

# Ageing matters *in Ireland*

# Guess who's coming to tea

Find out how sharing a cuppa with Irish celebrities can help Age Action and Irish Guide Dogs. **Page 5**



Key group between 65 and 69 must be included in BreastCheck programme **Page 4**

Volunteering overseas is not just for 20-somethings **Page 8**



For all older people

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

■ Cover photo: Irish

Olympian Ronnie Delaney and broadcaster Martin King are two of the celebrities supporting our fundraising tea parties with Irish Guide Dogs. See page 5.

Photo: Marc O'Sullivan

## Equality is good for us all

**For** years, Age Action has advocated that equality and justice should be at the heart of all our economic and social policies, not just for older people but for the whole population. I am reasserting this core principle in preparation for our general members' meeting with representatives of the political parties on September 15 and the Budget on October 14.

The principle of equality is not widely accepted, despite the evidence gathered by the Equality Trust in the UK ([www.equalitytrust.org.uk](http://www.equalitytrust.org.uk)) and most recently by Thomas Piketty in his book *Capital in the Twenty First Century*. Equality is often ignored or rejected by governments and political parties, urged on by groups with vested interests who would lose out by sharing benefits with the disadvantaged.

The process of redistribution is never easy, but we have to be clear about the basic minimum standards of living below which no one should be allowed to fall in terms of income, housing, education, and health and social services.

The most glaring example of inequality is the Government's refusal over many years to extend the Breastcheck service to women aged 65 to 69. The evidence of the risk they face is clear, and the failure to act is an appalling example of discrimination against older women. After reading page 4, you must support the campaign by the Irish Cancer Society and lobby your TDs.

Over the years, we have highlighted the difficulties facing various groups of older people: those whose income is so low they have to choose between eating and keeping warm; the so called "bed blockers" who cannot get into nursing homes; patients waiting on trolleys in hospitals; people living at home with little or no home help or who cannot get house adaptations to live properly in their homes. None of these conditions should be acceptable in a wealthy country like Ireland in 2014.

While we have to tend to the present, we must plan for the future, and there are two looming issues challenge our commitment to equality. The first is the increase in dementia and the need for more support and protection for people with the condition and their carers. The second is migration from rural to urban areas and the withdrawal of public and private services, leaving many older people facing social exclusion with little or family and community support.

Greater equality and justice are becoming critical issues for present and future generations. We need a government that takes the lead in planning and implementing a more equal society for all of us.

— Robin Webster

# PAW gets set for its 12th year

The final touches are being put to the calendar of events for Age Action's 12th annual Positive Ageing Week, which will feature hundreds of events across the island.

Sponsored by Bluebird Care, Positive Ageing Week runs from October 1st to 9th. "The purpose of the week is to show that ageing is not something to fear but something to celebrate,"

Age Action chief executive Robin Webster explained.

"It is an opportunity for older people to enjoy themselves and for communities to recognise the contribution which older people have made, and continue to make, in their localities — especially at this time of austerity. Older people are playing key roles in our communities as volunteers, parents and grandparents, and experienced workers to help their communities through these difficult times."

The week will be supported by 13 Positive Ageing Week towns, which will run events all week. The towns are: Arklow; Ballymun; Boyle; Cashel; Drogheda; Dublin; Dungarvan; Galway; Kinsale; Middleton; Sligo; Trim; and Tullamore.



"The overall feedback from the committees is that the Positive Ageing Week nurtures a real sense of community spirit, one they are keen to repeat again this year," Positive Ageing Week organiser Daragh Matthews said.

In addition to the towns, hundreds of communities across the country are marking the week in their own way. The line-up of events around the country includes concerts, gala balls, yoga sessions, mystery tours, historical walks, cookery demonstrations and more.

There is an information technology theme to some of the events, with workshops on smart phones and apps being held at Age Action's offices in Galway (October 7 and

9 respectively), and a talk about blogging planned for Age Action's Abbey Street offices in Dublin (October 6).

In Tullamore, the calendar includes a tour of the local garda station (October 3). Events planned in Arklow include an environmental treasure hunt (October 2) and a mystery tour in Co. Wicklow (October 9).

Mr Webster appealed to the public and communities to support their local events. "The preparations are complete, and all that is now needed is for communities to rally around and support the events which have been organised," he said.

**For full details, visit [www.ageaction.ie](http://www.ageaction.ie) or ring (01) 475-6989, 9.30am to 5pm, Mon-Fri. You can also follow us on Facebook and Twitter.**

■ Communities are urged to support their local Positive Ageing Week events.

Photo: Joey Dunne



■ The Government has yet to deliver on its promise to extend BreastCheck to women aged 65-69 during 2014.

## BreastCheck extension urged for 2015

One in 10 Irish women aged 65 to 69 will get breast cancer, the second highest chance, among all groups, of getting the disease and of dying from it. Yet they are not being screened under the free BreastCheck programme.

The Government promised an extension of BreastCheck to women aged 65–69 this year, but it hasn't happened.

The Irish Cancer Society is campaigning to have BreastCheck extended to women in this group in 2015 and wants to highlight this broken promise and convince the Government

that the extension will save lives and money.

Early detection and treatment is the key to longer survival. Regular screening should reduce the risk of death by 35%. This means that out of every 500 women screened, one life will be saved.

You can sign the Irish Cancer Society's petition online. This will be handed in to Leinster House at the end of September at a rally. On their website, you can also email your TD, putting pressure on them to speak to the Minister for Health about this matter. Go to [www.cancer.ie/extend-breastcheck](http://www.cancer.ie/extend-breastcheck) to email your TD and sign the petition.

BreastCheck was established in 1998 and screens women aged 50-64 years old every two years.

Breast cancer is the most common cancer among Irish women (excluding non-melanoma skin cancer), with 2,781 women diagnosed on average every year. In 2012, 675 women died from breast cancer in Ireland.

Among the 29 other countries with national screening programmes, 24 now include this age group. A review conducted for the Department of Health estimated the cost of the BreastCheck extension at €2.9 million maximum and €1.6 million minimum. The Irish Cancer Society wants the Government to include the BreastCheck extension in the HSE's National Services Plan for 2015, which will be published this autumn.



■ At the launch of the Guess Who's Coming to Tea in aid of Age Action and Irish Guide Dogs for the Blind were (from left) broadcaster Martin King, Olympian Ronnie Delaney, Beth Nunan (Age Action), Stephen Kelly (Irish Guide Dogs) and Kieran Hallinan (director of Bluebird Care, who are sponsoring the event).

Photo: Marc O'Sullivan

## Celebs enjoy a cuppa to raise funds

Broadcasting, sports and entertainment celebrities are lending their support to the Guess Who's Coming to Tea fundraiser in October to help Age Action and Irish Guide Dogs for the Blind.

The stars who signed up include broadcasters Jimmy Magee and Martin King, Irish Olympic gold medallist Ronnie Delaney, Cork hurler Donal Óg Cusack and celebrity solicitor Gerald Kean. A sixth surprise celebrity will not be revealed until the day.

People who register their tea party on the official website ([www.guesswhoscomingtotea.ie](http://www.guesswhoscomingtotea.ie)) will receive a donor pack, and will also have the chance to nominate their favourite celebrity to be in with a

chance of that celebrity dropping in to their party on the day.

"We are deeply indebted to these celebrities, who are giving up their time and putting themselves out to help with the first joint fundraising event organised between these two charities," event organiser Daragh Matthews said.

"But the success of the tea parties will depend on the number of people who get out and organise an event," Irish Guide Dogs for the Blind chief executive Padraig Mallon said.

"We are urging members, friends and supporters to organise a tea party in their home, workplace, local club or community centre. We also need them to encourage their relatives and friends to do likewise."

This is the first time Age Action and Irish Guide Dogs for the Blind have joined

forces. They are aiming to organise 500 tea parties to raise €100,000, which will be divided equally between the two charities.

The tea parties will be held as part of Age Action's Positive Ageing Week, which runs from October 1 (UN International Day of the Older Person) to October 9 (World Sight Day).

It is hoped that the Guess Who's Coming to Tea event will raise public awareness of blindness and vision impairment as a major national public health issue. The event is proudly sponsored by Bluebird Care.

**Supporters can register their tea party, vote for their celebrity guest and get their party packs to help them celebrate the day by visiting [www.guesswhoscomingtotea.ie](http://www.guesswhoscomingtotea.ie) or phoning (01) 475-6989.**



■ Members of the Grundtvig delegation from Finland, Romania and Italy, and Age Action staff pictured at a presentation in the Age Action offices during their visit to Ireland.

## Dublin played host to next stage of Combatting Elder Abuse programme

In the March edition of *Ageing Matters*, we wrote about our visit to Helsinki as part of a Grundtvig project — **Combatting Elder Abuse** — which is part of the European Commission's Lifelong Learning Programme.

The project's goal is to develop training materials and methods to raise awareness about the issue of elder abuse. The second

meeting of the partnership took place in Dublin from June 25 to 27.

Luckily for us and our visitors, the June weather in Dublin was far more inviting than the -6C temperatures of Helsinki in January.

We began our meeting with an update since we last met, including an overview of how each country marked World Elder Abuse Awareness Day on June 15.

Partner organisations, including Age Action, participated in various WEAAD conferences and meetings.

During a lunch break on

our first day, we treated our guests to a short walk through the campus of Ireland's oldest university, Trinity College. Our visitors were interested in the Book of Kells exhibition at the Old Library, which they had a chance to visit on Friday after our final meeting in Dublin.

The afternoon session of our first day included inputs from a number of organisations dealing with the issue of elder abuse in Ireland. First, we heard from Age & Opportunity who outlined a number of their

programmes dedicated to breaking down stereotypes of older people, along with their personal development programmes aimed at older people.

Two gardai gave a presentation about doorstep safety and financial security for older people. When opening the door to strangers, gardai recommend using a door chain and handing callers a card on which they to write their contact information. They also said older people should ask unknown callers to leave a business card. Legitimate callers should always be willing to leave a business card.

Our guests then received a presentation from the National Centre for the Protection of Older People, who outlined the research they have conducted on older people's experience of elder abuse in Ireland. Each of these presentations offered meaningful insight into the experience of older people in Ireland and helped give shape to our later discussions of training materials and methods.

Thursday began with a talk by an officer for the Protection of Older People from the HSE, who took us through the elder abuse prevention training designed by them for nursing home carers. The outline of training was accompanied by an awareness-raising DVD that

people could take away with them. Our partners found this extremely helpful.

On Thursday afternoon, the format changed when the group made a number of site visits. They headed to the Gaiety School of Acting in Temple Bar where they learned about Breathe, a programme designed to raise awareness about the well-being and positive mental health of young people. We hope to incorporate some aspects of the Breathe programme into our final training product. The Gaiety School even provided us with a tour of Smock Alley Theatre, the oldest in Europe.

The group then visited the Senior Help Line office on Amiens Street. Senior Help Line volunteers are trained to promote their own mental health and personal development while they help people who use the service — an important aspect in elder abuse awareness training.

Our last stop on Thursday was at Age Action's offices on Abbey Street, where we introduced our guests to the various services Age Action provides, including advocacy and policy, computer training and digital inclusion, the Care and Repair programme, and the information service.

An important part of the Grundtvig project on elder abuse is to learn about each other's culture and

spend time engaging in social activities together. So on Thursday evening all the partners dined together. We also introduced our visitors to traditional Irish music at the Cobblestone pub in Dublin. In true Irish fashion, the evening was blessed with a downpour of rain.

On our last day, we started to see what our final product would look like.

We decided to focus the elder abuse awareness training on informal carers, as well as empowering older people themselves. From our HSE training experience, we decided to include role-play and case studies as the main facets of our training programme to help carers develop a sense of empathy and understanding for the older person's position. We also hope to incorporate some trust exercises and ice-breakers that we learned from the Gaiety School of Acting.

The goal of the project will be to promote ageing with dignity and respect, and it looks like that's where we are headed in our final two meetings, which will take place in Romania and Italy.

— Emily Widra

**For more information on the project, please contact senior policy officer Naomi Feely on (01) 475-6989 or [socialinclusion@ageaction.ie](mailto:socialinclusion@ageaction.ie)**



■ Sara McMurray: volunteering abroad made me feel I was still useful, and gave me the chance to travel and experience life in a different culture.

## Volunteering overseas — retirement may be the perfect time

Volunteering overseas is an increasingly popular activity for Irish young people, but retired people could have the most to give and the most to gain from offering their skills overseas.

Sara McMurray decided to volunteer in India shortly after retiring from her career as a Physics lecturer in Trinity College Dublin: “I felt that, as a retired person, my experience of life was important and useful in the work I did. The Indian

organisation I worked for had many young volunteers, and appreciated more mature volunteers. From my own point of view, it made me feel that I was still useful, and gave me the chance to travel and experience life in a different culture.”

Volunteers in retirement often have more skills to offer than their younger counterparts. There are no age limits on volunteering, and many have praised its energising qualities.

Noel Patrick Brennan, a retired school principal from Waterford, said: “I am

encouraged when I meet volunteers abroad who are in their 70s and 80s. They agree that volunteering keeps them active and young.”

Comhlámh, the Irish Association of Volunteers and Development Workers, provides information and advice to volunteers to help them find an overseas placement.

Comhlámh outlines seven principles of responsible volunteering in their Volunteer Charter, which all Irish volunteers are asked to sign. Through the Comhlámh Code of Good



Practice, volunteer-sending agencies work to improve the standard of their programmes and ensure that their programmes protect the interests of volunteers and agencies alike.

If you are considering volunteering overseas, it is worth taking some time to reflect on your motivations and expectations for going overseas. Some volunteers are disappointed when they get to their destination country and learn of the immensity and complexity of the problems of poverty and inequality.

Siobhan Hughes, who volunteered in India, Haiti and South Africa, says: “Volunteering isn’t about going overseas and saving the world. It’s an intercultural learning experience in which skills and stories are shared and friendships are made. It is about creating partnerships and standing in solidarity with individuals and communities around the world.”

Jenny Derbyshire volunteered as an ecumenical accompanier, based in Jerusalem and Bethlehem: “Three months living in a country isn’t long, but it’s long enough to get some idea of what it’s like to live there all the time, and in the West Bank and East Jerusalem this means coping with a military occupation that affects every aspect of life.

“Living and working first

in East Jerusalem and later in Bethlehem, as a human rights monitor with the World Council of Churches, was an extraordinary experience — engaging, disturbing, humbling, exhausting; never frightening, although before I went, this was my main fear.” Her housemates ranged in age from 25 to 67.

To help you understand more about the role of volunteers and to find a placement that meets your interests and needs, Comhlámh developed online resources and training courses.

Their website [www.comhlamh.org/volunteeringoptions](http://www.comhlamh.org/volunteeringoptions) gives information on issues to consider before deciding to volunteer. There is a searchable directory of Irish volunteer-sending agencies on the website.

If you use social media, you can also use “#volops” to find a volunteering opportunity. By following #volops on Facebook or Twitter, you can receive a stream of information from Irish volunteer-sending agencies about current vacancies and events. You can also let them know your skills and interests in a placement by affixing “#volops” to any post you make to Facebook or Twitter.

On LinkedIn, you can join the #volops: sharing volunteering options group, which is made up

of representatives from volunteer-sending agencies who recruit volunteers as well as people who might be interested in volunteering or who have gone overseas in the past. You can post information about yourself and about the type of volunteering placement that interests you through the group, and volunteer-sending agencies can instantly respond to you with relevant placements they may need.

You can find out more about volunteering overseas by coming along to the annual Irish Aid Volunteering Fair on October 11th in the Printworks, Dublin Castle. There will be over 25 Irish volunteer-sending agencies attending the fair, providing information about available placements.

The Minister of State for Overseas Development Aid, Sean Sherlock, will officially launch #volops, and Comhlámh will be there to offer further explanation of how to use social media to find a volunteering placement.

— Janet Horner,  
Comhlámh

**For more information about the fair and about volunteering overseas, go to the Comhlámh website, [www.comhlamh.org/volunteeringoptions](http://www.comhlamh.org/volunteeringoptions), or get in touch on [info@comhlamh.org](mailto:info@comhlamh.org) or (01) 478-3490.**



■ The Curiosity Shop in Dun Laoghaire specialises in retro and curio items. Your donations made our last evening sale of vintage items a great success.

## Donations needed for vintage sale

The Age Action Curiosity Shop in Dun Laoghaire is planning another of its popular Vintage & Designer Nights for Thursday, September 25 from 4pm to 9pm.

We are once again requesting that you dig deep into your wardrobes, dressing tables and chests of drawers and donate as much clothing, shoes, bags, scarves, jewellery, watches and gentlemen's cuff links as you can.

"You donated some wonderful stock for our last event, for which we are very grateful, and we know you won't let us down this time either," shop manager Patrick Mangan said.

"We are especially in need

of good quality vintage and retro items — the sort of things our mothers and fathers, grandmothers and grandfathers wore or used — as these are hugely popular. We also need good quality designer and new items."

Our supporters always come up trumps with their donations of beautiful china and glass (full or part sets are welcome), cutlery, pictures, mirrors and general household items (the older the better), as well as small items of furniture, gramophones, record players, old radios and cameras, all of which are very much in demand.

"The Dun Laoghaire Shop team is aiming to make this our biggest and best event to date," Patrick said.

We offer a free collection service within the M50 or

you may drop your donation directly to the shop. We also accept clothes and fabric that is not fit for sale. We can sell these on for recycling to help us raise much needed funds.

The shop is located the Monkstown end of Lower George's Street, on the coast side of the street. There is a sandwich board on the footpath outside.

The shop team would like to express our sincere thanks to donors and shoppers for their wonderful support throughout the year.

**If you need more information on items that are suitable to donate, please contact us on (01) 280-8610 or by email [dlshopmanager@ageaction.ie](mailto:dlshopmanager@ageaction.ie) and we will be happy to answer your queries.**

# Cork Glór group has a busy summer

The Cork Glór Group has had a busy summer, deciding not to take a summer break and to play an active part in Age Action's Travel Pass and Pre-Budget Campaigns.

Members contacted all of the TDs in Cork City and County by post to request that they register their support for Age Action's campaign to prevent cuts to the Travel Pass. As we know the travel campaign was successful and the Government later announced that no cuts would take place.

The group has also started working on the Pre-Budget Campaign. Meetings have been scheduled with several TDs both from Government and Opposition parties. The aim of the meetings is to raise TDs' awareness of the issues that affect older



■ Cork Glór group members Catherine O'Brien (left) and Margaret Ryan (right) with Deputy Michael McGrath .

people and to outline the key recommendations contained in the Age Action Pre-Budget Submission. The first meeting took place with Michael McGrath on August 12.

"I would like to sincerely thank the members of the Cork Glór Group for all of their work," Age Action

South regional manager John O'Mahony said. "The group celebrated its first birthday in June and in a short time has made a very big impact. There are several more projects planned over the coming year I'm sure the group will continue to make older people's voices heard in the region.

## Leave a will to give you and yours peace of mind

Age Action is delighted to be taking part in Best Will in the World Week 2014 from October 20–24. This is a joint initiative between several Irish charities and MyLegacy.ie to offer people the opportunity to have a will consultation for €50. Four hundred solicitors will be participating.

Making a will is important if you want to be certain that your wishes will be met after you die. Please take this opportunity to give you



and your loved ones peace of mind for the future. Make an appointment

during Best Will in the World Week 2014.

To find out where your closest participating solicitor is, please visit [www.bestwill.ie](http://www.bestwill.ie) or call Robert in our fundraising department on (01) 475-6989.

## No agreement yet on UN ageing convention

The Open Ended Working Group on Ageing is the UN group that annually discusses how to strengthen the rights of older people. One outcome of its work could be a new international Convention on the Rights of Older People.

The 2014, and 5th, OEWGA meeting took place July 30–August 1. The group discussed the care of older people, violence and abuse against older people, and planning for end-of-life care.

The new Independent Expert on the Rights of Older People, Ms Rosa Kornfeld-Matte, gave a presentation on the final day of the meeting, but concrete plans for her first year and her mandate will not become clear until she presents these to the Human Rights Council this month.

Member states have still not agreed whether a new Convention on the Rights of Older People is required. Within the EU, differences emerged, with Slovenia supporting the exploration of a new convention, while the EU Commission representative stated the EU opposition to a new



■ Independent Expert on the Rights of Older People, Ms Rosa Kornfeld-Matte, addressed the final day of the meeting

convention. Ireland was represented at all days at the meeting, but did not make a statement and therefore tacitly supported the EU position.

Further afield, there were positive statements from a number of African and Asian countries, including Bangladesh, the Philippines, Uganda and Kenya. Latin American countries, which have led the way in supporting a convention, are still strongly in favour and urged the establishment of a drafting committee.

In his concluding comments, the Argentinian chair urged member states to speed up the process now that the 5th session of OEWGA was complete. He proposed a twin-track

approach to strengthen the implementation of existing mechanisms for protecting the rights of older people, while progressing discussions of the main elements of a new convention.

Age Action hopes for more progress towards a convention between now and next OEWGA meeting, despite the long time it usually takes to agree and draft new human rights treaties at the UN.

Age Action will continue to advocate with Irish politicians and decision-makers so that Ireland can support a new convention within the EU discussions on a common position.

— **Lianne Murphy, Ageing and Development Programme Officer**

# Silver Surfer Awards launched for 2015

Google and Age Action have teamed up to find Ireland's top Silver Surfers. But if you know somebody who should be nominated, you will have to move fast because the closing date for nominations is looming.

We are asking people to nominate a friend, neighbour or relative who has embraced technology and made it part of their daily life. Whether it is connecting with loved ones on the other side of the world, arranging travel plans or using it to pay the bills, more and more of the over-50s in Ireland are taking to the online world. Google and Age Action want to highlight their achievements.

The five award categories are: New to IT; Hobbies on

the Net; IT Tutor(s) of the Year; Google Silver Surfer Award; and Golden IT Award.

You can nominate someone for an award by filling in a form online at [www.ageaction.ie/silversurfer](http://www.ageaction.ie/silversurfer) or by phoning Anne Marie on (01) 475-6989. Nominations close on October 5.

The winners will be announced at an award ceremony on October 20 at Google headquarters in Dublin when the Master of ceremonies will be broadcaster George Hook.

Google and Age Action not only want to find people whose efforts deserve recognition, but to use the awards to highlight the benefits of new technology for older people. It is hoped that the examples of how the winners are using technology will inspire other older people to learn how to use a computer and get online.

Last year's overall winner

was David Lowen (61) from Greystones, Co. Wicklow. It was his love of music that gave David his first taste of the online world while streaming music through the site Spotify.

Launching the awards in May, the then Communications Minister Pat Rabbitte said: "The internet and digital applications are now central to our lives. They empower people in so many ways. Too many older people are still missing out on these opportunities. The Government wants to ensure that no one is left behind."

This is the fourth year Google has partnered with Age Action for the awards. Last year we had over 200 entries, the highest number we have ever received, and we hope this trend will continue in 2014.

Age Action chief executive Robin Webster said that through the charity's experience of teaching thousands of first-time users how to use a computer and get online, they have seen the transformative effect new technology has had in enhancing the quality of older people's lives.



■ Last year's Silver Surfer Golden IT Award, Michael Gorman, shares a light moment with broadcaster George Hook.

— Photo: Marc O'Sullivan

# Summer camps are hot IT favourites

The final part of Age Action's Getting Started computer training summer camp tour took us to Mayfield CDP and Blackpool Community Cooperative Services Centre in Cork City.

In the accompanying photographs you can see the happy graduates proudly displaying their certificates alongside their patient tutors. In Mayfield, it was hard getting the group back into the classroom – thanks to their lovely garden!

In each camp there were 11 learners and almost as many tutors. We don't know who had the most fun.

"The four-day classes have proved popular, allowing the students to concentrate on the learning material over a short period and to progress day-to-day. We hope to run them again next summer," said Julie Oates, Getting Started project officer for Cork. Thanks go in particular to the Cork Volunteer Centre for helping to recruit new volunteers for these summer camps and to the centres who allowed us four-day use.

Many grandparents and parents whose families have gone abroad got a new lease on life when they

learned about Skype and discovered they can be part of their children's and grandchildren's lives (albeit from a distance) and see them in their very own living rooms on the other side of the world.

If you would like to learn about Skype and avoid paying for overseas or international calls you can register for our class! Our volunteers will help you learn new computer and internet skills. To register or find out more about the courses in Cork and Waterford, call (021) 453-6556.

## Urgent appeal for volunteer tutors

We are looking for volunteer tutors in Cork with basic IT skills, an interest in working with older people and a good sense of humour. If you or someone you know is interested, please call (021) 453-6556, text (087) 199-56026 or email [getting-startedcork@ageaction.ie](mailto:getting-startedcork@ageaction.ie)



■ Students in the four-day computer summer camp in Mayfield enjoy the sunshine during the presentation of their certificates.



■ Learners and their tutors at the presentation of certificates for the IT summer camp in Blackpool, Cork.

## Fundraising volunteers needed



Age Action needs volunteers to help our fundraising team. We are looking for friendly and enthusiastic people to help us at upcoming fundraising events.

If you are interested in volunteering, please call Sarah on (01) 475-6989 or email [volunteer@ageaction.ie](mailto:volunteer@ageaction.ie). When you register your interest, you will be informed of fundraising volunteer opportunities, and you can decide whether or not you are free to help. Thanks!

## U3A MEETINGS



### © Dublin City U3A

Meeting last Tuesday of each month (except June–August) 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: [annhargaden13@gmail.com](mailto:annhargaden13@gmail.com))

### © 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.

# Contact your local TD about Budget 2015

With lobbying intensifying in the run-up to Budget day (October 14), Age Action is urging members and supporters to raise our key concerns with their TDs.

## Impact of austerity

In the July/August edition of Ageing Matters, we outlined how, for the first time in a number of years, we were seeking increases in key income supports. Given the cumulative impact of successive austerity budgets on the poorest of older people, we are seeking increases such as: €5 per

week in the State Pension; restoration of the Christmas bonus; a €3.80 per week rise in the Living Alone Allowance; and a reversal of the fuel payment cuts made in recent budgets.

In addition to the lobbying being conducted at national level, we need our members to drive home the point with their local TDs.

Copies of our pre-Budget submission can be downloaded from the campaigning and policy section of our website at [www.ageaction.ie](http://www.ageaction.ie)

## Annual membership application

I wish to join Age Action and enclose  
€..... membership fee, plus €.....  
voluntary donation payable to Age Action  
Ireland Ltd. If you are already an existing Age  
Action member and wish to renew your mem-  
bership please write your membership number  
here .....

Full name:.....  
(Block capitals please)

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 to Age Action Ireland,  
Permanent TSB, 70 Grafton Street, Dublin 2,  
BIC: IPBSIE2D

IBAN: IE82 IPBS 9906 2587 7790 21  
the following amount € .....

until further notice. Starting on: 1st Day of  
January 20 .....

Name: .....

(Block capitals please)  
BIC: .....

IBAN: .....

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