

# ageing matters *in Ireland*

# Getting together to celebrate age

**Positive Ageing Week is proudly sponsored by Bluebird Care**

Pages 4-5



**Poverty levels rise according to CSO report**

Page 3

**First water charge bills due in 2015 as new meters are installed**

Pages 6-7





For all older people

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■ Cover: Denis O'Callaghan (87) and Delphi Morris (13) who will play together at the National Concert Hall on September 26 to mark the start of Positive Ageing Week. See pages 4 and 5.

Photo: Conor Ó Mearain

## Long hot summer of speculation

**Despite** some of the best summer weather in years, July and August have been difficult for older people. Media speculation about cuts to key supports being planned in this year's Budget, and ill-informed public commentary about older people have caused anxiety.

This may be part of the normal pre-Budget speculation, but it highlights how little some political advisers and commentators really understand about older people.

One Sunday newspaper reported that the Department of Social Protection could cut the State Pension by €10 a week. For the many older people dependent on the State Pension, such speculation created real anxiety. The story was quickly denied by a Government spokesperson.

In following weeks the media raised questions about the future of the free travel scheme for older people and the possibility of means-testing the State Pension.

More ominously, some commentators tried to use the current economic crisis to generate intergenerational tension. Their comments ranged from calls to means-test the Contributory State Pension to questioning its future sustainability. Essential supports such as the gas/electricity allowance and telephone allowance were written off as "luxuries" that the State could no longer afford.

Even a recent CSO report which showed rising levels of poverty and falling incomes among older people (see page 3) was reported by one media outlet as evidence that older people should be targeted for more cuts.

Age Action will vehemently resist attempts to whip up intergenerational tension. Our members are passionately concerned about the needs of their children and grandchildren.

The challenge in the run-up to the Budget is to educate politicians about the needs of older people. We are highlighting the impact of a succession of cuts to supports and increased new taxes and charges on older people, many of whom are struggling on low incomes. Age Action staff are meeting key politicians and advisers but we need our members to do the same at grass roots level.

In the meantime, we prepare to celebrate Positive Ageing Week (September 27 to October 5). Hundreds of events will be held across Ireland (see pages 4 and 5). In addition to highlighting the fact that we are all living longer, healthier lives, the week showcases the valuable contribution of older people to their families and communities – doing their bit to help them through this recession. Surely that is worth celebrating.

— Eamon Timmins



# Poverty on the rise among older people, says CSO report



Poverty levels rose among older people and their incomes fell, according to a new report from the Central Statistics Office.

The thematic report on older people showed that incomes of over-65s fell 5% between 2009 and 2011. The numbers in consistent poverty rose from 1.1% to 1.9% over the three year period, while the deprivation rate among older people jumped from 9.5% to 11.3%.

However, the report only captures one side of the problem faced by older people. "On the other side of the equation there are new charges and rising prices which have to be met from these declining incomes," Age Action spokesman Eamon Timmins said. "These increased taxes, charges and costs have escalated since these statistics were gathered, leaving many

older people seriously struggling to make ends meet."

The CSO's Thematic Report on the Elderly uses findings from the Survey on Income and Living Conditions from 2004, 2009, 2010 and 2011. Between 2009 and 2011, it found the average gross weekly equalised income fell 5% to €407.28. The main factors driving down income include falling earnings and reduced occupational pensions. The report shows that among those hit hardest are people living alone, women and people in rural areas.

"Age Action is not surprised that the poverty indicators for older people are rising, with financial pressures increasing substantially on older people in the last 18 months," Mr Timmins said. "Property tax, a trebling of the prescription charge and soaring energy prices are just some of the increased costs which have been introduced since 2011, with older people having

to pay them from a declining income. The increased costs are on unavoidable elements of their cost of living – a roof over their head, essential medication and heat."

Age Action believes the cuts introduced in the last two budgets are causing an even greater number of older people to live in poverty. Those problems look set to become more difficult if the Commission for Energy Regulation grants a recent application from Bord Gais for a 7.2% price increase in gas prices for domestic customers. If the price increase is granted, Age Action has urged the Government to reverse the cuts to fuel payment supports introduced in recent budgets.

"The cumulative effect of multiple cuts on one side and rising costs and taxes on the other is hurting many older people and must be addressed by the Government in the October budget," Mr Timmins said.



■ Duncan Stewart and (front left) Patrick Murphy of Irish Life, (third from left) former Age Action Chair Carol Pemberton of Irish Life, (far right) Age Action CEO Robin Webster and former Age Action employees at the 2007 launch of Care and Repair.

## Conference highlights Care & Repair

Every year, as part of our Positive Ageing Week festival marking the UN International Day of Older persons, Age Action holds a national conference on an aspect of ageing in Ireland.

This year we have decided to celebrate the story (and plan for the future) of Care and Repair programme, which is in its 7th year. Last year, Care and Repair completed over 19,000 jobs for older people throughout the country, and is on track to exceed 21,000 jobs in 2013.

The conference will take place on September 27 in the Hogan Mezzanine of Croke Park between 11.30am and 3.30pm. The purpose is to showcase the work of the Care and Repair programme's 30 community partners. There will also be

workshops to exchange ideas for the development of the programme and to examine the continuing sustainability and future expansion of the service.

At the conference we expect half of the participants to be service users, volunteers and community partners. We are also encouraging groups who have an interest in establishing new Care and Repair partnerships to attend. The other participants will be people representing or providing community services to older people, including practitioners and policy makers.

The Care and Repair programme was established by Age Action to carry out minor repairs for older and vulnerable people free of charge, to give them access to reliable tradesmen for larger jobs and to provide a befriending service. The vision of the programme is

to enable older and vulnerable people to remain in their own homes in their own communities, living as independently as possible, through the improvement of their housing conditions and their level of comfort, security and well-being.

We gladly acknowledge the generous support of Irish Life who have funded the Care and Repair programme since its launch in 2007. Without their support, the success of the programme would not have been possible. We thank them sincerely for this lasting legacy.

***If you would like to reserve a place at the conference, please contact Daragh Matthews at [Businessdevelopment@ageaction.ie](mailto:Businessdevelopment@ageaction.ie) or phone (01) 475 6989. You can also book a place online at [www.ageaction.ie](http://www.ageaction.ie)***



Sponsoring  
Positive Ageing  
Week 2013

■ Participants  
of last year's  
trip to Dublin  
Zoo during  
Positive Ageing  
Week

# Time to celebrate Positive Ageing

It's that time of the year again and Positive Ageing Week is nearly upon us. The week takes place from Friday 27 September to Saturday 5 October and hundreds of events will take place around the country.

Local events this year will include social gatherings, keep-fit activities, arts and crafts events, walks and talks, classes and workshops, day trips and mystery tours, exhibitions and performances.

Some of the national highlights this year include an Over-50s Event at Dublin Zoo, a Positive Ageing Touring Photo Exhibition, an

Intergenerational Orchestral Performance at the National Concert Hall and the Google Silver Surfer Awards.

In addition 14 Positive Ageing Week Towns will celebrate by hosting a week-long calendar of events. The towns are Arklow, Ballymun, Boyle, Cashel, Drogheda, Dublin city, Dungarvan,

Dundalk, Galway, Kinsale, Midleton, Sligo, Trim and Tullamore.

**To find out what's happening in your area, please see the Positive Ageing Week National Calendar of Events on the Age Action website at [www.ageaction.ie](http://www.ageaction.ie) or phone Age Action on (01) 475-6989 for more details.**

## A few events from the week

- **Arklow – Information Day with stands and talks**
  - **Ballymun – Health & Well-being Day and Older Persons Sports Day**
  - **Cashel – Launch of Cookbook called *Like Mother Made* with recipes from groups in the area**
  - **Drogheda – Beauty Day for Older People and Sing-along**
  - **Galway – Intergenerational Meet & Greet event – Foroige Youth Café/ARA Doughiska and Mobile phone workshop**
  - **Midleton – Two-day outing to Killarney**
- Join in the celebrations and attend a Positive Ageing Week event!**



As the first water meters are being installed Gerard Scully discusses ...

## How water metering will affect you



■ First Water meters being installed by Irish Water employee in Maynooth.

Beginning in 2015 people will be paying for the water supplied by Irish Water, but what you may not know is that you will also be paying for the water that goes down the plughole, or waste water, so even those who have a well or spring, or belong to group water scheme, will have pay to have 'grey' water carried away.

The bills that will be going out in January 2015 will be for water services enjoyed from October 2014, but as you might guess, there are still a number of unresolved issues to be ironed out.

Among these is the question of what happens if you don't pay. At the moment the Government are saying people will not be cut off, but that pressure may be reduced and there may be legal remedies pursued such as taking people to court.

However, according to the Irish Water website, whether or not people will have their supply cut off for non-payment will be covered in the legislation.

Your bill will have two

components. The first is the “volumetric” charge based on the volume of water that flows through the pipes (in and/or out). The second part is a standing charge which will cover the cost of metering and other unspecified costs.

Those without meters will have the volume of water that flows through their pipes assessed. While bills are going to be sent out from January 2015, many people clearly won’t have a meter by then, so the majority of people will receive an assessed, or estimated, bill.

At the moment, Irish Water are trying to draw up a database of households in Ireland. What they are interested in is household composition, how many live in each household, their ages, gender, medical conditions etc.

So far we do not know how water usage will be assessed. For instance, how many more gallons of water will a teenage girl use in a day than a centenarian man. Over the next few

years most householders will be metered and their bill will be based on actual usage. Approximately 1.5 million households will never be metered, for example apartments or some old terraced houses that share a mains pipe.

According to the Irish Water website, there will be a free allowance of water per household, but the amount has yet to be decided. Affordability and the tariff structure are also under discussion. Possible solutions include a tiered tariff system in which higher income people pay higher tariffs, with everyone paying something. Alternatively, there could be a universal tariff system in which people pay the same level of tariff, but those on low incomes receive a waiver.

On July 5, Age Action, along with other NGOs, attended a briefing session given by Irish Water. This is the first of two briefings which Irish Water will provide to key stakeholders before they make their sub-

mission to the Commission for Energy Regulation (CER) on pricing structure and principles.

Irish Water is an independent subsidiary of Bord Gais and is responsible for the delivery of water services (piping of water, water quality and servicing external pipes, as well as metering and charging for water) in Ireland. This means that your local authority will no longer be ultimately responsible for water services. However, Irish Water will draw up service contracts with local authorities to provide water services in local authority areas.

There is obviously a lot of talking yet to be done about this issue, and Age Action will, through our own submission to CER, be a part of this conversation trying to protect older people.

***Irish Water can be contacted through their website at <http://www.water.ie>. To contact their help centre by phone, call (1890) 278 278 or (01) 707 2828.***

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## Join in for Over-50s Day at Dublin Zoo

This year, as part of Positive Ageing Week, Dublin Zoo will host an Over-50s Three Day Event. On Tuesday, Wednesday and Thursday, October 1-3, Dublin Zoo will offer a reduced admittance fee of €5 to everyone over 50. There will be talks, tours and learning activities with guest speakers. No booking is required.

Last year, Dublin Zoo celebrated the 50th birthday of our two oldest animals, chimps

Wendy and Betty. To mark the occasion and Positive Ageing Week, the zoo held a special day focused on the chimps, their lives in Dublin Zoo and how the zoo has changed since their arrival in the 1960s.

Many visitors said they hadn’t been to the zoo since their children were young, so they were delighted to have the excuse to visit as part of the Over-50s Day celebrations.

— **Helen Clarke-Bennett, Zookeeper,**





■ Waterford Mayor John Cummins takes a hand at being a trainer for the Getting Started class in Lady Lane library.

## Waterford Getting Started trainees receive certificates

The new Mayor of Waterford, Cllr John Cummins, presented Getting Started graduates with their Age Action Certificates of Achievement.

He spent quality time with

the learners, encouraging them, joking with them and their tutors, and praising them for the work they are doing. Thanks go to the Lady Lane Branch Librarian

Sinead O'Higgins for facilitating this project. Thanks also go to her helpful staff and to all the keen Age Action volunteers for their hard work.



## Cork Getting Started trainees Google and giggle in the garden

The learners and tutors of Age Action's Getting Started class of July 2013 in Cork (above) enjoy the sunshine in the garden of Mayfield's Resource Centre. (Photo by volunteer Tom O'Neill.)

Thanks go to our dedicated volunteer tutors. To put your name down for a course, in any part of Cork, please call Ben or Martina on (021) 453 6556 or call or text Julie on (087) 195 6026.



# Grant allows Getting Started to recruit new learners



■ Minister for Communications and Energy Pat Rabbitte with Age Action member Marie O'Gorman at the launch of the National Digital Strategy.

Age Action is seeking to recruit hundreds of learners for its Getting Started computer training courses across Ireland, following its success in securing grant aid for the programme from the Government's Benefit 4 scheme.

As part of the grant, Age Action aims to train over 1,000 older people before early December. It plans to do this through a combination of classes run by Age Action as well as partnering with Home Instead to help its older clients.

Home Instead employees will be volunteering with the programme to help even more older people take their first steps online. The home care firm's national network of offices will help provide

greater access to older people who want to learn to use a computer. These will complement classes organised by Age Action's volunteers across Ireland, including Dublin, Wicklow, Kildare, Monaghan, Cork, Waterford, Galway, Mayo and Roscommon.

"It's hard for many younger people to imagine not knowing how to turn on a computer, send an email or search the internet, but for many older people this is the reality, as only seven out of 10 older people are online," Getting Started programme manager Pauline Power said.

"In today's digital world it's now becoming a necessity to be online, especially when it comes to maintaining contact with family and friends (many of whom have moved abroad) or for accessing health and welfare information."

Being able to use the

internet can make a huge impact in the lives of older people and opens up a whole new world for them.

"One example is Betty from Galway who learned how to use Skype and saw her grandchild in Australia for the first time. Another is Patrick in Cork who learned to order groceries so that when he wasn't feeling well enough to go to the shops he could order online."

In addition to learners, Age Action is also seeking volunteer tutors. "We provide full training, and if you use a computer for basic functions such as sending email or surfing the internet and you can give two hours a week for four weeks, we would be interested in meeting you," Pauline said.

**For more information, please call Age Action at (01) 475 6989 or email [gettingstarted@ageaction.ie](mailto:gettingstarted@ageaction.ie).**

# Words from the wise ...

In the June edition of *Ageing Matters* we asked readers what advice they would offer younger people on how to live, or what was the most important lesson they have learnt over the course of their lives.

Age Action member Ronald Rumball (90) has responded with the following advice:

*Aim to live a life of integrity.  
Live within your means.  
Pay all tax for which you are liable.*

*Be accurate; do not exaggerate.*

*Do not use speech to manipulate people.*

*Owe no man anything.*

*Read the Bible, especially Proverbs.*

*Avoid bearing ill will.*

*Learn to forgive.*

*Smile.*

*Support charities.*

*Set yourself aims and objectives which are worthwhile.*

*Be persistent (Winston Churchill's "Never give in" subject to certain exceptions).*

*Regard your body as the temple of God and act accordingly.*

*Provide for your future.*

*Health – aim to live as healthily as possible.*

*Be optimistic.*



■ Ronald Rumball, Age Action member, advises how to live a life with integrity.

*Repeat as much as possible: "Whole, perfect, strong, powerful, loving, harmonious and happy."*

*Read The Power of Your Subconscious Mind by Dr Joseph Murphy.*

*If musical – learn to play the piano or violin. Join a choir. Learn your music.*

*Do exercises to develop the body. Learn Tai Chi. Jog.*

*Physique – sit up straight. (Nothing can compare with a man who is tall, slim and in particular who stands up straight – magnificent.)*

*Have regular checks with your doctor.*

*Aim to make many friends, but choose them carefully.*

*Save money on a regular*

*basis.*

*Never take drugs.*

*Do not smoke. Use alcohol in strict moderation and never before driving a car.*

*Be kind.*

*Be outgoing.*

*This is my advice to young people for living a life with integrity. These methods and principles have served me well.*

**Sincerely,  
Ronald**

**Ronald Rumball volunteered with Age Action for many years doing Trojan work promoting membership.**





■ Across Europe people are reporting low-level anxiety. If you are one of them talk your GP.

## Low-level anxiety and you

A new phrase has recently started to appear in the media – “austerity fatigue”.

Early in May 2013 a young woman wrote in a Sunday paper: “I am the only person in the family awake at 3am, consumed by anxiety.” Her husband was sleeping well enough. His main concern was getting through until allowance day. Happy children slept well.

All over Europe and beyond many people are troubled by low-level anxiety. They seem to be more often female and to amount to about 10% of general population of adults.

Older people, over 70, in Ireland enjoyed benefits such as the medical card as a right until Minister Mary Harney defined some as being “rich” and so could exclude them. This year

those “not quite so rich” are now being excluded, so more of those over 70 have lost their benefits. This provides an excuse to check up on large numbers of doubtful survivors from the previous cull. We call this “healthcare for the elderly”.

There is a lot of talk about “free GP visits only” services. Meanwhile, very high costs have been added to pharmacy services as mentioned in the April issue of *Ageing Matters*. Pharmacy bills will be a nasty shock for the “not very rich”.

Last year a “dawn raid” by revenue on older people, during the Twelve Days of Christmas, for tax said to be due on pensions was often unjustified and based on faulty data from Government departments.

Resident house owners have just paid six months of initial tax on the value of their houses. Double this

will follow next year.

Young and old are often now feeding families on the “beans and toast” and “fried egg with onion chippings” from the 1939-1945 regime.

The revenue is expected to write again soon to people suspected of having undeclared foreign pensions. Water meters will soon be installed and charges will follow.

Septic tanks and their replacement are increasingly a problem (especially for people with the geology of the West of Ireland) and another source of worry.

If you are concerned about night and day low-level anxiety, stress or feelings of depression, you should have a discussion with your GP and take action on his or her advice.

— **Dr John Connolly**  
*Dr John Connolly is a retired public health doctor and an Age Action member.*

# U3A group hosting conference

On Thursday, October 17, the Monaghan U3A group is hosting a conference in the Four Seasons hotel in Monaghan with Age Action and Monaghan County Council.

The title of the conference is 'Positive Living in the Third Age' and members of U3A groups in Ireland as well as members of Age Action and their friends are warmly invited to attend.

Speakers include Minister of State for Older People Kathleen Lynch, Commissioner for Older People for Northern Ireland Claire Keatinge and MEP for Ireland North and West constituency Marian Harkin.

Sessions will be chaired by Director of the Irish Centre for Social Gerontology Professor Thomas Scharf and Doctor Roger O'Sullivan, the director of CARDI, Centre for Ageing and Research in Ireland.

Registration takes place at 10.30am, and the conference will finish at 5pm.

The attendance fee is €20 and will include a hot lunch as well as tea and coffee breaks throughout the day.

Special rates are being offered at the hotel for



■ From the top: Minister for Older People Kathleen Lynch, Professor Tom Scharf and Marian Harkin MEP.

those wishing to stay overnight. (More details on this can be found on: <http://www.4seasonshotel.ie>). For those attending from outside Monaghan, a free shuttle service will run from the bus station to the conference.

Please phone Eamonn O'Callaghan (treasurer of Monaghan U3A) at (087) 918 6567 or email eamon-

[ncallaghan@gmail.com](mailto:ncallaghan@gmail.com) for more information. A full registration form can be downloaded from [http://www.picturesofireland.ie/U3A\\_news\\_gathering.htm](http://www.picturesofireland.ie/U3A_news_gathering.htm)

## Monaghan U3A

Monaghan U3A (see <http://www.picturesofireland.ie/U3A.htm>) has been in existence for only four years, but in this short time it has become a successful and active group with a membership of 140. With guest speakers, lunches, walking groups and camera groups, it has taken off and changed lives in Monaghan. If you are interested in joining the group, please contact Eamon.

## U3A and Age Action

U3A stands for University of the Third Age. It is a learning circle where groups share their knowledge and experience to learn and be active together. It is an international movement begun in France. Age Action, which helps coordinate the U3A programme, wants to help it grow so there is at least one U3A in every county. Age Action also helps to coordinate the programme nationally.

**For more information on the U3A programme, please contact Margaret Fitzpatrick at (01) 475 6989 or at [U3A@ageaction.ie](mailto:U3A@ageaction.ie)**



# Challenging ageism and preventing elder abuse

Age Action has been successful in receiving funding from Cosc, The National Office for the prevention of Domestic, Sexual and Gender-based Violence to hold two intergenerational workshops, for older and younger people alike, about challenging ageism and preventing elder abuse.

The focus of the interactive workshops will be about raising awareness of ageism and elder abuse, how it can be prevented and where to go for support. In particular, they will aim to inform younger people and/or



those who work with them about

the issues and how they can help to overcome these problems.

Provisional dates of October 22 (Dublin) and October 24 (Galway) have been planned for the workshops with further details to follow.

***If you would like to be kept informed about these workshops, please email Keelin at [generationstogether@ageaction.ie](mailto:generationstogether@ageaction.ie)***

# Addressing age issues in developing countries

Through our Ageing and Development programme, Age Action is hosting workshops to raise awareness about issues older people face in developing countries.

Ageing affects us all and despite many differences between the lives of older people in Ireland and in the Global South, there are also many similarities.

These workshops will explore the role and lives of older people in developing countries, looking at some of the issues they face, including: perceptions about older people in society; access to social protection and healthcare; and the role older people play in their families and communities.

We would also like to hear

your views on how older people can be included in and consulted on issues that affect them, particularly when it comes to international policy on ageing and development and the rights of older people.



**Donegal**  
(with Changemakers)  
Cruach Gorm Room,  
Donegal Education Centre,  
Floor 2/3, Pier 1, Quay St,  
Donegal Town; Wednesday  
October 2, 12pm–4pm.

**Belfast**  
(with Centre for Global  
Education) Volunteer Now,  
34 Shaftesbury Sq., Belfast;  
Wednesday, October 9,  
11am–3pm.

**Dublin**  
(with Plan Ireland) Irish Aid  
Centre, O'Connell Street,  
Dublin 1; Wednesday,  
October 23, 11am–3pm

A light lunch will be provided during the workshops. Please advise of any food allergies when registering. More workshops are being organised in other locations. Watch out for the advertisement in the next *Ageing Matters*.

**Contact Lianne to register at [ageinganddevelopment@ageaction.ie](mailto:ageinganddevelopment@ageaction.ie) or phone (01) 475 6989.**

# Older people's rights charter urged

The United Nations Open-Ended Working Group on Ageing (OEWG) met from August 12 to 15 in New York.

Age Action representative Lianne Murphy attended the meeting as part of the HelpAge International delegation, of which Age Action is an affiliate.

The OEWG was established by the UN in December 2010 in the context of global ageing and is considering the existing international framework of the human rights of older persons to identify possible gaps and how best to address them, including a possible new Convention on the Rights of Older People.

All Member States of the UN, as well as those working with and on behalf of older people in civil society, may participate in OEWG. There were also a number of panellists that provided interventions during the course of the four-day meeting. It was the first time Age Action attended the meeting and it was important to send a message to the Irish government that we are working to secure a Convention on the Rights of Older People.

The first day began with



■ Lianne Murphy attended the OEWG meeting as part of the HelpAge International delegation.

member states outlining their positions. The EU (supported by the Irish government) restated its position that there are no normative gaps in the protection of older people's rights, claiming older people are protected in current human rights instruments and that a new convention is not required.

This position fails to acknowledge that the rights of older people are rarely considered by other human rights instruments, with the result that age discrimina-

tion and other age-specific issues (e.g. elder abuse) are not adequately dealt with.

There was, however, some positive movement on positions by some member states. Indonesia, Egypt and Nepal indicated openness in supporting a convention. There was strong support from Latin American countries. Argentina led the creation of the OEWG and is, along with El Salvador and Costa Rica, trying to steer the OEWG into discussing what elements of protection



would be included in a convention so that a drafting process can begin. Many welcomed the agreement of African states to support the call for a convention.

A session on the second day of meetings focused on social security and the right to health. Age Action got the opportunity to speak at the session on discrimination and access to work in relation to mandatory retire-

ment policy in Ireland.

As the meeting went on, positions of member states did not change as such, but there was a clear agreement that the rights of older people are not fully protected across all regions of the world, despite many believing (predominantly in developed countries) that a new convention is not required to deal with this lack of protection.

As the process has begun at the UN level, it will be difficult to derail a new convention, despite the obvious delaying tactics of certain countries.

For our part, Age Action will continue to engage with the process, participate in the discussions on what should be included in a new convention and lobby the government here in Ireland to support it.

## U3A MEETINGS



### © Dublin City U3A

Meeting last Tuesday of each month at 11am in the Chester Beatty Library. Contact John Roche: (01) 201-7490

### © Blackrock U3A

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

### © Ballyroan U3A

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

### © Ballymun U3A

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

### © Lucan U3A

Meetings 2nd Monday of the month, Ballyowen Castle. Contact Ann Hargaden (email: [annhargaden@eircom.net](mailto:annhargaden@eircom.net))

### © Blessington U3A

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

### © Sutton/Baldoyle-Dublin

North-East. Meets 10.45-12.45, Baldoyle Library. Second Wednesday every month (excl Jun-Aug). Contact: [u3asutbal@gmail.com](mailto:u3asutbal@gmail.com). Phone: 01-832 3697 Website: [u3asuttonbaldoyledublin](http://u3asuttonbaldoyledublin)

### © Active Virginians U3A

Meet every week. Contact Ann Brodie at (049) 854-8232

### © Maynooth U3A.

Community Space, beside Manor Mills Shopping centre Meet every Friday 11am. Contact Helena Kirkpatrick: (01) 628-5128

### © An Cosan U3A Tallaght.

### Meet every 2nd Thursday.

Contact Imelda Hanratty: (01) 462-8488

### © Waterford U3A

Contact Margaret Wheeler: [mwheeler2010@live.ie](mailto:mwheeler2010@live.ie)

### © Monaghan U3A

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

### © Tramore U3A

Meetings 3rd Thursday of the month, 11am, Coastguard Station, Love Lane, Tramore. Contact Mollie Hunt, [molliehunt@eircom.net](mailto:molliehunt@eircom.net)

### © Roscommon U3A

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

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

# Big Knit deadline approaching – please help

Age Action’s knitters were the stars of a recent item on TV3’s *Ireland AM* show on July 30 when they turned out to promote the innocent Big Knit.

Despite the early hour, they knitted away in the station’s garden for the cameras. Pictured with presenter Alan Hughes (third from left) are (from left) Geraldine Stanley, Ali Gibbons (inno-



cent), Bella Fitzpatrick and Adam Keitley (Trinity

Knitting Society), Winnie O’Doherty, Eamon Timmins (Age Action) and Delo McArdle.

Age Action desperately needs 65,000 hats by October 4.

**To help, visit [www.bigknit.ie](http://www.bigknit.ie) or phone (01) 475 6989.**

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