

ageing matters *in Ireland*

Hot tips on staying warm



New booklet launched on wise use of heating oil **Page 12**



€100,000 raised by Christmas FM drive **Page 3**

John Fitzsimons — born to run **Pages 8-9**




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■ Cover photo: The

Minister for Older People, Kathleen Lynch, with Age Action members Ellen Reddin and PJ Gallagher, for the launch of a new guide to keeping well and staying warm this winter using oil-fired central heating.

See report, page 12.

Human rights for all people

The RTE programme exposing the abuse of residents in the Aras Attracta centre was both shocking and scary. Shocking that such abuse of frail and vulnerable people could happen in a HSE run centre in 2014. Scary because those abused people could be our friends and relatives or even ourselves if we ended up in a care centre.

Is this the tip of an awful iceberg of abuse or the work of a few bad apples? That's the disturbing question the Government and HSE have to answer.

Once again we must applaud RTE for exposing abusive care through their investigative journalism and secret filming as they have done before in similar programmes. The impact of earlier programmes was limited and short-lived with the notable exception of the establishment of HIQA and its independent inspection of residential centres for older people. The most troubling aspect of this case is that it happened in a part of the health service that is subject to external inspections. One can only wonder what the standards are in places that are not inspected, or filmed by RTE.

Reports of abuse against older people always remind me of the late Peter Townsend, who advocated that the serious levels of abuse towards older people in the UK should be referred to the European Convention for the Prevention of Torture and Inhuman or Degrading Treatment. That might have been seen as an excessive response seven years ago, but it is difficult to argue against such a move now when we cannot guarantee basic safety and security for the most vulnerable people in "our care".

Many things have to be done to guarantee proper protection of people in residential care, and some of these are mentioned in later pages. First, we are joining forces with other organisations to persuade the Government to implement the recommendation of the Constitutional Convention to incorporate into our constitution the terms of the International Covenant of Economic, Social and Cultural Rights. Ireland ratified the covenant 25 years ago, so implementing after 25 years wouldn't be rushing things.

The Assisted Decision Making (Capacity) Bill now passing through the Dail will replace the 1871 Lunacy Act. It will be a major advance in protecting the rights of people who may not be able to make decisions for themselves due to stroke, dementia, intellectual disability or mental illness. We are keen to strengthen the Bill further and will be campaigning for its full implementation with the necessary resources.

Two more steps in the long march towards a better Ireland.

— Robin Webster



■ Presenting a cheque for donations from the Christmas FM listeners to Age Action were (from left) Christmas FM co-founder and director Garvan Rigby, Age Action members Bill Rothwell and Ellen Reddin and Age Action’s Head of Advocacy and Communications, Eamon Timmins.

Huge boost from Christmas FM donations

Age Action received a huge festive boost from the listeners of Christmas FM in December when they donated over €100,000 to help our Care and Repair programme’s work.

Age Action was this year’s charity partner for Christmas FM, the hugely popular charity radio station which broadcasts for a month during the festive season. 100% of donations to the station go directly to charity.

“We were blown away by the generosity of the Christmas FM listeners,” Age Action chief executive Robin Webster said. “Their donations mean Age Action will be able to carry out 30,000 home visits and DIY jobs for older people in Ireland this year. This will enable more older people

to continue to live with dignity and independence in their own homes.”

Christmas FM co-founder Walter Hegarty paid tribute to station sponsors Centra for their backing and to The Ballsbridge Hotel for accommodating the studio. “Christmas FM seems to connect with the best in us,” he said.

Mr Webster also praised the huge team effort by Age Action members, volunteers and staff, which enabled the charity to take on such a big fundraising venture. “From the members who recorded pieces for radio, to those who manned the phone lines from early morning on donations day or helped with the broadcasts or behind the scenes that day – everyone played an important part,” he said.

“We are deeply grateful to Christmas FM and its army of volunteers, to their listeners all over the world, and to Age Action’s supporters

for their phenomenal generosity,” he added.

The project was one of the most successful fundraising projects Age Action has engaged in. While donations were encouraged for the month the station was on air, the big push for public contributions came on December 18 – Christmas FM’s “donations day”. That day alone, over €54,000 was donated to Age Action.

Among those who went beyond the call on duty were Age Action staff members Jennifer Glansford (Getting Started), Claire Bellis (Care and Repair), Niamh Hennelly (Getting Started) and Edwina Brady (Camden St shop).

They swapped their day jobs to co-present with Christmas FM presenters for three hours at a time. Each produced amazing broadcasting performances under stressful circumstances.

Showing your smartphone who's boss

Have you received a smartphone as a gift this Christmas? Who is winning the battle of wits — you or the phone?

Age Action's Getting Started programme has seen many changes since its inception in 2006 when chunky towers and bulky screens were the order of the day. Now we have devices not much bigger than the palm of your hand that will even let you order your groceries.

To meet the demands of these new devices, Age Action West set up smartphone classes in July of 2014. The initiative has been a success, with a waiting list of smartphone cadets looking to get online. Through one-to-one tuition, coupled with smartphone learning manuals, students have learnt not only the basics of texting and calling but also emailing, browsing the internet and even skype-ing from their phones.

Christy O'Carroll is attending smartphone classes at Age Action West's offices at the Small Crane, Galway. He enrolled because he found that the "smartphone was complicated". Since starting the classes, he has increased his knowledge and confidence in dealing



■ Christy O'Carroll: exploring the world of smartphone applications at a class at Age Action West in Galway.

with the technology and learnt about the data plan and costs on his phone.

Christy uses lots of pre-loaded applications (apps) on his phone, including messages, calendar, alarm clock, calculator and flashlight. He has also downloaded new apps, including the weather app, sports news, the Vatican app, Google maps, Dropbox and Facebook.

Christy has enjoyed the classes and thinks he "still has so much more to learn and discover!"

"Older learners find tablets and phones easier to learn how to use," says Jim, one of the tutors. "Most of the things they want to achieve can be done on tablets or phones." Another tutor, Cindy, found: "It's the little things most people

want to know: how to change wallpaper, ring tones, screen brightness, that sort of thing." Her students find the Notes app particularly useful, along with the news and weather apps. "Learning how to download photos from the phone is popular too," she said.

To enrol in computer or smartphone classes, call Dublin (01) 475-6989, Cork (021) 453-6554 or Galway (091) 527-831. Or log onto www.ageaction.ie/getting-started to view our learning materials.

— Niamh Hennelly
Niamh Hennelly is a development officer with Age Action's Getting Started programme, based at our Galway offices.



■ Care and Repair regional manager Claire Bellis helping with some gardening work for a client in Dublin.

Record-breaking Care & Repair year

Age Action's Care and Repair programme provided many free DIY jobs, referrals to reliable tradespeople for other jobs, befriending visits and friendly phone calls to over 25,000 older people in 2014 — a record for the service.

The service is run directly by Age Action in Dublin, Cork and Galway and in 32 other cities, towns and rural areas through our network of community partners.

Last year was exceptionally busy for Dublin's Care and Repair team. Between our maintenance staff and volunteers, we managed to complete over 5,000 jobs for clients in the capital.

The continued success of Age Action's Getting Started programme in

Dublin increased the demand for help in solving problems with computer equipment. In an innovative move, we trained a cohort of Getting Started tutors to act as Care and Repair volunteers, helping with such technical nuisances as misbehaving routers, slow antivirus software updates and lost files and emails. Demand for this service was so high that we trained 12 new volunteers in October.

Care and Repair Cork continued to expand, adding a dedicated Care and Repair van to the service for the first time. The new van team complements our fantastic team of volunteers who are still the core of the city service.

Care and Repair Galway has also had a good year, providing more jobs than ever to older people in the city through the van team

and volunteers.

Our network of community partners grew in 2014. New Care and Repair services were launched in Bandon, Ballydehob, Letterkenny and Macroom. And several more groups around the country have already begun to set up.

Age Action would like to thank everyone who supported us during the year. In particular, we would like to thank Holden Plant Rentals, JJ Rhatigan and Company, Cork Builders Providers, Tomar Trust, Cork City Partnership, Galway City Partnership, Dublin City Partnership, Electric Aid, the HSE Cork South Community Department and Christmas FM for their contributions.

Most of all, we would like to thank our volunteers, who have gone the extra mile time and again to help older people.

State of Assisted Decision Making Bill

Last year the Government introduced the Assisted Decision Making (Capacity) Bill to promote and protect the rights of people who may not be able to make decisions for themselves due to medical problems such as stroke or dementia, intellectual disabilities or severe mental illness.

At present, the 19th century Lunacy Regulations are still in force, and those who cannot make decisions for themselves can be made a Ward of Court, which essentially strips them of their legal rights by appointing another person to make all decisions for them. Those who are not wards and have not put in place an Enduring Power of Attorney may exist in a legal limbo if they are unable to make their own decisions: others make decisions on their behalf, but lack any lawful authority to do so.

The new Bill allows the appointment of another person to help someone who is having difficulty with some decisions, while recognising that most people can make some decisions for themselves. People who



are unable to make any major decisions would have another person appointed to make important decisions on their behalf.

The activities of these classes of decision makers, and the activities of attorneys appointed under Enduring Power of Attorney legislation — which is also part of the new Bill — would be registered and monitored by a new official, the Public Guardian.

A final class of decision makers, known as informal decision makers, are given wide powers but are not accountable to the Public Guardian for their

actions. Age Action made submissions on the new Bill, including suggested amendments. These were:

- That informal decision makers' powers should be restricted and that they should be accountable to the Public Guardian;
- That those who wished to do so should be able to make Advance Care Directives regarding their future care (we made submissions to the Department of Health on this issue);
- That the Public Guardian should have wider pow-

ers to protect those who may be subject to abuse, including older people;

- That the issue of restraint, including the use of medication, should be regulated;
- That the deprivation of liberty, an important consideration for people who are placed in nursing homes, should receive detailed attention.

A proportion of people who enter nursing homes either have not consented to their admission, or lack the ability to consent to admission, or to consent

to medical treatment while there. Studies show that those with dementia are much more vulnerable to elder abuse both in the community and in residential care. Their rights to liberty and bodily integrity are ignored, and there is no effective oversight of their circumstances as there would be if admitted under the Mental Health Act. In our amendments we asked that this threat to liberty should be recognised and measures put in place to protect the rights of this very vulnerable group. No one disputes that people

who lack decision making ability need care; what concerns us is the type of care they might receive and who protects their rights.

The Bill has progressed very slowly and still has not reached Committee Stage. Please contact your TD and ask when the Bill will be enacted, and whether Age Action's amendments will be included.

It is an important piece of legislation for older people and their families and will bring Irish law in line with international human rights law.

— Frances Matthews

Parties sponsored by Centra through Christmas FM

As part of their sponsorship of Christmas FM – Age Action was the station's charity partner – Centra provided food for a number of festive parties in December. Working with Age Action, Centra supported parties in Darndale, Dublin, Cork city, Limerick and Monaghan.

Age Action was delighted to work with Centra to bring a little festive cheer to these groups across the country. (The picture below shows the party organised in Monaghan.)



John Fitzsimons — marathon man

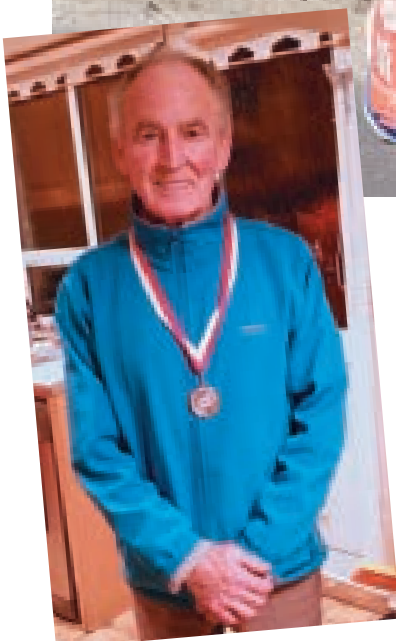


John Fitzsimons began running 50 years ago. And his passion for the sport still burns brightly today. Having represented Ireland abroad, and winning countless medals, he trains four days a week and takes part in races about once a month.

John is not only passionate about running himself but is keen to support others who want to take up the sport — including those who are not in the first flush of youth. “It’s never too late to take up running,” he says. “If you are even mildly competitive and if you train smart, the success will come. If you just run to enjoy it, so what. That’s great too. There’s more to life than winning, and even if you want to jog, that’s great because you are keeping fit. You might find like me that it just becomes part of your day.”

“There is no such thing as ‘I can’t run,’” he says. “What’s there to be ashamed of? If you’re worried about coming last in a race, don’t worry. Somebody has to come last.”

John (76) has been a member of the Crusaders Athletics Club for the past 47 years, having also run



■ ABOVE: John Fitzsimons in action in the Duleek 10k last August.

■ LEFT: John Fitzsimons, after he returned home from the International Cross Country Championships in Nottingham last November. His team came second and John came third in his age category.

for Dublin Port when he worked there. As a key part of his life, he runs 30 miles a week in training.

John believes the secret to the longevity of his running career isn't just hard training. "Rest is the crucial thing," John says. "At my age, I take three days rest a week, and generally people younger should take two days rest. With high mileage, your body needs to recover. I think today people might be training too much, going too fast in training and not taking enough rest during the week. Less is more."

"I believe the key to longevity in a running career is pacing yourself. There are guys who were doing a 100 miles a week, and by the time they were in the 40s and 50s, they were forced to call it a day, worn out. Even when I was training for marathons, I did 60 miles a week and no more. I am in my 70s and I am still running!"

His decades of experience have helped John avoid serious injury during his career: "I have been running 50 years and — touch wood — I have never been injured. I have been sick all right, but I've never been injured. The key for me with injuries is that if you have a tight hamstring, don't run for a few days. You won't run through it. You will eventually tear it, and when that happens

that's your season gone and it also makes your hamstring weaker. My secret has always been to rest up when there have been continuing niggles. That works well for me!"

I'm lucky enough to have represented Ireland abroad in places like Melbourne, Buffalo and Newcastle — they were some baptisms of fire!

Running has provided John with some great memories and experiences. "I'm lucky enough to have represented Ireland abroad in places like Melbourne, Buffalo and Newcastle — they were some baptisms of fire!" he says. "I've done times like 1hr 14 mins for half marathon and sub three hours for a full marathon, but my best achievement has to be the Frank Duffy 10 Mile over-55s. I had some personal difficulties at the time I did it, and had been told eight months previously that I never would run again, so that was emotional for me and I was just so happy."

Everyone looks up to someone, and John's hero is Jim McNamara (75) from Donore Harriers. "He is an

ex-Olympian and ran in the marathon in Montreal in 1976. He trains seven days a week, which seems to work for him.

"I would love to be faster than him some day, but I don't think I ever will. He has given so much back to the sport. He coaches the ladies in Donore. Also he is not an elitist coach — no matter how fast or how slow you are, he gives equal time to everybody. He's just a gentleman."

Looking to the future, John says his marathon days are behind him: "My son ran the Edinburgh marathon last year, whilst I did the 5k. I plan to focus on what I enjoy."

And at the centre of that enjoyment are his running and his club, where he is in good company when it comes to veteran athletes. "I think it's great. The more the better," John says. "For example, the club's oldest members are in their 80s. Our chairman and vice-chairman are in their 70s: one of them is still running internationally, and both of them are still coaching the juveniles. I think it can't be anything but inspiring."

— Philip Matthews
Philip Matthews previously worked as an administrative assistant with Age Action's Care and Repair team. He is also secretary of Crusaders AC.



■ At an Age Friendly City meeting in Cork were (from left) Cork Glór member Christina O'Donoghue, Peg Lucey of Irish Senior Citizens Parliament, Nora Webster of Kilkenny's Age Friendly City Alliance, Cork Deputy Lord Mayor Kenneth O'Flynn, Cork Glór members Phil Ui Mhurchu, Marina Buckley, Maureen Cleary and Pat Kelly, and Age Action regional manager John O'Mahony.

Age Action South growing every year

Care and Repair, Getting Started and advocacy are the three pillars of Age Action South's work, and all three had a positive year in 2014.

We expanded our team, which allows us to increase the amount of client calls we can handle and to help more people in the region than ever before.

The Care and Repair programme in Cork added a dedicated van to the service for the first time in 2014. The van allows us to do more jobs than ever for older people in the city. Because the van is equipped with tools, it also allows us to take on more difficult jobs than we had previously been able to do. The van team complements our fantastic team of volunteers,

who continue to be the core providers of Care and Repair jobs and befriending visits to older people

The service was also launched in Ballydehob, Bandon and Macroom in 2014 and was expanded in Limerick. Older people in 14 cities, towns and rural areas in Munster now have access to Care and Repair.

The Getting Started programme also thrived in 2014. Classes have taken place in a record 19 venues in the region, including new venues in Mitchelstown, Skibbereen, Dunderrow, Deerpark and the North Monastery Gaelscoil.

Our advocacy work in the South was led by the Cork Glór Group, who took a prominent role in Age Action's travel pass and pre-budget campaigns. They wrote to every TD in Cork city and county and held meetings with several TDs.

Glór members also met with MEPs and city councillors before the local and European elections. The group also participated in many other Age Action Activities and are involved in the Cork Age Friendly City project. The Age Action Regional Members Meeting in the Imperial Hotel, Cork was well attended, and an Intergenerational Elder Abuse workshop was held in St. Luke's Home.

Age Action would like to thank St. Luke's Home, Holden Plant Rentals, Cork Builders Providers, Cork City Partnership, Cork City Council, the HSE Cork South Community Dept., Tomar Trust and all of the Getting Started class venues for their support during the year. Most of all, we would like to thank all of our dedicated volunteers.

— John O'Mahony

Older people and development policy

At the end of November 2014 Age Action published guidelines to include ageing and older people in development and humanitarian policy and practice.



The guidelines are aimed at Irish development organisations and aid agencies working in poorer countries around the world. We want to make sure that when they devise programmes and policies, they take older people and their divergent views and needs into consideration.

This covers a wide range of programmes and projects that international development organisations are involved in, including emergency programmes during natural disasters or conflicts and programmes that are focused on longer term issues such as health, education and social protection.

We were pleased that many of the development organisations based in Ireland agreed to be consulted as part of the process of putting the guidelines together. Some organisations already work with and provide assistance to older people, particularly as many seek to identify all

■ By 2050 more than 80% of older people will live in developing countries, compared to 60% who do so today.

vulnerable groups in the communities in which they work when planning and implementing programmes.

However, we would like to see a more systemic or strategic inclusion of older people in policy and practice, including taking into consideration the huge capabilities older people have to offer.

We would like to see a situation where older people are not solely viewed as a vulnerable group. They are not a homogeneous group, and while some are very vulnerable, many others have a lot to offer organisations delivering development programmes or responding to emergency situations, including extensive local

knowledge and networking abilities.

Collecting data disaggregated by age is also very important. If organisations do not have correct information on how many older people are in a community where they are working and the role and positions they hold in the community, it will be difficult to provide a response that meets their needs. This can also benefit the wider population, including grandchildren.

With projections for population ageing growing in developing countries – by 2050 more than 80% of older people will live in developing countries, compared to 60% who do so today – it is timely that we publish these guidelines. We need to ensure more than ever that older people are consulted and included in any policies and programmes that affect them.

Age Action gratefully acknowledges the work of independent consultant Dr Karen Murphy for writing the guidelines.

We would also like to thank Irish Aid and HelpAge International who provided funding for this project.

You can read the guidelines online on Age Action's website, www.ageaction.ie/global-education/publications.



■ Age Action members PJ Gallagher (left) and Ellen Reddin (right) with the Minister for Older People, Kathleen Lynch, at the launch of the new guide, which contains money saving tips and advice on energy efficiency.

Winter heating booklet launched

A free guide has been launched which offers advice to help older people using oil home heating stay safe and warm during the winter.

The guide was created by OFTEC, which represents the domestic oil heating and cooking industry in Ireland, in conjunction with Age Action. It was launched in December by the Minister for Older People Kathleen Lynch.

Excess winter deaths are a major issue in Ireland, with older people particularly at risk.

“With this winter predicted to be particularly harsh, it’s essential that older people know what they can do to keep their fuel bills low and stay warm and well over the winter months,” Ms Lynch said.

Age Action is distributing the guide throughout its network of offices and

shops. Anyone can order a copy, free of charge, by calling OFTEC on (01) 864-5771. A digital copy is also available to download from the OFTEC and Age Action websites.

David Blevings, Ireland manager of OFTEC, said: “Approximately half a million homes in Ireland use oil as their primary heating source, so we feel it’s vital to provide older people with as much information as possible to help them save money and keep warm through the coldest part of the year.”

Many of the most vulnerable older people rely on oil heating to keep warm, Age Action chief executive Robin Webster said. “But with high numbers of older households struggling to afford the fuel they need, it’s essential that people know what they can do to keep their fuel bills as low as possible and stay warm over the winter months,” he said.

OFTEC wanted to help as many people as possible save money on oil and have made this information available online through their Oilsave website, Mr Blevings said. However, they were aware that this may not be reaching the most vulnerable group, older people, which was why they teamed up with Age Action to produce the printed guide.

“There are grants available under the Better Energy Homes Scheme from the Sustainable Energy Authority of Ireland for those with older, inefficient oil boilers, and the details are contained within the guide,” he said. “Our registered technicians can help older people to take advantage of the grants while they are still available to reduce energy costs and improve energy efficiency.”

For more information visit www.ageaction.ie, www.oftec.org or www.oilsave.org



Age Action chief executive Robin Webster (right) joined other members of the Economic, Social and Cultural Rights Initiative for a photo call outside Government Buildings to mark the 25th anniversary of Ireland’s ratification of the ICESCR.

Call to implement rights convention

Age Action joined 14 other social justice and human rights NGOs in December to mark the 25th anniversary of Ireland’s ratification of the International Covenant of Economic, Social and Cultural Rights. (ICESCR)

The organisations called on the Government to accept the constitutional convention’s recommendation to protect these rights in the Constitution.

The anniversary marks a quarter of a century of unprotected economic, social and cultural rights as the treaty — despite recommendations from the UN to this effect — has not been incorporated into domestic law.

Internationally, there is growing recognition and acceptance of the need to protect ESC rights like

housing, health, education and an adequate standard of living. Currently, 133 countries enshrine the right to healthcare and 106 constitutions protect the right to work. Of the 28 EU member states, 26 make some form of constitutional provision for ESC rights. But Ireland continues to fall behind in protection of these fundamental rights.

On February 23, 2014, the constitutional convention recommended to the Government, by an overwhelming majority of 85 per cent, that ESC rights be given enhanced protection in the Irish Constitution. At the time of writing, the Government has yet to respond to the convention’s recommendation.

Age Action has been working as part of the Economic, Social and Cultural Rights Initiative for several months to ensure the voices of older people are heard and their rights

protected. The ESC Rights Initiative is a network of organisations and individuals with a shared belief that strengthening the protection of ESC rights would play a fundamental role in the creation of a more just, inclusive and socially sustainable society.

The aim of the Initiative is to ensure that ESC rights contained in the ICESCR are made legally enforceable in the Constitution.

Members of the Initiative who participated in the event included: Aiden Lloyd of Amnesty International Ireland, All Together in Dignity Ireland, Children Rights Alliance, Community Action Network, Equality and Rights Alliance, Free Legal Aid Centres, Focus Ireland, Irish Heart Foundation, Irish National Organisation of the Unemployed, Mercy Law Centre, Community Law and Mediation, Pavee Point, and the Peter McVerry Trust.

Intercultural Project raises hope and challenges

Readers may remember the introduction of Age Action's Intercultural Project in the May 2014 issue of *Ageing Matters*. This is a new project initiated by Age Action in response to Ireland's growing diversity.

It is now estimated that 16% of the population come from outside Ireland and, more importantly, that 30% of the staff working in the older adult care sector are from other countries. As well as introducing multi-cultural backgrounds and many new skills into the service, this change helps the residential care sector prepare for changing needs in the older population as it becomes ever more diverse.

But there are challenges also. Recent research has shown that although the picture is generally good, there are a number of challenging issues. For instance, many migrant workers reported a degree of cultural misunderstanding, discrimination and sometimes explicit racism in their daily work.

The aim of the project is to focus on issues related to these changes and the residential care of older people in Ireland today and to then work with

staff, residents and their families, and managers in Residential Care Homes in North Dublin to update the research and learn more about what the current issues are and how to develop an intercultural approach within the sector to benefit everyone.

Thirteen residential care homes in the target area are participating in the project. In the first stage of the project, an analysis of current issues and needs was conducted with them and other stakeholders over the last few months, and a preliminary report on the findings has recently been written up. The findings confirm results of previous Irish research.

Most respondents, residents, staff and managers, clearly believed that having staff members from all over the world enriches the daily life of residents and staff. Comments such as one from a resident in a residential home that "it broadens our world", and another from a staff person saying: "We need people from other countries; we have become too institutionalised as a nation," typify this opinion.

Respondents also described many creative events in their care homes which highlight intercultural awareness of different cultures, such as multicultural

activities involving staff and residents that showcase different cultures and customs.

Not surprisingly, however, challenges were also identified. It would be almost impossible to make the transition from a largely monocultural to a more diverse society without some difficulties. These ranged from intercultural misunderstandings to more worrying forms of explicit racism.

At the former end of this spectrum, management, staff and residents noted the difficulty for non-Irish staff in understanding Irish culture and sense of humour. At the more alarming end of the spectrum, a large proportion of respondents, about 60%, had either experienced themselves or witnessed towards a colleague some form of discrimination or racially motivated abuse. These responses came from management, fellow staff members, residents and relatives.

A number of respondents commented that many residents resisted care by "foreign" staff. They noted that non-Irish staff experience "racial abuse due to colour of skin from clients and relatives". It is important to note that many Irish respondents, management, staff and residents

expressed concern about these incidents of prejudice and racism and wondered how they could support their colleagues and carers.

Next steps

The next stage in the project is to use the information gathered in this process to develop a range of strategies, policies and intercultural training that will

promote intercultural understanding and minimise discrimination and racism. The intercultural training programme is being tested with some of the participating homes at the moment.

In the longer term it is hoped to publicise the lessons from the project nationwide. The hope is that it will contribute to the long-term aim of the project,

which is to ensure interculturalism as a core value in the residential care sector.

Age Action would like to take this opportunity to reiterate our gratitude to the managers, staff and residents of those homes for the enthusiasm and generosity of their participation in this important project.

— Ann Moroney

U3A MEETINGS



© 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

© Blackrock U3A

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

© Ballyroan U3A

Meet every 2nd Monday at 11am in Ballyroan Library. Contact Al Connor: (01) 490-3212

© Ballymun U3A

Meetings every 2nd Monday, 2pm in Ballymun Library. Contact: Vera Butler (01) 842-2256

© Lucan U3A

Meetings 2nd Monday of the month, Ballyowen Castle. Contact Ann Hargaden (email: annhargaden13@gmail.com)

© Blessington U3A

Meetings 3rd Tuesday of each month. Contact Anne Cowie: (045) 865-159

© Sutton/Baldoyle-Dublin

North-East. Meets 10.45-12.45, Baldoyle Library. Second Wednesday every month (excl Jun-Aug). Contact: u3asutbal@gmail.com. Phone: 01-832 3697 Website: u3asuttonbaldoyledublin

© Active Virginians U3A

Meet every week. Contact Ann Brodie at (049) 854-8232

© Maynooth U3A.

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

© An Cosan U3A Tallaght.

Meet every 2nd Thursday.

Contact Imelda Hanratty: (01) 462-8488

© Waterford U3A

Contact Margaret Wheeler: mwheeler2010@live.ie

© Monaghan U3A

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

© Tramore U3A

Meetings 3rd Thursday of the month, 11am, Coastguard Station, Love Lane, Tramore. Contact Mollie Hunt, molliehunt@eircom.net

© Roscommon U3A

Meet every 2nd Tuesday. Contact Avril McTeigue: amcteigue@rosdisabilities.ie

Email Age Action Education Officer Margaret Fitzpatrick at u3a@ageaction.ie or (01) 475-6989 for information.

Pre-election meetings

Age Action will host a series of meetings for members and older people across Ireland in coming months to gather views as we begin work on our pre-Budget submission and prepare for the next General Election.

The meetings will take place as follows: **Galway** – February 19, 2pm Westwood Hotel; **Cork** – February 24, 2pm, Imperial Hotel; **Monaghan** – February 26, YWCA, North Road, Monaghan; **Dublin** – March 3, 2pm, Carmelite Centre, Angier Street.

To attend, contact Age Action by emailing your name and venue to info@ageaction.ie or by phoning Age Action at (01) 475-6989.



■ Age Action chief executive Robin Webster (left) with Health Minister Leo Varadkar, policy officer Marita O'Brien and Head of Advocacy and Communications Eamon Timmins, after their Leinster House meeting in December. Age Action raised issues such as long term residential care and Medical Card income limits

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 mem-
 bership please write your membership number
 here

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

Address:

Tel:

Email:

(Block capitals please)
 Website:

(Block capitals please)
 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

Tel: (01) 475 6989

Fax: (01) 475 6011