

LIVE WELL EXPO SHORTLISTED FOR NATIONAL AGE FRIENDLY AWARDS 2024



Live Well



Live Well 2024

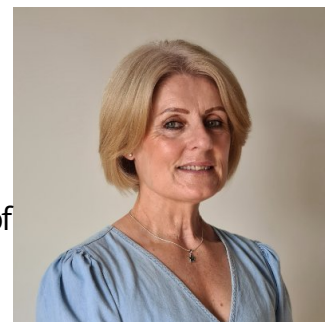


The Age Friendly Laois and Healthy Laois initiative has been shortlisted from 31 applicants for the communication category of the national age friendly awards 2024. Being shortlisted for such an award is an acknowledgement of the value of the initiative. It is as a result of the quality of the exhibitors, the speakers and the workshops on the day and of course of the many attendees who came. Thank you to all!! Presentations to the judging panel will follow on the 20th September at Council offices and the awards ceremony takes place on the 7th November at an event in Dublin. Fingers crossed!! To join us on judging day call Tom on 086 0363426.





This month, we met up with Gráinne Cunningham O'Brien, Confidential Recipient with the Office of the Confidential Recipient.



Can you tell us more about the Office of the Confidential Recipient?

The Office of the Confidential Recipient is a national free service and acts as an independent voice, support and advocate for adults with a disability and for older adults who are in receipt of HSE -funded services including residential services, day services, community services, mental health, older person services including HSE nursing homes, community nursing units and

primary care. We support people who wish to report concerns and make a complaint relating to their services. We also support people access HSE - funded services.

The Confidential Recipient is appointed and funded by the HSE but is independent from the HSE in providing a confidential service. The values of the Office of the Confidential Recipient are grounded in confidentiality, independent of the HSE, trust and human rights.

How does it work?

In my role, I have the authority to review reported concerns and complaints, advise and assist individuals on the proper course of action to take, assist with the drafting of the complaint and referral process to the relevant HSE Senior Manager, ensure examination of reported concerns and complaints. The Confidential Recipient reviews reported concerns and complaints in the following categories including abuse, negligence, and acts of omission, mistreatment, poor care practices, funding and access to service issues, inappropriate placements amongst others. We support the Service User throughout the process including attending meetings with the Service User and the service provider, if necessary to support resolution of reported concerns and complaints.

If the person in receipt of the HSE -funded service is unable to contact the Office of the Confidential Recipient to report a concern and complaint on their own due to age, illness or disability, someone else can contact the office on their behalf with their informed consent. The people who can make a complaint on your behalf include:

- A close relative or carer.
- A friend.
- A neighbour.
- A staff member.
- Anyone appointed by law or the courts to take care of your affairs.
- A legal representative.
- Anyone else with your consent.
- Anyone who is appointed, as set out in the Regulations.
- Anonymous.



**SCAN QR CODE
FOR ACCESS TO WEBSITE**

How can I contact the service?

The Office of the Confidential Recipient can be reached by phone, email or post as follows:

Opening Hours: 9 -5pm, Monday to Friday

Email: grainne.cunningham@crhealth.ie Mobile: 087 6657269 Freephone: 1800949494

Office: cr.office@crhealth.ie

Email: Office Secretary: etta.shanahan@crhealth.ie Mobile: 087 1880523

Post: Office of the Confidential Recipient, Merlin Park University hospital Campus, (Block B), Galway, H91 N973

For more information visit the website: <https://www.hse.ie/eng/about/who/complaints/confidentialrecipient/> where you can submit an online enquiry through the webpage.



Office of the Confidential Recipient

Speak up!
Speak out!



Rights
don't
get old



Office of the Confidential Recipient

Gráinne Cunningham O'Brien

An independent voice and an advocate to safeguard vulnerable adults with a disability and older adults who wish to raise a concern and or make a complaint in relation to their HSE-funded services including residential services, day services, community services, mental health, older person and primary care services.



Get in touch

Email cr.office@crhealth.ie
grainne.cunningham@crhealth.ie

Tel 1800 94 94 94 (Freephone)

Mobile Gráinne: 087 665 7269

Office 087 188 0523

Office of the Confidential Recipient
Gráinne Cunningham O'Brien
Merlin Park University Hospital
(Block B)
Galway H91 N973
[@CRcomplaints](https://twitter.com/CRcomplaints)

For more information

www.hse.ie/eng/about/who/complaints/confidentialrecipient/

www2.hse.ie/complaints-feedback/report-a-concern-about-a-vulnerable-adult/



LAOIS INTERGENERATIONAL DAY VIDEO

Following the Laois intergenerational day, which was held on the 19th July the video produced on the day is now available at the below link (online readers) To request a link via whatsapp, send a message to Tom on 086 0363426.

[Click here to watch](#)

Once again, thank you to Youthwork Laois, Comhairle na n-óg and older peoples council members. Thanks also to Rene pr design for the images and video



Intergenerational Video

Unlisted

LAOIS COUNTY COUNCIL, LOETB AND SEAI TO HOST ENERGY AWARENESS WEEK



Laois County Council, Laois and Offaly Education and Training Board (LOETB), and the Sustainable Energy Authority of Ireland (SEAI) will host Energy Awareness Week from September 2 to September 6 to promote energy efficiency and renewable energy in homes and businesses across County Laois. The week-long event will feature an NZEB and Retrofit mobile training rig stationed in the upper car park of Laois Shopping Centre, where experts will be on hand to provide free advice and answer questions about home energy upgrades, solar panels, funding options, and grants.

Energy Awareness Week aims to help Laois residents and business owners save money and lower emissions by improving the energy efficiency of their properties. Homeowners will be able to get advice on upgrading their homes through retrofits like attic insulation, heating controls, LED lighting, heat pumps, and more. Business owners can learn how to cut costs through measures like lighting upgrades, heating and cooling system improvements, and transitioning to renewable energy sources.

The event comes as Laois County Council, LOETB and SEAI work to promote sustainability and meet national targets for improving energy efficiency, increasing renewable energy use, and reducing carbon emissions. Energy Awareness Week offers an opportunity for community members to learn practical steps they can take to support these goals while improving comfort, saving money, and helping the environment.

For more information about Energy Awareness Week, follow Laois County Council on Facebook and LinkedIn. To speak with an energy expert, stop by the Energy Advice Rig at Laois Shopping Centre from September 2 to September 6.

Solar Panels
SEAI Grants
EV Cars
New Builds
BTR Rating
NZEB
Retrofit

Energy Awareness Week

SEPT 2ND - 6TH

Come and Visit Our Retrofitting Rig at Laois Shopping Centre (upper car park)

Monday 11am - 6pm

At the Rig:
All day Drop in Clinic SEAI & LOETB
Meet Nick an EV Car Owner

Meet Belinda from People's First Credit Union for Green Loan advice

Tuesday 10am - 6pm

At the Rig:
All day Drop in Clinic SEAI & LOETB
Meet Nick an EV Car Owner

Meet Grace from PTSB for Green Loan advice

Evening Launch at the Old Fort

Wednesday 10am - 6pm

At the Rig:
All day Drop in Clinic SEAI & LOETB
Meet Paul, the Solar Panel Expert from AEI

Meet Mary & Emily from Bank of Ireland for Green Loan advice

At The CUBE: Circular Economy Course

Thursday 10am - 6pm

At the Rig:
All day Drop in Clinic SEAI & LOETB
Meet Nigel, the Solar Panel Expert from AEI

Meet Karen from EBS for Green Loan advice

At The CUBE: NZEB Fundamental Course

Friday 10am - 4pm

At the Rig:
All day Drop in Clinic SEAI & LOETB

climateaction@laoiscoco.ie

DEADLINE EXTENDED FOR 2024 HOW WE AGE PHOTOGRAPHY COMPETITION

Institute of
Public Health



#HowWeAge Photography Competition

Enter by
1 October

IPH is seeking images of older people in our lives and communities who are engaged in:

- Volunteering
- Paid and unpaid work
- Teaching
- Learning

www.publichealth.ie/photo

The deadline has been extended for this year's How We Age photography competition, which is seeking images of older adults engaged in work, teaching, learning, or volunteering in their local communities.

The Institute of Public Health (IPH) has extended the deadline for entries to the all-island photography competition by six weeks to coincide with International Day of Older Persons in October.

The competition is free to enter, open to residents of Ireland and Northern Ireland over the age of 18, and is now open for entries until 1 October 2024.

It seeks to build on the success of IPH's [2022 competition](#) by creating a series of images that will better represent and more accurately portray what it means to age or get older in Ireland and Northern Ireland.

Under the theme of 'Working, learning, and volunteering in later life', the 2024 competition is seeking photographs that show how older people enrich our lives and communities through work, teaching, learning, or volunteering.

Entries are invited that reflect and include older adults engaged in:

- Working – all forms of work, part-time, full-time, paid and unpaid;
- Learning – engaged in lifelong learning, teaching or sharing skills, learning new skills;
- Volunteering - contributing at local or community level, both formally and informally.
- Images should portray older people in an authentic and inclusive way - regardless of gender, sexual orientation, race, ethnicity, religion, politics, culture, ability, income, or post code.

Entrants can submit up to a maximum of three photos and all entries must be submitted via the [online entry form](#) on the IPH website, which can be accessed at www.publichealth.ie/photo. Acceptance of terms and conditions is a condition of entry.

Prizes include gift vouchers for photography equipment to the value of €/**£**500 for first prize, €/**£**300 for second prize, and €/**£**100 for third prize, depending on where the winning entrants reside.

From the entries received, IPH will add a selection of photos to its How We Age image gallery, which was created in 2022.

The How We Age gallery images are used by IPH to promote healthy ageing and broader public health themes and are also available to partner and allied organisations as a free-to-access image resource.

Details of the winners will be announced in November.

Any queries about this competition can be emailed to communications@publichealth.ie.

HEALTHY AGE FRIENDLY HOMES FEATURE ON RTE NEWS

CREDIT AILBHE CONNOLLY - RTE



Nola Watt and Danielle Monahan maintain a warm friendship

A programme that aims to prevent thousands of older people from entering long-term residential care has been launched by Age Friendly Ireland.

Co-ordinators based in local authorities will manage support packages in housing, health, technology, energy efficiency and community integration to support independent living.

The joint health and local government programme, Healthy Age Friendly Homes, is viewed as "a best practice example" of co-ordinated support services.

Nola Watt was a participant in a pilot scheme which was launched 2021 involving over 2,000 people. Following her husband's death, Ms Watt struggled to maintain the three-bedroom home they had rented together. Her landlord subsequently sold the property and when she began to search for a new home, Ms Watt faced great difficulty, so she contacted Fingal County Council.

The council's Local Healthy Age Friendly Homes Coordinator Danielle Monahan helped the then 73-year-old find a new home which was smaller and suited her needs. Two years on, the two women maintain a warm friendship and Danielle continues to check in on the Mulhuddart resident.

While "rightsizing" to a smaller property suited Ms Watt, others have sought assistance in other areas. When a referral is made or when people self-refer, a local coordinator is sent to carry out a needs assessment which is carried out. Home-based assessments help identify what kind of support may be required to enable the person to continue to live independently.

Around 74% of programme participants owned their home, 51% lived alone, 37% lived with a significant other and 11% lived in their own home with a family member.

More than 50% of research participants felt they had stronger levels of social support and almost four out of five participants reported having greater self-belief in their ability to respond to new or difficult situations.

Clinicians who work with older people have welcomed the national roll-out of the scheme.

Consultant Physician in Geriatric and Stroke Medicine at Tallaght University Hospital Professor Ronan Collins said people's empowerment over their own lives as they get older and staying at home where possible is a fundamental right.

"You've better mental health, better well-being and you have less physical relapses if you've chronic illnesses, so, it's important we empower that model".

"But that may mean a change of home as well and sometimes a change of home can benefit, and part of this programme recognises that older people may want to downsize or 'right size' as we call it, to empower them to lead better lives," Prof Collins said.



Professor Ronan Collins said people's empowerment over their own lives as they get older and staying at home where possible is a fundamental right.

It is estimated that it will result in an annual saving of €41.5 million to the State.

The programme's key partners include the Department of Health; Health Service Executive (HSE); Department of Housing, Local Government and Heritage; Age Friendly Ireland, and the Sustainable Energy Authority of Ireland (SEAI). Minister with Responsibility for Older People Mary Butler said she is "delighted" with the national roll-out.

"The pilot phase of the programme has demonstrated that it has and will have a positive impact on the quality of life for our older people and helps them to live at home for longer.

"It is a wonderful example of Sláintecare in action, working across multiple sectors and government departments to deliver a truly person-centred care programme that tailors support to the needs of each person," she said.

[To see the Healthy Age Friendly Homes feature on RTE news, click here](#)

[Visit the Healthy Age Friendly Homes website here](#)

Referral form included at rear of this newsletter

Contact Healthy Age Friendly Homes team:

National Office

Telephone: 046-924 8899

General Enquiries: healthyagefriendlyhomes@meathcoco.ie

Referrals: referralshafh@meathcoco.ie

(in the subject line please state HAFH Referral followed by the participant's name)

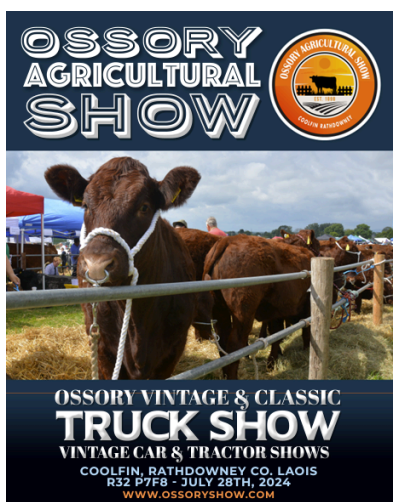
LAOIS ICA NEWS



Irish Countrywomen's Association

At the recent Ossory Show Castletown Guild won the Kathleen Gorman Memorial Cup for baking. It was for a Jam Sponge, an Apple Tart and 6 scones 2nd place went to Spink Guild and 3rd place went to Arles Guild . The Dahlias were entered by Vivienne Rigley of the Arles Guild who is the Federation Produce promoter. Vivienne had 25 entries in the Show and 22 wins what an achievement.

Click on the Ossory show pic for more information about the event



OLDER PEOPLE'S COUNCIL PRIORITIES UNDER THE EIGHT WORLD HEALTH ORGANISATION THEMES



Click Age Friendly Ireland logo to visit their website

The National Convention of Older People's Councils took place in Kilkenny this year. The event is organised by Age Friendly Ireland, the local government shared service that manages a multisectoral strategic approach to ageing. The 2024 Convention was hosted by Kilkenny County Council and the Kilkenny Age Friendly Programme. It took place in the Ormonde Hotel Kilkenny from 8th to 10th May 2024. Representatives of Older People's Councils from all 31 local authority areas along with Age Friendly Programme officials and other stakeholders participated in the conference.



Mary Butler TD Minister for Mental Health and Older People with representatives of the Kilkenny Age Friendly Programme and Age Friendly Ireland

The final segment of the conference asked delegates to list their priorities. All Irish Age Friendly Programmes are affiliated to the World Health Organization's Global Network for Age Friendly Cities and Communities which sets out eight domains (or themes) that are essential to the development of age friendly communities.

Below are some of the top priorities listed by Older People's Councils representatives at the Convention under the eight WHO themes:



Transport

- Transport and social isolation in the evenings
- The need for more rural bus services and community cars
- Public transport to health appointments
- Service improvements – bus shelters, real time information
- Review of disabled parking bays
- Cycle safety
- Insurance issues for older people
- Parking on footpaths

Social Inclusion

- Broadening OPC membership to reflect more diversity
- Initiatives to tackle loneliness
- Person-centred communication (in-person options)
- Public toilet facilities

Outdoor Spaces and buildings

- Accessibility of public offices and banks
- Public toilets
- Safe pedestrian areas
- Age Friendly seating and displays (in banks)
- Age Friendly car parking

Health and Community Services

- Sharing medical records / not having to repeat information
- Repeat prescriptions (should not have to request online)
- More services in Primary Care Centres
- GP House Calls
- Communication about hospital appointments
- Further development of Senior Alert
- Limitations on tasks that homecare workers can perform



Assistant Commissioner Paula Hilman An Garda Siochana, Catherine McGuigan, Chief Officer, Age Friendly Ireland, Ita Healy, chair of the National Network of Older People's Councils

OLDER PEOPLE'S COUNCIL PRIORITIES UNDER THE EIGHT WORLD HEALTH ORGANISATION THEMES

CONTINUED



Housing

- Rightsizing options at local level
- Encouragement for private developers to provide age friendly homes
- Supports for older people in the private rented sector
- Rapid health assessments
- Hearing screening

Civic Participation and Employment

- Access to Convention online
- Allowing people over 70 to drive commercial vehicles
- CE Worker to support each OPC Scheme nationwide

Age Friendly Ireland, with support from its National Advisory Group, is already working on many of these issues. A number of new national policies such as the National Payments Strategy and National Rightsizing Policy will set out specific measures to address older people's priorities in these areas. Using the multisectoral approach, we will continue efforts to develop solutions with all stakeholders. The Older People's Councils have a vital role to play in surfacing up these local issues for national attention.

Social participation

- Options to buy tickets over the phone or in person, not only online
- Cashless society a barrier to participation

Information and Communication

- Nationwide campaign for older people on how to access information
- Co-ordination of services



CLONASLEE & DISTRICT SHOW SOCIETY
PRESENT THE

70TH ANNIVERSARY

70th ANNUAL PRODUCE & LIVESTOCK SHOW
on Sunday, 8th September, 2024

2024 SCHEDULE

Classes within Cookery & Crafts
Sustainability/Climate Action Category!
SPECIAL BAKERY COMPETITIONS

Dog Show ANTHONY MAHERS AGRI
ALL IRELAND CHAMPIONSHIP
NEW PEDIGREE INTERBREED CALF CLASSES
* GAIN DOG FOOD ALL IRELAND FINAL *
THE IRISH NATIVE BREED DOG QUALIFIER
* Vintage Section *
* Large Poultry Section *
Family Entertainment - Live Music

• ONLINE ENTRY SYSTEM AVAILABLE •
See our Website: www.clonasleeshow.com

Cluain na Sli SHOW SOCIETY
Mullach Abú

Tionscadal Éireann Project Ireland 2040

Ár dTodhchaf Tuaithe Our Rural Future

Laois County Council

SuperShow
Show Management Systems

ISA
IRISH SHOWS ASSOCIATION

FURNITURE

UPCYCLING

DEMONSTRATION

with *Revamp Tramp*

Saturday, **14th Sept** at 11am

Join us in Portlaoise Library for an inspiring upcycling furniture demonstration with Revamp Tramp. Taking place on the 14th September at 11am.

This event will guide you through the creative process of transforming an ordinary piece of furniture into a stunning work of art. Places are limited so booking is advised. To register visit <https://tinyurl.com/ms3aancn> or scan the QR code provided.

YOU CAN PLAY IT UNTIL YOU ARE VERY OLD,' SAYS TENNIS CHAMP JUNE (91) OF HER 78-YEAR CAREER

CREDIT: THE IRISH INDEPENDENT 11 TH AUG 2024



A 91-year-old Irish tennis player, who played at Wimbledon in her youth, is still going strong as a coach and over-85s champion. June Ann Byrne, who celebrated her 91st birthday in June, has been playing tennis for 78 years.

In that time, she competed at Wimbledon seven times. Ms Byrne played on the world's most prestigious tennis courts for the first time shortly after finishing her Leaving Cert in 1951.

"I got up from my Leaving Cert and I caught the boat over to England," she told the Irish Independent. "The week before Wimbledon, I didn't get time to even practise. It was a very tough week," she said of being beaten by the winner, Britain's Lorna Cornell, in the junior singles tournament. "The following year, I met the same girl and I beat her," Ms Byrne said.

She competed at Wimbledon several times in later years. It was one of the many tennis tournaments Ms Byrne competed in, as she also played the French Open and even was invited to play on the centre court in Roland-Garros in 1958. Ms Byrne travelled the world to play tennis – in England, Germany, France, the US, Canada, Croatia, Russia and Australia.

"I played a lot of English tournaments under 18, because there was nothing in Dublin, and I won them, like the South of England Championships," she said. Ms Byrne was born in Rushbrooke in Cobh, Co Cork, and currently lives in Dundrum, Co Dublin. Her journey with tennis started when she was just 13 at the Rushbrooke Tennis Club. **"My father said I could play as long as I never failed an exam. So I never did."**

Shortly after her Leaving Cert, Ms Byrne started thinking about pursuing a degree in occupational therapy. She later moved to the US and got a job in San Francisco.

"When I first went to America and arrived in New York, they invited me to play an exhibition match at Fordham University. I was delighted. "I went to play my match against the New York champion who was a lovely lady. I won that match. From then, I was invited to play in lots of tournaments. And believe it or not, anything I went in for, I won. I achieved everything I wanted to achieve."I also qualified in occupational therapy, which was terrific. I was offered more jobs. I've met people from every walk of life."

What she loves about tennis is **"being out in the open air, running around"** and **"being as free as a breeze"**. **"If there was money in tennis in my day, I would have made a fortune. But I enjoyed it and the lovely people I met,"** she said.

Ms Byrne never stopped tennis and is now an international coach. She won a gold medal in the over-85s women's doubles at the ITF Super-Seniors World Championships in 2018.

"You can play it until you're very old, as you can see by me," she said. **"It's a great social game."**

Ms Byrne also used to teach padel to children in Mountjoy Square and Pearse Square in Dublin's inner city in the 1950s.

"I was asked by then Lord Mayor of Dublin to come up into the inner city and try to get the youngsters to play," she said. "It was after the last war and everybody was starving. Everything was destroyed by the war.

"They asked, 'Why don't you come back and teach us?' They were so nice, so genuine. I used to cycle from Rathmines up to Mountjoy Square every Sunday and I used to teach them from 10am until 5pm for the next five years. I never missed a day. I just couldn't. They were too nice."

"I won a lot of cups. I had them all cleaned and I gave them to the youngsters. They loved them."

"Believe it or not, anything I went in for, I won. I achieved everything I wanted to"



SPÓRT ÉIREANN SPORT IRELAND Age Friendly Sports Taster Day

Date:

- Thursday 26th September 2024

Schedule:

Start 10.45am, with refreshments until 11.15am.

Time	Detail	Managed By
11.15am	Guest Speaker Paddy Joe Burke, Roscommon Age Friendly Ambassador	Age Friendly
11.30am	Walking tour of the National Indoor Arena or opportunity to complete Exwell 1 Mile Marathon TBC	SIC Coaches
12pm	Activities Commence	SIC Coaches

Individuals will be split equally into groups of 30 individuals.

Activities Format:

Time:	Group 1:	Group 2:	Group 3:
12:00pm	Ex Well Class		
12.30pm	Fit Stix Kildare	Zumba Gold Cavan	Seated Volleyball (Hall 2) / Walking Football
1:00pm	Lunch		
1.45pm	Golf Demonstration by Wicklow Older People's Council		
2.00pm	Zumba Gold Cavan	Seated Volleyball (Hall 2) / Walking Football	Fit Stix Kildare
2.30pm	Seated Volleyball (Hall 2) / Walking Football	Fit Stix Kildare	Zumba Gold Cavan
3.00pm	Yoga		
3.20pm	Finished		

REGISTER YOUR INTEREST NOW BY CALLING TOM ON 086 0363426





CLOSING DATE 13TH SEPT

AFI is working with the Sport Ireland Campus as part of its European Week of Sport (EWOS) celebrations to organise an Age Friendly Sports Taster Day for older people on 26th September at the Sport Ireland Campus in Blanchardstown.

The European Week of Sport promotes participation in sport and physical activity and aims to raise awareness about the numerous benefits of both. It encourages European citizens to "BeActive", not only during the Week, but to stay fit all year long.

This will be a full day event (allowing for travel time) that will allow older people to sample various types of sport and physical activities.

The project is being funded partly by Sport Ireland (who are providing the funds to cover the cost of usage of the facilities on the Sport Ireland Campus as well as the cost of the Sport Ireland Campus Coaching staff who will assist on the day) and by AFI who are covering the costs associated with the catering and merchandise bags which will be provided on the day.

Activity	Description
 Fitsticks Activator Poles	Fitsticks involves walking with activator / nordic poles which promote aerobic fitness, mobility, strength, and balance for people with different abilities and fitness levels. Use of the poles means upper body muscles are used as well as legs. The poles help to propel the walker along meaning you work harder than usual yet the support given by the poles makes it feel easier. The poles are suited for all levels and abilities. Benefits include: better posture, strengthening of the core muscles and enhanced mobility of neck & shoulders.
 Zumba Gold	Zumba Gold is a lower intensity version of Zumba. It is a dance fitness class designed to encourage aerobic fitness and co-ordination. Learn an easy-to-follow choreographed routine that provides a fun way to get fit in a group class. Benefits include: cardiovascular, muscular conditioning, flexibility and balance
 Ex Well Class	Group exercise class which consists of different exercises which consist of strength, flexibility, balance and cardiovascular components. The classes can also include an aspect of chair aerobics.
Walking Football	Walking football is played at walking pace, with players not allowed to run. This includes with the ball or off the ball and includes jogging. You can 'walk' as fast as you want and walking as described in the rules is "one foot must be in contact with the ground at all times." One other big difference to association or 5-a-side football is that it's classed as non-contact sport. Although tackling is allowed, this must be done with no contact.
Yoga	A yoga class is a type of exercise that involves physical poses, concentration, and deep breathing. Yoga is an ancient practice that aims to integrate mind, body, and spirit. Yoga can improve your strength, flexibility, calmness, and well-being
Seated Volleyball	Seated volleyball, also known as sitting volleyball, is a variation of traditional volleyball designed for individuals. Players must sit on the floor and maintain contact with the floor using at least one buttock while playing. The court is smaller, and the net is lowered.
 Golf	Golf is a low impact sport that is an excellent opportunity for older people to engage in regular physical activity. Walking the course, swinging the club, and carrying or pushing a golf bag all contribute to fitness, muscle strength and enhanced flexibility. Golf gets you out in the fresh air and the icing on the cake is the social life that goes with it. Golf is for any age from the very young to people in their late 80 and older.

Healthy Age Friendly Homes Programme | Referral Form

Participant Details (BLOCK CAPITALS)	
Full Name:	
Address: NB: Include Eircode	
Date of Birth: IMPORTANT	Age:
Contact Numbers:	L: M:
Email Address:	
Date of Referral:	
First Language	Interpreter: Yes <input type="checkbox"/> No <input type="checkbox"/>
Reason for referral	
Heard about us from:	
Interested in:	Housing Adaptation Grant <input type="checkbox"/> Health <input type="checkbox"/> Assisted Technology <input type="checkbox"/> Rightsizing/downsizing <input type="checkbox"/> Community <input type="checkbox"/> Other <input type="text"/>
ESSENTIAL: Participant gives/has given consent (verbal or written, directly or via referrer) for their details to be passed to the Healthy Age Friendly Homes Team and Local Coordinator for the purpose of participating in this Programme as outlined overleaf. Yes <input type="checkbox"/> No <input type="checkbox"/>	

Referrer Details (BLOCK CAPITALS)	
Full Name:	
Occupation or Relationship:	
Job Title & Agency: (if applicable)	
Other information:	
Any risks identified: Y <input type="checkbox"/> N <input type="checkbox"/>	
Contact No.	Email Address:

SUBMIT THIS APPLICATION

By Email (referrals only): referralshafh@meathcoco.ie

(in the subject line please state **HAFH Referral** followed by the participant's name)

General Enquiries: healthyagefriendlyhomes@meathcoco.ie

By Post: Healthy Age Friendly Homes, Meath County Council, Kells Civic Offices, Headfort Place, Kells, Co. Meath.