



GALWAY CITY & COUNTY

OLDER PEOPLE'S COUNCIL NEWSLETTER

AUTUMN/WINTER 2024

NATIONAL AGE FRIENDLY RECOGNITION AND ACHIEVEMENT AWARDS

Galway City Council was shortlisted in the 2024 National Age Friendly Recognition and Achievement Awards and Galway County Council was a winner!

Announced at the 8th annual awards on 7th November, the winning projects were chosen for their exceptional contribution to making Ireland an outstanding place to grow older. Galway City and County OPCs are thrilled to see Galway city and county get recognition on the national stage.

The event was MCed by RTÉ star Marty Whelan and hosted this year by Fingal County Council at the Crowne Plaza Hotel in Northwood, Santry, Dublin. See full stories inside!

WELCOME!

Welcome to the third edition of the Galway City and County Older People's Council newsletter!

Here you can find out all about your local OPC, current projects they are working on and get news on activities for older people in your area.

*"Ageing is a
extraordinary
process where
you become the
person you
should always
have been"*

~David Bowie

WE WANT TO

HEAR FROM YOU!

To submit a piece for the newsletter contact Ciara on **083 0234390** or **ciara@gcp.ie**.

SHORTLISTING FOR GALWAY CITY AT NATIONAL AWARDS

Galway City Council is proud to be shortlisted for an award in the **Housing Category** at the National Age Friendly Recognition and Achievement Awards on the 7th of November at the Crowne Plaza Hotel in Dublin. Galway City Council was shortlisted for **'An Cliathán' - a purpose-built development for older people.**

An Cliathán integrates **modern design** with **principles of accessibility and sustainability**, ensuring that residents enjoy high-quality living spaces that support aging in place. The development includes features such as barrier-free entrances, accessible transport links, communal spaces, and a focus on green areas—all of which promote active lifestyles and community engagement.



Galway City Council staff at the National Age Friendly Recognition and Achievements Awards

AGE FRIENDLY SPACE GALWAY CITY LIBRARY

Katie Fahy, Age-Friendly Programme Manager with Galway City Council, and Joan Kavanagh from the Older Persons Council, met with Executive Librarian Caroline Rowan at Galway City Library on Friday 15th of November to check out the Library's new Age-Friendly Space. This **warm, welcoming, and easily accessible space** is the most recent Age-Friendly change which has taken place at the City Library. In 2022, the Library installed Dementia-Friendly wayfinding signage.

The new space has **higher seating**, to make sitting down easier for those with mobility or other physical issues. It faces the **large-print books** which make reading easier for people with lower vision or who need glasses. Readers can also **borrow a pair of reading glasses** at the desk if they have forgotten to bring their own to the library. Other age-friendly offerings at the library include the weekly Scrabble for Seniors game which takes place every Wednesday from 2pm. Anyone over 60 who enjoys Scrabble is encouraged to come along and try it out.



To contact Galway City OPC

T: 091 536461 E: agefriendly@galwaycity.ie

To contact Galway County OPC

T: 091 509128 agefriendly@galwaycoco.ie

GALWAY A NATIONAL TRANSPORT WINNER!

Galway County Council was honoured as a National Award Winner at an Awards Ceremony on 7th November to celebrate age friendly initiatives across the World Health Organisation Age Friendly Themes.

The Council's innovative project, the **Cnoc (Inverin) and Casla Bus Shelters**, won the overall national award under the **Age Friendly Transport Award** category, sponsored by the Department of Transport. The Age Friendly Transport Award category celebrates initiatives that enhance mobility for older adults, supporting them in reaching their desired destinations safely and conveniently. The Award Category recognises that access to high-quality and reliable transport options significantly improves the quality of life for older adults, helping them maintain their independence and active engagement with the community.

Having been nominated by the Roads & Transportation Unit, the competition Judges visited the project in September,

receiving a presentation on the project and meeting local residents who have been impacted positively by these vital infrastructural projects. The project was **recognised for its thoughtful planning and design of the bus shelters**, which specifically accommodate the needs of local people with disabilities and older adults. This was done by re-orienting the shelters to protect the users from the prevailing westerly winds and the **judges praised the Council's inclusive approach** and its meaningful impact on the local community which was demonstrated through the personal stories of local users.

The Council also worked closely with local residents and Elected Members, collaborating on elements such as land dedications to ensure the bus shelters were convenient to all local amenities and services, recognising that access to facilities is vital to 'ageing in place'.



Staff from the Roads & Transportation Unit & Community Department with Galway County OPC Member receiving the national transport award

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A MOMENT TO SHINE FOR OUR 27 LOCAL HEROES

Positive Ageing Week is a national campaign that highlights **the many positive aspects of ageing** and celebrates the **invaluable contributions of older people** to our lives and communities. This year, in Galway, 27 wonderful Local Heroes were honoured at an exhibition on the 1st of October in the Galway City Museum where each individual's photo was displayed. This was accompanied by a booklet featuring their photo and biography. County Mayor, Albert Dolan and City Mayor Peter Keane also presented each individual with a keepsake of their photograph.

The organising team, involving Cope Galway, Age Friendly Ireland Galway, Galway City Council, Galway City Partnership, Galway County Council and Galway Rural Development, would like to say a big **THANK YOU** to everyone who took part this year! Together, we were able to showcase the remarkable stories of our local heroes who inspire us with their resilience, generosity and commitment to **making Galway a better community for everyone**.

If you know someone who deserves recognition for their contribution to the community, be sure to nominate them for the 2025 exhibition!

POSITIVE AGEING WEEK 2024



SOME OF OUR GALWAY CITY LOCAL HEROES 2024



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POSITIVE AGEING WEEK 2024



Pictured on the left are members of the Positive Ageing Week **organising committee** with staff from Galway County Council, Galway City Council, Galway Rural Development, Galway City Partnership and Cope Galway.

Sincere thanks also to photographer **Mike Shaughnessy** for his wonderful photography for and at the exhibition



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FREE INFORMATION SESSIONS IN THE CITY AND COUNTY



Three **“Putting your House in Order”** sessions have been arranged for Galway city and county, in partnership with the Irish Hospice, the Decision Support Service and Galway City Council. These sessions will provide important information for older people on planning legal, medical, financial, and personal affairs for the future. The Decision Support Service will be on-site to help attendees open an account on their portal (anyone wishing to do so should bring Photo ID and proof of address in the form of a recent bill).

Booking is essential as space is limited.

Wednesday 27th November

11.00am–2.00pm, Westside Library

Email: agefriendly@galwaycity.ie.

Call: 091 536400 and ask for the Age Friendly section.

Thursday 28th November

2.15pm–4.15pm, Church Gallery Ballinasloe

To book email agefriendly@galwaycoco.ie or

phone 091 509 636 / 091 509 160.

Friday 29th November

10.30am – 12.30pm, Courthouse Oughterard

To book email agefriendly@galwaycoco.ie or

phone 091 509 636 / 091 509 160.

INVITATION TO JOIN THE GALWAY CITY OPC!



**HAVE YOUR VOICE
HEARD**

Join Galway City's Older People's Council

Welcoming older people from Active Retirement Groups, Women's Groups, Men's Sheds, people from the Traveller Community, LGBTQ+ community, Migrants, Older People with a Disability, Older Carers and all walks of life!

FOR INFO CONTACT CIARA ON 083 0234390 OR CIARA@GCP.IE



Galway City OPC has representatives from all areas of Galway city - Galway City East, West and Central. The group is very interested in expanding its membership and welcomes people aged 55+ from all walks of life and who are enthusiastic about creating positive change for older people in Galway city.

The group meet approximately **once a month** on a **Wednesday at 2pm** in **City Hall**, taking a break during the summer.

If you would like to get involved please contact Ciara on 083 0234390 or ciara@gcp.ie or **091 536461** or agefriendly@galwaycity.ie.

QUESTIONS FOR YOUR GENERAL ELECTION CANDIDATES

With only a few days to go to the 2024 General Elections, we have a powerful opportunity to **advocate for real change in Galway**.

We are calling on YOU to question candidates on how they plan to address critical issues faced by many in our community—including homelessness, domestic abuse and supports for older people.

Your voice matters. By urging candidates to commit to addressing these issues, you will drive much-needed change for the families and individuals COPE Galway supports.

#ElectionAsks



COPE Galway

▶ **For older people:**

- ▶ Pass a law to index the state pension so that it is always at least equal to 34% of total average earnings.
- ▶ Implement policies to ensure all of us can age well in our homes and communities.
- ▶ Introduce a statutory homecare scheme and increase funding for homecare.

copegalway.ie



Supports for Older People:

Meals4Health and Community Catering – 091 700800
Community Support - 091 753402

Le Chéile
WESTSIDE CO LTD

 (091) 582146

 info@lecheilewestside.ie

LEARN **SMARTPHONE BASICS**

1:1

ONE-TO-ONE LESSONS:

Learn how to use your smartphone & get the best out of your phone.



SHOP FROM ANYWHERE:

Learn to shop online safely from your phone.



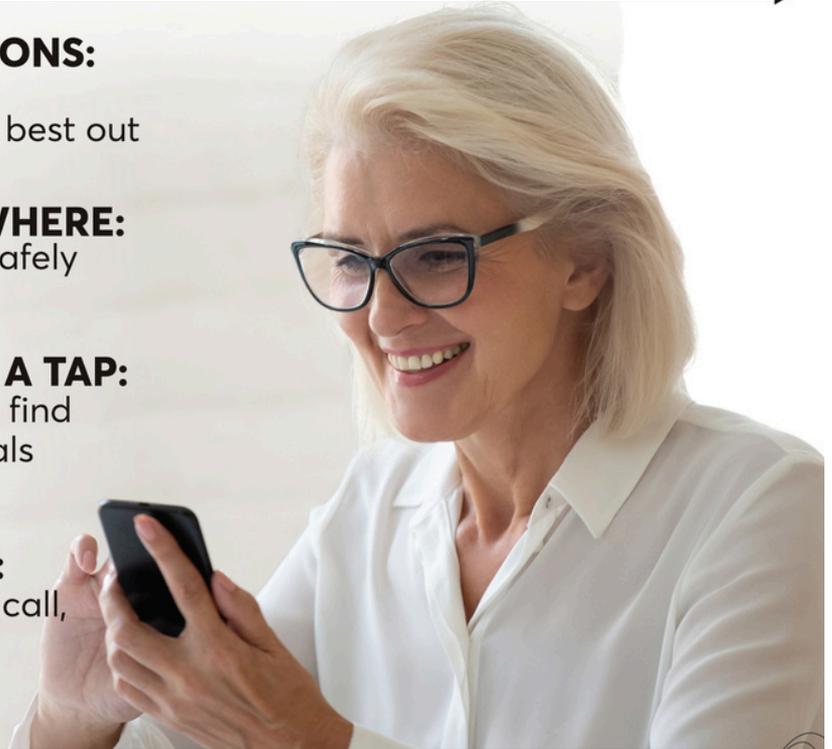
BOOK TRIPS WITH A TAP:

We'll show you how to find and book the best deals on flights and hotels.



STAY CONNECTED:

Easily message, video call, and share photos with loved ones.



Where can you find **Le Chéile**?

Le Chéile Westside Co. Ltd, Westside
Enterprise Centre, Bóthar Le Chéile, Galway, H91 YW25

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10 EURO PER HOUR
1-TO-1 LESSONS**

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Learn Smartphone Basics with Le Chéile Westside. One-to-one lessons for €10. Shop from anywhere, book trips with a tap, stay connected! To book your place call 091 582464 or email info@lecheilewestside.ie.

REDISCOVER THE MAGIC OF CINEMA AT ANY AGE!

Joe McGuire (member of Galway City OPC)

Silver Screen runs **every Friday** at the **Palas cinema**. If you are a senior citizen or close to it, for €6 you get a tea or coffee and if they haven't run out, a small pastry, as well as a film. Normally the film shown is a new release but sometimes we feature old classics which have been restored. The screening is open to younger people but they pay the regular rate.

The film screens at **12 midday**. Tea and coffee are available beforehand from around 11.30am. This is more than something for just film fans as it presents a chance to socialise with one's peers.

Our upcoming program is:

22nd Nov – Gladiator II

29th Nov – Housewife of the Year

6th Dec – Conclave



If you are interested, just turn up. If you'd like to receive an email with details about each week's film, send a mail to pjoe.maguire@gmail.com. Receiving the email will also give you the chance to vote for a film on those weeks where we are offered a choice.



HOMEMADE VEGETABLE SOUP

from www.croi.ie

Vegetables are an essential part of a healthy diet but also taste fantastic, especially when made into soup. This soup is very easy to make – even if you have never cooked.

Ingredients – Serves 3 Adults

- 1 medium onion
- 1 leek
- 2 medium sized carrots
- 2 sticks of celery
- 1 small turnip
- 1 clove of garlic
- 1 tablespoon of fresh parsley and thyme. You can use dried but fresh always gives a better flavour
- 1 tablespoon of olive oil
- 8g / ¼ oz. margarine
- 850ml / 1½ pints of vegetable stock

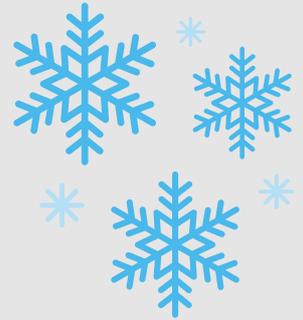


Method

1. Heat 1 tablespoon of olive oil and the margarine in a large saucepan
2. Chop the onion, carrot, celery, leek and turnip into small pieces, around 1cm cubes
3. Sauté all the vegetables in the oil for 10 to 15 minutes over a low heat, stirring occasionally
4. Then add the chopped clove of garlic, 1 tablespoon of herbs and 1½ pints of vegetable stock
5. Bring the soup to the boil and simmer for about 40 minutes
6. Taste it to see if it needs extra salt or pepper
7. You can eat the soup as it is or cook it for another 20 minutes and liquidise it to make a smooth soup
8. Add some chopped fresh parsley and serve

Stopping by Woods on a Snowy Evening

By Robert Frost

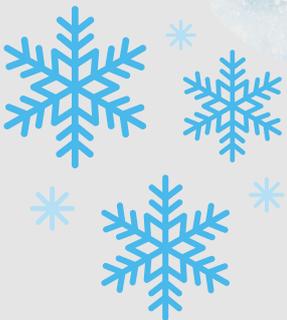


Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.



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Source: Collected Poems, Prose, & Plays (Library of America, 1995)

BE PART OF OUR NEWSLETTER!

HAVE YOU A POEM YOU WOULD LIKE TO SHARE?



**HAVE YOU A RECIPE YOU WOULD LIKE TO INCLUDE IN
OUR NEXT NEWSLETTER?**



**ALL CONTRIBUTIONS TO THE OLDER PEOPLE'S COUNCIL
NEWSLETTER ARE WELCOME!**

**CONTACT CIARA ON 083 0234390 OR CIARA@GCP.IE
WITH YOUR IDEA OR CONTRIBUTION!**

