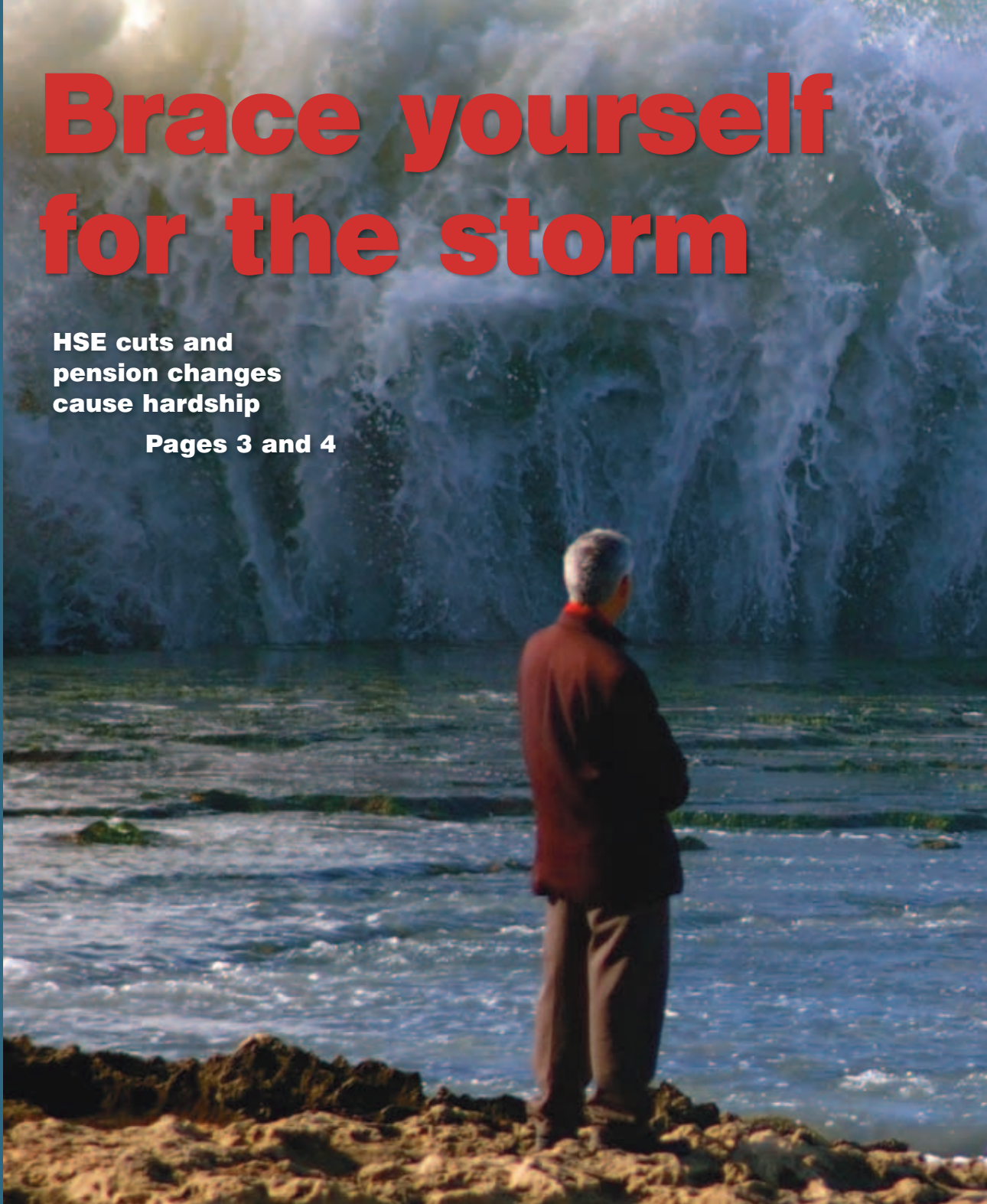


ageing matters *in Ireland*

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Age Action**Ireland***For All Older People*

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PUBLISHER	Age Action Ireland Ltd
ADDRESS	30-31 Lower Camden St, Dublin 2
TELEPHONE	+353 1 475-6989
FAX	+ 353 1 475-6011
EMAIL	info@ageaction.ie
WEBSITE	www.ageaction.ie
AGE ACTION IRELAND LTD	Company Limited by Guarantee Registered in Ireland No. 198571 Charity No. CHY 10583
CHIEF EXECUTIVE	Robin Webster
EDITORS	Eamon Timmins & Gerard Scully
COPY-EDITING AND DESIGN	Catherine Osborn

■ Cover picture by iStock
Eye of the Storm:
Changes to pensions entitlements and cuts in HSE budgets will hurt older people in 2012 Pages 3 & 4

Active ageing and generational solidarity

Happy New Year to all our members, supporters and readers. Let's hope this EU Year of Active Ageing and Solidarity Between Generations makes a real difference in improving the lives of all ages well beyond 2012. Hopefully, its success will be bolstered by an ambitious National Positive Ageing Policy. This long-awaited document must provide a road map to enable us to turn Ireland into the best country in the world in which to grow older.

We have to challenge the attitude that in this crisis we cannot afford to protect the most vulnerable, the sickest and the poorest. This is not an optional extra that can be delayed indefinitely. Protecting the most vulnerable is the hallmark of a civilised society and should be at the heart of who we are. The bigger the crisis, the greater the need to protect the vulnerable.

My view is that we have to pay much more attention to equality than to equity, to absolute rather than relative standards in incomes, services and participation. This approach will take away advantages enjoyed by some privileged groups and maintain or raise the incomes and services for the most disadvantaged groups. In short, we have to close the gap between the haves and the have-nots.

Let me give a few examples. Why should we give tax relief on incomes and pensions to those who can afford them, knowing they are beyond the reach of many citizens, especially the growing number of unemployed? Why do we subsidise access to education and health services to people with higher incomes that are beyond the means of most people? Why do we promote community participation and personal development in urban areas and neglect rural areas, where so many people without a car are increasingly physically and socially isolated by the withdrawal of services?

Unfortunately, such issues often lead to debates about who are the deserving and the undeserving poor or to heaping blame on selected scapegoats, including pensioners, as a way to justify or shift attention away from the vested interests of groups who could contribute more to making Ireland more just and equal.

The recent publication of the Law Commission's Report on Professional Home Care should give us all hope; if implemented, it would set and regulate standards for home care services. This would definitely be part of the New Republic that I hope we will all live to see.

Robin Webster

Table 1: Current PRSI bands for the State Pension (Contributory)

PRSI CONTRIBUTIONS	Rate per week	Qualified adult (under 66) per week	Qualified adult (over 66) per week
48 or more	€230.30	€153.50	€206.30
20-47	€225.80	€153.50	€206.30
15-19	€172.70	€115.10	€154.70
10-14	€115.20	€76.80	€103.20

Table 2: PRSI bands for the State Pension (Contributory) from September 2012

Yearly average contributions	Rate per week	Qualified adult (under 66) per week	Qualified adult (over 66) per week
48 or more	€230.30	€153.50	€206.30
40-47	€225.80	€146.00	€196.00
30-39	€207.00	€139.00	€186.00
20-29	€196.00	€130.00	€175.00
15-19	€150.00	€100.00	€134.00
10-14	€92.00	€61.00	€83.00

New pensions criteria will leave some €1,500 poorer every year

Age Action has warned that changes to the qualification criteria for the State Pension (Contributory) will mean significantly smaller pensions for some pensioners who will become eligible from September.

Changes in the average annual PRSI contribution bands, announced in the December Budget, mean that a person with an average of 30 contributions per year who becomes eligible for a State

Pension (Contributory) after September will be entitled to €29.80 less per week than a person with the same contributions who qualifies for a State Pension today (see tables 1 and 2).

“The changes will result in an unexpected reduction of €1,500 in a person’s annual income for the rest of their lives,” Mr Timmins said. Anyone with less than 40 stamps per year retiring after September will be negatively affected by the changes to the PRSI bands.

Age Action has urged Social Protection Minister Joan Burton to enable those who will be affected by the changes to make additional voluntary contributions to

make up the shortfall in their State Pension.

The Government’s Comprehensive Spending Review estimates that 1,117 people will be affected this year by the changes, resulting in savings of over €2 million. This is expected to rise to 14,029 people and savings of over €25 million by 2015.

“We are calling on the Department of Social Protection to do more to publicise the changes to the qualification criteria for the State Pension (Contributory) for people who will become eligible from September to enable them, even at this late stage, to plan financially,” Mr Timmins said.

€750 million cuts in HSE budget will decimate provision of nursing home care



■ The number of home help hours funded by the HSE in 2012 will be cut by 500,000.

Some of the sickest and most dependent older people will suffer the impact of the €750 million cut in the HSE's budget for 2012.

The HSE plans to close between 555 and 898 public nursing home beds over the coming 12 months, and reduce the number of home help hours it provides by 500,000, compared to last year, according to its service plan for 2012, published last month.

"The loss of so many public beds and the scale of the cuts in the home help service provided by the HSE will undoubtedly be felt by the sickest of older people, and is a real cause for concern" Age Action spokesman Eamon Timmins warned. "Without home help services frail older people will

struggle, and those requiring round-the-clock nursing home care will end up being admitted to acute hospitals for their care if a nursing home bed is not available."

Age Action believes the planned closure of up to 898 public beds in such a short period raises the legitimate question as to whether the Government actually has a long-term commitment to providing public nursing home beds. "The Government needs to clearly set out how it plans to protect the most dependent older people, and what the minimum number of public nursing home beds is in order to deliver this service," Mr Timmins said.

Age Action notes that there will always be some older people whose complex nursing home needs may not be met by the private nursing home sec-

tor, and who will need a public nursing home bed. Additional funding for the Nursing Home Support Scheme will enable an extra 1,270 people to enter the scheme during 2012 and this is welcomed.

Age Action also welcomed the fact that the HSE plans to maintain the provision of Home Care packages at last year's level (although the number of new recipients will be 800 less than in 2011).

Other positive elements of the HSE Service Plan included additional investment in primary care services, the enhancement of community mental health teams, plans to progress the Single Assessment Tool to determine patient/client need, and to ensure equitable access to services based on this need, and funding for additional Medical Cards.



■ Niamh Hennelly (left) and Susan Pearmain who both need more volunteers to enable them to meet the demand for training in Galway and Cork.

Getting Started: calling all volunteers!

Age Action has ramped up its Getting Started team to provide 3,000 older people with IT skills this year.

Development officers have recently been appointed in Dublin, Galway and Cork to expand the highly successful programme, which has trained 11,000 older people already.

The officers will work to recruit new learners and volunteer tutors to organise classes across their regions.

“The programme is going from strength to strength, and the biggest challenge is to meet the huge demand for classes,” Getting Started Development Manager Pauline Power said. “The new team are making a real difference in helping us to bring classes to new communities across the country.”

Jennifer Glansford is the new development officer in

Dublin. She has a strong track record in community development, having previously worked as an addiction counsellor with a community drugs project in Dun Laoghaire/Rathdown.

In addition to organising classes at Age Action’s computer training room in Abbey Street, she is establishing classes across the city.

Niamh Hennelly is the new development officer in Galway. She is organising classes at Age Action’s offices at West End Square, and working with groups across the county who are running classes. “The most striking thing so far is the fun people are having, both learners and volunteers,” she said.

Niamh urgently needs more volunteers. “You need to be able to give two hours a week for a three-week block,” she said. Niamh is a qualified teacher who has

worked in Ireland, Canada and Australia.

The new development officer in Cork is Susan Pearmain. She also urgently needs volunteers. Classes are currently being run in Bandon, Glanmire, Ballincollig, Togher, Macroom and Dunmanway. Before joining Age Action, Susan worked for the YMCA in Cork.

Susan is working in Cork with Tiernan Martin who is running the programme in east Cork and west Waterford.

For further details of how to volunteer as a tutor or as a learner in the Getting Started programme, contact: Dublin – Jennifer Glansford 01-475 6989; Galway – Niamh Hennelly 091-527 831; Cork – Susan Pearmain 021-453 6556; East Cork and West Waterford – Tiernan Martin 087-262 7698.

Tribute night for our volunteers

Age Action chief executive Robin Webster has paid tribute to the charity's 800 volunteers, noting that the organisation would not have been able to help so many older people last year without them.

"During the last 12 months we have directly helped

over 30,000 older people and their families," Mr Webster told a recent Age Action volunteers' tribute night. "That is a remarkable achievement, but none of it would have been possible without the dedication of our volunteers."

His comments came during a ceremony in which Age Action recognised the hard work of some of our volunteers in the Dublin

area by presenting them with certificates of appreciation. Among those present were volunteers working with the Care and Repair, Getting Started, and U3A programmes, our shops, fundraising, advocacy and administration.

For details of volunteering opportunities at Age Action, phone 01-4756989 or email info@ageaction.ie



■ Phyllis Dwyer, Beth Nunan, Pat Doyle and Phyllis Talbot, all volunteers with Age Action's Glor group, at the volunteer tribute night.

■ Age Action chief executive Robin Webster presents certificates of appreciation to Age Action volunteers. Photos: Michael Chester





■ Age Action's Rhona O'Connor introduces Carol Pemberton (Irish Life, sponsors of Care and Repair), the Minister for Older People, Kathleen Lynch, and award winners Michael Sweeney, Mary Corcoran and Kevin McSweeney.

Photo: Michael Chester

Care and Repair award honours

Some of Age Action's most active and dedicated volunteers have been rewarded by being selected as winners of the inaugural Care and Repair Awards.

The awards were open to volunteers in our Care and Repair programme. The winners were: Mary Corcoran, Claremorris, Co Mayo; Michael Sweeney, Stillorgan, Dublin; and Kevin McSweeney, Charleville, Co. Cork.

The awards were presented by the Minister for Older People Kathleen Lynch and Carol Pemberton from Irish Life (sponsors of the Care and Repair programme and the awards) during Age Action's Christmas fundraising lunch in

Dublin in December.

The winners were nominated by colleagues, friends and clients of the Care and Repair service. The judging committee looked for people who had taken an active role to help older people and had encouraged others to do the same.

Mary Corcoran works in the "Good Morning Claremorris" office where she phones clients as part of Age Action's befriending service. "Mary is a super volunteer and gives her time with a smile," the judges said. "She has become a true friend to the other volunteers and to the people she helps."

Michael Sweeney works with the Care and Repair service in Dublin. He was selected for the award because of his interest in helping older people, his

repair skills and his ability to do his work with grace and dignity.

He was nominated by service user Sheila McAuliffe who said: "I cannot praise him enough for the help he has been to me. I am a 74-year-old and a brain haemorrhage survivor."

Kevin McSweeney was one of the founder members of the Care and Repair programme in Charleville. In their first full year, they have carried out 769 jobs for older people in the area. His colleague Louise Shanahan, who was one of his nominators, and who takes the calls for the service said: "I always have calls back from clients praising Kevin for his kindness and thoughtfulness. I think Kevin deserves an award because he does go that extra mile with clients."

Our Christmas lunch in the Burlington Hotel on December 15 was a great success, with 250 people attending.

They were greeted with a lovely glass of mulled wine as they browsed around the Christmas Market. During lunch they were entertained by the Bugle Babes, The Peelo Dancers and Damien Douglas.

We had a super “old bag” themed auction and raffle, where the prizes included Paul O’Connell’s World Cup rugby bag, Paul McGinley’s European Tour golf bag, a round of golf and stay in the Doonbeg Golf Club, Conor Niland’s tennis bag which he used in Wimbledon, and many other super items that were donated to support Age Action.

The money raised at the event will help fund Age Action’s Care and Repair Programme. “Today we need to be very creative in how we raise money so we can continue to provide our services free to the older people we support,” Age Action’s Rhona O’Connor said.

Many thanks to our Sponsors – Bluebird Care and Irish Life – without whom this event would not have happened.

The 2012 Christmas lunch will be held in the Burlington again on December 13. Put the date in your diary!

Bags of holiday fun at auction and lunch



ABOVE: Guests enjoying the Christmas fair



LEFT: Residents and staff from the Leeson Park Nursing Home, Dublin, are joined by Santa and his helpers

RIGHT: Santa kissing Philomena Lynott, mother of Irish rock star, Phil Lynott





ABOVE: The Bugle Babes, who were among entertainers on the day



LEFT: Carolann Rohan, from Cork, and friends at the Christmas Fair



ABOVE: Carol Pemberton, of Irish Life who co-sponsored the lunch, with Santa's Helpers

RIGHT: TV3 presenter Aidan Cooney, celebrity auctioneer, receives the station's corporate membership plaque from Age Action's Ciara Sherlock



BELOW: Age Action's Sarah Nevin and Charlotte Kelly with some of the auction items and raffle prizes.



LEFT: Gemma Slattery, Dublin, and Irish tennis star Conor Niland with the bag he used at Wimbledon last summer.



Common cause between generations

2012 is the European Year of Active Ageing and Solidarity between Generations.

This is a chance for all of us to reflect on how Europeans are living longer and staying healthier than ever before — and to realise the opportunities that represents.

The main objectives of EY2012 are to:

- promote active ageing in employment;
- facilitate active ageing in the community;
- promote healthy ageing and independent living; and
- enhance solidarity between the generations.

The European Year seeks to raise awareness of the issues, but most of all it seeks to encourage all policymakers and stakeholders to set themselves goals and take action to meet them. 2012 should go beyond debating; it should start bringing tangible results.

Age Action, along with a broad range of stakeholders, is part of the National Steering Group for the year. It is looking at ways of building on the existing range of activities that are directly relevant to active ageing and solidarity between generations.

Age Action is involved in launching the year on February 9 in Dublin Castle. Key speakers at the event will include President Michael D. Higgins and the Minister for Older People Kathleen Lynch.

There will also be a number of workshops on the day to highlight various themes of the year. One of these will be held by Keelin McCarthy (Age Action) and Anne Walsh (National Youth Council of Ireland) to highlight the importance of intergenerational work in tackling stereotyping of young and old people. The workshop will demonstrate that people of all ages can be subject to stereotyping at some stage in their life. We will look at ways of over-

coming this through inter-generational practice and activities.

Age Action also plans to work with NYCI on a training workshop for people interested in intergenerational practice in April or May to celebrate the European Day of Solidarity between Generations. Further information will be available about this closer to the time.

Throughout the year, Age Action will be celebrating active ageing and solidarity between generations through the promotion and development of our existing programmes and events, including the Getting Started Computer Training Programme, the Care and Repair programme, Generations Together Programme and Positive Ageing Week 2012. Other exciting events and projects will also be organised, so watch this space for more details.

For more information on the European Year: <http://europa.eu/ey2012/>



European Year for **Active Ageing**
and **Solidarity between Generations 2012**



Government to study fuel affordability

The challenge of paying to heat your home to an acceptable level is a key issue for many older people, with older people being among those most likely to die from cold-related conditions.

Two reports published in December throw fresh light on the scale of fuel poverty in Ireland, and the Government's plans to address the wider issue of energy affordability.

Fuel Poverty, Older People and Cold Weather: An All-island Analysis was produced by researchers at the Dublin Institute of Technology and the Institute of Public Health, and funded by the Centre for Ageing Research and Development in Ireland. A full report on the research findings will be published in next month's Ageing Matters. However, among its findings, was that in the winter of 2006-7 there were 1,284 excess winter deaths, of which 1,216 were people aged 65 and over.

Just weeks previously, the Government published its approach for addressing this key issue, *Warmer Homes, A Strategy for Affordable Energy in Ireland*. One in five households in



■ One in five households in Ireland is likely to experience some form of energy poverty, while one in 10 is likely to experience severe energy poverty.

Ireland is likely to experience some form of energy poverty, while one in 10 are likely to experience severe energy poverty, according to an analysis by the inter-departmental group which produced the report.

The 47 actions identified for implementation over the lifetime of the strategy include reviewing the eligibility criteria for energy efficiency schemes, and reviewing the National Fuel Scheme and the Household Benefits scheme to more closely align income supports with the energy efficiency of homes and income of recipients.

One of the major challenges will be to locate people who are energy-poor to deliver supports and measures more cost-effectively. The strategy proposes an

area-based approach to addressing energy poverty, which will require household surveys of areas to identify key structural features of each dwelling and whether householders are receiving a means-tested State benefit. This in turn will allow the calculation of a preliminary Building Energy Rating (BER) report.

Depending on the results, a full BER survey may be needed, which will determine the most cost-effective retrofitting package to be offered to the householder. Homes will then be prioritised within areas for energy efficiency upgrade measures.

The report is available from the Department of Communications, Energy and Natural Resources at www.dcenr.gov.ie

Gifts that give something back to all

There are many environmental benefits of re-using and recycling. Shopping in, and donating to, Age Action charity shops means customers have a low carbon footprint and no further energy or resources are required to replace these goods.

Re-using goods such as textiles and books prevents them from being sent to landfill: instead, they can be sold to raise money for our Care and Repair services.

Donors and supporters are able to help the people we work with every day by making a donation of unwanted items. Age Action gains both stock and the chance to help more people, while being good to the environment! Plus, you also get to shop at recession-busting prices for that something different.

Simon Harrison and Niamh Foley arranged a big donation day in IBM in Ballycoolin, Dublin, before Christmas where the staff brought in unwanted clothes and items. They donated a massive 120 bags of items, which we have been selling in our shops.

Could you arrange one of these in your workplace?



■ Simon Harrison and Niamh Foley with colleagues at the donation day at IBM in Ballycoolin, Dublin, where the staff brought in unwanted clothes and other items.

Fundraising calendar

The fundraising team have an exciting range of events planned for the coming year.

If you would like to help or participate, please contact the team at 01-475-6989 or email fundraisingteam@ageaction.ie

The fundraising dates for your diary are:

- February: Come Dine at Mine
- March: Easter prayer competition
- April: Abseil Dublin
- May: Abseil Limerick
- May: National Raffle
- May 26/27: Milltown Parish Centre church gate collection
- May 31: Afternoon Tea Dance
- June: Flora Mini Marathon
- July 4: American BBQ Night
- August: Story writing competition
- September: Positive Ageing Week
- October: The Big Knit
- December: National Raffle
- December 13: Christmas Lunch

Our thanks to Moyglare

Thank you to Moyglare Nursing Home in Maynooth, who raised a massive €3,101 for Age Action from their craft fair in December.

The residents worked hard all year to knit, sew, paint and craft wonderful items which they then sold at the Fair. Rita O'Reilly presented the cheque to Rhona O'Connor in the nursing home.



■ Staff at Moyglare Nursing Home show Age Action's Rhona O'Connor some of the arts and crafts produced by the residents during the year. They were sold at the home's annual crafts fair in December, with the proceeds going to Age Action.



■ Brendan Smartt and Ali Gibbons from innocent present the €20,000 cheque to Age Action's Rhona O'Connor and Delo McArdle. They are watched by some of the hundreds of knitters who produced almost 84,000 hats for the Big Knit.

Hats off to knitters

WOW ... We hit the Big Knit Target! You knitted 83,739 little hats for the innocent smoothie bottles and we received a gigantic cheque from Brendan Smartt, innocent's country manager.

A huge Thank You to all of you who so diligently knitted and crocheted the hats. There were some wonderful ones, and we had great fun selecting the 'Hat of the Week'.

The €20,000 will be used for our Stay Well and Warm public information campaign throughout the winter months, which helps older people remain well in their own homes.

The team at innocent have said they will be looking for hats again in October So get those needles clicking again!



■ There was an outbreak of All-Ireland football fever among some of our Big Knit supporters and these wonderful hats were the result!



■ Despite the current uncertainty over so many services and supports for older people, something must be done to address the Medical Card needs of those aged over-80.

Is this the death of our social safety net by a thousand cuts?

When the dreaded Budget passed, the general feeling was that it could have been worse but that winter heating cuts were a dangerous policy.

But when the big battalions had passed, we found that the “snipers were in place”. House taxation was imminent and septic tank checks and water charges were planned in some detail. For older people the festive season was hardly over when many received the flawed, and hostile, Revenue Commissioners’ letter.

What this shows is that the state is busy cross-referencing data, which they had not done before.

Another use of State data might be directed against the oldest and most vulnerable persons in the over-70s scheme for Medical Cards.

In March 2009, Mary Harney moved to close down the over-70s scheme. Angry politicians and doctors forced a compromise – the familiar Irish pattern of apartheid was brought into pay and non-pay groups on the basis of income. When this took place, I started to campaign for medical cards for all over-80s, on grounds of health and social circumstances. This was rejected and the state of our finances is so bad that there is now no prospect for it.

I am working on “plan B” however! Take a look at the profile of Ireland’s over-80s: there are two

women for every man, most live in the community, and 85% are single or widowed. Something should be done for them.

With the 50 cent prescription charge, we have been “softened up” for a rise to €1 or even €5. In England, an initial small charge has escalated already to £7.40.

We were also “softened up” for an annual €50 for all those holding a medical card, which might yet occur. A levy might be applied to free travel and free TV licences. Hopefully, these would be minimal.

Dr John Connolly
Dr Connolly is a retired public health doctor and an Age Action member. The views expressed are his, and not necessarily those of Age Action.

Maynooth conference on older learners

An international training conference takes place in Maynooth next month on new areas of study for older learners and innovative ways of presenting material – including the use of arts and creativity.

The conference takes place at St. Patrick's College on March 21 and 22. An additional workshop for older learners and anyone with a view on later life

learning is being organised on March 20 by the Adult and Community Education Department at NUI Maynooth.

Advanced booking is required for both events and places are limited. Any Age Action members interested in attending either the conference or the workshop should contact Margaret Fitzpatrick to find out about costs on 01-4756989 or email u3a@ageaction.ie

U3A MEETINGS



© Dublin City U3A
Meetings last Tuesday of month, (not June-August), 11am, at 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 1st Thursday of the month, Ballyowen Castle. Contact Gretta Rabbitte: (085) 710-4853

© Blessington U3A
Meetings 3rd Tuesday of each month. Contact Anne Cowie: (045) 865-159

© Sutton/ Baldoyle U3A
Meet 2nd Wednesday each month, 10.45am-12.45pm, Baldoyle Library. Email u3asutbal@gmail.com or just come along. Or visit <https://sites.google.com/site/u3asuttonbaldoyledublin> or www.twitter.com/U3Asuttonbaldoyle

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

© Maynooth U3A.
Maynooth Library
Meet every 2nd 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 Terry (Theresa) Moloney: (051) 876542 or email tmoloney@wit.ie

© Monaghan U3A
Contact Mary Beagan: (047) 75942, (086) 3314439

© Roscara U3A,
Co Roscommon. Contact Helen Waldren: (094) 962-1233

© Tramore U3A
Meetings 1st Thursday each month, 11am, Coastguard Station, Love Lane, Tramore. Contact Mollie Hunt, molliehunt@eircom.net

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

Annual membership application

We/I wish to join Age Action

Ireland and enclose €

membership fee, plus €

voluntary donation = €

total payable to Age Action Ireland

Ltd

- €20 Individual — retired/
unwaged**
- €40 Individual — employed**
- €60 Voluntary body**
- €200 Statutory agency**
- €500 Corporate/commercial**

Name

Organisation

Address

Tel

Fax

Email

Contact person

Signature

Date

Please return to:

Age Action Ireland Ltd,

30/31 Lower Camden Street,

Dublin 2

Tel: (01) 475-6989

Fax: (01) 475-6011

Email: info@ageaction.ie

In an older person's shoes

Age Action and our Affiliate HelpAge International are embarking on a campaign with other EU countries to raise awareness among young people of the challenges facing older people.

Before Europe's 'Day of Solidarity between Generations' this April, we are challenging people aged 18 to 30 to understand and act on the issues facing older people and to consider how they can contribute to poverty reduction. We're encouraging young people to lobby national and EU politicians to ensure older people are not marginalised.

To highlight the campaign, we are seeking a person aged between 18 and 30 in Ireland to take part in, 'My Week Getting Old' by spending 'a week in an older person's shoes' and providing feedback on their experience through photographs, social media and videos.

For information, or if you know a young person who would be interested in taking part, please contact Keelin McCarthy at keelin.mccarthy@ageaction.ie

If you just want to take part in the Age Demands Action Campaign, find out more and sign our petition at: <http://www.ageaction.ie/global-education/sign-eu-petition>.

Membership renewal

Age Action is urging members to renew their membership subscription this month, if they have not already done so.

By renewing on time members can save Age Action valuable funds, because we do not have to post out reminders. Please use the form on this page or the electronic payment facility at www.ageaction.ie to renew your membership.

Advertise here

Ageing Matters is now accepting advertising. If you would like to advertise your product or service in Ageing Matters, please contact Ciara Sherlock on (01) 475-6989 for rates or email ciaras@ageaction.ie