



**May 2023**

## **What is Age Friendly?**

Age Friendly Ireland's vision is to make Ireland a great country in which to grow old. The programme provides for a multiagency, multi-sectoral approach to age-related planning and service provision.

The Age Friendly Programme supports cities, counties and towns across Ireland to prepare for the rapid ageing of our population by paying increased attention to the environmental, economic and social factors that influence the health and wellbeing of older adults. Age Friendly programmes work to provide walkable streets, housing and transport options, access to key services and opportunities for older people to participate in community activities.

## **Tipperary Age Friendly**

Tipperary Age Friendly work closely with other agencies in the county in our Alliance which meets quarterly. The core of Tipperary Age Friendly is the Older Peoples Council and the Executive Committee of the Older Peoples Council which meets 6 times a year. Tipperary Age Friendly at its heart is represented by the voice of the older person and a key phrase is that **"if you design for the young, you exclude the old, but if you design for the old you include everyone"**.

## **The overall Objectives of Tipperary Age Friendly Action Plan 2023**

- ✿ to ensure older people feel connected and engaged within their local community
- ✿ to identify opportunities for older people to engage within their County economically, culturally and socially
- ✿ to ensure greater accessibility to shops, services, amenities and buildings
- ✿ to promote positive health and wellbeing as people age
- ✿ to ensure timely, quality and accessible services are in place to support older people to live independently in their own homes and to explore alternative housing options
- ✿ to promote a positive attitude to ageing and address stereotypes
- ✿ to work with and within existing community structures, businesses, networks & service providers in the County to enhance communications and build awareness of the needs of older people
- ✿ to build the capacity of older people to effectively engage with the systems, services and decisions that affect them
- ✿ To plan for the ageing future population and to provide for future needs
- ✿ Utilise and encourage available national grant schemes like RAPID, CLÁR, Town & Village Renewal and Community Enhancement Program Schemes to advance and advocate Age Friendly Projects
- ✿ To ensure delivery of transport systems and services that meet the varied needs of older people and enable them safe access to fully participate in all areas of life, engage with services and supports and interact socially. Delivery of mixed modes of transport should all be person-centred, affordable and fully accessible.
- ✿ To ensure information reaches older people and is delivered in an efficient and accessible manner



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### **Tipperary Older Peoples Council (O.P.C.)**

Older Peoples Councils are established in every local Authority area of Ireland under the Age Friendly Programme. They are a vehicle to bring the voice of the older people into local government and help to inform private and public service provision. Older Peoples Councils are two tier structures that have a wide membership base representing all older people in the community and an elected Executive Committee.

The key role of the members is to provide the voice of older people to support the Alliance at strategic level in the delivery of its actions and to co design solutions in response to barriers and challenges. Membership is made up of individual older people and older people's groups.



*Tipperary OPC Training 2022  
MacMahon*



*Interim Chair Executive Mary  
MacMahon*

### **Message from the Tipperary Age Friendly Executive**

#### **Interim Chair Mary MacMahon**

*As interim chairperson of Tipperary Older People's Council, I have valued greatly the interaction I have had with our executive committee and the general membership of the council. I see the OPC as a platform for members to express their views and work in a collaborative way with local authorities, government departments, businesses, various agencies, and community to embed the principals of positive ageing in all decision-making processes. It has been a fantastic networking opportunity meeting other council members from around the country. We have learned from each other, shared innovative ideas, and worked together on various sub committees. However, it hasn't been all work! I have made many friends through the social interaction both online when we were unable to meet in person and then the face-to-face meetings. I would highly recommend joining the Tipperary Older People's Council as a general member and even better as a member of the executive committee."*

#### **How to Get involved**

Attend upcoming in Thurles, sign up on [www.tipperarycoco.ie](http://www.tipperarycoco.ie) or attend the AGM on 12<sup>th</sup> September in the Source Thurles



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## Some Achievements since the inception of Tipperary Age Friendly in 2020

- 🌸 Submission from Tipperary Older Peoples Council to Tipperary County Development Plan
- 🌸 Submission from Tipperary Older Peoples Council to Connecting Ireland
- 🌸 Older Peoples Council Executive undertook training with Age and Opportunity 2022
- 🌸 Small grant scheme 2021 & 2022 to support older adult engagement with Bealtaine and Positive Ageing Week

| SOCIAL DANCING                         |                   |   | HEALTH AND WELLBEING AT OUR LIBRARIES |                   |  |
|--|-------------------|---|---------------------------------------|-------------------|--|
| <b>Mon 26<sup>th</sup> September</b>   | 2.30pm to 4.30pm  | Social Dancing Coachman, Parnell St., partnership with <b>Clonmel</b> Active Retirement Group   | <b>Mon 26<sup>th</sup> September</b>  | 11.30am           | Yoga, pilates, mindfulness and Lara Stattery of Sukha Wellness Centre, <b>Cashel</b> call 062 63856          |
|  | 2.30pm to 4.30pm  | <b>Slieveardagh</b> Millennium Family Resource Centre.  | <b>Tues 27<sup>th</sup> September</b> | 10am              | Aruna Yoga with Mary Looby, <b>Templemore</b> , call 0504 32555  |
| <b>Wed 28<sup>th</sup> September</b>   | 2.30pm to 4.30pm  | <b>Knockanrawley</b> Resource Centre, Tipperary Town  | <b>Tues 27<sup>th</sup> September</b> | 12.45pm to 1.30pm | Bone Health with Dr. Ann O'Malley Education and Exercise workshops, <b>Tipperary Town</b> , call 052 6166126 |
|  | 8.30pm to 10.30pm | <b>Newport</b> Community Centre.  | <b>Tues 27<sup>th</sup> September</b> | 3.30pm to 4.30pm  | Chair Yoga & guided relaxation programme with Donal Quirk, <b>Thurles</b> , call 052 6166131                 |
| <b>Thurs 29<sup>th</sup> September</b> | 3pm to 5pm        | Abbey Court hotel, <b>Nenagh</b> , partnership with Silver Arch FRC   | <b>Thurs 29<sup>th</sup> Sept</b>     | 11am to 12.15pm   | Line Dancing classes for 6 weeks, <b>Carriack on Sulr</b> call 0316440591                                    |
| <b>Fri 30<sup>th</sup> September</b>   | 2pm to 4pm        | Cabragh Wetlands, <b>Thurles</b> , partnership with Thurles Active Retirement   |                                       |                   |  |
| <b>Sun 2<sup>nd</sup> October</b>      | 8.30pm to 10.30pm | <b>Fethard</b> Ballroom   |                                       |                   |  |
| <b>Thurs 29<sup>th</sup> September</b> | 11am to 1pm       | <b>Clonmel</b> Library: Speakers on the following programmes: <ul style="list-style-type: none"> <li>• Age Friendly Tipperary</li> <li>• Stainticare Healthy Communities</li> <li>• Healthy Ireland Tipperary</li> <li>• Health Age Friendly Homes Programme</li> <li>• Stainticare Healthy Communities Social Prescribing</li> </ul> |                                       |                   |  |

Positive Ageing Week 2022 is supported by Community Activities Fund and Healthy Ireland Fund 2022

- 🌸 Digital Connections across the county
- 🌸 Positive Ageing Recordings can be found on You Tube, showcasing supports in the county <https://www.youtube.com/@tipperaryagefriendly9335/videos>
- 🌸 Walkability audit completed in Roscrea and Clonmel
- 🌸 Provision of over 2200 packs to older adults across the county, through community groups and through the Co Op network in the county

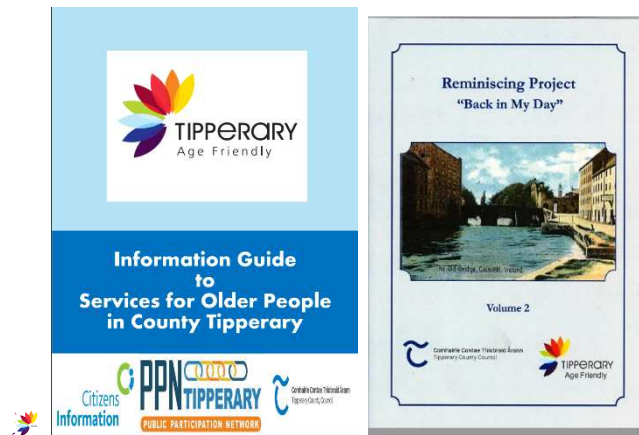


Catherine Fogarty Tipperary Library and Trisha Spillane Tipperary Coop



May 2023

🌸 Provision on an All County information Guide to Services for Older People in County Tipperary



🌸 Reminiscing Project "Back in My Day", promoting engagement of storytelling, voice of the older person, passing on values and traditions

🌸 Secured funding for Cycling Without Age provision which will be rolled out across the 5 Districts in County Tipperary. Cycling Without Age provides a community service connecting elderly people and those less able with their community and the outdoors by giving them free rides on trishaws



🌸 In June 2020 Tipperary Age Friendly supported the role out of the **Vulnerable Risk Register** scheme which had been piloted in the Nenagh Division. This service enables carers of those who suffer from dementia and Alzheimer's to register their details with the local Gardai so that in the event of an emergency those details can be accessed quickly to ensure the safe return of the loved one.

🌸 Dementia: Understand Together creating dementia awareness

- Tipperary Age Friendly have been active in supporting the development of Dementia Cafe network in the county
- Created a new website <https://www.dementiatipperary.ie/> to showcase the support available within County Tipperary. The website feature's information, support, community and what is on in Tipperary.

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- Partnership with Tipperary Library Service and Memory Technology Rooms for referral to trial Acorn Devices
- Fidget Blanket Tipperary Town Library Craft Group. A fidget blanket helps provide stimulation for the fidgeting hands of Alzheimer's, dementia and autism. Its soothes the fidgeting by entertaining busying hands and fingers and stimulates their senses.



*Craft Group Tipperary Library Programme*



*Dementia Library Referral*



### National Age Friendly Recognition Awards Winners



2022.

Tipperary Age Friendly was one of the 27 projects shortlisted for the National Age Friendly Recognition Awards. The awards showcase age-friendly initiatives from around the country that are contributing to making Ireland a great place in which to grow old. The awards are an acknowledgement of the significant work that takes place across the country, recognising in particular those whose efforts contribute to older people living better lives as they age. Tipperary Age Friendly was delighted to win the Age Friendly Community Innovation Award for the EXPO Event held in June

### Upcoming Events

**May 2023 Bealtaine** is Ireland's national festival which celebrates the arts and creativity as we age. The festival is run by Age & Opportunity, the leading national development organisation working to enable the best possible quality of life for us all as we age. There is a full range of events across the County through our local libraries and Art Centres

For a full listing of all Bealtaine 2023 events organised by the Tipperary Arts Office view the online schedule <https://www.tipperarylibraries.ie/bealtaine-2023/>

**Upcoming Events**

**June 2023**

Tipperary Age Friendly Information EXPO on Thursday 22<sup>nd</sup> June 2023. This event building on the success of the 2022 event will see us return to the TUS College Campus in Thurles.

For 2023 we aim to build on the range of 60 information stands showcasing supports for Positive Ageing in the County. A range of speakers will present on items such as Fair Deal Scheme, technology to support living independently, Irish Cancer Society and Planning Ahead, walks and trails in the county and many more.



**The event is free to attend and light refreshments will be provided.**

| <b>Date</b> | <b>22<sup>nd</sup> June 2023</b> | <b>Time</b> | <b>12 noon to 3pm</b> |
|-------------|----------------------------------|-------------|-----------------------|
|-------------|----------------------------------|-------------|-----------------------|

|                            |  |  |  |
|----------------------------|--|--|--|
| <b>Transport to attend</b> | Tipperary Age Friendly will support community groups who wish to arrange transport to attend the event with a small grant to a maximum of €200 to offset the transport costs. The community group arrange their own transport, confirm with Cliona, Fiona or Angela on the Age Friendly Community Staff and then claim the grant after the event |  |  |
|----------------------------|--|--|--|

|                      |  |
|----------------------|--|
| Contact 0818 06 5000 | Cliona Tobin, Angela Sheehan, Fiona Crotty or email <a href="mailto:agefriendly@tipperarycoco.ie">agefriendly@tipperarycoco.ie</a> |
|----------------------|--|





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### **Tipperary Older Peoples Council AGM**

**Save the Date** 12<sup>th</sup> September 12 to 2pm in the Source Thurles

This meeting is open to all to attend and new members are always welcome. Further details will be published in advance of the upcoming Annual General Meeting.

### **Positive Ageing Week 2023 1<sup>st</sup> to 7<sup>th</sup> October**

Tipperary Age Friendly will support a small grant opportunity for community groups and older adult groups to arrange activities and events in October. This grant will support coming together and engaging in their own community for an event during Positive Ageing Week.

Please register your interest in arranging an event with the Tipperary Age Friendly Team [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie)

### **Getting your House in Order 1<sup>st</sup> to 7<sup>th</sup> October**



During positive Ageing Week

Tipperary Age Friendly are delighted to host Irish Hospice Foundation information events.

We will hold 1 public meeting in Nenagh, 1 in Thurles and 1 in Clonmel. Full Details will be announced in September

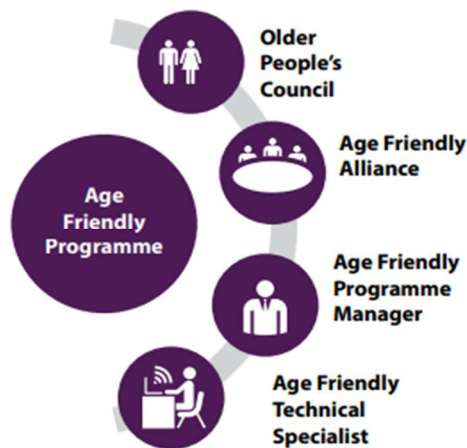
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**Eight Themes of World Health Organisation (WHO) Programme**



**Local Age Friendly Structures**

Each local Age Friendly Programme operates with the same structure which relies on an active Older People's Council, an Age Friendly Alliance, an Age Friendly Programme Manager and, more recently, Age Friendly technical specialists.



For more information on Tipperary Age Friendly see [www.tipperarycoco.ie](http://www.tipperarycoco.ie)

Contact [agefriendly@tipperarycoco.ie](mailto:agefriendly@tipperarycoco.ie) or phone 0818 06 5000

For more information on Age Friendly Ireland see <https://agefriendlyireland.ie/>