

# ageing matters

# Members air issues at AGM

Meeting hears that despite smaller funding, Age Action has expanded its vital programmes

Pages 8-10



**The Big Knit is on again with an October deadline**

Page 3

**Living on the edge under austerity**

Pages 6-7





For all older people

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■ Cover pic shows Age Action member Bill Kelly addressing the annual meeting in June. (See pages 8-10)

## Out with lunacy, in with capacity

**The** long-awaited Assisted Decision-making (Capacity) Bill published on July 17 to replace the Regulation of Lunacy Act 1871 is welcome. First, it's good news for the many people with intellectual disabilities and the increasing number of people (mostly older people) with dementia and all their carers and families. The existing ward of court system with its substitute decision-making will be replaced by a system that supports a person's right in making key decisions about their own lives.

This Bill might have a much wider impact if the effective partnership between NGOs, human rights bodies and Government continues and leads to further improvements and its early and full implementation. It might even encourage more positive attitudes towards human rights and equality and a better understanding of disability and capacity. For example, I am struck by the lengths we go to emphasise the differences rather than the similarities between us. We argue about exact definitions of old age and disability, while forgetting that the majority of people with disabilities are over 65 and the majority of people over 65 have some form of disability.

Another major benefit that might result from the proper implementation of the Bill is Ireland's ratification of the UN Convention on the Rights of Persons with Disabilities. This in turn would boost the current attempts to gain worldwide support for a UN Convention on the Rights of Older Persons. After that we would only be a short step away from legislation establishing basic rights of older people in Ireland, a major aim of Age Action from the beginning.

Advocacy has an important role in assisted decision-making, especially if self-advocacy is accepted as its ultimate goal. Making key decisions can be difficult and this can be made more difficult by problems of communication due to disability, language, culture and emotional stress. It could be further exacerbated if there were an actual or perceived lack of mental capacity that could be used to question or undermine a person's legal capacity to make decisions.

Let me end with the definition of advocacy that Age Action uses. It reminds us of the importance and complexities of advocacy, which can only grow with the increasing prevalence of dementia along with our increasing longevity.

"Advocacy is about stating a case, influencing decisions, ending assumptions, getting better services, being treated equally, being included, protecting from abuse, redressing the balance of power, becoming more aware of and exercising rights". (Centre for Policy on Ageing, London 1995)

— Robin Webster



■ Fashion designer Heidi Higgins and Age Action's Delo McArdle are backing the innocent Big Knit. Age Action is aiming to have 65,000 hats produced by October 4.

## It's time to get knitting again

The innocent Big Knit 2013 is under way, and Age Action has launched an appeal to all knitters to help us knit 65,000 little hats by early October.

This is the fifth year of the colourful fundraiser which has seen knitters produce over 260,000 hats over the last four years.

For every hat-topped smoothie bottle sold in November, innocent will donate 30c to Age Action. We will use the money raised to fund our work supporting older people during the chilly winter months.

Since we started the Big Knit with innocent, we have raised over €80,000, so if you've ever picked up your needles and knitted a hat for us or bought one of the smoothies that was wearing

one, thank you very much.

Over the years we have reached our hat target with the generous support of a wide variety of groups. These include knitting groups, schools, active retirement clubs, workplace groups knitting at lunchtime or during their tea breaks, girl guides and youth groups. The Big Knit has also had an intergenerational element to it, with grandparents teaching their grandchildren to knit.

"We would love people of all ages to get involved, from novice knitters to champion clickers, so please spread the word within your local community," Age Action's Daragh Matthews said. "If you don't fancy knitting yourself, wool and needles can be donated to Age Action to help others reach their target. If you don't know how to knit, you can help by spreading

the word about the Big Knit among friends who knit."

The deadline for hats this year is October 4.

Your hats will help fund Age Action's work with older people in Ireland. While many older people live healthy, happy, fulfilling lives, some older people need a little support to continue to live with dignity.

The innocent Big Knit funding will help Age Action's winter warmth public information campaign to enable older people remain well and warm in their own homes. It will also go towards our Care & Repair home visitation and DIY teams who assist thousands of older people each year. They carry out small DIY tasks which enable older people to remain in their homes with dignity.

For more information and knitting patterns, visit [www.bigknit.ie](http://www.bigknit.ie).



■ Broadcaster George Hook is helped by Helen Powell (left) and Marie O’Gorman at the launch of this year’s Google Silver Surfer Awards with Age Action.

Photo: Jason Clarke

# Google Silver Surfer Awards

## Don’t delay, nominate today!

Google and Age Action have joined forces once again to search for Ireland’s top Silver Surfers. The awards celebrate and showcase older peoples’ use of the internet and technology.

This year we are looking for enthusiastic people over the age of 50 who have an interesting story to share about how they use their computer and the internet and who will become a role model to inspire more older people to embrace technology.

Google and Age Action are calling for people to nominate a friend, neighbour or relative who uses technology for pleasure or as a way to enhance the quality of their life. This is the fifth year of the awards,

and there are five award categories as follows:

### **Google Silver Surfer Award**

An older person who embraces the internet or technology with a sense of fun and adventure

### **New to IT Award**

A person over the age of 50 who is new to technology and has overcome challenges to become an IT user

### **Hobbies on the Net Award**

An older person who uses the internet to pursue a passion or hobby or who uses IT for communication and social networking

### **IT Tutor(s) of the Year**

An individual or group of any age who provides voluntary support to older learners

### **Golden IT Award**

An individual over the age of 80 who uses technology to enhance their life

Members of the public can nominate someone for an award by filling in a form online at [www.ageaction.ie/silversurfer](http://www.ageaction.ie/silversurfer) or by phoning Anne-Marie Walsh in Age Action on (01) 475 6989. The closing date for applications is Sunday, September 15.

The Google Silver Surfer Awards 2013 with Age Action will be announced by broadcaster George Hook at a ceremony on Wednesday, October 2, at Google’s offices on Barrow Street, Dublin 2. Those who are shortlisted will be invited to attend.

The Minister for Communications Energy and Natural Resources, Pat Rabbitte, will present overall winners with awards.



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■ **At breaking point: older people are struggling to meet the cost of new taxes and charges, along with rising prices, from a fixed income.**

## Struggling under effects of austerity

**As the country heads towards another austerity budget, let's take a minute to examine the impact of past budgets on older people.**

Last year we saw the introduction of the property tax, which affects all home owners regardless of the household income or the person's ability to pay. In 2010, the carbon tax was introduced on domestic fuels and has since increased from €15 to €20 per tonne. VAT has increased from 21% to 23%, which affects all consumers.

The value of the household benefits package was reduced in last year's budget. In 2011, the fuel allowance was cut by €120 as six weeks were shaved off the payment. People lost their

bin waivers and budgets for the housing adaptation grant were slashed by €19 million last year.

Motor tax has also increased significantly. Depending on the size of the vehicle's engine, it has increased by up to €250 annually. People relying on the respite carers' grant were also affected, with a significant cut in the grant last year, cut from €1,700 to €1,375.

Since its introduction, the prescription charge has tripled, the drugs payment threshold has increased, and for the over-70s medical card, the income allowance has been reduced so fewer people now qualify.

The nursing home support scheme now takes a maximum of 22.5% from the value of the person's main property for those signing up for nursing home care

My income is less than €11,000 p.a. and will not increase... I will not be able to meet my bills. Presently use a hot water bottle instead of turning on heat. ... No quality of life – no country for old people. *(Age Action member, response to pre-Budget questionnaire, March 2013)*

from an original 15%.

These "cuts by stealth", as one Age Action member called it, are compounded by increases in the cost of living. Health insurance, for example, has increased by 108.6% in five years since 2008. Electricity prices have increased by 32.5% in the same time, and home heating oil is up by 25.2%.

Although the rate of the

Waiver on property tax. I am living alone with an income of €248. My next door neighbour, a husband and wife and three children with an income of €2,400 a week and we pay the same property tax... start with a waiver for pensioners living alone. They know what this will cost with the living alone allowance supplied to our pension.

*(Age Action member)*

main State pension has been retained in recent budgets, something Age Action has long campaigned for and a policy measure we welcome, we cannot ignore the fact that people are experiencing multiple pressures as a result of creeping costs and reduced entitlements. They are coping with the introduction of new taxes such as the property tax and increases in existing charges.

Following extensive consultation with our members earlier this year, the Age Action policy team put together a comprehensive pre-Budget submission which was sent to the Government in early June. We outlined 32 key recommendations that we urge Government to consider when they are drafting this year's budget, which is due to be published on October 15. We stressed the diversity of the older population, as policies often do not take into account the different circumstances people experience.

This was a point raised by many members at the

pre-Budget meetings. The example of the property tax was given for people who live alone as they have to cover the payment from one income, while households with more than one income can share the burden.

As in previous years' submissions, we are asking for the State pension to be retained at its current rate, for the free travel scheme to be maintained and a reverse of changes to the Household Benefits Package which were introduced last year. We also recommend changes to the property tax structure to allow deferral, we are calling for an exemption rather than a deferral for very

Have no choice but to do without. My needs remain the same.

Monetary allowance reduced. Bread, milk, petrol did not get any cheaper and these are essential commodities

*(Age Action member, response to pre-Budget questionnaire, March 2013)*

low-income households.

This echo's the Economic, Social and Research Institute, who made a similar recommendation in 2012.

The "Cumulative Effect" in the title of this year's pre-Budget submission not only relates to financial pressures but also to the issue of access – in particular access to health services and other amenities. Lack of access is exacerbated by changes to transport services, the closure of local post offices and a reduced bank branch infrastructure, circumstances that are increasingly undermining older people's resilience against austerity.

A full list of our recommendations for the Budget is available from Age Action. We will also be launching our pre-Budget campaign shortly and will be asking Age Action's members to take up the fight and lobby their local public representatives on key issues.

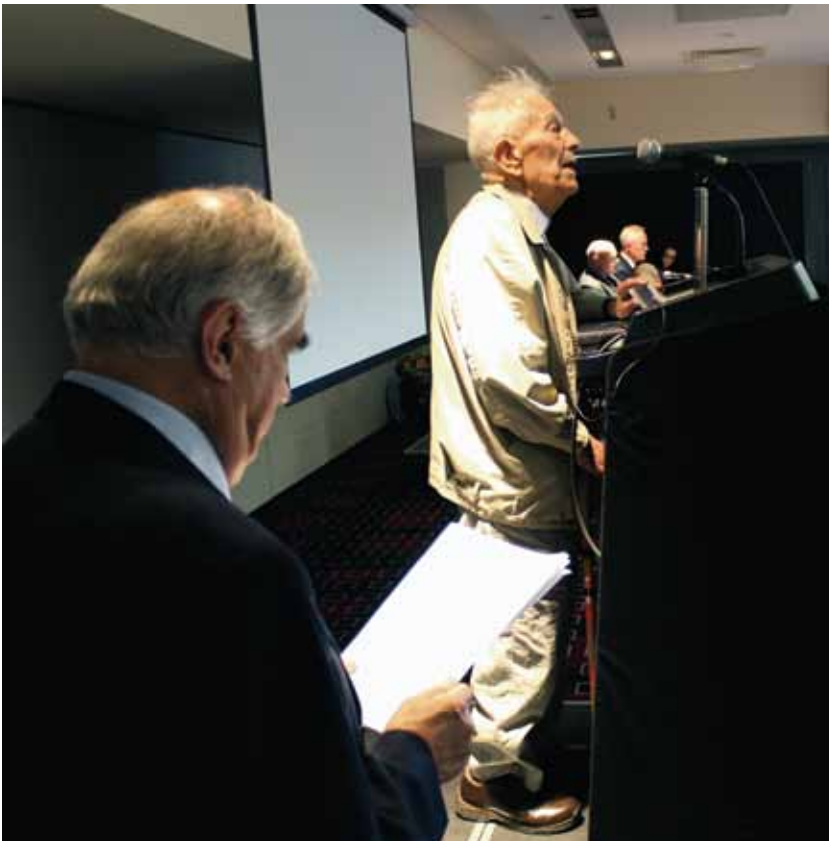
We would like to thank all who attended the pre-Budget members' meetings or filled out a pre-Budget questionnaire. Your input into the process was invaluable, and your comments and experiences appear throughout the submission.

— Emer Begley

**For more information about the pre-Budget submission, contact Emer Begley, Senior Policy Officer, on (01) 475 6989 or send an email to [socialinclusion@ageaction.ie](mailto:socialinclusion@ageaction.ie)**

# Going strong in straitened times

Annual meeting focuses on upbeat message and work to be done



■ Ronald Rumball makes a plea for new members, while CEO Robin Webster listens in the foreground.

Age Action overcame difficult financial circumstances in 2012 and, despite working with reduced resources, continued to expand its services, the charity's annual meeting was told last month.

Chief executive Robin Webster said that, across all its services – including the charity shops, website and programmes – more than 273,000 people were helped by Age Action last year. These include 19,500 who used the Care and Repair services, more than 4,100 who received computer training by our Getting Started team, 1,800 who were helped by our information team, and the thousands who enjoyed Positive Ageing Week.

“This is an enormous effort by our 100 full- and part-time staff and over 2,000 volunteers, half of whom were members,” he told the 20th annual meeting at Croke Park on June 28.

Chairman David Henshaw noted that one of the most encouraging trends during 2012 was the increase in membership and the growing contribution that members were making to Age Action's work as advocates,



■ Brenda Quigley and Maureen Finlay speaking with Age Action members at the annual meeting.





■ Roundtable with Liz McAlister, Mary McQuillan, Marie Aspill, Ellen Reddin, Pat Doyle and Beth Nunan.

volunteers and donors.

In his address, Mr Webster expressed concern about the impact that successive austerity budgets were having on older people. The cumulative impact of cuts to services, reductions in benefits, and increases in charges and taxes was having a deeply damaging effect on many older people, he warned. "There is little doubt that the cumulative impact will be to increase the numbers of older people living in, or at risk of, poverty and thereby nullifying the advances of the past decade," he said.

Over 120 members registered to attend the meeting. Many arrived early to engage with Age Action staff and other exhibitors at the trade stands. Age Action is grateful to the commercial organisations that participated in the showcase exhibition. They were Boots pharmacists, Hidden Hearing, Home Care Plus, Innocent Drinks and Bord Gais Networks.

The annual meeting be-

gan with a minute's silence for deceased members and directors, including John Meaney, our former Honorary Treasurer who died on May 30. The minutes of the 19th AGM were passed. Chairperson Dave Henshaw then presented his report to the meeting. He summarised it as "an increase in the work carried out, and a decrease in the funding to do it".

Mr Webster then moved on to the election of directors. As there were only six candidates proposed for 14 places, the six were deemed to be elected. Those elected were David Henshaw, Roger Coughlan, David Healy, Joan McDermott, John Cassidy and Owen O'Sullivan. They join previously elected directors Julia Horgan and Margaret Pilkington. John Cassidy was elected by the board as Treasurer. Mazars were reappointed as company auditors.

The meeting was then thrown open to members for comments and discussion. Ronald Rumball asked why we did not have more mem-

bers and said it was up to the members to recruit new members. Mr Henshaw echoed these remarks, adding that each member should aim to recruit just one more new member. Dave Cleary added that as older people were suffering during the recession, perhaps Age Action could have an introductory offer for new members.

Mr Rumball then asked whether Age Action would be arranging another public meeting with political parties again. Connie Caulfield suggested that this was a waste of time as all we get were Junior Ministers when what we needed were more protests such as those against the cuts to the medical cards. Mr Webster and Eamon Timmins (Head of Advocacy and Communications) both questioned the value of collective meeting with politicians and instead urged members to constantly lobby their local TDs. Various members disagreed and said they thought the meeting had value.

*Continued on next page*

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Under Any Other Business, Noel Nutley raised two issues. The first was to express his anger at the decision by the National Treasury Management Agency to reduce the level of interest available on government saving products from 2.5% to 1.75%, which in turn will affect the level of prizes available to prize bond holders.

Secondly, Mr Nutley called for a waiver from the Local Property Tax (LPT) for individuals living alone on the grounds that they have the same level of expenditure as couples. He said there were 49,148 older people living alone. Some of the members were unhappy with the proposal, arguing that people living alone may get specific allowances.

Mr Webster suggested that we continue as an organisation to call for a waiver for all people on low incomes. On the issue of the LPT, Vincent Swan thought people in apartments who pay a maintenance fee should get a waiver from the LPT.

Margaret Walsh raised the problem of older people being cared for in hospitals. Those who had difficulties eating often suffered from malnutrition as consequence. These people are too weak to eat their meals, and families have to come into hospitals to feed them because nurses are now too busy or over-qualified to help them eat, she said.



■ Voting time at the annual meeting.



■ ABOVE LEFT: Veronica Barrett addresses other members.



■ ABOVE: RIGHT: Noel Nutley comments on prize bonds and property tax.



■ Right: Julie Oates of Getting Started Cork and Michael Smithers of the Cork Stroke Support Group.



■ Members of the French delegation with Age Action preparing to leave on one of the field visits which were part of their three-day programme in Ireland.

## Learning from and with France

In June we hosted an enjoyable and useful three-day study visit from a group of people working with older people from many parts of France.

The visit was organised by UNIOPSS and led with great care and flair by Alain Villez and Marie-Jo Guisset-Martinez. We are most grateful to them all for their support and we plan to organise a return visit next year.

Established in 1947, UNIOPSS (<http://www.uniopss.fr>) is an umbrella organisation of non-profit, non-governmental welfare organisations serving the public interest according to a French law of 1901.

It has 140 members nationwide, including the majority of the federations, associations and communities that have a national focus. It also has 22 region-

al unions bringing together 7,000 non-profit agencies working in health and social welfare.

The whole French NGO sector employs 630,000 people, as well as 420,000 volunteers, providing a wide range of services, including housing and social care for people of all ages facing social and economic difficulties.

The visit included presentations and discussions on general policies and our own advocacy work followed by visits to related services. Our thanks are due to all those who helped, St Andrew's Resource Centre, Ringsend Primary Care Centre, ALONE, St Mary's Hospital in the Phoenix Park, Alzheimer Society of Ireland and the Department of Health.

The visit opened with a talk entitled "Regaining Identity – new synergies for a different approach to Alzheimer's" by Marie-Jo Guisset-Martinez, based on

her book recently translated into English (<http://www.fondation-mederic-alzheimer.org>). She gave many creative but simple ideas based on practical examples of how services can be more person-centred and sensitive to people with dementia. Dementia, not surprisingly, became a major theme of the visit as a way of reminding us that all our services should be person-centred.

The visit highlighted for me two lessons that we might learn from France.

Recently the advisory group on our first dementia strategy met for the first time, while in France they are preparing their 4th national dementia plan. Why are we so far behind and will we learn from the French experience?

We do not have an organisation like UNIOPSS to coordinate and support the many NGOs in Ireland. Perhaps the time is ripe.

— Robin Webster



Members of the public in Midleton, Co. Cork enjoy the Positive Ageing Photo Exhibition.

## PAW events kick off with exhibition

“Wonderful, uplifting, enlightening!” ... “Inspirational, thought provoking and very positive!” ... “Great photo exhibition, celebrating life!” These are a few of the many comments from the visitors’ book at our Positive Ageing Photo Exhibition.

The exhibition is made up of inspiring images and stories from several Positive Ageing Photo Competitions that we have held through the years. There are images of older

people getting out and enjoying life. There are photographs of people swimming, hill walking and even canoeing. Some are still working, while others are continuing to enjoy hobbies perfected over a lifetime such as gardening, dancing, sewing or baking. Some are captured passing on their skills to another generation.

The exhibition is proudly supported by Bluebird Care who are also sponsoring Positive Ageing Week nationally. The exhibition tours a large number of venues around the country from August to October. For more information on where the exhibition will be dis-

played, visit [www.ageaction.ie](http://www.ageaction.ie) or please see contact details at the end of the article.

There are many other interesting and fun events being organised for this year’s festival, such as the Over-50s Event at Dublin Zoo, an intergenerational orchestral performance by the National Youth Orchestra and the Blow the Dust off Your Trumpet Orchestra, and health and beauty events in the Age Action charity shops.

Bluebird Care will host five seminars on the topic “Issues Affecting Older People in Modern Irish Society”. An EngAGEMENT

with Bluebird Care will be chaired by Broadcaster George Hook and will also include Eamon Timmins of Age Action and other speakers. They will be hosted in front of a live audience.

The seminars, which will take place in Dublin, Cork, Galway, Sligo and Kilkenny, are free, and tickets will be issued on a first-come first-served basis. Dates will be confirmed in our September edition. To pre-register your place, email [eddieotoole@bluebirdcare.ie](mailto:eddieotoole@bluebirdcare.ie) or log onto [bluebirdcare.ie](http://bluebirdcare.ie).

In partnership with Bord Gais Networks, we will be raising awareness of Carbon Monoxide poisoning and the importance of

having your boiler checked and serviced regularly. This will be promoted during Positive Ageing Week and through the Positive Ageing Week towns initiative.

We are partnering with Boots on a national launch of their Over-60s Healthy Ageing initiative. This programme will launch in Boots stores during Positive Ageing Week and will contain information on staying healthy and promoting positive ageing. It will also feature items on nutrition, skincare and the flu vaccine.

As well as the multitude of individual events, our 14 Positive Ageing Towns are busy preparing their calendars of events for

the week. The towns are Arklow, Ballymun, Boyle, Cashel, Drogheda, Dublin city, Dundalk, Dungarvan, Galway city, Kinsale, Midleton, Sligo, Trim and Tullamore.

***We would like to see Positive Ageing Week events take place in every town and village in Ireland. So if you are interested in organising an event, please contact Lorraine Murphy for a Positive Ageing Week information pack on (01)475 6989 or email [lorraine.murphy@ageaction.ie](mailto:lorraine.murphy@ageaction.ie). You can also visit [www.ageaction.ie](http://www.ageaction.ie) and enter the details of your event online.***

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## Getting ready for later life

Age Action is taking part in a European Project with Age-Platform called Think Sooner About Later.

The goal of the project is to find initiatives aimed at better preparing for old age by promoting intergenerational dialogue around the following key themes: (1) planning for an active old age, (2) financial issues in later life (3) health issues in later life and (4) personal wishes regarding end of life.

The objective is to generate an intergenerational discussion early enough in life to help younger people prepare for growing older. The rationale behind Think Sooner about Later is that these kinds of conversations usually seem to happen too late, when older members of families and society are no longer able to put plans in place. By identifying initiatives that help start these conversations sooner, we can establish best practice

on how to better prepare for old age.

Age Action is part of the working group composed of several Age-Platform member organisations who are sharing their experience and initiatives on these themes. The outcomes of the discussions will be used to feed into the campaign towards an age-friendly EU and to draft a report of the discussions held during the working group's meetings, with examples of best practice.

Age Action, through its own intergenerational work, has been able to provide examples of intergenerational initiatives. However, as the project is focused on the specific themes mentioned above, we are calling for your help in identifying projects that fall within these areas. If you are aware of any intergenerational projects that address these themes, please contact Keelin McCarthy at [generationstogether@ageaction.ie](mailto:generationstogether@ageaction.ie) with details.



■ The Irish volunteers pictured in Lithuania with a group of young journalists, students, teachers and Lithuanian volunteers.

## EU Grundtvig Senior Volunteer project

Earlier this year Age Action joined with Asociacija Senjor€ Iniciatyv Centras, a similar organisation in Kaunas, Lithuania, as part of the EU-funded Grundtvig Senior Volunteer project.

The aim was to promote volunteerism through teaching IT to older people and inter-generational learning.

The Irish group arrived in Kaunas on May 19. Our party consisted of Mairsile Hourihane, Patricia McAndrew, Hugh Donoghue and myself, Leslie Thornton. From that point we embarked on an amazing and exciting three weeks of activity.

Our hosts, Edita Satiene and her team, had planned many activities, such as meeting other volunteers, teaching IT, presenting to groups of secondary school students and some

gardening activities for the community. At our first meeting, we outlined our own background and made a presentation on Ireland. Our preparation had taught us that Lithuanians predate Indo-Europeans with a language unlike any other. The country regained independence from the Soviet Union only in 1990.

Time passed quickly. We travelled each week to libraries in and around the city to work with our Lithuanian colleagues to teach IT. We met older people living in the suburbs grappling with IT. There are fewer utilities, such as electricity and gas, that provide paper bills, and many older Lithuanians are not comfortable with online banking.

Our trips to meet students almost unnerved us. At each of our sessions, where we talked about Ireland, the students were quiet and attentive.

In meeting community volunteers, we found similar themes such as caring

for isolated people, disadvantaged youth and local planning issues. All of these issues and more are being tackled by determined volunteers in an environment that is still emerging from the past in difficult financial and social times in Europe.

Our public works were enjoyable – gardening in the city's botanical gardens and the grounds of a restored convent. Please visit our blog for more details on all these activities at <http://dub-linkaunas.wordpress.com/> and click on Gallery, top right for a visual record.

We came to appreciate our cultural differences, but more importantly we still share the same goals in care and protection for older people. It is the way we address these issues that differ. We also learned what hospitality means in Lithuania, and we hope we can match it in September when our Lithuanian friends come here for a similar visit.

— Leslie Thornton

## Glor groups confer on vital issues

In a case of east meets south, members of our Dublin-based Glor group travelled to Cork on July 3 to meet members of the recently formed Cork Glor group.

These groups give their input on issues affecting older people. They had a productive day discussing the work and achievements of the Dublin group.

Both groups want to lobby politicians on the October Budget.



**Cork and Dublin Glor groups in their meeting at St Luke's in Mahon, Cork.**

## 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](mailto: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](mailto:u3asutbal@gmail.com). Phone: 01-832 3697 Website: [u3asuttonbaldoyle-dublin/](http://u3asuttonbaldoyle-dublin/)

### © 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](mailto:mwheeler2010@live.ie)

### © Monaghan U3A

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

### © Tramore U3A

Meetings 1st Thursday each month, 11am, Coastguard Station, Love Lane, Tramore. Contact Mollie Hunt, [molliehunt@eircom.net](mailto:molliehunt@eircom.net)

### © Roscommon U3A

Meet every 2nd Tuesday. Contact Avril McTeigue: [amcteigue@rosdisabilities.ie](mailto:amcteigue@rosdisabilities.ie)

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

# New Dun Laoghaire shop exceeds expectations

Our new shop in Dun Laoghaire opened last month, and the public response has been fantastic.

“The support we have received is well beyond my expectations,” shop manager Patrick Mangan said. “We stock retro, vintage and nearly new, from fashion to household to leisure. There is something for everyone here — come in

and have a look.”

Age Action has moved from one end of Dun Laoghaire to the other. The new shop is at 5 St Helen’s Court, Lower George’s Street (opposite Yours Personally and near the library).

You can contact the shop at (01)-2808610.

Our shops in Dun Laoghaire, Camden Street



in Dublin, and Monaghan generate important revenue to fund Age Action’s work.

## 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](mailto:membership@ageaction.ie)  
 Tel: (01) 475 6989  
 Fax: (01) 475 6011