

ageing matters

The voices of experience

A new book has distilled the wisdom of many older people about lives well lived

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Learning across generations with @Learn

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AgeAction
For all older people

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■ Following the example of Karl Pillemer's Legacy Project, Age Action is calling on older people to share their wisdom. See pages 8-9.

(photo by istock).

The right to quality care services

The recent RTE *Prime Time* TV programme "Breach of Trust" shocked the nation with its examples of abuse in crèches. Parents and grandparents must have been deeply disturbed by the revelations and the possibility that their children may have been mistreated without their knowledge. What is really disturbing is that 75% of HSE crèche inspections found breaches of regulations, with little evidence of remedial action or the imposition of sanctions.

The truth is that we don't know, and still wouldn't know, without the undercover work of RTE, who deserve our thanks for another example of fine investigative public broadcasting. This is the third undercover investigation by RTE into our care services in recent years, which indicates there may be fundamental flaws in our policies and services.

The first programme was "No Place Like Home" about the abuse of older people in the Leas Cross nursing home in 2005. The "Home Truths" programme in 2011 exposed abuse of older people in home care and its follow-up programme in 2012 showed how little progress had been made in addressing the faults exposed.

On a positive note, the Leas Cross scandal resulted in public outrage and contributed to setting up the Health Information Quality Authority (HIQA) in 2007, the publication of National Quality Standards for Residential Care Settings for Older People in 2008 and the independent Social Services Inspectorate. This independent inspectorate, which carried out 838 inspections in the 568 registered care centres in 2012, has helped to transform attitudes and practice towards quality standards through the publication of all its reports on its website and its imposition of sanctions, including closure of centres that breach standards.

However, progress has not been matched in community and home care by, for example, extending the remit of HIQA to cover all care settings for older people. The concern now is that there will be little or no action on crèche standards.

Urgent action is required to ensure the safety and security of people receiving care, whether they are 2 or 82 years old. The first requirement is legislation setting out the rights of people in care and the duties of Government and service providers. Another vital change is that all care staff should be properly trained, paid and managed for the vital work they do to protect the most vulnerable people.

Politicians are fond of telling us that "we're all in this together" when talking about austerity: demanding high quality care for all of us is definitely a cause that should unite us regardless of age.

— Robin Webster



■ Teresa Abbot (left) and Leah O'Donoghue taking part in the intergenerational focus group as part of the first phase of Age Action's aLearn project.

@Learn

New active ageing learning project

Age Action is part of an exciting new European Active Ageing project, funded by Grundtvic, whereby organisations from five European countries (Bulgaria, Italy, Spain, Germany and Ireland) have joined together to develop an online learning community to promote active ageing.

The aim is to help both older (60+) and younger (16-35 year olds) people learn more about positive steps to aid active ageing, including the use of social networks to help sustain an active social life as we get older.

The project will be taking an intergenerational

approach to promoting active ageing and will be looking at the three key areas of 1) Health, 2) Self-Management and ICT, and 3) Intergenerational Volunteering, with the development of learning modules around these themes.

The first phase of the project was to hold an intergenerational focus group to discuss the three themes and develop a report focused on the issues and needs identified by the group from an Irish perspective.

There was a lively bunch of participants at the focus group which consisted of seven younger people and nine older people. The older group were recruited from across Age Action's contacts and programmes and the younger group from the Bradóg youth service, which provides a variety of

programmes for young people aged 10 to 21 from inner city Dublin.

The focus group was an example of intergenerational interaction at its best, with all participants getting involved, sharing their opinions and enjoying the whole process.

The next phase of the project is to develop the learning modules, with Age Action and the Italian partner taking the lead on the Intergenerational Volunteering Module. Watch this space for further updates on the project.

Patricia Higgins has taken on the role of Development Officer for this project. She can be contacted by email at alearn@ageaction.ie or by phone on (01) 475 6989. **For more information about the aLearn project, please see the project website: <http://www.a-learn.eu/>**

Mayor of Waterford presents certificates to Getting Started graduates



■ Lee presents Kitty Devine with her well earned Getting Started certificate

The Mayor of Waterford, Councillor Jim D'Arcy, recently presented certificates to a group of Getting Started learners who finished their computer training course in the city.

The presentation took place at the end of classes at the Waterford Europe Direct Information Centre (EDIC) located at the Central Library in Lady Lane.

The classes were expertly run by Age Action's regional development officer Julie Oates and her team, including key volunteer Patrick Power, without whose organisational skills and expertise these classes would not have been possible.

Thanks are also due to the students from St. Paul's Community College and their Work Experience Co-ordinator Agnes Dayton, who provided volunteers at each class as tutors for the older students on a one-to-one basis. They showed excellent professionalism in carrying out this task. Each tutor who took part was presented with a certificate of appreciation for their efforts.

These classes follow on from a series of classes held at the venue in 2012, the EU Year of Positive Ageing and Solidarity between the Generations. The current year, 2013, has been designated the EU Year of Citizens, and Waterford EDIC, in collaboration with Age Action, plans to provide further classes at the library soon.



■ Lismore Getting Started tutors' and learners' recognition awards at Blackwater Community School's Transition Year night.



■ Showcasing their apps at the Netwell Centre at Dundalk Institute of Technology were (from left): Michael O'Hare, Scoil Ui Mhuiri; Tommy Morrissey from Drogheda; and Karina Hamilton, Ó'Fiaich College.

Photo: Conor McCabe Photography.

Apt apps bridge the generations

A unique inter-generational project linking secondary school students and older people has produced four smartphone apps that have been shortlisted for a European Award.

The specialised inter-generational apps were showcased recently at the Netwell Centre at Dundalk Institute of Technology (DKIT). The apps include an emotional well-being app for young and old, an inter-generational quiz app, a community security (what's happening in your area) app, and a "Don't Panic" app to get help fast for fall victims.

The SANDPiT project involves 40 transition year students from four secondary schools in the north-east – Ó'Fiaich College, Dundalk; St Oliver's Community College,

Drogheda; Bush Post Primary School, Cooley; and Scoil Ui Mhuiri, Dunleer, plus a group of nine older adults from the region in their 60s and 70s. The scheme is run by Louth VEC and Casala, a DKIT-based research centre that specialises in technology to enhance longer living in smarter places. It has been shortlisted for the EU's Go-Act award for best practice in intergenerational learning.

Casala's Dr Julie Doyle, who specialises in human computer interaction research, worked with the group in workshops. "We mixed up the generations, and it was wonderful to see how they interacted," she said. "They have created some great apps, designed to be both useful and easy to use for young and old."

Retired teacher Pat Kilboy from Blackrock, County Louth, enjoyed working with

his younger colleagues to create a board games app. "There's a natural bond between us, the grandparent generation, and teenagers. We appreciate their enthusiasm and ideas, and they respond to our approval and interest."

Diarmuid Mongey, a transition year student at St Oliver's Community College, Drogheda, loved every minute of his time at the workshops. "I found it very easy to relate to the older members of the team, and everyone got involved in figuring out how best to make things work," he said.

The SANDPiT apps have been developed to prototype stage with the aim of producing a selection of age-friendly apps. "We know when older people are using apps, things such as contrast, colour and text size need particular attention," said Dr Doyle.



Thanks to Care & Repair

Mary wrote: I would like to thank all the great people from Age Action for the assistance you give me. God's blessing to be with you.

Sally wrote: I greatly appreciate all jobs Peter and John do for me, makes life easier for me.

Mary wrote: I am a widow living alone. You helped me wonderfully and I am so grateful.

Helen wrote: Thank you for referring tradesman to install my alarm system following a burglary in my house. He presents as being very trustworthy and pleasant.

Sr. Helen wrote: Thank you for arranging for some of your workers to come to my aid with small but important jobs in my house. The carpenter did a good job on my broken cupboard, and thanks to the electrician, I now have light in every room. God bless.

■ **Care and Repair is now being delivered by 29 community partnerships nationwide.**

Care & Repair launched in Ballina

Age Action's Care and Repair Programme launched its newest community partnership in Ballina, Co Mayo, on May 29.

The service will be delivered by Moy Valley Resources IRD, with generous sponsorship from local builders' merchant Archers. Older people in Ballina and surrounding areas can call (096) 70905 to receive help with the usual Care and Repair tasks – minor car-

penry, small painting jobs, basic gardening etc.

The service was launched by the Mayor of Ballina, Willie Nolan, who praised the work of the Moy Valley Resources team in bringing such a valuable service to the town. Regional Development Manager Claire Bellis welcomed the latest member of the Care and Repair community partnership family, saying: "It is a great pleasure to be working with such a dedicated team. I wish you every success in growing Care and

Repair in Ballina and its surrounding area, and above all, I wish you a very busy summer!"

"Care and Repair is now being delivered by 29 community partnerships nationwide, as well as directly by Age Action in Cork, Dublin and Galway.

The programme is looking for continuing sponsorship, so if anyone can help, please contact Claire Bellis or John O'Mahony, the programme's Regional Development Managers, at Age Action.



■ Mayor of Ballina Willie Nolan with Moy Valley Resources IRD and Age Action's Claire Bellis at the launch of the new Ballina Care and Repair.

Fab prizes in Summer Raffle 2013

Our annual summer raffle was launched on June 18, and this year we have some really exciting prizes to be won.

In this issue we have included raffle tickets that we would like you to sell with family and friends to raise much needed funds for our Care and Repair programme.

Our funding for this programme, which provides a home repairs service to older people, is coming to an end, so we have to look at other ways of fundraising to continue with this vital service.

As we grow older, basic household tasks can become very difficult to

manage. People who have been house-proud all of their lives find themselves unable to maintain their homes. Often a husband or wife has passed away, and this adds to the problem. Even something as simple as changing a light bulb can become a major problem for an older person who is not in a position to climb on a chair to change the bulb.

Other household tasks such as trimming hedges, installing smoke alarms, changing locks or moving furniture cause similar difficulties. In 2012 we carried out over 19,000 jobs in Dublin, Cork and Galway, and with our 28 Community Partners around the country.

We are on course to achieve our target of over 20,000 this year. Help us to

continue with this work in 2013 and beyond.

Your support, no matter how big or small, can really make a difference.

Tickets are €5 each or 12 for €50. Closing date for all raffle receipts is Friday, July 26 with the draw taking place on Friday, August 2.

- 1st prize – Luxury €2,000 holiday voucher
- 2nd prize – €300 Brown Thomas gift voucher
- 3rd prize – Waterford Crystal bowl
- 4th/5th prize – E Reader
- Sellers prize – €50 Tesco voucher

For further information, contact Daragh or Sheila in our fundraising department at businessdevelopment@ageaction.ie or phone (01) 475 6989.



■ Among the key bits of advice Karl Pillemer's "experts" provide is the need to spend more time with your children.

Advice to bind the generations together

If you were setting off on a long and possibly dangerous journey, maybe taking you over rough terrain and travelling through insecure areas, who would you look for advice before you left?

Would you depend on a guide book, the travel pages of a Sunday newspaper or maybe your travel agent? Or would you, perhaps, place greater value on the experience of somebody who has recently completed the same journey, or who may still be travelling that route?

If you consider life to be a journey, shouldn't people who are further along the route (like older people), have some useful tips and advice for those who are

only setting out in life?

That's what US gerontologist Professor Karl Pillemer thought in 2004 when he wrote to newspapers asking older readers two questions: "What are the most important lessons you have learnt over the course of your life?" and "If you were offering a younger person advice about how to live, what would you tell him or her?"

The hundreds of replies he received confirmed that he had the basis of a self-help book to beat all self-help books. It encouraged him to start a detailed process that involved interviewing over 1,000 older Americans. He then distilled the lessons learned through tens of thousands of years lived into one book. *30 Lessons for Living, Tried and True Advice from the Wisest Americans* was published to critical acclaim in 2011.

The wisdom and advice offered comes from a wide variety of backgrounds – from those who lived through two World Wars, the Korean War and the Great Depression, to those who lived more ordinary lives, but gained useful insights.

Pillemer refers to these older people as "experts," but they don't claim to have been wise all along. Some of the wisdom has been gained from bitter experience. In some cases, the interviewees reflect on lives that are dotted with tragedy, and the lessons consist of things they would have done differently if they could turn back the clock.

The author cleverly introduces older people but does not waste words telling their life stories. Their role in his book is to provide useful advice. Their voices

are those of experience.

The advice is presented under five main headings: marriage; work; parenting; reducing regrets; and choosing happiness. These are headings which Pillemer says sound like a wonderful recipe for a life well lived.

The book provides food for thought for people of all ages. Some of the lessons are obvious, some profound. One of the “light bulb” moments for Pillemer was when an 89-year-old lady told him that “happiness is a choice, not a condition”. To choose to be happy involves a conscious shift in outlook in which each day you choose optimism over pessimism, hope over disillusionment, and openness to pleasure and new experiences over boredom and listlessness.

Looking back over long lives (some of the interviewees are in their 90s), the advice of the “experts” for those looking to marry is to find a partner who is like you – who shares your values, who may be your best friend. They warn against being blinded by love and romance and not seeing the need for friendship.

Parenting is not a bed of roses, and the “experts” confirm this. Among the key bits of advice they provide is the need to spend more time with your children – of participating in their interests and making those interests shared activities. Some



■ **Karl Pillemer**

of the older people speak from bitter experience of the need to avoid rifts at all costs. Some no longer have regular contact with their adult children as a result of rifts, and this is a cause of deep regret.

For those beginning their working lives, the older people believe they should select a career for its intrinsic rewards, not its financial ones. Of the 1,000 older people interviewed, nobody said they would be happier if they earned more money, Pillemer says.

Despite the importance of their lessons, most of the “experts” were pessimistic that the book would be successful. Pillemer said they were convinced their opinions were irrelevant and their viewpoints archaic.

He believes this is because of the lack of inter-generational engagement in the United States, with most people having only friends who are aged within five or ten years of them.

However, Professor Pillemer is playing his part in disseminating the lessons to a wider audience through

speaking engagements and through the establishment of the Legacy Project. Its website is at <http://legacy-project.human.cornell.edu/>.

30 Lessons for Living, Tried and True Advice from the Wisest Americans by Karl Pillemer was published by Hudson Street Press in 2011.

What's your advice to younger people?

What advice would older people in Ireland have for younger people?

If you are an older person what would your answers be to these questions:

- What are the most important lessons you have learnt over the course of your life?
- If you were offering younger people advice about how to live, what would you tell them?

Age Action is interested in publishing readers' responses to these questions. We invite readers to write replies (no more than 350 words) and email them to Eamon.timmins@ageaction.ie or post them to Eamon Timmins, Age Action, 30/31 Lower Camden Street, Dublin 2.

Names, addresses and phone numbers are necessary for verification purposes but can be withheld from publication if required.



■ Roy Keegan (Deceased) Chair of the Arklow PAW Town Committee receives a photo of Arklow bridge from Andrea Tyrell of the Asgard Lodge Nursing (2011).

Death of Arklow PAW chair Roy Keegan

Sadly, Roy Keegan of the Arklow Positive Ageing Town Committee, passed away on May 24. Roy was the chairperson of the Arklow Committee since they joined the Positive Ageing Week Town initiative in 2008. In that time, Roy and the committee organised 130 Positive Ageing Week events for older people in Arklow and the surrounding areas. He was a great community leader,

involved in many community groups such as the Arklow Friendship Centre and the Arklow Lyons Club to name a few. He will be sorely missed.

● John Meaney, our former Hon. Treasurer, died after a short illness on May 30. We have sent condolences from all of us in Age Action to his wife Mary and family. May he rest in peace.

Dates for your PAW diary

Positive Ageing Week takes place from Friday, September 27 to Saturday, October 5. We are asking individuals and groups to join in the festivities by organising an activity or event.

For more information or to receive an information pack please contact Lorraine Murphy on 01 475 6989 or

lorraine.murphy@ageaction.ie or visit www.ageaction.ie

One of the events that will be taking place this year is an Over 50's three day event at Dublin Zoo. On Tuesday, October 1 through Thursday, October 3, Dublin Zoo will offer a reduced admittance fee of €5 to everyone over the age of 50. No booking is required, just

turn up to avail of this offer.

The Age Action Charity Shop in Camden Street, Dublin 2 will host a Beauty/Make Over day from 11am on Wednesday, October 2. Come along for some beauty tips and a cuppa.

More details about Positive Ageing Week to follow in the next few issues of Ageing Matters .

Ageing and world development

Age Action's Ageing and Development programme, aimed at promoting awareness of ageing as a global issue, is a major part of our work and is funded by Irish Aid's AFFORD programme under which we are partnered with HelpAge International.

Greater life expectancy is a modern miracle for most people and in most countries. But for people who are poor, sick, living with a disability, or who have limited family and community support, old age can be a time of great hardship.

That is true in Ireland, but even truer in developing countries with limited pensions, healthcare and social services. We complain about our services but take them for granted.

The aim of our Ageing and Development work is to explore ways in which older people can be supported to make positive ageing a reality in four African countries – Mozambique, Uganda, South Africa and Tanzania.

Our role is to promote the work of Irish Aid in those countries by raising awareness and encouraging greater support among

older people in Ireland to demonstrate our solidarity with older people across the world.

One aspect of our work is to contribute to the review of the United Nations Millennium Development Goals (MDGs) after 2015 because the current goals do not mention ageing and older people. This absence is especially worrying because, as is clear from the UNFPA, older people will constitute a significant group in all populations in the developing world

“By 2050, another 15 countries currently classified as developing are expected to have 10 million or more older people. This generation is growing at a faster rate than the total population in almost all regions of the world.”

Strong partnerships

In the past year we have run workshops on the MDGs for older people throughout Ireland and started to develop strong partnerships with many other organizations and groups.

One recent example of this work was an inspiring conference organized by CBM, an international Christian development organisation, committed to improving the quality of life of people with disabilities in the poorest countries of the world.

Joe Costello TD, Minister of State for Trade and Development, placed a strong emphasis on disability in summarizing the new Irish Aid policy. He was backed up by an international panel of speakers from Africa, Finland and the United States.

A global issue

I was a member of an Irish panel voicing the Age Action message that there should more emphasis on ageing as a global issue and as a lifelong process that should unite rather than divide people.

Our argument is that older people are not a separate group competing against people with disabilities and women but rather the same people.

Women start the ageing process as mothers, and they outlive men. More than 50% of people with disabilities are over 60 years old, and more than 50% of older people have some form of disability.

We must not be, or become, competitors. Instead, if we really want to improve the lives of the various groups we represent, we have to become strong partners in a joint campaign to help all the most vulnerable in Ireland and the rest of the world.

– Robin Webster

Lianne Murphy to work on Ageing & Development

Lianne Murphy has joined Age Action from FLAC – the Free Legal Advice Centres – where she worked in their Public Interest Law Alliance (PILA) project since its inception in 2009. She has also worked in Amnesty International Ireland and Human Rights Law Network, an NGO based in Delhi, India.

Lianne is working on the Ageing and Development Programme in Age Action, which is partnered by Help Age International and funded by Irish Aid, the Irish government's programme for overseas development. The programme is support-

ing older people in Tanzania, Mozambique, Uganda and South Africa, and raising awareness about older people's issues in these countries with older people in Ireland.

These issues – social welfare and health services, poverty and discrimination – will strike a chord with many older people in Ireland as they are often the same issues they themselves face.

Lianne is excited about her new post and is looking forward to meeting Age Action members as part of her awareness raising work.

If you would like further information on the



■ Lianne Murphy

programme, please contact Lianne by emailing ageing&development@ageaction.ie or phoning (01) 475 6989.

Patricia Higgins joins Lifelong Learning team

Patricia Higgins recently joined the Age Action Lifelong Learning team as Development Officer on the aLearn Active Ageing Learning Community Project. This project receives funding from Grundtvig (See page 3).

Patricia has worked in the community & voluntary sector in Ireland for over 15 years. Originally from Tyrone, her background is in young adult volunteering, and she set up a number of volunteer programmes for 18-35 year olds, both on a part-time basis throughout Ireland, and short-term over-

seas programmes based in Zambia. She was manager of the Canal Communities Intercultural Centre in the south-west of Dublin from 2008 until it was closed due to lack of funding in late 2012.

Patricia hopes to bring her experience of working with younger people to the Active Ageing Learning Community, which aims to engage both the 60+ age group and 16-35 year olds in the development of learning materials on Active Ageing. She is excited about the prospect of working with both age groups



■ Patricia Higgins

together, and believes hosting spaces for these groups to work creatively together has the potential to create innovative and engaging material on Active Ageing.



■ Our thanks to Laura McQuaid (Database Manager with Age Action) and her sisters Joanna Farmer (Monaghan) and Paula Cooney (Sydney) and all who ran for Age Action in this year's Flora Mini Marathon.

First ever flag day

Age Action is looking at holding its first ever national flag day collection on Friday Sept 27th this year and to help with our planning we would be delighted if anyone who thinks they could spare a few hours would contact the fundraising team at (01) 475 6989 or businessdevelopment@ageaction.ie

Plight of unpaid carers highlighted

The importance and needs of unpaid carers from among family and friends were again highlighted during this year's National Carers Week, June 10th to 16th.

Though the week celebrated the contribution unpaid carers make to Irish Society, it had a more serious message as well. Unpaid carers provide 6,287,510 hours of care each week, or an average of 33.6 hours each per week. An even more frightening statistic is that 15,175 people give '24/7' care, or a total of 2,549,400 care hours every week.

The Irish health care system simply could not cope without the sacrifice made

by these selfless individuals (children as well as adults). Children (4,228) aged nine and under provided a total of 13,738 hours of care, while the older 10-14 age group provided 24,758 hours. This surely is a national scandal.

The greatest proportion of carers in Census 2011 was in the 40-55 age group for both males and females, amounting to 27,504 carers in total. The peak age for caring among women was 45-49, with 11.2% of women in this age group providing unpaid care, amounting to 572,680 hours every week. Carers aged 65 and older represent 22% of those providing at least 43 hours of care per week. Those aged 70+ are giving 795,916 hours of unpaid

care per week. Around a fifth of these reported providing full-time care (39,982 individuals, 21%). While only 3.5% of people over 50 receive Home Helps from the state.

Given the above figures, all of which came from the National Carer's Week website (<http://www.carersweek.ie/userfiles/file/Fact%20Sheet%20on%20Family%20Caring%20in%20Ireland%202013.pdf>), it is clear that unpaid caring is an issue for every one in the community.

We must ask how the state supports unpaid carers – and not just financially. Carers need community services such as home helps, respite care, education (for young carers) and transport (eg, to medical appointments).



■ The Camden Street shop was the venue for our information days in May

Celebrating National Volunteering Week

During the month of May we celebrated National Volunteering Week, May 13th – 19th.

On May 17th from 12-2pm, we set up an Age Action information stand in our Charity Shop on Camden Street.

On the day, many people came into the Camden St. Charity Shop to have a cup of tea or coffee, a biscuit or two and a chat. Clodagh de Valera, CEO Admin Support; Brenda Quigley, the Development Officer for North Dublin; and I were on hand to answer questions from the public.

We were delighted with the turnout, with a constant stream of people walking through our doors. We once again realised just how important our Charity Shop on Camden Street is as a space for social inclusion. We had many people coming in to the Charity Shop from different countries, all of whom were welcomed by our spirited selves.

National Volunteering Week is a week where organisations across Ireland can say “thank you” to their volunteers and promote volunteering within their organisation. Our event on Friday, May 17th was our way of highlighting volunteering within Age Action, but also

of celebrating the week that was in it.

To volunteer, one gives time freely, and for all of us here at Age Action, this is greatly appreciated. I know from my personal voluntary experience that the time and effort that I put in pales in comparison to what I gained from the experience as a whole. With this in mind, I would thoroughly recommend volunteering to anyone.

If you or someone you know wishes to join and/or volunteer with Age Action, please call (01) 475 6989 and ask to speak to Sarah or email volunteer@ageaction.ie or membership@ageaction.ie.

Working together for U3A

Representatives from each U3A group met in Collins Barracks on May 23rd to strength the U3A movement in Ireland.

There was also a welcome group from Northern Ireland. The U3A groups in the North are under the remit of the Third Age Trust. Guest speakers Sheila Magee and Mavis Turner from the Regional Committee in Northern Ireland spoke about their structure, while Robin Webster spoke about the history

of U3A in Ireland and the fact that it is one of Age Action's longest-running programmes. A volunteer group was established to look at the future of the U3A programme throughout the island and how to raise its profile among older people.

If you want to join a group or set up a new group, please contact Margaret Fitzpatrick in Age Action Ireland. Phone (01) 475 6989 or email u3a@ageaction.ie

U3A MEETINGS



© Dublin City U3A

Meeting Last Tuesday of the month 11am (Jan to April 2013) in Ilac Library Henry Street. 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: 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

© Monaghan U3A

Contact Mary Beagan: (047) 75942, (086) 3314439

© Tramore U3A

Meetings 1st Thursday each 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.



■ Nursing Homes Ireland chief executive Tadgh Daly (right) presents a cheque to Age Action CEO Robin Webster from the proceeds of a raffle at the Nursing Homes Ireland Care Awards dinner.

Time to get knitting again

Innocent Smoothies have again agreed to sponsor Age Action by giving part of the purchase price of each smoothie bottle wearing a knitted hat. So we are asking people to get down their knitting needles again and keep their idle hands out of the devil's grasp over the summer.

Last year volunteer knitters helped us to raise €20,000 that helped us with our information service and our winter warmth information campaign, which tries to raise awareness of the roughly 2,000 excess winter deaths related to cold weather. With your help we could see a substantial drop in the number of older people dying because they cannot heat their homes.

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