

ageing matters

Ageing strategy lacks targets

The Government has finally unveiled its Positive Ageing Strategy
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Rialtais



Get the lowdown on the end of the Transitional Pension **Page 3**

A new approach to residential care
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AgeAction
For all older people

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

■ **Cover: The Minister for Older People, Kathleen Lynch, at the launch of the National Positive Ageing Strategy. For details, see our editorial on this page and a summary of the strategy on pages 4 and 5.**

Photo: www.merrionstreet.ie

Ready for an ageing population?

Are we ready for our ageing population? Not yet, must be our response judging by the National Positive Ageing Strategy published by the Government on April 24.

While the strategy, which is summarised on pages 4 and 5, puts a welcome emphasis on ageing as a lifelong process, it leaves much work to be done.

In fact, we cannot judge it properly until next October, when the Government promised to publish the implementation plan. The lack of such a plan was a major disappointment for the many organisations and people who made submissions or took part in the consultative meetings during the past six years. We must be ready with ideas and proposals to strengthen the strategy. Here are some initial suggestions.

First, the need to protect older people's rights through legislation was a major theme of the submissions and consultations, but this is not mentioned in the plan as it was presented. Now that Ireland has been elected to UN Council for Human Rights, it would be fitting for the Government to demonstrate its commitment by establishing rights for older people at home.

Second, the Government consulted widely during the planning process, but how is it going to ensure this continues during implementation and evaluation? The structures for involving NGOs and international experts were ineffective. How will these be strengthened in the future? If this is to be a top-down, Government-only process, it will not work.

Third, research is also one of the four goals of the strategy, but there is little mention of evaluation. We need an implementation plan with targets that can be measured and performance evaluated. This should apply to all departments listed with the Dept. of Health as the lead department. It will be critical that ageing is not regarded just as a health issue and that all departments are actively involved. But where will the political leadership come from to do this?

Finally, there is little mention of the many older people who are living in poverty or at the risk of poverty. Disturbingly, the current austerity is mentioned only for its impact on the Government's finances and without reference to the devastating impact austerity, or the effect of the Government's cuts to services and increases in charges and taxes, has on many people, especially those on low or fixed incomes.

Tackling inequality and protecting people from poverty must be the ultimate tests of this strategy: we all have a responsibility to make sure it passes these tests.

— Robin Webster

Transition Pension is finishing

The State Transition Pension will no longer be available to people retiring after January 1, 2014. If you are in this position, you will have to wait until you are 66 to apply for a State Contributory Pension. But if you turn 65 between now and New Year's day, 2014, you can still apply.

To qualify, you need to have 520 paid contributions. In this case, not more than 260 of the 520 contributions may be voluntary contributions. If, however, you were a voluntary contributor on or before April 6, 1997, you may meet the requirement if you have a total of 520 contributions and at least 156 paid contributions. When they average out your contributions over your working life, you will need to have between 24 contributions per year for a minimum pension (€130.30) and

48 for a maximum pension (€230.30). There is a sliding scale, with four bands of pension rates depending on how many average contributions one has.

If you do not qualify for the Transition Pension and you are retiring before your 66th birthday, you will have to sign on for either the Jobseekers' Allowance or the Jobseekers' Benefit. Age Action has been assured that for people who are aged 65 when they apply for the Jobseekers' payment, it will last a full 12 months or until the claimant reaches 66.

When the government

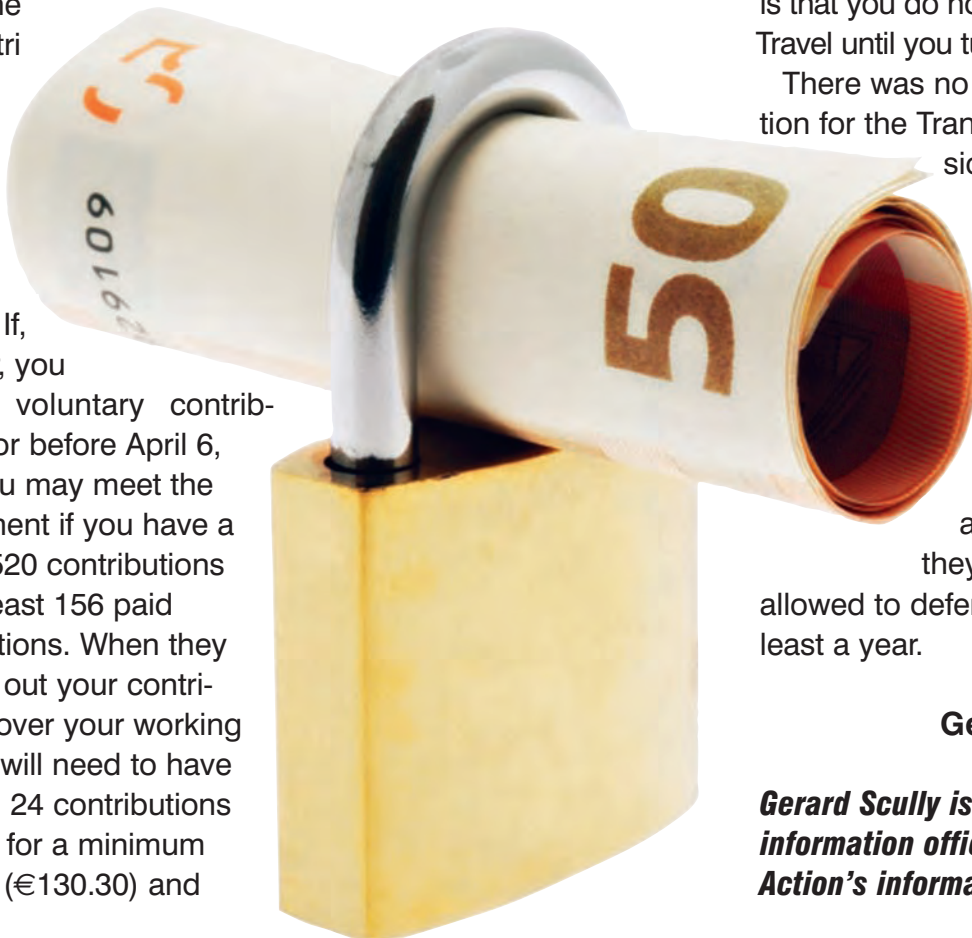
resolves an anomaly, it is usually to the detriment of the public. The Transition Pension is one such anomaly. Created to bridge the gap between retiring from work (at 65) and qualifying for a Contributory pension (at 66), despite the fact that if you qualify for the former, you will also qualify for the latter.

The difference between the two pensions is that on the Transition Pension you could not earn more than €38 a week (and this was before austerity), while on the Contributory Pension you can earn as much as you like. The second thing to notice is that you do not get Free Travel until you turn 66.

There was no justification for the Transition pension, and Age Action believes people should be allowed to collect their State Pension at 65 but, if they wish, be allowed to defer this for at least a year.

Gerard Scully

Gerard Scully is the senior information officer with Age Action's information service.





■ Minister for Older People, Kathleen Lynch, at the launch of the National Positive Ageing Strategy. “Our thinking about age and ageing has to change,” she said.

Positive Ageing strategy launched

‘Positive Ageing Starts Now’, the long awaited National Positive Ageing Strategy proclaims.

Launched on April 24 by Minister for State Kathleen Lynch, the NPAS outlines what we can and must do, stated the Minister, and is presented as a blueprint to make Ireland a good country in which to grow old.

The strategy was first promised back in 2007 and Age Action made our original submission on its development in September 2009, which seems like a lifetime

ago in respect to the prolonged economic crisis.

One of the most notable aspects of the strategy is its holistic view of ageing. The focus is no longer solely on health and care-related issues but recognises that an all-of-government response is needed to ensure people age positively and enjoy a good quality of life into older age.

In addition, the strategy for the first time places ageing within a life-course perspective, recognising how people’s experiences throughout their life affect their experiences in older

age. As such, the Minister stressed the relevance of the strategy to all people, not just those who are aged 65 and over. “Our thinking about age and ageing has to change,” she said.

“It would be a mistake that this strategy is only aimed at older people. Positive ageing starts from birth – the way we care for our children, educate our population and provide for a society in which all stages of the lifecycle can be supported to live well. An ageing Ireland is an issue in which we all have a stake,” according to the NPAS.

Vision statement

The vision of the strategy is that “Ireland will be a society for all ages that celebrates and prepares properly for individual and population ageing. It will enable and support all ages and older people to enjoy physical and mental health and wellbeing to their full potential.

“It will promote and respect older people’s engagement in economic, social, cultural, community and family life, and foster better solidarity between generations. It will be a society in which the equality, independence, participation, care, self-fulfilment and dignity of older people are pursued at all times.”

The strategy is centred on four national goals:

Goal 1: Remove barriers to participation and provide more opportunities for the continued involvement of people as they age in all aspects of cultural, economic and social life in their communities according to their needs, preferences and capacities;

Goal 2: Support people as they age to maintain, improve or manage their physical and mental health and wellbeing;

Goal 3: Enable people to age with confidence, security and dignity in their own homes and communities for as long

as possible;

Goal 4: Support and use research about people as they age to better inform policy responses to population ageing in Ireland.

Limitations

Age Action welcomed the holistic vision of the strategy, moving from the view of older age as a time of

Ireland will be a society for all ages that celebrates and prepares properly for individual and population ageing.

dependence and frailty. We also welcomed the life-cycle approach which is being adopted by Government. However, the strategy is not without limitations.

At a time in which discussions are taking place internationally on the possibility of developing a Convention on the Rights of Older People, the strategy does not include any reference to a rights-based approach.

In addition, the current economic climate has placed massive constraints on any implementation of the strategy as no additional resources have been directed to operate it.

Furthermore, Age Action had hoped that an implementation plan would be

embedded in the strategy, outlining targets, timeframes and Departmental responsibilities. It was explained at the launch that this implementation plan will be published in six months’ time, as it will be linked to the implementation of other recently published and imminent strategies, including the National Carers Strategy (2012), Healthy Ireland Framework (2013) and the forthcoming National Dementia Strategy.

Where to from here

Thanking the community and voluntary sector for their contribution in the development of the National Positive Ageing Strategy, Minister Lynch said that “it is the pressure from people outside of government who make the greatest advancements”. Age Action will continue this pressure over the coming months. We will lobby for the development of the strategy’s implementation plan and, once published, we will monitor its progress. We will also seek an avenue for the views of older people and the ageing sector to feed into the development of this plan.

If you would like to read the strategy in full, you can download it from the Department of Health’s website: http://www.dohc.ie/publications/pdf/National_Positive_Ageing_Strategy_English.pdf?direct=1



■ **At the U3A forum: Prof Desmond O'Neill, Medical Gerontology, TCD; Stuart Pollard, Regional Trustee for Northern Ireland, Third Age Trust; Prof Ian Robertson, NEIL Programme director; Prof Rose Anne Kenny, Trinity EngAGE director; Prof Shane Allwright, TCD registrar; Dr Linde Lunney, Trinity U3A steering group; Prof Joe Harbison, Medical Gerontology, TCD; Robin Webster, Age Action CEO; and Prof James Lunney, TCD Physics head.**

U3A forum attracts field experts

Some 150 members of U3A groups from counties Waterford, Kildare, Wicklow and Dublin gathered in the Dublin last month for an open forum at Trinity College.

U3As are learning circles or cooperatives. Members learn from one another by sharing knowledge. The idea began in Toulouse, France in 1972, and there are now U3As all over the world. Age Action helps U3A groups to set up in Ireland and supports a network of groups.

The forum began with a lecture “Engaging – Not Ageing!” by two TCD experts on ageing, Professor Rose Anne Kenny, Director of Trinity EngAGE, and Professor Ian Robertson, Director of NEIL (Neuroenhancement for Independent Lives) Programme.

We learned about advanc-

es in the TILDA project in Trinity and about how ageing in different societies is affected by issues that include diet, sleep, exercise, happiness and brain stimulation. We learned about animals who barely age at all and an immortal jellyfish.

The lecture was followed by a presentation by Stuart Pollard, Regional Trustee for Northern Ireland, The Third Age Trust, who talked about U3A activities and their role in the community. There are more U3A groups in Northern Ireland than in the Republic and Age Action engages with them for recommendations on how to set up more groups in the Republic.

Age Action chief executive Robin Webster said that the Lifelong Learning programme was one of the oldest programmes Age Action runs and spoke of our commitment to the value of lifelong learning.

“U3As as independent self-learning groups have a

vital role in demonstrating that older people can and do continue learning, and in advocating for greater opportunities for learning and social contact for our ageing population,” he said. “Older people are not the burden they are often portrayed to be, but they can definitely be part of the solution to the many challenges that Ireland faces.”

The audience then questioned a panel of speakers, that included Prof Desmond O'Neill of the Medical Gerontology department at TCD, Stuart Pollard; Prof Joe Harbison, Medical Gerontology at TCD; Robin Webster; and Prof James Lunney, head of the School of Physics at TCD.

— Margaret Fitzpatrick

If you are interested in setting up a group, please contact Margaret Fitzpatrick in Age Action, phone (01) 475 69 89 or email u3a@ageaction.ie

Join us for a Camino walking holiday

Join us on the Camino de Santiago trip from September 19 to 26, 2013, for an unforgettable experience, while making a real difference to the lives of older people.

If the Camino has been on your 'bucket list' for a while, this is an opportunity to experience it, while raising vital funds for our Care and Repair Service.

The Camino de Santiago (the Way of St. James) is a large network of ancient pilgrim routes stretching across Europe and coming together at the tomb of St. James in Santiago de Compostela in north-west Spain. Tens of thousands of pilgrims make their way to Santiago de Compostela each year. Some do it for religious reasons, many for the spiritual adventure or just for the personal and physical challenge.

We will be following the French Way, the route featured in the film *The Way* starring Martin Sheen, and the most popular of the Camino routes. Starting in Sarria, you will be amazed at the ever changing landscape, the friendliness of other pilgrims and the intense sense of achievement (and relief) you experience when you reach the Santiago de Compostela Cathedral to attend the pilgrim Mass.

Whatever your reasons for taking part, you can be sure you will be joining a great group of people who are raising much needed funds to enable older people to remain in their own homes for as long as they wish.

The trip includes:

- Return flights from Dublin;
- Seven nights accommodation (mixture of two to four star accommodation based on twin occupancy);
- All internal transfers, including luggage transfers;
- Travel insurance;



■ **Walking the Camino: find out more at our information evenings in Cork (May 28) and Dublin (May 29).**

- Breakfast and dinner on each of the walking days;
 - Local guide walking with the group.
- We will be hosting two FREE information evenings as follows:

Tuesday, May 28, 7pm at Fifty Three Degrees NORTH (53° North), Unit 7, The Cornmarket Centre, Paul Street, Cork City;

Wednesday, May 29, 7pm, Age Action charity shop, 30/31 Lower Camden St, Dublin 2.

All are welcome.

To book your place and to get further information, contact Lorraine Dorgan at (01) 475 69 89 or lorraine.dorgan@ageaction.ie



■ 81-year-old Ronnie Hurley ready for the descent.



The 18-storey trip of a lifetime

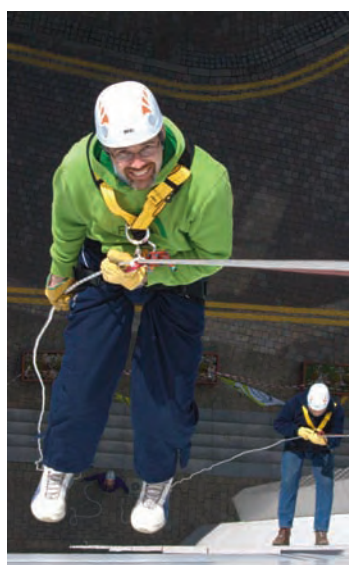
Age Action's third annual abseil attracted 64 brave fundraisers to the roof of Ireland's tallest hotel last month.

Age Action and more than a dozen local and national charities benefited from the April 27 abseil down the Clarion Hotel in Limerick. "It was a remarkable, adrenalin-fueled day," according to Age Action fundraiser Mark Duggan, who also completed the abseil down the 18-storey, 200 foot tall building. "It would not have been possible without the support of our sponsors Bluebird Care."

There were abseilers of all ages present on the day, ranging from a group of students from NUI Galway Students' Union, up to local man Ronnie Hurley (81).



■ Above: Grace Morgan



■ Left: Daire Casey

■ Below: Eamonn Maloney



■ Ground view of abseilers on Ireland's tallest hotel, the Clarion



■ Left: Geraldine O'Neill waves for the camera.



■ Above: John Cotter and Rachel O'Neill



■ Left: Stephen Howley

■ Below: Patrick Hogan and Joanna Brophy





■ The researchers found considerable evidence that intergenerational solidarity within families is helping people in Ireland to survive the recession

‘Families weathering the recession across generations’

Families are providing high levels of support to one another through periods of unemployment, emigration and financial difficulty, according to research published last month.

People in Ireland practise and value intergenerational solidarity in every aspect of their lives, the research found. In many instances, older generations are providing extensive financial, housing and childcare supports to younger generations. In fact, older people were almost universally perceived as a deserving group that merited more and improved transfers and services from the State.

These are the findings of *Changing Generations*, a two-year study carried out by researchers from Trinity College and NUI Galway,

which looked at relationships between different generations living in Ireland in a time of economic recession and demographic change. This research is timely following the European Year of Active Ageing and Solidarity between Generations last year and a recent increased interest in how different generations interact in an ever increasing ageing population.

Overall the key messages from the report are:

- There is little evidence in Ireland of intergenerational conflict, either within the private or public spheres;
- There is considerable evidence that intergenerational solidarity within families is helping people in Ireland to survive the recession;
- Socio-economic inequality, not intergenerational difference, is a more significant divide between

groups living in Ireland today;

- Commentators should think twice before making a case for actual or impending conflict between the generations. Indeed, Age Action’s Generations Together programme has also shown that this solidarity between generations is alive and well, as well as providing the guidance and support to encourage and sustain intergenerational solidarity in Ireland. This valuable research should act as a tool in presenting the importance of developing and promoting intergenerational work, as well as tackling misrepresentations and stereotyping around intergenerational interactions in Ireland.

For more information and to download a copy of the report, visit: <http://www.sparc.tcd.ie/generations/>

— Keelin McCarthy



■ May Brennan got into the spirit of Positive Ageing Week last year when a bikers' group visited the Craddock Nursing Home in Naas, Co. Kildare.

Get ready to celebrate PAW

From Friday, September 27 to Saturday, October 5, Age Action will celebrate Positive Ageing across Ireland.

As most regular readers are aware, Positive Ageing Week (PAW) is a festival which highlights the positive aspects of ageing and celebrates the contribution of older people to their communities.

This is the 11th year Age Action has marked UN International Day of Older Persons (October 1), and we are asking Age Action members to join in the festivities by organising an activity or event which will be included in the national calendar of events for PAW.

Last year over 1,000 events took place within communities throughout the country. Events were organised by many types of organisations, including

active retirement groups, nursing homes, community groups, housing associations, senior clubs, galleries, museums, businesses and individual older people themselves, and took place in a wide variety of settings from libraries to galleries, leisure centres to care centres. In addition, a large number of businesses offered free or heavily discounted services to older people for the week.

As well as the multitude of individual events expected to take place this year, 14 Positive Ageing Towns will run a week-long series of events. They are: Arklow, Ballymun, Boyle, Cashel, Drogheda, Dublin, Dundalk, Dungarvan, Galway, Kinsale, Middleton, Sligo, Trim and Tullamore.

The types of PAW events include music, dancing, art, photography, film, story telling, cookery, bowls, guided tours, nature walks, thea-

tre shows, choral recitals, healthy eating, aerobics, vintage car displays, friendship clubs, coffee mornings, reminiscence, bridge tournaments, computer courses, exhibitions, creative writing, craft workshops, talent contests and much more. There are no rules about the type of activity that can be organised, except that it should involve older people and that it should be enjoyable.

Help us celebrate the fact that we are living longer and that ageing is not a burden but an opportunity!

If you are interested in organising an event or offering a free or discounted service to older people during PAW, please contact Lorraine Murphy for a Positive Ageing Week information pack on 01-475 6989 or email [lorraine.murphy@ageaction.ie](mailto:murphy@ageaction.ie) or log onto www.ageaction.ie and register your event online.



■ The use of personal belongings from a person's past and personal colour schemes and décor are part of the Butterfly Model. Displays which tell something of a resident's life story are set up outside each resident's bedroom door.

Showing people they always matter

“Why do you matter?”
he asked us.

“When you think of your answer, I want you to turn to the person beside you and tell them your answer.”

I was flummoxed. I'd only signed up to a conference, not to a baring of my soul!

With an awkward glance sideways, I took in the stranger beside me.

She seemed normal. Nice.

And so it was that, at the Sonas APC International Conference on Dementia

Care, I came to tell a lovely woman about why I mattered. She reciprocated. And, trust me, her story was much more interesting than mine.

She worked in a nursing home which had recently adopted the Butterfly Model for caring for people with dementia. It was all about bringing staff and residents onto an equal level, she said, about creating a shared, relaxed community environment for residents. The staff even wore pyjamas on their evening shifts!

Intrigued, I asked her more about this model. But David Sheard, the founder of Dementia Care Matters, had commanded our attention again at the top of the room. He told us that no matter where he talks, audiences always say the same thing — they want, and need, to feel like they matter. They want to feel needed.

And so David reminded us that nursing home residents with dementia are no different and are equally human. His work is all centred on finding ways to rein-

force residents' need to feel important, attached, missed, interesting and depended upon. Indeed, he argued, residents deserved to feel this way.

David set up a model called "Feelings Matter Most" which he piloted in nursing homes across the UK. The fundamentals are: to reach a person on the inside; to look for meaningful improvements in the small daily life experiences; to nurture staffs' emotional labour with an emotion-led organisational strategy. Essentially to put the human back into "human services"!

Moorehall Lodge

This idea has now taken off on Irish shores. The lady I sat beside was a nurse in one of the Butterfly homes — Moorehall Lodge in Ardee. Their nursing home has been transformed. The home became involved in the creation of the HSE-led Places to Flourish guidelines to improve the experience of a nursing home, in conjunction with the Netwell Centre at Dundalk IT and the School of Nursing at the University of Ulster. Using David Sheard's guidance, they re-evaluated the way they care and how it made residents feel according to the Butterfly model.

Moorehall Lodge now puts life stories outside each resident's bedroom door telling staff who the person is, and who they

were before their illness — their jobs, hobbies, passions, family and friends. This way staff could talk to residents about things that genuinely mattered to them, their identity.

They incorporated the motto of 'today', so that every 'today' would be about making a person feel needed, in their individual way.

And finally they transformed their place, their home. Out went the standardised décor and in came a burst of colour, of resident-selected wall-papers and a welcoming in of personal belongings and personally decorated rooms. The re-design, modelled on the principle of the household model of care, also divided the nursing home building into four households, each with its own domestic-style open plan kitchen, front door, bell, post box, and private and shared public areas.

And it has paid dividends.

Carol McLoughlin and Natasha Bloore presenting on behalf of Moorehall Living spoke of one man, Peter, who was referred to them from another community-based facility because of his challenging behaviour. They spoke about finding out during one of their chats with Peter's family, that he had been devoted to his local soccer team, Drogheda United. So they bought some of Peter's

team's fabric flags and hung them up in the hallways.

The flags had an immediate impact. Seeing and touching a flag instantly offered Peter a flash of comfort and familiarity. These acts, alongside numerous others, calmed Peter and other residents.

This was all based on the premise that "emotions are occurring at work anyway and are more dangerous if suppressed," the idea that people cannot exist without feeling, and that to deliver more feeling-oriented care is good for people.

It is good for residents who are responding well and good for staff who find more meaning and fun in the jobs they do.

For more information on the Butterfly model and 'Feelings Matter Most' training see www.dementiacare-matters.com.

The nursing home used in this article is Moorehall Lodge, a part of Moorehall Healthcare (www.moorehallliving.ie), who have homes in Ardee and Drogheda. They can be contacted at info@moorehallliving.ie or by calling (041) 68 56 990.

— Lorna Roe

If you are interested in contacting Age Action about this article, please email Lorna Roe at policyinclusion@ageaction or write to her at 30/31 Lower Camden Street, Dublin 2.



■ **Ann White:** volunteering in Age Action's Camden Street charity shop is a social outlet that also enables her to make a valuable contribution to the charity's work.

Why our volunteers matter

This month I would like to highlight the work of our charity shop on Camden Street, Dublin.

Camden Street is the location of our head office, and the retail unit on the ground floor is the busiest of our three shops. Each day streams of individuals pass through our doors admiring everything from beautiful ornate furniture and rare books to vintage clothes. The money raised by our shops provides vital revenue to fund our programmes which help older people.

I took the time to speak to one of our loyal volunteers, Ann White, who works every Tuesday from 10am to 2pm. Ann previously worked as a Community Registered General Nurse. For Ann, volunteering is a social outlet

in her life as well as meeting a need for Age Action itself. It is evident from the many customers who come in to have a chat every day and to see what new items can be found in the store, that they too view the shop as a place for social engagement.

Ann noted that many people who donated precious belongings of their loved ones were relieved to know that they have found a new home and will be looked after carefully by the hard working staff and volunteers at the shop.

Throughout the country, there are hundreds of volunteer opportunities that individuals can give their time to. Ann spoke about her reasons for volunteering with Age Action. The advocacy and representation that Age Action provides to older people, along with the

encouragement to support independent living were some of the main reasons why Ann came to Age Action.

For our shops to continue, we need the help of committed volunteers who believe in what Age Action promotes, and this Ann certainly does. Today we thank Ann and the hundreds of volunteers who give up their free time to keep Age Action at the forefront of helping older people across Ireland.

— Sarah Nevin

If you or someone you know wishes to join and/or volunteer with Age Action please call (01) 475 69 89 and ask for Sarah. Alternatively, please email volunteer@ageaction.ie or membership@ageaction.ie. Sarah Nevin is Age Action's Membership and Volunteer Coordinator

The Age Action Summer Raffle

Age Action is launching the 2013 Summer Raffle on June 10th, and we have some fantastic prizes lined up. Tickets cost €5 each.

This year all monies raised will go directly towards funding our Care and Repair programme, which last year carried out almost 20,000 jobs for older people in their homes and is a vital service to isolated older people, giving them

access to other services through volunteers who can spot other needs the older person may have.

Details of the raffle will be mailed to members and supporters in the coming weeks.

We would be delighted if you could help make this year's raffle the most successful ever, so please take up our ticket offer.

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.

Follow our Lithuanian volunteers



■ Four Age Action volunteers began a three-week trip to Lithuania earlier this month as part of a Grundtvig Senior Volunteer project. See how they're getting on at their blog at www.dublinkaunas.wordpress.com As part of the programme, Age Action will host four older volunteers from Lithuania in September. Our photo shows the volunteers visiting the Lithuanian Embassy in Dublin before they left. Pictured (from left) are: Leslie Thornton, Patricia McAndrew, Susan Ward (Coordinator), Neringa Gaidyte (Lithuania Embassy), Mairsile Hourihan and Hugh Donoghue.

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 membership 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