

People power for petition

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Ageing matters

Age Action

Ireland

For All Older People

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■ **Cover photo:**
Age Action members at the launch of the pre-Budget petition campaign at Croke Park on September 17.
See report page 6.

Photo: Marc O'Sullivan

Making a better Ireland for all

There is a war going on for the hearts and minds of Irish people about the future of this country, and older people have been drawn into it. This struggle is between two competing worldviews. One view is that the future of this country depends entirely on improving the economy by deeper and faster austerity measures. This view results in the demand for cuts in services and benefits, regardless of the impact on those who need them.

The alternative view is that our future depends on greater solidarity based on equality and justice through a progressive tax system that increases tax on those with the highest incomes and greatest wealth to provide adequate incomes and services for the most vulnerable people.

The ideal approach, of course, would be to combine both views to advance economic and social development side by side. Recent exchanges, however, suggest that attitudes are becoming more entrenched and strident before the budget.

Regular attempts are made to promote intergenerational strife by pitting the interests of older people against children, and workers. Much of this is based on a negative stereotype of "the elderly". They're all seen as having big pensions, owning homes without mortgages and getting away scot-free from all the cuts. They have even been accused of being a powerful and selfish lobby group. Untrue.

Census 2011 showed there were 535,393 people aged 65 and older. They are all individuals, but the tendency is to lump them together. Over 60% of older people are dependent on the State Pension, and 10% are living in or at risk of poverty. Nearly 5% are in residential care and about 20% need home or community support to help them remain in their own homes. Only 5% of them are in the top 10% of earners, and of course that 5%, like everyone in that income group, could and should pay more tax. The TILDA research has also shown the significant social and economic transfers older people give to their children and grandchildren.

What we need is a more integrated approach that unites rather than divides generations and brings together economic and social interests. Most of all, we need leaders in public and private sectors who set the example. The Government could further reduce the privileged allowances and pension rights of TDs, and private companies could reduce the disparities between the incomes and pension rights of managers and workers. Such measures might start to make Ireland more successful economically and socially for generations to come.

— Robin Webster



■ Pauline O'Connor, the 2012 Google Silver Surfer of the Year, who loves playing computer games against her grandchildren. She is pictured with her daughter Aine.

Photo: Conor Healy

Silver Surfer who's game for learning

Pauline O'Connor, a 70-year-old grandmother from Carbury, Co. Kildare, has been crowned the overall winner of the Google Silver Surfer Awards with Age Action.

Pauline has cemented her position as a brilliant granny by learning to play computer games.

Minister of State at the Department of Communications, Fergus O'Dowd, presented Pauline with her award and a brand new Google Chromebook laptop at a ceremony held at Google headquarters in Dublin earlier this month.

Pauline has mastered games on Playstation, Wii and Nintendo DS and loves to challenge her 10 grandchildren to competitions. Her grandchildren have also

taught her how to use the internet, and she is an avid Facebook user.

Five awards were handed out at the ceremony; they were:

- Winner Most Dedicated IT Learner – **Dermot Perry**
Dermot (64) lives in Our Lady's Hospice in Harold's Cross. Dermot suffers from Motor Neurone Disease and has lost the use of his arms, but technology has changed his life.
- Winner of the Hobbies on the Net Award – **John Kavanagh**. Three years ago, John (67) from Ballinteer in Dublin knew nothing about computers, but his passion for blues music drove him to learn. John has spent the last three years developing a social media platform dedicated to the blues. The club now has over 300 members across the world and 1,800 likes on Facebook.

- Winner of the IT Tutor Award – **John O'Keeffe**
John (76) from Carlow taught himself how to use the computer a few years ago and found Skype to be a wonderful way to talk to his many family members who have emigrated. John then decided to help other pensioners in Carlow in similar situations.

- Winner of the Golden IT Award – **Catherine Talty**. Catherine, from Clounlaheen in West Clare is 96 years old. After several visits from a local history group, Cuimhneamh an Chláir (CAC), who would record Catherine's stories about times gone by, Catherine suggested that she would learn how to use a digital recorder herself. She has since contributed 83 separate files on folklore and tradition, from the mid 1800s to the 1970s, to the CAC archive.



■ **Social Protection Minister Joan Burton (left) with Age Action's Claire Bellis and Linda Curran from the Blanchardstown Area Partnership at the launch of the Care and Repair service in Blanchardstown. The service is provided through the Tús community work placement service. It can be contacted at 01 8206171 or 087 7388527.**

Could you be a Community Partner?

Regular readers of "Ageing Matters" will know that Age Action's Care and Repair programme delivers a vital service nationwide. Using the skills of dedicated volunteers as well as Age Action staff, we complete small, practical DIY jobs for older people in their own homes.

We also keep a list of trustworthy tradespeople, whom we can recommend for those larger jobs. In this way, we help people to stay at home in increased safety

and comfort. Care and Repair can also arrange home visits for older people who would like a friendly caller to socialise with.

Care and Repair is delivered directly by Age Action offices in Cork, Dublin and Galway, as well as by Community Partnerships- also known as franchises- in these locations and nationwide.

There are currently more than 20 Care and Repair Community Partnerships in Ireland. They range from large and busy city franchises run in partnership with the Tús programme, to small but equally busy franchises serving rural areas and manned by teams of enthusiastic vol-

unteers. We're delighted to welcome the latest members of the Care and Repair franchise family this month – serving Carlow, Waterford, Blanchardstown and Carrigaline. Watch this space for further additions!

The continued success and wider development of the programme throughout the country depends on Age Action working with community groups to build Care and Repair franchises in more locations. In that way, we can confidently say that Care and Repair is a truly national service.

How you can help

If you think there is a need for a Care and Repair franchise in your area, there are

some practical steps you can take.

Firstly, Age Action works to develop the programme with constituted community groups, such as Family Resource Centres, Community Development Partnerships etc to deliver the programme. Board members agree to take responsibility for the development and day to day running of the franchise with the support of Age Action and its dedicated Development Officers. So if you are a member of a community group, or have contact with one, and would like to see Care and Repair in your area, these are the steps you can take:

- Ask the group to contact Claire Bellis or John O'Mahony to discuss the essentials of the programme. The map below

Care & Repair Regions and Contact Details

Claire Bellis
(01) 475-6989
cbellis@ageaction.ie



John O'Mahony
(021) 453-6554
ageactioncork@ageaction.ie

shows Claire and John's catchment areas.

- Claire or John can arrange to meet the group's board members and make a presentation about how Care and Repair works. Once we get the go-ahead and the agreement is signed, the

development work starts and a plan of action is agreed.

- Community Partnership recruitment and training of volunteers takes place, supported by Claire or John. All volunteers are Garda vetted.
- Publicity and Launch - an opportunity to advertise the service locally.
- Continued support of the new franchise from the Development team.

The way forward

It's our aim to increase the number of Community Partnerships to deliver the programme nationwide. We rely on forging strong links with local groups for the success of this vital programme. If you support Age Action, please think about helping us to strengthen our Community Partners.

Carrigaline joins Care & Repair

Carrigaline, Co. Cork is the latest town to launch the Care and Repair programme. The Carrigaline Family Support Centre has become a Care and Repair Partner. Among those who attended the launch of the service in August were local TDs Simon Coveney and Michael McGrath, Senator Deirdre Clune and many professionals who work with older people in Carrigaline. A major promotional push is planned, and volunteers are trained and ready to go. Care and Repair Carrigaline can be contacted at (021) 491-9299.



■ Age Action Development Officer John O Mahony, Care & Repair volunteer Paul Hassett, Senator Deirdre Clune, CSFC's Willie Walsh, Simon Coveney TD, Michael McGrath TD, Mark Ginn of CSFC



■ The panel which fielded questions from members (from left) Age Action's Robin Webster, Deputy Finian McGrath, chairman John Bowman, Deputy Regina Doherty and Deputy Caoimhghin Ó Caoláin.

Hard questions for TDs on Budget

The list of priorities for older people before the current Budget were hammered home to a cross section of TDs at a recent Age Action meeting in Dublin.

The September 17 meeting was used to launch Age Action's pre-Budget petition and for a question and answers session with TDs, chaired by broadcaster John Bowman.

The anger and concerns of older people were highlighted by members. The panel was questioned about issues that included the Free Travel Scheme, the IMF's proposal to means-test the State Contributory Pension, cuts to HSE services for older people, the Over-70s Medical Card and cuts to fuel supports.

The panel consisted of Meath East FG deputy Regina Doherty (nominated by the Government), Sinn Féin's Caoimhghin

Ó Caoláin, Deputy Finian McGrath (for the Dáil technical group) and Age Action chief executive Robin Webster. Fianna Fail was unable to send a representative because of their parliamentary party meeting.

The ongoing review of the Free Travel Scheme for older people and those with disabilities was raised by several members. Deputy McGrath accused the Government of "flying kites" and "testing the waters" on issues such as free travel. However, Deputy O'Doherty said she did not see any sense in curtailing the scheme and said the benefits it provided outweighed its €77 million yearly cost.

She also criticised comments made by Junior Finance Minister and party colleague Brian Hayes days before the meeting, in which he suggested that many older people were wealthy. "Sometimes with politicians, they take their foot out of their mouth to put the other one in," she said. Earlier,

the meeting had passed a unanimous vote demanding an apology from Mr Hayes.

Deputy Ó Caoláin said he abhorred the IMF's views on means testing the State Contributory Pension. "People have contributed to their pensions throughout their working life, and these should be sacrosanct, and should not be interfered with domestically or internationally," he insisted.

On the issue of the €130 million cuts in the HSE budget announced in August and their impact on older people, Ms Doherty said the Government remained committed to supporting older people to remain in their own homes.

There has been a tremendous response to the Budget petition campaign. Age Action is urging everyone to return petition cards to us at 30/31 Lower Camden Street, Dublin 2, by November 16 latest. You can still sign electronically at <http://www.ageaction.ie/protect-dignity-older-people>

Positive Ageing Week 2012

After months of planning, hundreds of events took place around the country to celebrate Positive Ageing Week 2012. From chair aerobics to canoeing, there was something for everyone!

This was a special year as Age Action celebrated 10 years of Positive Ageing Week, and both young and old came out in force in their towns and communi-

ties to celebrate ageing in a positive light.

As well as the hundreds of individual events that took place, 15 Positive Ageing Week Towns hosted an action-packed week-long series of events. They were: Arklow, Co. Wicklow; Athy, Co. Kildare; Ballymun, Dublin; Boyle, Co. Roscommon; Cashel, Co. Tipperary; Drogheda, Co. Louth; Dublin city; Dundalk, Co. Louth; Dungarvan, Co. Waterford; Galway city; Kinsale, Co. Cork; Midleton, Co. Cork; Sligo town; Trim, Co. Meath; and Tullamore,

Co. Offaly.

We thank Bluebird Care for their support to Positive Ageing Week 2012.

If you would like more information on Positive Ageing Week, or if you are interested in becoming a Positive Ageing Week town, please contact Lorraine Murphy on (01) 475-6989 or email lorraine.murphy@ageaction.ie



See further coverage and photos of the week pages 8-11.

Be Part of It



Work with an organisation which offers young people a safe place to go in their community. A space where they can have fun, do something that matters and be heard.

Door to Door Fundraisers

Youth Work Ireland is recruiting a team of Door to Door fundraisers to help us to offer supports and services to young people in Ireland.

Person

- Self-starter
- Exceptional communication skills
- Interest in the welfare of young people
- Experience in fundraising or door to door sales is an advantage

We offer

- Considerable earning potential from commission
- Training in fundraising and the Youth Work Ireland ethos
- Branded clothing and all necessary fundraising materials
- Flexible hours decided by you
- A supportive, close-knit team
- Report to the Head of Development

Please apply with a cover letter and CV to:

Jennie Blake, Youth Work Ireland, Lower Dominick Street, Dublin 1.

Email jblake@youthworkireland.ie

Application on or before **November 20, 2012**



■ **Broadcaster Mícheál Ó Muircheartaigh, Professor Paul Knight and Age Action chief executive Robin Webster at the Positive Ageing Week conference in Croke Park.**

Is reverence for age reviving?

Irish society has traditionally had great reverence for older people, and there are signs that that respect is returning, legendary broadcaster Mícheál Mícheál Ó Muircheartaigh said as he launched Positive Ageing Week 2012.

Mícheál launched the week at the start of Age Action's Be Equal, Be Different – Positive Ageing Across the Generations conference (sponsored by Pfizer) at Croke Park on September 28.

The keynote address was delivered by Professor Paul Knight, Professor of Medicine at Glasgow University, who spoke on the theme "A new vision for old age – rethinking health policy for Europe's ageing society".

He pointed out that older people contribute an estimated £40bn to the economy.

His message for policy-makers was to plan for ageing and the rise in numbers of older people. If this was done well, the outlook could be positive. When it came to health services, this meant investing in health promotion and community-based services to reduce the numbers of older people who would need acute hospital care.

The conference also featured four workshops. The first was Intergenerational Practice, chaired by Vicki Titterington, who spoke on "How we link generations in Northern Ireland" and Keelin McCarthy, who looked at "Linking generations in Ireland". The second workshop was Carers and Caring, chaired by Frank Goodwin. The third was entitled Workers and Working, chaired by Chris Ball from

the London-based European Ageing Network. The final workshop, chaired by Marzia Baldassari, was entitled Volunteers and volunteering.

The final paper, entitled "Conclusion and proposals for action in the policy arena", was presented by Professor Tom Scharf whose message was: "Consider what type of society Ireland should be for people of all generations first. It should look at the needs of people who are not yet old – but will be in the future."

Intergenerational solidarity must be a key goal: there was no evidence of intergenerational conflict in Ireland and we must work hard to make sure this stayed the case. Professor Scharf also urged a move beyond the traditional remit of older people's policy, which was over-focused on health and social care, to address such areas as learning and community involvement.



■ May Brennan, a resident of Craddock House Nursing Home in Naas, having fun during a visit to the home during Positive Ageing Week by a bikers' group.



■ ABOVE: Phillis Kennedy climbs the Mottie Stone during a trip organised as part of Positive Ageing Week in Arklow.



■ TOP RIGHT: Elizabeth Walsh, TV chef Martin Shanahan ("Martin's Mad About Fish") and Noreen Manning enjoying Positive Ageing Week in Kinsale.

■ RIGHT: Caoimhin Armstrong, Bluebird Care, Ann Tobin, PAW Tullamore, Molly Buckley, Positive Ageing Week (PAW) Tullamore, Lorraine Murphy, Age Action, at the presentation of the PAW town plaque.





■ ABOVE: Elizabeth Walsh, Mandy O'Brien, Siobhan O'Brien and Chrissie Aherne at the Coffee Morning at Craemer's Court, Kinsale.



■ ABOVE: Four generations of the Morey family enjoy "Baby and Me" day in St. Luke's Home, Cork, as part of Positive Ageing Week.



■ RIGHT: Con Horgan entertains the audience at the launch of Positive Ageing Week in Kinsale



■ ABOVE: Lizzie McDermott, Saxie Fitzmaurice and Peggy Macguire arrive in style for their afternoon tea at Lough Rynn as part of Positive Ageing Week in Boyle.



■ TOP RIGHT: Enjoying the view during a group trip to the Miner's Cross, as part of Positive Ageing Week in Arklow.



■ RIGHT: The participants in the singing contest, for the Mícheál Ó Faoláin perpetual Cup, which marked the start of Positive Ageing Week in Dungarvan.



■ Laoise Casey, winner of The Big Bake 2012, pictured with award-winning celebrity chef Gary O’Hanlon who judged The Big Bake Off; Eddie O’Toole, Operations Director of Bluebird Care and sponsors of The Big Bake; and Age Action’s Rhona O’Connor.

Proof in the bread and butter pudding

“I can’t believe I’m going to get to meet Catherine Leyden and be on the telly. My Granny will be tuning in to see her recipe. She’s as happy as me!”

Delighted with her winner’s apron, Laoise Casey from Dundrum in Dublin was recently crowned Big Bake champion at the bake-off in Cooks’ Academy on South William St. in the city.

The event, organised by Age Action and supported by Bluebird Care as part of Positive Ageing Week, drew countrywide interest.

Eight finalists from Donegal, Meath, Galway, Dublin, Kildare and Mayo battled it out.

Head judge and celebrity chef Gary O’Hanlon said he was surprised at the

standard of the competition, suggesting that runner-up Laura McFadden (16) from Carrigart in Co. Donegal should be stepping into some of Ireland’s finest eateries given her unique baking skills. She baked a chocolate fudge cake and described her runner-up position as “the best thing ever”.

But HR Manager Laoise Casey wowed the judges with her skill and finesse for her Bread and Butter pudding, using pistachio bread. “The eclectic mix of tastes and depth of skill shown by Laoise is amazing. I want that recipe,” said Gary O’Hanlon.

Laoise later appeared on TV3’s *Ireland AM* with Catherine Leyden, where she reproduced her grandmother’s recipe.

Eddie O’Toole of Bluebird Care described the event

as a proof of positive ageing.

The other finalists were:

- Máire Davoren, from Ballybrit, Galway, who baked a Strawberry and Chocolate Gateaux.
- Brid Halpin and Peter O’Riordan from Bloomfield Care Centre, Rathfarnham, Dublin 16, who baked Bloomfield Butterfly Buns.
- Karyn Ryan from Navan, Co. Meath, who baked her mother-in-law’s secret recipe for Strawberry Torte. (2nd runner up)
- Jill Neary, from Ballina, Co. Mayo, who baked a fruit soda cake.
- Pamela Farrell, from Navan, Co. Meath, who baked Pam’s Nicker Glory.
- Laura McFadden from Carrigart, who baked Chocolate Fudge Cake. (1st runner up)
- Clare Bellis from Drumree, Meath, who baked Rum and Ginger cake.



■ You'll feel as jolly as Santa yourself if you support our Christmas lunch this year

Don't miss our Christmas lunch

Age Action will host its annual Christmas lunch on December 13 at Dublin's Burlington Hotel.

Tickets are just €50 each (early bird price is just €45) and will include a mulled wine reception, Dickens-themed carol singers, traditional Christmas lunch with plum pudding and mince pies, and an auction, all to be followed by entertainment that includes David O'Connor. Details are on www.ageaction.ie

While this event is fun and full of Christmas cheer, it has a more important side. Today more than ever before older people are suffering from isolation and turn to Age Action for support. In 2011 we helped over 31,000 people through our Care and Repair home visitation and DIY service, our Getting Started computer training

programme and our information service. Our services are free, but we need money to keep providing them.

To show you how important our Getting Started programme is, here is the story of Sean, one of our Silver Surfers, who is 98. All his family have emigrated. He lives alone and does not have many people calling to his house. He is not as mobile as he used to be as he no longer drives, and walking causes him pain. Sean was very lonely and felt isolated: "I never thought I would see my children, let alone my grandchildren, again after they left for Australia."

Sean came to one of our Getting Started Classes and was introduced to computers and the internet. Now he is in weekly contact with his children, grandchildren and great grandchildren in Australia and America. He gets to see his children

every week, something he never thought he would do again. Clio, his four-year-old great granddaughter in Perth did her ballet for him last week on Skype!

We need your help to keep teaching people like Sean. What can you do?

- Having lunch with friends over Christmas? Take a table at our lunch – tickets are just €50.
- Donate a prize to our Christmas Prize Tree.
- Donate one of the corporate gifts your company receives as a raffle prize.
- Choose Age Action as your company's Charity of the Year.

This event is sponsored and made possible by Bluebird Care.

To book a ticket or support the lunch, contact Rhona O'Connor at Age Action, phone (01) 475-6989, or email roconnor@ageaction.ie

Hats off to our speedy knitters



The Big Knit 2012 is currently in full flight, with knitters across Ireland working furiously to help us knit 80,000 little bottle top hats before November 30.

Innocent, the smoothie and drinks company, has teamed up with Age Action again to run the event, which aims to raise up to €20,000 for our winter warmth campaign. For every hat-topped bottle sold early in the New Year, Age Action will receive 25 cent.

Geraldine Stanley (pictured above) is one of the knitters who helped produce a Youtube video on this year's Big Knit. It can be viewed at <http://www.youtube.com/watch?v=sP03Hj155JU>.

For full details and Big Knit patterns visit www.innocentdrinks.ie/thebigknit

Create a card and help Age Action

The 2012 Christmas Card Art Project is a simple and fun way to showcase your artistic talents and help raise funds for Age Action!

Everyone can either draw their own picture for a unique Christmas Card or, just colour a template that has already been drawn. We will then print your drawing. You can then send a wonderful and unique Christmas card to family and friends to treasure!

The pack includes 12 Christmas Cards and 12 gift tags – all with the same individual original design. Each pack costs just €12. The minimum order is one pack, but additional packs can be ordered.

Once artwork is complete:

- Create your own Christmas card design on our supplied template
- Post the templates to Age Action at the address on the template.
- We will then print your card and send you a sample of your unique card with the design printed on the front for approval.



Complete the order form stating how many packs you want. Each pack contains 12 cards, 12 red envelopes and 12 gift cards and costs €12 per pack.

We will send you the printed cards so you can post them to your family and friends in time for Christmas.

Sit back and wait for the phone to ring telling you what a fabulous card your friends have just received!

It's a simple as that.

Please give Rhona or Shelia a call if you would like us to send you a template or if have any questions at (01) 475-6989 or email christmascards@ageaction.ie.



■ ABOVE LEFT: Singer David O'Connor and Age Action's Rhona O'Connor with a surprise 80th birthday card and present for Sonny Knowles. ABOVE RIGHT: Sonny Knowles took time out to chat to a fan after the tea dance.

For those with a Sonny disposish

Over 600 people packed the Burlington Hotel ballroom on September 24 to enjoy the music of the great Sonny Knowles at our latest Afternoon Tea Party. The tea and the music flowed, and the years were rolled back as Sonny and 2007 You're a Star winner David O'Connor wooed the crowds. This was the largest of a series of Age Action fund-raising tea parties around the country, all of which were sponsored by Bluebird Care.



■ Phyllis Talbot, Pat Doyle and Ellen Reddin from Ballymun.

Photos: Conor Ó Mearain



■ ABOVE: Teresa Farrington, Beatrice Cunningham, Frances Donnelly, Ann Donnelly and Bridget Flynn, from the Navan Road.



■ Enda Flannelly, Brenda Chapman, Julian Chapman, Frances Flannelly and Ollie Kirrane.

■ BELOW: Rene Harney, Edna Crawte and Sylvia Fogarty from Greendale enjoying Sonny Knowles' music.



Volunteers needed for memory research

Researchers at the NEIL Memory Research Unit at Trinity College Dublin are seeking volunteers to help them in their work.

The research team is interested in finding out about how brain processes, such as memory and attention, are influenced by various aspects of people's daily life.

They want to find out more about how the things we do from day to day affect how we remember as we get older. The researchers

want to develop ways to help people protect their memory and other aspects of brain function as they age.

To do this, they need volunteers to take part in research. If you are interested in hearing more about taking part in our research, contact: www.tcd.ie/neuroscience/neil/research/memory

Email: neilmru@tcd.ie Telephone: (01) 896-4506

U3A MEETINGS



© Dublin City U3A
Meetings last Tuesday of month, (not June-August), 11am, at the Chester Beatty Library. Contact John Roche, (01) 201-7490

© Blackrock U3A
Contact Eileen Larkin: (087) 4128607, (01) 455-7653

© Ballyroan U3A
Meet every 2nd Monday at 11am in Ballyroan Library. Contact Al Connor: (01) 490-3212

© Ballymun U3A
Meetings every 2nd Monday, 2pm in Ballymun Library. Contact: Vera Butler (01) 842-2256

© Lucan U3A
Meetings 2nd Monday of the month, Ballyowen Castle. Contact Ann Hargaden (email: annhargaden@eircom.net)

© Blessington U3A
Meetings 3rd Tuesday of each month. Contact Anne Cowie: (045) 865-159

© Sutton/Baldoyle-Dublin North-East. Meets 10.45-12.45, Baldoyle Library. Second Wednesday every month (excl Jun-Aug). Contact: u3asutbal@gmail.com. Phone: 01-832 3697 Website: u3asuttonbaldoyle-dublin/

© Active Virginians U3A
Meet every week. Contact Ann Brodie at (049) 854-8232

© Maynooth U3A.
Maynooth Library
Meet every 2nd 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 Terry (Theresa) Moloney: (051) 876542 or email tmoloney@wit.ie

© Monaghan U3A
Contact Mary Beagan: (047) 75942, (086) 3314439

© Roscara U3A,
Co Roscommon. Contact Helen Waldren: (094) 962-1233

© Tramore U3A
Meetings 1st Thursday each month, 11am, Coastguard Station, Love Lane, Tramore. Contact Mollie Hunt, molliehunt@eircom.net

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

Annual membership application

We/I wish to join Age Action Ireland and enclose € membership fee, plus € voluntary donation = € total payable to Age Action Ireland Ltd

- €20 Individual — retired/unwaged
- €40 Individual — employed
- €60 NGO
- €200 Statutory body
- €500 Corporate

Name

Organisation

Address

.

.

Tel

Fax

Email

Contact person

Signature

Date

Please return to:

**Age Action Ireland Ltd,
30/31 Lower Camden Street,
Dublin 2**

Tel: (01) 475-6989

Fax: (01) 475-6011

Email: info@ageaction.ie

Help us by renewing on time

Age Action is urging members to renew their membership subscription, if they haven't already done so. By renewing on time, members can save Age Action valuable funds, because we don't have to post out reminders.

Please use the form on this page or the electronic payment facility at www.ageaction.ie to renew your membership.

Alzheimer Café evenings

The South County Dublin Alzheimer Café was launched on November 7.

The Alzheimer Cafés are safe and relaxed evenings where people with dementia, their families, friends and health and social care professionals can come together to talk, share information and support one another. Alzheimer Café evenings are free, and anyone affected by dementia is welcome to attend.

The South County Dublin Alzheimer Café will be held at Bloomfield Care Centre on the second Wednesday of each month. Phone Samantha Harpur for more details on (01) 298-1935.

Irish Times offer

The Irish Times Home Delivery Service is offering Age Action members an exclusive offer on newspaper deliveries. It includes:

- Having *The Irish Times* and/or other newspapers or magazines from their range delivered to your home each day;
- Delivery guaranteed before 7.30am
- No delivery charges;
- Flexible combination of days to suit your preference;
- No commitment or contract; and
- Variety of payment options.

If you sign up to have *The Irish Times* delivered to your home five or six days a week, we'll give you your first month free. This offer is exclusively open to Age Action members.

To avail of this offer, quote Age Action Ireland when you contact them. To sign up or for further information, visit www.newsdelivery.ie, phone (0818) 464465 (Lo-Call) or email info@newsdelivery.ie