

ageing matters

Shamrocks made with love

Thousands of Saint Patrick's Day badges are being knitted for our holiday fundraiser

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■ Cover photo:

At the launch of the St Patrick's Day badge campaign at the National Leprechaun Museum were (front) sisters Dawn and Paige Elliott of Darndale, Dublin, and (back) Ashley Kavanagh and Daragh Matthews. (See story page 7).

Photo: Marc O'Sullivan

Making our votes count

How can we make a real difference by voting in the elections for local government and the European Parliament on May 23, 2014? For the past two years we have been mainly concerned with national politics and economic development. Now we have to turn to local and European affairs and pay much more attention to social development. We know politicians and parties will bombard us with promises of the sun, moon and stars in return for our votes. But can they deliver, and if so what?

The political parties have yet to choose their candidates or publish their manifestos, so we don't even know their promises, let alone their plans. We might be tempted to dismiss them all as snake oil salesmen, but I think that could be a mistake and a missed opportunity.

Two important facts should make us think more deeply about why and how we vote. Ireland has a unique place in Europe, having the lowest proportion of people older than 65 and the highest proportion of people under 25. These are often seen as problems rather than advantages that we can develop together nationally and locally.

The low percentage of older people should let us develop the best social policies and services in Europe for our slowly ageing population by learning from countries with many more older people. But the lack of progress may be caused by a fear of ageing and by discrimination against older people.

The high percentage of younger people should also be seen as a real advantage compared to other countries with diminishing labour forces. Younger people have a crucial role in the future of the country if they are given the necessary education and training. They are certainly required in the finance and business sectors but are also needed to run the many services for an ageing population.

Greater equality is the glue that could bind these demographic trends and counter the widening gap between rich and poor in Ireland and Europe, an urgent and global issue that has been forgotten in our race for economic success. Recently, the damage caused by the widening gap between rich and poor has been highlighted by Pope Francis, President Michael D Higgins and President Barak Obama with supporting evidence provided by Social Justice Ireland www.socialjustice.ie and the Equality Trust <http://www.equalitytrust.org.uk>.

So the first question we should put to our local and European candidates is: "What and how are you going to make this town, county or country a fairer place for all of us?"

— Robin Webster



■ It is important to make your voice heard by attending a consultation meeting and/or completing a questionnaire.

Speak up on vital Budget issues!

It seems a short time since Finance Minister Michael Noonan announced the last Budget, but we are already planning our work to influence the Department of Finance preparations for Budget 2015.

The movement of the Budget from December to October means that our consultation work must begin early in the year to ensure that the voice of older people is heard before the Budget is agreed.

We need your help to highlight the issues of most importance to older people! The last Budget included changes to crucial supports for older people, including the abolition of the telephone allowance, the increase in prescription charges and adjustments to the qualifying criteria for

medical cards. It is therefore very important that we hear how these changes are affecting the lives of older people.

Firstly, we are including a short survey with this issue of Ageing Matters. Please complete the survey in writing or by telephone, or email by using the contact details below.

Secondly, we will again hold regional meetings around the country with the aim of consulting with as many Age Action members as possible (*see panel*). It is really important that we should meet and listen to as many members as possible. How else can we tell the government the impact austerity measures are having on the lives of older people?

We will be sending our submission to the Government in May. We'll also be lobbying politicians and raising public awareness on the impact of

austerity budgets on older people.

Please return the survey by post to Naomi Feely, senior policy officer, Age Action, 30/31 Lower Camden St, Dublin 2, email socialinclusion@ageaction.ie, or complete by phone at (01) 475-6989.

Pre-Budget consultation meetings will take place on these dates.

- **Dublin: March 3, 11am, Carmelite Centre, Angier Street, Dublin 2.**
- **Cork: March 6, 2pm, Imperial Hotel, Cork.**
- **Galway: March 11, 11am, Age Action West, Small Crane, Galway.**
- **Monaghan: March 5, 2pm, YWCA, North Road, Monaghan.**

To confirm your attendance, email your name and meeting venue to info@ageaction.ie or phone Age Action at (01) 475-6989.



■ The pendant alarm controversy in 2013 showed the need for a dedicated information service for older people.

Information service in great demand

2013 may not have been as traumatic as 1913, but it did mark a shift in the Government's attitude to older people.

The draconian measures introduced by the Government in budgets 2013 and 2014 have left older people reeling. And some of the crudest cuts do not come in with the Budget but are introduced by individual departments. 2013 saw what was possibly the worst own goal by the Government, scored by the Department of Social Welfare. And it had an immediate effect on the work of Age Action's Information Service.

In January 2013 the Government announced a

50% cut in the Senior Alert Scheme (Personal Alarm) which caused a huge outcry, and the government was forced to do a U-turn. Calls to our Information Service on the issue nearly doubled going from 8% in 2012 to 14% in 2013.

On the back of publicity, the number of people applying for the scheme reached a record 10,597 last year. This compares to 7,910 in 2011 and 9,142 in 2012.

A more worrying aspect of this story is that many of those ringing us said they never knew the grant was available until it got the publicity caused by the government cut. This clearly shows there is a need for an information service dedicated to older people.

But we — not only the

staff and volunteers working for older people but also you our members — need to tell people about Age Action's information service and encourage them to contact us

Over the last number of years the service has been dealing with a yearly average of about 2,500 calls, or about 48 calls a week. These are on topics such as health 14% (generally medical cards), entitlements and benefits 13% (generally State Pensions), social and recreation 8% (U3A or Active Retirement) among others.

We will listen to any query, and if we do not have the answer, we will get it or will tell you where to get it (and we are always polite).

— **Gerard Scully, senior information officer.**



■ There is strong demand for classes from older people who want to use new technology to remain in contact with their families abroad using email, Skype and social media.

Make this your year to learn computers

Age Action is encouraging older people to make a New Year's resolution to sign up to one of its specially designed computer training courses, and so embrace all the opportunities technology offers.

We have trained more than 16,000 older learners since 2007. "Our courses are especially designed for older people who are using a computer for the first time," according to Pauline Power, manager of Age Action's Getting Started computer training programme. "People are taught at their own pace, by their own tutor."

There is strong demand for classes from older people who want to use new

technology to remain in contact with their families abroad using email, Skype and social media. "Many of our learners come to us because they are frustrated by the growing number of advertisements which feature only email or website addresses," Ms Power said.

"We also have savvy consumers who want to avail of some of the great discounts which are available only online. And then there are learners who are eager to access information about everything from news and current affairs, to rights and entitlements."

Age Action's Getting Started programme is supported by the Department of Communications' Benefit IV funds. Classes are open to anyone aged 55 and older. They are currently running in Dublin (including in Dublin City Council's sheltered housing com-

plexes), Kildare, Wicklow, Cork, Monaghan, Waterford, Galway, Mayo, Roscommon, Louth and Donegal.

We're also looking for volunteer tutors. Anyone with a basic understanding of computers can help, and training is provided. Tutors must be available to commit two hours a week over a four week period.

Details of how to register for a class or volunteer as a tutor are as follows:

- For details nationally, contact Age Action at (01) 475-6989 or email getting-started@ageaction.ie
- For classes or volunteering in Cork or Waterford contact Age Action at 021-4536556 or email getting-startedcork@ageaction.ie
- For classes or volunteering in Galway, Mayo or Roscommon contact Age Action West at 091-527831 or email niamh.hennelly@ageaction.ie

Naomi Feely joins Age Action as senior policy officer



■ Naomi Feely – excited to meet Age Action members

Naomi Feely has joined Age Action as senior policy officer. She has over 10 years' experience in the areas of research, policy analysis and advocacy.

Before joining Age Action, Naomi worked as policy and advocacy officer with

Start Strong – a coalition of organisations and individuals committed to advancing high quality care and education as a right for all young children in Ireland – as well as working as a freelance researcher. She has also worked for OPEN (representing lone parents) and the Vincentian Partnership for Social Justice.

Naomi will be working

closely with the head of advocacy and communication on a wide range of issues affecting older people and their families. She will also work across the organisation to involve and consult older people on policy and research.

Naomi is excited about meeting Age Action members and including them in her work.

Day of learning at Dublin zoo

Dublin Zoo and Age Action are organising a life-long learning event next month.

The event follows the great response from older people to Positive Ageing Week events at Dublin Zoo in 2011 and last year. As part of the event, a presentation will be given by a zoo keeper, who will share stories of the zoo. Attendees will be encouraged to share memories of zoos, animals, plants, and experiences of the wild while enjoying the much-loved zoological gar-

dens. It is hoped this will become a regular gathering in Dublin Zoo.

A charge of €6 will apply and attendees are welcome to enjoy the zoo for the rest of the day.

The event will take place from 11.30am to 12.30pm on March 12. The venue will be the Farm House.

To book a place, please contact Una Smyth by phoning (01) 474 8932 or emailing education@dublinozoo.ie



■ LEFT: St Patrick's Day shamrock badges. RIGHT: At the launch of the Age Action St Patrick's Day shamrock campaign at the National Leprechaun Museum in Dublin were (from left) Age Action knitter Noirin Lanigan, sisters Paige (6) and Dawn (4) Elliott, and Age Action's Ashley Kavanagh and Daragh Matthews.

Photo: Marc O'Sullivan

Shamrock badges aid vital services

Age Action is urging the public to “sham-rock” this year’s St Patrick’s Day celebrations by supporting their “Made with Love” knitted shamrock campaign.

“We thank the public for getting behind the campaign by knitting the Age Action shamrock badges,” Age Action fundraiser Daragh Matthews said. “We now need their help when the badges go on sale.”

The response to date has been fantastic, with almost 2,000 of the specially knitted badges already produced even before the public launch of the campaign

last month. The photo call for the launch took place at the National Leprechaun Museum in Dublin. Age Action is grateful to the museum for providing the venue free of charge.

“We are taken aback by how generous our knitters have been, with knitters in daycare centres, nursing homes, knitting clubs and individual knitters getting involved,” Mr Matthews said.

At the time of going to press, thousands of badges were still pouring in ahead of the February 25 deadline. They were then being fitted with Age Action centre piece pins.

The shamrock badges will go on sale on March 1 and

will be available from select retail outlets throughout the country.

Proceeds from the St Patrick’s Day fundraiser will help fund Age Action’s home visitation and DIY service, computer training programme for older people, and information service.

“These important services contributed greatly to the quality of life of thousands of older people who used them last year,” Mr Matthews said. “We need the public’s support if we are to sustain and expand these services.”

Age Action members are also being urged to play their part by supporting the sale of the badges in their area.



■ Midleton team: (from left) Joe Dilworth, Tús Supervisor and Care and Repair Coordinator; Karen Power, Tús Supervisor and Care and Repair Administrator; and Aidan Lomasney, one of the Tús participants in Midleton Care and Repair.

Care and Repair roundup 2013

2013 was a busy year for Age Action's Care and Repair programme. We added five new community partners and expect to launch a further 10 in 2014, making a total of 40 programmes of work nationwide.

None of our work would be possible without the support of our staff and volunteers in addition to teams working with community partners throughout the country. We never cease to be amazed by the enthusiasm and dedication of the people involved in Care and Repair. The commitment shown by people from North Donegal to West Cork is both hum-

bling and inspiring.

Here's a whistle-stop tour of news from Care and Repair throughout the country.

Cork

We are delighted that for the first time we have secured a van for the Care and Repair programme in Cork City and surrounding areas. We hope to have the van on the road early in 2014. As part of our plans this year, we will assign pairs of volunteers to call monthly to our most vulnerable clients and do whatever jobs they need.

This will mean that clients who need our help the most will not have to phone the office every time a job comes up, and instead will know that a volunteer will call on a regular basis to help out. This is a pilot

project and if successful could be rolled out around the country where the need exists locally.

Westmeath

The Westmeath group's biggest development this year is the Home Visit service, which has begun in the Athlone area.

"Volunteers are like angels from Heaven they are so nice and caring in every way," said one of our grateful clients, who eagerly awaits her weekly visit. One visiting volunteer discovered that she and the client both came from the West of Ireland and shared an interest in Irish music, so they went on to have a session on the accordions, as both of them love playing music. The lady is in her 90s, and was delighted to get the

chance to once again take up her passion.

In early December, Westmeath C&R completed a large house clear-up with a number of volunteers. This “blitz” was organised after concerns were raised about the living conditions of a client in the home visit scheme. It involved a great team effort by our volunteers who undertook a thorough spring clean. Care and Repair volunteers organised the work for a Saturday morning and by lunch time, the house was ship-shape.

Midleton

Karen Power, the Midleton supervisor, says: “When Care and Repair got up and running in August 2012, it was all brand new to us. We wondered how the service would work, but we needn’t have worried, because without doubt it has been a huge success.”

As well as general jobs like small repairs, moving furniture, gardening, painting and many others, the Midleton Care and Repair team through its coordinator Joe Dilworth is now working on a new project involving the local parish church. “The local church broadcast Mass on a dedicated television channel and we have been inundated with calls from our clients to help tune in the channel for them,” Joe said. “This is a wonderful service



■ Waterford Care and Repair volunteers (from left) Martin (project manager), Arthur, William and Paul (trades people).

for those who cannot make the journey to Mass, and we have enjoyed helping to get as many televisions as possible tuned in.”

Midleton Care and Repair has also now built up a fantastic database of skilled, trustworthy tradesmen for the bigger jobs. “Sometimes the job is just too big for us and may require an electrician or a plasterer,” Mr Dilworth said. “Over the last 15 months, we have got to know and use some very good trades people from the locality who are very fair in price. We were amazed by the trades people who called in to us at SECAD offering their services free! We can now confidently send a skilled person to our client with the knowledge that they will be given the best possible work at the best possible price, and that is crucial for the service.”

Also involved in the Midleton Care and Repair service is administrator Frances Burke. She is the person you are most likely to hear on the phone when

ringing the dedicated Care and Repair phone number. “Helping the community is vital part of what we believe in, and the feedback from our clients has been very positive so far. We are delighted with the way the service has grown, and long may that continue.”

Waterford

Care and Repair launched in Waterford in July 2012 and has grown from strength to strength. Client numbers are thriving so much that the partnership has recently put a third van on the road to meet demand for the service. There are nine members of staff working on the team. They are passionate and highly skilled and will go the extra mile to support local clients.

For further information on Care and Repair, please contact Claire Bellis at (01) 475-6989 or John O’Mahony (021) 453-6554.



■ Age Action had meetings with the Government about the ending of the transition pension, amid concerns over the impact it would have on older workers forced to retire from their jobs at 65.

How new pension policy will affect you

January 1 marked a new departure in Irish pension policy, and one that will have an impact on many workers in their mid 60s.

The State Pension (transition) was abolished at the start of the year. Previously those with sufficient stamps would have received this pension between their 65th and 66th birthdays, subject to conditions. The next phase in the roll-out of the State's pension policy will be to increase the eligibility

age for the State Pension from 66 to 67, which will happen in 2021. In 2028 the eligibility age will increase to 68.

Age Action had meetings with the Government about the ending of the transition pension, amid concerns over the impact it would have on older workers forced to retire from their jobs at 65, but unable to claim their State Pension for a further year. A number of measures were introduced to address some of these issues.

Under legislation which has existed for many years,

where an individual has at least 156 social insurance contributions and is 65 years of age they will continue to receive Jobseeker's Benefit until their 66th birthday.

Since January 1, new administrative changes have been introduced to ease older workers who are 62 years of age and over into the jobseeker schemes.

Individuals who exit the workforce before pension age and on foot of the abolition of the State Pension Transition may seek the support of either the Jobseeker's Benefit or

Get involved at the TOP

Are you interested in taking part in The Opinion Project (TOP)? We want to engage Age Action members as much as we can and represent them in our advocacy, policy and research work.

Through TOP, Age Action members can sign up to be consulted on our ongoing efforts to influence policy change. Also, we regularly receive requests from researchers looking for people to participate in their research projects.

By signing up to TOP, you will receive updates and information on engaging in a

range of research studies, from university student dissertations to large-scale nationwide projects.

Once in the TOP programme, we will contact you on approximately every 6-8 weeks and will get in touch with you by your preferred method of communication (eg by email, telephone or by post).

If you are already an existing Age Action member and wish to join TOP, please email Sarah at membership@ageaction.ie or call (01) 475-6989.

the Jobseeker's Allowance schemes. In order to qualify for either of these payments, an individual must be genuinely seeking and available for full-time employment. Both of these conditions will continue to apply to older jobseekers.

Ordinarily, people receiving a jobseeker's payment must also engage with the Department's activation measures and can face sanctions if they fail to do so. On foot of changes the Minister introduced, this requirement will now be eased for jobseekers aged 62 and older. They will no longer be required to engage with the Department's activation process.

However, the easing of requirements will not apply to all older workers. Certain categories of older job-

seekers may be required to have a more frequent engagement with their respective Local Office, eg casual jobseekers aged 62 and older will continue to be required to submit weekly dockets of their work patterns.

Older jobseekers aged 62 and over will still be able to avail voluntarily of an array of supports, which are available from the Department if they wish to return to work, training or education. However, sanctions such as penalty rates will not be applied should they decide they do not wish to engage with the activation process.

In addition, special arrangements will be made so that the majority of older people receiving a jobseeker's payment will have to register with their local office only once a year,

and their payments will be paid directly into their bank accounts.

In summary, the changes for jobseeker benefit and allowance customers aged 62 and older, effective from January 1, 2014, are:

- The mandatory requirement to comply with activation processes will no longer apply to jobseekers aged 62 to 65, who will not be subject to penalty rates;
- These jobseekers may avail of departmental supports on a voluntary basis;
- Most jobseekers aged 62 or over will be placed on a yearly register arrangement with their local social welfare office; and
- Most jobseekers aged 62 and older will be transferred to Electronic Fund Transfer (EFT) payments.



■ At the Age Action conference were (from left): Age Action CEO Robin Webster, Finola Bell (First Care), Maureen Finlay and Brenda Quigley (Age Action), and Dr Austin Warters, HSE Manager of Services for Older People, Dublin North.

Creating community in nursing homes

The major contribution of residents' councils and of befriending and advocacy services in creating a sense of community and supporting a holistic approach to residential care was highlighted at a recent conference hosted by Age Action.

Age Action's advocacy programme currently runs in 21 nursing homes in North Dublin and 13 nursing homes in Meath. Addressing the conference, Nursing Homes Ireland chief executive Tadhg Daly, emphasised his organisa-

tion's support for both residents' councils and advocacy in nursing homes, while recognising the challenging nature of the work.

The first keynote speaker, Mary Flanagan, director of nursing at Claremont Residential and Day Services, said holistic care involves a system of interdependent relationships, the centre of which is a commitment from the carer to provide a service that is acceptable to the recipient of that care. She said that everyone benefits from a holistic approach to care – residents, staff, management and relatives.

The second keynote speaker, Finola Bell, director of operations at First

Care Ireland, stressed that a shift from a task-oriented to a person-centred culture resulted in a better sense of community. This process entailed self-reflective management meetings, family meetings, a wide range of staff training and significant changes to the physical design of the nursing home.

Five residents from three nursing homes spoke of their experience of life in residential care. Christy Brady (Raheny CNU) inspired the audience. He said: "I became an adult after 80 years. I learned to overcome my prejudices. [I] never expected that moving into residential care would be a lifelong learning experience."

Tom McGee moved into Beaufort House after a bad turn at home. He says the staff are fantastic; they make him feel like Beaufort House is really a home away from home.

Betty Whelan, who also lives at Beaufort House, said the staff are great: "They couldn't do enough for you." She said there is great craic and she has made many good friends.

David O'Hara, who lives at Cara Care Centre, is one of the younger residents. He found it strange at first, but the staff and carers are good and there are plenty of activities.

Mary Kelly, also a resident of Cara Care Centre, said the staff are fantastic. They have recently completed a project entitled "Then and Now," which won the Community Initiatives Award at the Nursing Homes Ireland Care Awards.

Two Befrienders and three advocates shared their experience as volunteers. Monica Carter spoke of the role of the residents' council as a community building activity and a platform where residents can share their concerns or difficulties, with the knowledge that the advocate will endeavour to resolve them.

Breda Ennis said she enjoys her work as a befriender and loves visiting and chatting with the residents. She finds the man-

agement and staff very welcoming. Breda said she is delighted to have become a volunteer befriender and gets great satisfaction from her work.

Deirdre McCormack gets great satisfaction from visiting residents. "It's like coming into a family atmosphere, as everyone is very happy there," she said. Deirdre would recommend the role to anyone interested in working with older people.

Brenda King said she feels her role as an advocate is to assist residents in adjusting to residential living. She has observed that sometimes simple things cause significant concern to residents. Advocates serve to bridge the gap, informing everyone concerned and liaising with management on behalf of residents.

Advocate Padraig Faughnan said many of us have lost the art of conversation. People have little time for a chat. At their meetings they give the residents a chance to chat and reminisce. Memorabilia is often brought in to start the conversation.

Dr Austin Warters, HSE manager of services for older people in Dublin North, outlined the role of the HSE, which includes regulation and inspection of care centres and the administration of the Nursing Home Support Scheme (Fair Deal). At a

national level, the HSE is involved in a wide range of initiatives in the nursing home sector – for example, responding to elder abuse, providing dementia training and directing policy. In north Dublin, the HSE funds Age Action's Group Advocacy Programme.

John Farrelly, the national head of Older Persons Services Regulation for the Health Information and Quality Authority, said increased regulation has placed nursing home staff under significant pressure as they adapt to the current system of HIQA regulation and inspection. He stressed that the burden is on staff to provide a service of the proper standard. Advocacy is important to the resident because the advocate is an independent stakeholder.

The conference concluded with a brief review of the work done by Age Action's advocacy programme in Meath (run by Maureen Finlay) and north Dublin (run by Brenda Quigley). In particular, it looked at how Age Action supports community development and holistic care in nursing homes.

Maureen Finlay spoke of advocacy and befriending in nursing home care, while Brenda Quigley spoke of the role residents' councils play in empowering residents and fostering a sense of community.

Concern over housing grant cuts

Age Action is concerned at the changes to the housing adaptation grant schemes for older people and people with a disability, which it believes will hit those on lowest incomes the hardest.

“While the intention of the review was to make the schemes more focused and targeted at those most in need, the impact is that changes to the Housing Aid for Older People scheme mean that funds will be spread more thinly, with the poorest of older people now receiving a reduced maximum grant, while also being expected for the first time to pay for a percentage of the work,” Age Action spokesperson Eamon Timmins said.

The changes to the Housing Adaptation Grant for Older People, Housing Aid for Older People and the Mobility Aids Grant Scheme have come into effect since January 1, without any public announcement.

In addition to the reduction in the maximum grant and changes to the income bands for the level of grant, Age Action is concerned that the age eligibility for the Housing Aid for Older



■ Some older people could face a waiting period of up to six years to get vital alterations made to their homes.

People is being increased from 60 to 66 years old. This will oblige people who previously could have applied for Housing Aid for Older People to wait up to six years to become eligible for grant aid towards making their homes habitable – for example, by replacing outdated heating systems, drafty windows and doors.

The changes in eligibility for the schemes are significant and must be publicly communicated in a clear and concise manner.

Age Action is concerned that the new restrictions came to light only as a result of a document for local authority officials, which was leaked to the media. The Department of the Environment,

Community and Local Government needs to issue a comprehensive statement on the changes.

Age Action fears that changes to these schemes, combined with cutbacks to other supports for older people, will make it more difficult for older people and people with disabilities to remain living in their own homes, especially those who are seriously ill or frail.

“With community-based supports under severe pressure and now funding to help those who are struggling to adapt their homes being spread more thinly, it is getting much harder for the most vulnerable of older people to remain in their own homes,” Mr Timmins said.

Don't bin your issue – share it!

In Age Action's Membership Team we have the privilege of talking directly to members and getting feedback about the issues that concern them. Recently a member suggested a great way to reach more potential members by passing your issue of *Ageing Matters* to a friend or neighbour when you have finished it. Thanks to our member, Mary Callaghan, for the idea. Don't bin it. Share it!



U3A MEETINGS



© Dublin City U3A
Meeting last Tuesday of each month 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: annhargaden@eircom.net)

© 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.



■ The Cara Care Centre in Dublin presented a cheque for €1,750 to Age Action in December. The money was the proceeds from the sale of a booklet of art and stories and a CD, entitled *Then and Now*. It won the Community Initiatives Award at the 2013 Nursing Homes Ireland Care Awards. Pictured receiving the cheque is Age Action's Brenda Quigley.

Skerries member wins smartphone

Congratulations to Ronnat McCrone from Skerries who renewed Age Action membership before December 31 and won a Samsung GT-C3350 (Xcover 2 II) mobile phone in our early renewals draw.

We would like to genuinely thank all our members who have renewed their membership to date and to remind those who haven't yet done so to renew as soon as they possibly can.

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)
 Organisation Name (if applicable):.....

 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 Age Action Ireland,
 Permanent TSB, 70 Grafton Street, Dublin 2,
 Account No: 87779021, Sort Code 99-06-25,
 the following amount €..... until further
 notice. Starting on: 1st Day of
 January 20.....

Name:
 (Block capitals please)
 Bank Account No:
 Sort Code:
 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