

ageing matters

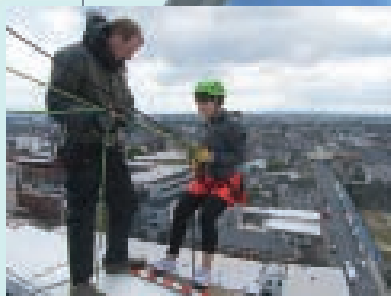
in Ireland

Let your voice be heard




Tell us how much it costs you to stay healthy before we talk about the next Budget

Pages 4-5



A towering adventure in Limerick **Page 11**

How Getting Started computer training changed one woman's life **Page 5**

This booklet is a publication of Age Action. It is published 10 times a year.

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■ Make your voice heard by giving your opinion on key issues. See pages 4-5. Photo: Istock.

Local property tax strategies

The Government's recent announcements about the new property tax starting on July 1, 2013 was greeted by a chorus of criticism from many quarters.

There seems to be a consensus that we should have a property tax in line with the rest of Europe and that we should have never abolished household rates in 1977. But that is where any agreement ends. The emphasis of Ministers and senior civil servants has largely focused on enforcing compliance. The Government seemed so fearful that many would refuse to pay the tax that it has decided to frighten them into submission. It seems to be working because there is already rising confusion and anxiety.

Some will regard this view as too harsh given the pressure the Government was under from the Troika to raise more taxes. So I turned to Northern Ireland and I found three striking differences that suggest there was another way (see benefits section on <http://www.nidirect.gov.uk>).

The first major difference was the amount of information and the many forms of extra support available from statutory and voluntary services with an appeals system as well as a stern approach to non-compliance. The emphasis was on explaining the purpose of rates and their importance in funding local and regional services.

The second difference was that the rates were based on a survey of all the houses in Northern Ireland. This means householders get a professional assessment of the current value of their houses on the open market rather than being required to provide a self-assessment in response to a general estimate of house values based on a limited survey of house sales.

The final and most striking difference was the provision of several relief schemes for people on low incomes in Northern Ireland in contrast to our refusal to accept that there are many people already living in poverty, who will not be able to afford this extra tax. Their only option here is deferral plus an annual 4% interest charge every year until the tax is paid. In Northern Ireland, there are housing benefit and rate relief schemes for all people on low incomes, including pensioners, lone parents and people with disabilities.

This is another example of the Government's unwillingness to honour its commitment to protect the most vulnerable. The immediate impact of such an approach has already damaged the lives of many people, but the longer-term impact could be even more disastrous by dividing the country socially and economically and driving a wedge between the Government and the people.

— **Robin Webster**



■ Broadcaster Micheal O Muircheartaigh at the launch of *Senior Citizen: The Essential Guidebook* on March 1 at Mansion House, Dublin. He is pictured with Mildred Sargent (mother of ex Green Party TD Trevor) Photo: 1IMAGE/Bryan Brophy

Guidebook for seniors launched

Information is power and there is a real need for older people in Ireland to become better informed, Age Action chief executive Robin Webster said at the launch of a new guidebook for senior citizens.

While there was a growing awareness of ageing in Ireland, it was viewed as a burden, if not a threat, Mr Webster said, and this had to be challenged. He was speaking at the launch of *Senior Citizen: The Essential Guidebook*, produced by Home Instead Senior Care, with the support of Age Action and the HSE.

With more than 280 pages, the book provides a wealth of information for older people, including:

allowances and entitlements; fitness and wellbeing; nutrition and diet; home security; and financial and legal information.

Launching the publication, legendary broadcaster Mícheál Ó Muircheartaigh said guidebooks were valuable. "It will lead to greater contacts between the different age groups, and this can be very beneficial to all concerned," he said. "This guidebook might even become a prototype for other countries."

Ed Murphy of Home Instead Senior Care Ireland believes we should take the lead and make our country the best place for people to grow old by helping our senior citizens to live happy, healthy and independent lives in their homes for longer than otherwise possible. "We at Home Instead Senior Care would like to see the Government become a thought leader in how our

senior citizens are viewed and valued. I am looking forward to the implementation of the impending National Positive Ageing Strategy and hope to see very constructive and positive impacts for older people and their families."

The guidebook supported Home Instead Senior Care's goal to actively change the face of ageing by providing older people and their families with quality information on a range of topics, Mr Murphy said.

The 45,000 copies of the guidebook will be distributed through libraries, senior citizens groups, advice centres, GPs' clinics, hospitals and older people's organisations.

To order a free copy of *Senior Citizen: The Essential Guidebook*, call 1890 989 755 or log on to www.homeinstead.ie to download a pdf of the guidebook.

■ **Make your voice heard and help shape Age Action policy.**



We need YOUR help to inform policy!

As we approach yet another austerity-driven Government budget (Budget 2014) Age Action is calling on its members to help.

We need your views on how much it really costs to stay healthy in Ireland today. So this means the costs of your medical care, social care, goods and services, but also your key services like transport, food, changes to your home and the cost of getting out and about in your social life.

Come August, when Minister Noonan drafts his next Budget, we need to be able to articulate to him and his Government, how maintaining good health does not come cheaply.

We need to be able to show how staying healthy means more than a health service:

- How it means having transport options to get to the GP, the shop or the pharmacist;
- How it means being comfortable in a warm and secure home;
- How it means being able to afford a nutritious diet;
- And how it means being active and engaged in families and communities throughout Ireland.

Age Action needs to hear how you spend money to stay healthy. We are asking you to consider the two questions on the opposite page. In each case, please make sure to detail the cost under a heading below. If your item does not fit under each heading, please use

the 'Other' category. Try to estimate your costs over a year (e.g. for food, think of your average weekly bill and multiply it by 52).

When all this is done, pop it in the post addressed to Lorna Roe, Social Policy Officer, Age Action Ireland, 30/31 Lower Camden Street, Dublin 2.

Thank you for your help. It really does help us to do our job in making the best possible case for older people in Budget 2014.

● **A pre-Budget questionnaire sent to members earlier this month ahead of our series of regional meetings contained a number of errors. The corrected version is inserted with this magazine. We would appreciate it if you would complete it and return it to Age Action.**

Question 1: In the past 12 months, have you incurred the cost of any of the following? Please indicate your overall cost per year.

Transport services (taxis, running a car, local bus).....	Home improvements
Occupational therapy.....	Computer training
Health/mobility aids and appliances.....	Utility bills (ESB/ gas/oil).....
Chiropody.....	Phone &/or broadband bills.....
Health insurance.....	Security in the home.....
Home help.....	Food.....
Physiotherapy.....	Social life.....
Prescription charges.....	Bin collection.....
Other.....	

Question 2: In the past 12 months have you gone without any of the following, because you felt you could not afford it?

- | | |
|---|---|
| <input type="checkbox"/> Transport services (taxis, running a car, local bus) | <input type="checkbox"/> Home improvements |
| <input type="checkbox"/> Occupational therapy | <input type="checkbox"/> Computer training |
| <input type="checkbox"/> Health/mobility aids and appliances | <input type="checkbox"/> Utility bills (ESB/ gas/oil) |
| <input type="checkbox"/> Chiropody | <input type="checkbox"/> Phone &/or broadband bills |
| <input type="checkbox"/> Health insurance | <input type="checkbox"/> Security in the home |
| <input type="checkbox"/> Home help | <input type="checkbox"/> Food |
| <input type="checkbox"/> Physiotherapy | <input type="checkbox"/> Social life |
| <input type="checkbox"/> Prescription charges | <input type="checkbox"/> Bin collection |
| <input type="checkbox"/> Other | |

Join Age Action's 'The Opinion Project'

Age Action is starting an exciting new project, TOP or The Opinion Project.

We want to engage members and represent them in our advocacy, policy and research work. Through TOP, members can sign up to be consulted on our ongoing efforts to influence policy change. In the past 12 months, for example, we have made written submissions on road safety, consent in health care, Budget 2013, financial inclusion, the nursing home support scheme and the national dementia strategy, to name a few.

In the future we will ask TOP members for their input on this type of national policy and advocacy work, feeding comments into written submissions and briefing documents.

Another opportunity that TOP offers is to get involved in research. We regularly

receive requests from researchers looking for people to participate in their research studies. By signing up to TOP, you will receive updates and information on engaging in a range of research, from university student dissertations to large scale nationwide projects.

Once in the TOP programme, we will contact you on a regular basis, asking for your input on specific national policy issues. We predict that contact will be on average once a month, and we will get in touch with you by your preferred method of communication, e.g. by email, telephone or by post.

If you would like more information and are interested in getting involved in TOP, please contact Emer Begley (Senior Policy Officer) on (01) 475 6989 or email socialinclusion@ageaction.ie.



■ Pictured at the handing over of the refurbished laptops to Age Action were Robert Carroll (Age Action), Peter Dee (dublin.ie), Mel Woods (Dublin City Council) and Gerry Draper (Rehab Recycle).

Mobile laptop scheme for Getting Started

Age Action is planning to bring its Getting Started computer training programmes to more communities across Dublin in the coming weeks, with the launch of a “mobile classroom”.

The classroom will consist of up to 10 laptops with mobile broadband “dongles”. The classes will be hosted in common rooms within Dublin City Council (DCC) sheltered housing complexes.

The acquisition of the laptops has been possible by co-operation between several organisations. The laptops were donated by Lenovo Ireland to RehabRecycle who refurbished them under their ‘Promise it’ programme, which supplies computers to charities and schools.

RehabRecycle then gave the laptops to Age Action for their DCC project. Eircom has provided the mobile broadband dongles and free internet access for 12 months.

Age Action’s Getting Started programme has been running since 2007 and has helped train over 14,000 older people. From an early stage, it has partnered with Dublin City Council to provide training from the local authority’s sheltered housing complexes (SHC). So far classes have been held in 18 complexes in the DCC area.

Holding classes in sheltered housing complexes means they are readily available to residents, as well as older people living in the area. Offering one-to-one tuition in such venues, often with local tutors, makes them attractive to prospective learners and attracts people who might

be less inclined to travel to more unfamiliar venues for classes. Nearly 2,000 people have attended classes in SHCs since 2008.

With budgets tight, the prospects of installing computer equipment in additional SHCs are limited.

However, the “mobile classroom” will enable classes to be held in the common rooms of sheltered housing complexes. The one-to-one tuition will be provided by volunteer tutors over a three week period. Learners will be able to borrow the laptops (with mobile broadband) to take home for practice between classes if they wish.

For more information, see www.dublin.ie/neighbourhood/olderperson-computer-training.htm or contact Robert Carroll of Age Action at (01) 475 6989 or email rcarroll@ageaction.ie.



■ **Stella Costello (right) and Jo Quinlan, her tutor who encouraged her to attend the Getting Started classes**

Training that can change lives

What difference can Age Action's Getting Started computer training courses make? Our regional officer **Julie Oates** tells the story of one of her students

Stella Costello called Age Action's Cork office last summer in a bit of a panic. She had been referred to us by one of the volunteer tutors from our Getting Started computer training programme. Stella's husband had died a few weeks previously, and she was going through a tough time.

She was desperate, she said, to get signed up for computer training classes,

as her husband had been the one who did everything on the computer before, and she now needed to learn.

Stella attended a couple of Getting Started classes in Wilton and one in Douglas. As a student, she came on really well. She was able to book travel across to England and see her family, so she wasn't so lonely any more and she travels to see them frequently now.

Then I asked her if she'd like to be a volunteer tutor with Getting Started, and she jumped at the chance and has now helped other people of her age group to understand the computer.

Stella is now too busy to volunteer as she's travelling to England and when

contacted by Age Action to offer her the befriending service, she said she didn't need it and is actually helping some sick friends herself at the moment. She's joined the crochet club and the Active Retired Club in Carrigaline. She also volunteers with the Irish Kidney Association.

She's been asked whether she needs any odd jobs done by Age Action's Care and Repair team in Cork. She's putting together a list of some small odd jobs for the future that are not urgent at present and will get back to us then.

Stella says it's important for people to know that there are people like us there who want to combat the loneliness and isolation.

Care & Repair Computer Service launched in Cork

Following a successful pilot project in Galway in 2012, Care & Repair Cork has added the “Computer Service” to the many free services being offered by volunteers.

The Computer Service, which is now available in Dublin, Cork and Galway, is designed to compliment the Getting Started computer classes by providing help to older people who have learned to use computers but have problems with their equipment at home.

Many people learn to use computers but subsequently have difficulties with things like setting up a new computer, connecting to the internet, downloading software and connecting printers. Our volunteers are very good at solving these problems.

When we receive calls from clients, the volunteers will make an appointment to call to the home and solve the problem. In the unlikely event that the volunteers are unable to resolve the

issue, we have placed a reputable computer repair company on the Care & Repair Trades Referral List who could offer a quote to do the job professionally.

Like all Care & Repair participants, the Computer Service volunteers are Garda vetted, have been interviewed and trained by Age Action, and will always call in pairs.

To contact Care & Repair in Cork about the Computer Service or any other request, call (021) 453 6554.

Remembering Patrick Fagan

It is with much sadness that we announce the death of our dear former colleague Patrick Fagan who died suddenly on January 29, 2013. Patrick was administrator with our Care & Repair Programme, and he will be sadly missed by all staff and volunteers at Age Action.

Patrick was a quiet man but had a depth to him. He was gentle and kind to our clients, and no task was too big. He was committed to our work with older people, and this showed in the kindness he showed to our clients, especially the most vulnerable.

Patrick not only made himself available to our clients but was always at hand to assist new staff within the team. If we were short of volunteers, he would attend to jobs outside his normal working hours.

We will miss Patrick and will cherish happy memories of him.

On behalf of the Board, staff and volunteers, we extend our deepest sympathies to his wife Marian and to his children, grandchildren and extended family.





■ Befriending and DIY volunteers at Áras Inis Gluaire in Belmullet training for the launch of Age Action's Care and Repair service in April. Included (front row, centre) is Lorraine Wilson, the project officer in charge of the local Care and Repair programme, which will be run by the Men's Community Initiative at the centre.

Belmullet now — next stop Boston!

I am delighted to announce that the newest and most north-western member of the Care and Repair Community Partnership family will start work in earnest in April this year.

Working with the Men's Community Initiative and a host of local volunteers at Áras Inis Gluaire in Belmullet, we are bringing Age Action's Care and Repair programme to the parishes of the beautiful, rugged barony of Erris in Co Mayo.

The service was launched locally in February, and since then, I've been supporting Ian McAndrew and Lorraine Wilson at Áras Inis Gluaire with volunteer training, to ensure that a top quality service is pro-

vided for older people in the area. Ian is the Centre Manager, and Lorraine is the Administrator who will take all calls and coordinate the volunteers.

Erris is a special community, and they do things in a uniquely friendly way there. When I was asked to explain about and promote the service in an interview for Iorras FM, the local community radio station, I didn't quite expect what was in store for me. I was treated by DJ Tony Conway to a local version of "Desert Island Discs", where I picked out some tunes and explained all about Care and Repair in a leisurely programme that really didn't feel like a working interview at all!

Volunteers have been recruited and trained to cope with all types of jobs with which older people need help. Naturally, Care

and Repair will be offering its usual range of practical help with DIY jobs around the home and garden. A befriending and visiting service, so important in rural areas like the barony of Erris, is a vital part of the programme too.

Erris Care and Repair operates between 9.30am and 4pm, Monday to Friday. Members of the local team of volunteers are fully trained and Garda vetted, and carry photo identity cards. So anyone who receives a visit can rest assured they will be safe and secure.

— Claire Bellis

To arrange for a practical job to be done, or to ask for a friendly visit, please call Lorraine Wilson at Áras Inis Gluaire, Belmullet, on (097) 81079. Email enquiries can be sent to l.wilson@aras-inisgluaire.ie.



■ Mrs Justice Catherine McGuinness

Guidance in planning for end of life

Perhaps the best gift we can give ourselves and our loved ones is the gift of peace of mind, writes Mrs Justice Catherine McGuinness

We would all like to feel that we have left our affairs in order and that we have not left our loved ones having to make difficult decisions without knowing what we would have wanted. Think Ahead can give us this gift. It can ensure that our wishes will be heard at times when we may not be able to speak for ourselves.

Think Ahead is an initiative to guide people in discussing and recording their preferences around end of life. It was developed by the Forum on End of Life in Ireland – an initiative of the Irish Hospice Foundation

– after a year-long public consultation process on issues surrounding death, dying and bereavement. I currently chair the National Council of the Forum which was formed in July 2010 to progress the work and vision of the Forum on End of Life in Ireland.

Think Ahead involves people thinking about, discussing and recording their preferences before an emergency, serious illness or death occurs, leaving them unable to speak for themselves. Think Ahead will engage all members of the public – young and old, those who are healthy and those living with illness.

Ideally, this is something that we would do while healthy and then go on with living our lives, revisiting our preferences over the years to ensure they continue to express our current wishes.

In addition to enabling

people to express their care preferences, the Think Ahead form will also allow people to record the location of key legal and financial documents and approve the donation of their organs and a hospital post-mortem in the event of their death.

The Think Ahead form and useful guidance and resources are available on the Think Ahead website www.thinkahead.ie. The Irish Pharmacy Union and Citizens Information Board are partner organisations, and the project is also supported by the Law Reform Commission.

For more information, see www.thinkahead.ie or contact Sarah Murphy: 01 679 3188.

Mrs Justice Catherine McGuinness is Chair of the National Council of the Forum on End of Life in Ireland



■ **Winning feeling: dream of winning a holiday while you train for the mini marathon**

Don't miss the Women's Mini Marathon

Are you signed up for the Flora Women's Mini Marathon? If so, it's time to get out training. And there is no better motivation than the thought of getting fit for a holiday.

Run, walk or crawl the Flora Women's Mini Marathon in Dublin for Age Action and you could be in with a chance to win a €2,000 holiday voucher.

The event is on the June Bank Holiday Monday and Age Action want you on their team. Bluebird Homecare have generously agreed to help us in our goals this

year by donating the fantastic holiday prize. Everyone who raises at least €200 for Age Action will be entered into a draw for this wonderful prize.

Funds raised by the event will go towards our Care and Repair programme which last year provided home visits and DIY jobs in the homes of more than 20,000 older people.

To be part of the Age Action team on the day, contact our fundraising team on 01 475 6989.

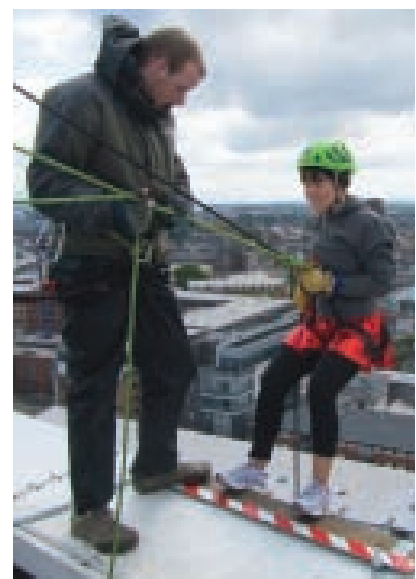
Jump into an adventure in Limerick

It's being billed as the most thrilling walk in Limerick, and participants can do it to raise funds for Age Action or any other charity of their choice.

On April 27, up to 100 people will get the opportunity to abseil down the side of Ireland's tallest hotel, the Clarion Hotel in Limerick city.

"In addition to getting a real adrenalin rush, abseilers will raise funds for Age Action's Care and Repair programme which provides visits and does DIY jobs for older people in their homes," abseil organiser Mark Duggan said. "You can raise funds for Age Action, split your sponsorship between Age Action and another charity, or pay the €85 registration fee and do the abseil for another charity."

In return you'll experience the thrill of abseiling down 18 floors while marvelling at the view of the city 200 feet below. ***To register, contact the fundraising team on 01 475 6989. Age Action is grateful to Bluebird Care for sponsoring the event.***



■ **Walk on the wild side: Lorna Gallagher prepares to begin her abseil from the roof of the Clarion Hotel last year.**

Help our shops while you de-clutter

Age Action is urging people to do a spring clean and donate unwanted goods to its charity shops.

The national charity for older people has three charity shops that take donations of furniture, clothes, books, shoes, bric-a-brac, rags and many other items.

“We are always looking for new stock, volunteers and, of course, customers!” shops manager Edwina Brady said. “If you’d like to make a donation, you can either drop it off at your nearest shop or take advantage of a collection service that operates within the M50 in Dublin.”

Age Action is encouraging people to do a spring clean at home, and identify items to be donated. “There are great benefits as a result of clearing out and de-cluttering spaces,” Ms Brady said. “Why keep items ‘just in case’ if somebody else can use them now, and the money raised will help fund Age Action’s work with some of the most vulnerable older people in Ireland.”

Here are our top five tips to de-clutter your home:

- Do a little at a time. Try setting aside 15 minutes every few days to start tackling what you have to sort through. Don’t try



■ **De-cluttering tip: be as ruthless as you can. When was the last time you used the item and are you likely to use it again any time soon?**

to do too much at one time!

- Take a small box, carrier bag, or bin bag, set yourself a time limit and set about tackling one area that’s troubling you.
- Gather all the unwanted items together and put them aside to donate to Age Action.
- Altruism can make you feel good; you’re giving something back!
- Seasonal clothing: will it be good for next year, or will it look dated? Remember, try to be as ruthless as you can: when was the last time you used the item and are you likely to use it again any time soon? We accept: Vintage items, furniture,

clean clothing (for men, women and children), jewellery, handbags, shoes (in pairs), hats and scarves, glassware and table linen, bed linen, blankets, bedspreads, curtains, books, paintings, records, CDs, DVDs, ornaments, mirrors, clocks, collectibles and antiques.

To arrange a viewing or collection contact us on (01) 475 6989/ (087) 929 5866 or email: info@ageaction.ie. However, if you want to deliver yourself and visit any of our shops, they are located at:

30/31 Lower Camden Street, Dublin 2

48 Upper George’s Street, Dun Laoghaire

31 Glaslough Street, The Diamond, Monaghan Town



■ Some delegates at the conference in Osnabruck, Germany, which discussed the need for international human rights protection for older people. Age Action was represented by Hilary Daly (front row, extreme left) and Robin Webster (back row, extreme right).

Photo: Help Age International

Protecting the rights of older people

Age Action is one of a number of organisations across the globe currently lobbying for new international human rights law to protect the rights of older people.

Last December over 100 people from older people's organisations, human rights organisations and UN and government representatives came together to discuss the need for such a law. Age Action representatives CEO Robin Webster and Ageing and Development Officer Hilary Daly attended the conference in Osnabruck, Germany, which brought together participants from 25 countries.

Participants heard from a variety of speakers including UN experts, legal experts, European politicians and older people themselves, about the need for a new human rights law that would ensure respect and protection for the rights

of older people.

Currently, under international human rights law, there is no specific protection for older people. Although the rights of older people are protected generally under human rights laws, unlike discrimination on the grounds of gender, religion, sex, race and political belief, discrimination on the grounds of age is not prohibited.

Older people frequently face discrimination, lack of access to social security, health care and housing, and in the worst cases violence and abuse. There are currently 760 million people aged over 60 globally, but this is expected to rise to two billion by 2050, making the need for specific protection for older people clear. As the global population increases, so too will the number of human rights violations, unless there is a concerted effort by governments to address these violations.

Although there have been discussions in the General

Assembly of the United Nations to create a new international law to protect the rights of older people, some governments (including the member states of the European Union) have expressed opposition to a new law, claiming there is no need as older people are already protected by other human rights instruments.

A working group of UN member states will meet again in August to discuss a new law that would protect older people. Between now and then, Age Action will lobby the Irish government and, together with our partners in Europe, the other member states of the EU to get them to support a new law that would protect older people both in Ireland and internationally.

If you would like more information on this work or would like to get involved, please contact our Ageing and Development programme at ageing&development@ageaction.ie or (01) 475 6989.



■ Age Action's latest trainee advocates after completing their formal training at TLC Centre, Santry

Group Advocacy Programme expands

A successful training day on March 1st has doubled the team of volunteer advocates working in North Dublin, paving the way for the expansion of the programme from 11 to over 22 care centres.

The aim of the Group Advocacy Programme is to empower care centre residents, a group who are often vulnerable and lacking a voice. The programme encourages self-advocacy among residents and aims to improve their access to services and information. Empowerment is about restoring a person's dignity and enabling them to take control of their own lives.

Volunteer advocates are assigned in pairs to a care centre. They facilitate a monthly residents' council meeting, giving residents

an opportunity to discuss issues of importance to them and socialise. As well as formal training, advocates receive four to six months of on-the-job training.

The training day covered a wide range of topics including: extended stay care in Ireland; the inspection of care centres; facilitation; dementia; and elder abuse. A highlight of the day was a series of role play workshops, designed to simulate the experience of facilitating a meeting. One trainee felt that "the most useful aspect of the training was the role play and discussion". The trainee thought "the training was organised, professional and fun!"

Once again, we were very fortunate to have the help of Paula Weir (Lighthouse Consulting). In addition, Age Action's Membership and Volunteer Coordinator, Sarah Nevin came along

to give a helping hand and observe the training.

Sarah particularly enjoyed participating in the role play and commented on the relaxed environment at the training, which enabled everyone to learn more about older people in residential care and the challenges and rewards that one may face when volunteering for this important programme.

We would like to thank the current team and the new arrivals. The success of this programme is built on their commitment, dedication and genuine interest in the well being of care centre residents.

We are actively seeking new volunteers in North Dublin. For more information on this programme, contact Age Action's Brenda Quigley at (01) 475 6989 or email aand@ageaction.ie

— Brenda Quigley

Members consulted in series of meetings

Age Action held a series of members meetings across the country during March.

The purpose of the meetings was to consult members about the charity's draft strategic plan. The events were also an opportunity to get the input of members into the pre-Budget submission. Age Action is working on the basis that the Budget will take place earlier this year, in October, and is beginning its pre-

Budget work earlier in response.

"We are encouraged by the response of members, and their willingness to get involved in key decisions which will impact on the way Age Action does its work in the months and years to come," chief executive Robin Webster said.

The meetings were held in Dublin, Monaghan, Galway, Trim and Cork during March. A full report will appear in the April edition of *Ageing Matters*.

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

© Derrane 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.

Cuts to hurt people with disabilities

People with disabilities (including many older people) have felt the brunt of the latest range of Government funding cuts.

In recent weeks the Government has reduced funding for the Housing Adaptation grant by 40%. Such funding was used by home owners to convert downstairs rooms into a toilet or shower room, or to fit

a stairlift. The means-tested grant was towards 80% of the cost of the work, with the householder meeting the balance.

The Government has also announced that the mobility allowance and motorised transport grant schemes are also to cease within four months because they are in breach of the Equal Status Act. Some 5,000 people

with disabilities benefit from these schemes. The Government is working to find other ways to meet the transport needs of people with disabilities.

Age Action has warned that the cuts in funding for these essential supports will severely undermine the ability of people to live with dignity and independence in their own 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