college principal, university lecturer, teacher, social worker, town planner and senior inspector of further and higher education.

He is conscious of the degree to which he has committed himself to Age Action for the last two decades. “The important thing for me now is not to swap this obsession for another one,” he said. His plans for the coming years include continuing his passionate interest in ageing issues, by

returning to academia and working with the Centre for Gerontology at NUI Galway and Dublin City University.

His particular interest is in developing a wider understanding of the life course approach to living. “I want to try to change, educate and inform people to take a longer and broader view of the ageing process,” he said. “There is too much focus on chronological age. If someone is 80 years old we need to know more about the first 70 years of their life than the last 10 years.”

Having worked for an organisation that has strived to develop society’s understanding of positive ageing, Robin intends practising what he has preached: “I am going to remain fit (swimming and cycling), eat better and get a better balance in my life. I have spent far too much time working, and that has had an effect on personal relationships, other interests and so on.

“If I had not spent so many hours a day, seven days a week working, I might have been a fuller person. But it’s not too late to become a fuller person.”

As Age Action’s “member number 28” he also looks forward to the charity’s continuing development: “The organisation has a great band of staff, the volunteers are fantastic and the members are great.”

# Simone de Beauvoir — pioneer in the fight for the rights of older people



## The Coming of Age

by Simone de Beauvoir

Alternative title: Old Age,

Published in 1970 and

Translated by Patrick O'Brian

In 1967 the French feminist writer and novelist Simone de Beauvoir celebrated her 60th birthday. Suddenly she realised that she was no longer young: she was now an elderly woman.

As such she asked herself what could she now expect from life, from love, from society itself — and just how long it would be before she died. She decided to find out by examining how

older people in Europe lived.

After two years of research on the subject, she saw to her horror that older people in Europe were a forgotten, hidden race. Their lives had been blotted out of existence: their contribution to European society after the Second World War either forgotten or ignored.

If they were poor, they were left to exist on a tiny government pension which scarcely put food on the table. So shocked was de Beauvoir that she decided to write a book about it.

With this single book she

revolutionised old age studies, trying to make society ashamed of itself for what it had done — and was doing — to older people.

She wrote that modern society didn't want to know about old age. It wanted its problems buried — kept out of sight. Young people working happily in a free-market economy were brainwashed into thinking they would never get old themselves; they would forever be 27 years old.

She went on to paint a devastating picture of what retirement and old age can be like for these men and women.

For example, she wrote that, for so many old people, lack of money was made worse by the loss of status they experienced once they retired or were forced to retire.

It's then they realised that this society, for which they had worked so hard, no longer wanted to know who they were, where they were or whether they were even alive.

De Beauvoir said that in such a market-orientated society, old people were only ever seen as aged, rather sickly consumer items. They were only fit to be seen on television in advertisements dealing with health insurance, nursing-home care

or the inevitable problem of funeral expenses for one's deceased partner.

She believed that one of the ways in which society dealt with this was to make older people objects of fun and ridicule. However, she did say that, even under this system, a lot could still be done.

Older people had to be given adequate pensions that would allow them to live with dignity and financial freedom.

They needed to be helped to achieve solidarity with younger people in their own fight against exploitation and oppression.

They needed to be given training in new technologies and media studies

— in this way they would be better able to cope with the complexities of modern society and know about their rights and entitlements.

In this way all generations would come to understand each other's lives and problems in a different way.

Simone de Beauvoir died in 1986 aged 78. Up to her death, she remained a committed socialist and atheist.

I am convinced that if she were alive today, she would be just as angry at what has been done by successive European governments (including of course our own) and the ECB to the old, the frail and the sick.

— Sean Oliver

## Siel Bleu exercise programmes help to prevent falls and improve quality of life

Siel Bleu, which has been established in Ireland since 2010, provides fun and interactive, tailored, exercise programmes for older adults in both residential care settings and in the community.

In the community the charity works with Active Retirement Associations and groups such as COPD Ireland, Arthritis Ireland and the Living Well with Dementia project.

Siel Bleu trainers must have at a minimum a degree in sports science or health promotion. Working with 1,700 clients, they adapt each activity to suit the needs of the group, whether they have walking issues or are living with diseases such as arthritis, Parkinson's or Alzheimer's. As part of its commitment to the community Siel Bleu is

nominating one community group a month to receive a free class.

Siel Bleu's Bray community group is the first to receive a free session. "I find this class great and it helps me a great deal. I'm feeling much better, and the problems with my hips and heel have all but gone," said Bridget, one of the group's participants. "It's a really nice gesture. You never get anything for free."

Siel Bleu's programmes for nursing home residents were recently the subject of a study by the European Commission. The results show that their exercise programmes reduce one accidental fall per resident every 18 months and improve participants' capacity to move, feed and wash themselves.



■ Far left: infographic explaining the circumstances of older people, and (left) Bord Gáis Energy Service Delivery Manager Gary Griffin and Claire Bellis.

## Bord Gáis Energy and older customers

One of the most important, and satisfying, parts of my role as Regional Development Manager with the Care and Repair programme is helping companies to address the specific needs of older customers.

I was pleased to be invited to speak at Bord Gáis Energy's conference for its service engineers in February, as the focus was firmly on the company's ASSIST programme for working with older and vulnerable clients.

Not usually one for acronyms, I was keen to see what ASSIST actually meant, and I was impressed by the thorough approach (see panel). The panel (right) explains the

gas engineers' ASSIST protocol.

I'm well used to providing training for our Care and Repair volunteers nationwide, and wanted to ensure that the Bord Gáis engineers had a clear picture of the context of some

older people's lives. The infographic produced by the Social Inclusion team at Age Action gave the audience real food for thought, and informed our discussion on the reality of living on €219 a week (over 90,000 older people

### ASSIST explained

- **Assess** – focusing on the client's needs and priorities, as well as the work area and impact on the client's living space.
- **Settle** – explaining to the client what work is to be done and how long the job will take, while making sure the client is safe.
- **Set up** – ensuring minimum equipment is brought in to do the work, making the workplace safe and tidy.
- **Inform** – checking in with the client to make sure they understand what's going on and how long the job will take.
- **Share** – raising any concerns, based on the client's physical, social or psychological needs with the Bord Gáis assistance team.
- **Think** – taking a thoughtful and thought-out approach to the work.

do) and of the increased risk of living with a physical impairment as we age (50% of older people have a disability).

The ASSIST programme emphasises creating a safe work space, which is especially important when dealing with older clients whose mobility could be reduced. We discussed the impact that falls can have — and some of the engineers seemed shocked that each year some 250 deaths are caused by falls, and over 7,000 older people are admitted to hospital following a fall.

We also had time to think about some important tips for the much-discussed use of body language. Some of the engineers in the room were what I might call fine big chaps — and so we looked at the issue of physical presence through an older client's eyes.

What if the older person lives alone? What if they have sight or hearing impairment or a physical disability? Putting themselves in a possibly vulnerable older person's shoes, the engineers realised the importance of setting the client at ease from the first ring of the doorbell.

We emphasised the need to make sure that an older person is expecting the visit and to show an identity card on arrival. We spoke about respecting a client's personal space

and boundaries, as well as their home. A friendly and respectful manner, designed to encourage the client to trust the engineer, is vital, so we considered how to speak clearly and take time to listen, clarifying issues to understand the client's needs.

At this point, to illustrate the importance of good communication, I told the story of the first time my (now) husband, David, met my grandfather, in North Wales. David's from London, and has what I'd call a "received pronunciation" accent, while my grandfather had quite a deep voice, a strong accent, and a vast array of interesting stories — he had been a coal miner in the 1930s at the time of the Gresford Disaster.

I left the two of them to get acquainted, while I went to have a catch up with my grandmother. Later, I asked my grandfather what he thought of David. "Doesn't say much, does he?" he offered. When I asked David what stories my grandfather had told, he said: "I couldn't understand a word he said!" Clearly they could both have benefited from one of our Care and Repair training sessions and learned the art of reaching an understanding despite strong accents!

We rounded off the session with the Care and Repair tips for a successful

visit, and the engineers all felt that they'd learned something new about serving older clients more successfully.

I was very encouraged to see Bord Gáis Energy's commitment to helping older and vulnerable people, and have subsequently placed the service onto Care and Repair's Trade Referral List — our directory of trusted tradespeople for jobs which are too big for our Care and Repair volunteers.

Finally, Gary Griffin (service delivery manager with Bord Gáis Energy Boiler Services) was kind enough to donate €1,000 of One For All vouchers for Age Action to use for fundraising raffle prizes, which was a great end to my presentation at a worthwhile conference.

Bord Gáis Energy carries out natural gas boiler service and repairs nationally, using a team of contracted local registered gas installers. Full details of the service, including prices, are available at [www.bordgais-energy.ie](http://www.bordgais-energy.ie) or by calling lo-call 1850 427 426.

— **Claire Bellis**  
**Contact Claire Bellis, Regional Development Manager (North) at (01) 775-6989/[cbellis@ageaction.ie](mailto:cbellis@ageaction.ie) or John O'Mahony, Regional Development Manager (South) at (021) 453-6554/[jomahony@ageaction.ie](mailto:jomahony@ageaction.ie).**

On February 12, Age Action's Camden Street shop held its most successful Vintage & Designer night so far, as fashionistas and eager collectors mingled with an RTE film crew to celebrate Valentine's Day for the "Camden Chaos" episode of *Reality Bites*.

Savvy shoppers travelled from as far as Roscommon to purchase items from a bygone era kindly donated to Age Action.

The staff of Age Action's Curiosity Shop in Dun Laoghaire would also like to extend a big thank you to our generous donors and all of our wonderful customers for your incredible support for their recent Vintage & Designer Night.

Our next events will be on May 7 in Camden Street and June 25 in Dun Laoghaire. If you have items from the 50s to the 90s languishing in the back of your wardrobe or attic and think "sure, nobody will want them," we at Age Action would love that dress or suit you wowed them with on the dance floor in the 70s and 80s.

**We offer a free collection service in Dublin within the M50. Please ring (01) 475-6989 to find out more.**

## Great turnout for Vintage & Designer night



■ Customers and chatters enjoy the latest Vintage Night in our Camden Street Shop.

# U3A MEETINGS



© Active Virginians U3A  
Meeting every week.  
Contact Ann Brodie at  
(049) 854-8232

© An Cosan U3A Tallaght  
Meeting every 2nd Thursday.  
Contact Imelda Hanratty:  
(01) 462-8488

© Ballymun U3A  
Meetings every 2nd Monday,  
2pm in Ballymun Library.  
Contact Brenda Hickey: (01)  
857-1673

© Ballyroan U3A  
Meetings on Mondays at  
10.30am, once every month,  
in the Ruah Centre, Ballyroan,  
Marian Road, Rathfarnham,  
Dublin 14. Contact June  
Murphy: (01) 494-7030

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

© Blessington U3A  
Meetings 3rd Tuesday of each  
month. Contact Peter Polden:  
(087) 815-1018, (045) 867-  
248 or email: [pjolden@  
gmail.com](mailto:pjolden@gmail.com)

© Bray U3A  
Meeting last Thursday of  
every month [except July/  
August] at 10am in the Little  
Bray Family Resource Centre,  
Ard Chualann, Bray,

Co. Wicklow. Contact Linda  
Uhleman: (086) 045-1600;  
email: [linda\\_uhlemann@  
yahoo.co.uk](mailto:linda_uhlemann@yahoo.co.uk)

© Dublin City U3A  
Meeting last Tuesday of each  
month (except June–August)  
at 11am in the Chester Beatty  
Library. Contact John Roche:  
(01) 201-7490

© Galway U3A  
Meetings in the Age Action  
Office 2/3 West End Square,  
Small Crane, Galway.  
Contact Livio Rocca: email  
[u3agalway@gmail.com](mailto:u3agalway@gmail.com)

© Lucan U3A  
Meetings are at 2.30pm-  
4.30pm in Ballyowen Castle  
Community Centre, Ballyowen,  
Lucan, Co. Dublin.  
Contact Maureen Newell:  
email [lucanu3a@gmail.com](mailto:lucanu3a@gmail.com)

© Maynooth U3A  
Community Space, beside  
Manor Mills Shopping Centre.  
Meet every Friday 11am.  
Contact Helena Kirkpatrick:  
(01) 628-5128

© Monaghan U3A  
Contact Mary Beagan: (047)  
75942, (086) 331-4439

© Retired Active Men's  
Social (RAMS) U3A  
Meetings each Thursday

at 10.30 am-12-30pm in St  
Finian's Community Centre,  
Main Street Newcastle, Co.  
Dublin. Contact Matt Dowling:  
(01) 458-9007 / (086)  
844-3820

© Roscommon U3A  
Contact Mac McComish:  
(071) 963-4813 / (087) 285-  
8072; email: [macmccomish@  
eircom.net](mailto:macmccomish@eircom.net)

© Sutton/Baldoyle-Dublin  
North-East. Meets 10.45-  
12.45, Baldoyle Library.  
Second Wednesday every  
month (excluding Jun-Aug).  
Email: [u3asutbal@gmail.com](mailto:u3asutbal@gmail.com).  
Phone: (01) 832-3697.  
Website: [u3asuttonbal-  
doyledublin](http://u3asuttonbaldoyledublin)

© Tramore U3A  
Meetings 3rd Thursday of the  
month, 11am, Coastguard  
Station, Love Lane, Tramore.  
Contact Mollie Hunt:  
[molliehunt@eircom.net](mailto:molliehunt@eircom.net)

© Waterford U3A  
Contact Josephine Murphy:  
(051) 871-037 or email:  
[jo1murphy7@gmail.com](mailto:jo1murphy7@gmail.com)

For further information,  
please email Sam O'Brien-  
Olinger, U3A Development  
Officer, at [u3a@ageaction.ie](mailto:u3a@ageaction.ie)  
or telephone (01) 475-6989.

## Bealtaine, celebrating creativity as we age, turns 20

Bealtaine has grown to be one of the country's biggest arts festivals, with an estimated 120,000 people taking part in this unique event.

All across Ireland during the month of May, performances, projects and events will be taking place in arts centres, theatres, libraries, galleries, community centres, local halls,

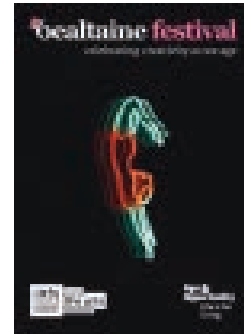
care settings, key cultural institutions and even in the open air.

**To get involved in Bealtaine 2015 or for more information, see:**

**Web: [www.bealtaine.com](http://www.bealtaine.com) — for full, up-to-date event listings.**

**Email: [Bealtaine@ageandopportunity.ie](mailto:Bealtaine@ageandopportunity.ie)**

**Telephone: (01) 805-7734.**



**Post: Bealtaine, Age & Opportunity, Marino Institute of Education, Griffith Avenue, Dublin 9.**

### Annual membership application

I wish to join Age Action and enclose €..... membership fee, plus €..... voluntary donation payable to Age Action Ireland Ltd. If you are already an existing Age Action member and wish to renew your membership please write your membership number here .....

Full name:.....  
(Block capitals please)

Address: .....

Tel: .....

Email: .....

Website: .....

Signature: .....

Date: .....

#### FEES

- €20 Individual – retired/unwaged
- €40 Individual – employed
- €60 Voluntary Body
- €200 Statutory Agency
- €500 Commercial

#### STANDING ORDER

To the Manager  
(Name of Bank/Building Society) .....

Bank Address: .....

Please pay annually to Age Action Ireland,  
Permanent TSB, 70 Grafton Street, Dublin 2,  
BIC: IPBSIE2D

IBAN: IE82 IPBS 9906 2587 7790 21  
the following amount € .....

until further notice. Starting on: 1st Day of  
January 20 .....

Name: .....

(Block capitals please)

BIC: .....

IBAN: .....

Signature: .....

Please return to:  
Membership Development,  
Age Action Ireland Ltd,  
30/31 Lower Camden Street, Dublin 2.  
Email: [membership@ageaction.ie](mailto:membership@ageaction.ie)  
Tel: (01) 475 6989  
Fax: (01) 475 6011