



Kilkenny

Age Friendly County

ANNUAL REPORT 2017

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FOREWORD BY COLETTE BYRNE

Chair of Kilkenny Age Friendly Alliance

The Kilkenny Age Friendly Alliance is delighted to introduce its annual report for 2017. The report outlines the significant body of work undertaken in the first year of the Kilkenny Age Friendly County Strategy 2017-2022.

The ongoing commitment by all implementing partners, working collaboratively and with older people, to enhance the quality of life for older people in Kilkenny is clearly demonstrated in the report.

All implementing partners are acutely aware that life expectancy is increasing. There is therefore an ongoing need for service providers to create the environment to support active and positive ageing with regards to outdoor spaces and buildings, transportation, housing and housing supports, respect and social inclusion, participation in employment, civic and social participation, community supports, health services, communications and the sharing of information.

I welcome the ongoing provision of age friendly seating, footpaths and bus shelters, the provision of housing accommodation and adaption supports to 287 older persons, either in the form of direct provision of housing and improvements, or grants to older persons under the mobility aid, housing aid and other schemes to facilitate older persons remaining in their own homes. The continued involvement of older persons with Kilkenny County Councils Library, Heritage and the Arts services in the Bealtaine Festival and throughout the year is wonderful to see.

The Health Service Executive is to be commended for the provision of an Assisted Technology Hub in St Columba's Hospital, the introduction of the Geriatric Emergency Medicine Services initiative in St Luke's Hospital, the ongoing age friendly works undertaken at St Luke's Hospital and the establishment of the St Luke's Hospital Age Friendly Committee which includes representatives from Kilkenny Age Friendly Seniors Forum.

I also welcome the liaison between An Garda Síochána and public health nurses, homecare teams and doctors with regards to vulnerable older persons. The establishment, by An Garda Síochána, of local policing partnerships with local elected representatives and communities, is a new initiative and is to be commended.

I note the increasing role that the Kilkenny Age Friendly Seniors Forum is playing in influencing the planning, design and provision of facilities.

The contacts being made by the Carlow-Kilkenny Contact Be-friending Service with vulnerable older persons is increasing and their provision of 492 monitored alarms will provide re-assurance and safety to the older persons and families.

Kilkenny LEADER Partnership continues with its involvement in the Care and Repair service. Kilkenny Carlow Education and Training Board continues to provide digital skills training to older persons and the Alzheimer Society of Ireland continues to support clients to participate in dementia specific activities in their specialist day care centres.

Kilkenny Recreation and Sports Partnership's Men on the Move, Women in Sport, Get Ireland Walking Programmes and Pilates and Chair Based Exercises for older people are tailored to older persons needs.

I want to thank the Kilkenny Age Friendly Alliance and its many stakeholders for their commitment and support in implementing the strategy.

Colette Byrne
Chief Executive

SETTING THE CONTEXT

Growing Older in Ireland

The population of Ireland is ageing. According to the Department of Health by the year 2036 the number of older people aged 65 and older living in Ireland is expected to increase by 250%. For County Kilkenny this would mean that the older population of 11,690 in 2011 will increase to 29,225 in 20 years time.

It is important to remember however that ageing is not an illness. Evidence shows that it is possible to live longer with a good quality of life by developing healthy lifestyles and social capital in our families, communities and society. Making both cities and rural communities age-friendly is an effective local policy approach for responding to population ageing. The physical and social environments are key determinants of whether people can remain healthy, independent and autonomous long into their old age.

The World Health Organisation age-friendly cities guide highlights 8 themes that cities and communities can address to better adapt their structures and services to the needs of older people:

- Built environment
- Transport
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication
- Community support and health services

Kilkenny has been involved in this process of becoming an age friendly county since 2010, consulting across the county with older adults and developing a countywide strategy and action plan in response to needs identified during this consultation in relation to the 8 themes.

The Kilkenny Age Friendly Strategy 2017-2022 is the second Kilkenny Age Friendly Strategy and it follows the successful implementation of first strategy which covered the period 2011-2016. The Strategy was prepared following extensive consultation with Service Providers, the Kilkenny Age Friendly Seniors Forum,(formerly the Kilkenny Older Peoples Forum), the Age Friendly Alliance and is largely based on the findings and conclusions of the 2015 Health and Positive Ageing Initiative Report (HaPAI) for County Kilkenny, in which 500 older people participated. It was also influenced by “Memory Matters” – the Carlow-Kilkenny Community Dementia Project and by the strategic direction provided through the National Positive Ageing Strategy 2013 and Healthy Ireland – A Framework for Improved Health & Wellbeing 2013 - 2025.

STRATEGY OUTCOMES

The Kilkenny Age Friendly Strategy 2017-2022 was prepared and the actions were decided on so as to provide the following outcomes for older people.

- That older people may live in communities that provide recreation, leisure and services that are accessible and responsive to the well being of people of all ages.
- That older people have the necessary information and transport to access the supports and services they need.
- That older people have choice and the necessary supports to live in the home and community that feels the most safe and secure.
- That older people feel and be involved and influential, and be valued for their life experience, talents, and contributions.
- That older people have increased opportunities to engage and be engaged in social, cultural and recreational activities with people of all ages.
- That older people be informed and connected to what is going on in the county through a variety of media from word of mouth to modern technology.
- That older people be involved in civic, social and economic campaigns and fora that enhance quality of life and engagement in the community.
- That older people have improved local supports and services to help maintain mental, physical, social and emotional health and well being.

The Strategy contains 84 actions to be implemented over a period of 5 years by 10 implementing partners as follows:

- Kilkenny County Council
- Health Service Executive
- An Garda Síochána
- Kilkenny Recreation and Sports Partnership
- Kilkenny LEADER Partnership
- Kilkenny Age Friendly Seniors Forum
- The Kilkenny and Carlow Education and Training Board,
- Kilkenny Carlow Contact Be-Friending Service
- The Alzheimer Society of Ireland
- Kilkenny Age Friendly Alliance

REPORT FORMAT

This is the first annual report on the current strategy and covers the year 2017. The report outlines the key actions taken under the eight World Health Organisations headings in order to achieve the outcomes listed above.

SECTION { ONE }

**OUTDOOR SPACES
AND BUILDINGS**

1. OUTDOOR SPACES AND BUILDINGS

OUTCOME: *That older people may live in communities that provide recreation, leisure and services that are accessible and responsive to the well being of people of all ages.*

ACTIONS

PLANNING

- It is an aim under the Strategy that Kilkenny County Council ensures that Age and Dementia Friendly design and planning principles are embedded in all local authority planning and development. In 2017 the Planning Department prepared the Draft Castlecomer Local Area Plan. This was the first Local Area Plan to contain policies in relation to positive Ageing. This plan is due for adoption shortly. The following policy is included in the Local Area Plan:

5.1.2 Positive Ageing

HC5 *To promote Universal Design and Lifetime Housing in accordance with best practice and the policies and principles contained in Building for Everyone: A Universal Approach and Sustainable Residential Development in Urban Areas and its associated document Urban Design Manual: A Best Practice Guide.*

HCDMS 4 *To facilitate the development of housing for older people in order to improve the quality of living for our ageing population. Any new residential development should focus on complying with the Universal Design approach, so as to facilitate older persons' living.*

- Kilkenny County Council ensures that all Development Plan proposals and Planning Proposals requiring elected members consent are brought to the attention of the Alliance and the Seniors Forum. Both are invited to get involved in the process and make submissions from their perspective.
- The Kilkenny County Council Library Service regularly reviews and ensures all spaces across its eight branch network, mobile library and local studies service are accessible and barrier free.
- Collections of library stock in all formats are reviewed and invested in, to ensure the collection is timely and relevant to the needs of older people. Formats invested in include large print, audio books on CD as well as general book stock and newspapers

CAR PARKING

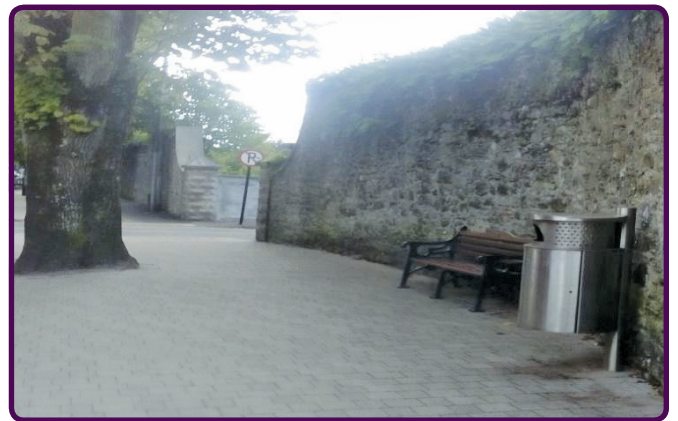
- Kilkenny County Council replicates the successful city initiative of Age Friendly Parking Spaces throughout the county with a focus on areas of need for older people to access, for example near pharmacies, shopping areas and post offices.
- In addition to the provision of age friendly car parking spaces in 2016 at St. Marys and St. Canices car parks in Kilkenny City, an additional two Age Friendly car parking spaces were provided at County Hall located adjacent to motor tax office early in 2017.
- More age friendly car parking spaces will be provided in 2018 through the Thomastown Age Friendly town initiative.



Age Friendly Car Parking spaces at County Hall.

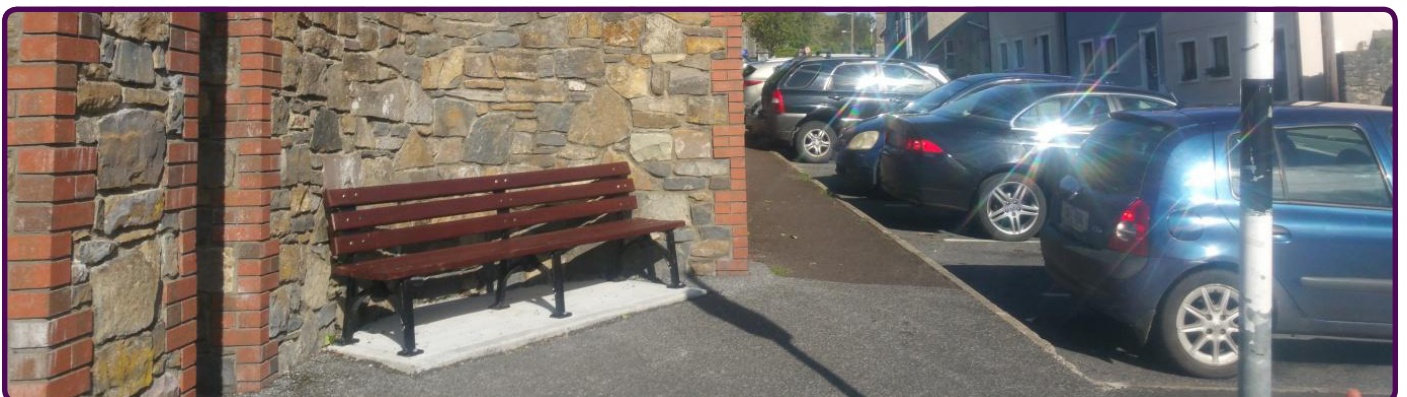
SEATING

- Kilkenny County Council continues to provide Age Friendly Seating through the provision of new seating and the retrofitting of existing seating.



Age Friendly seats at the Castle road Kilkenny City, one at the doctor's surgery, one beside the tourist kiosk and near the Castle gate at the bus stop.

- A new seat has been provided on Chapel Lane, Thomastown on the steep hill on the way to the Church



Age Friendly seat at Chapel Lane Thomastown

- The lack of seating in Mooncoin Graveyard was an issue for older people who could not stand for long periods. An Age Friendly Seat was constructed by the Kilkenny Men's Shed in Mooncoin Graveyard. This upcycling project was funded by the County Council under a waste prevention grant.



Mooncoin Graveyard Age Friendly Seating.



Age Friendly Seating in Woodstock Gardens (Victorian Style)

- New seating has been installed in Woodstock Gardens – it’s Victorian in style and in keeping with the gardens’ character. Older people were asking for more seats for these expansive gardens.

FOOTPATHS

In 2017 Kilkenny County Council provided a number of footpaths to an age friendly specification:

- Footpath repair and amenity area at James Green,
- Improvements in some older housing estates in the City - Riverview Loughboy, New Orchard and Old Newpark,
- Linking Kilkenny City on the N10 Waterford Road out to Foulkstown cemetery,
- Riverview Estate, Castle Road Kilkenny and Patrick Street, Kilkenny,
- In Ballyhale, as part of village renewal scheme linking the school to the community centre,
- A pedestrian crossing has also been provided at the existing crèche, as part of the works in Ballyhale.



Age Friendly footpath & pedestrian crossing at Ballyhale.



Footpaths & traffic calming measures at Danesfort.

- A new footpath and traffic calming measures have been provided in Danesfort, County Kilkenny. The new footpath serves the church, the homes for the elderly, the graveyard, the community centre, the GAA pitch and the national school.
- The N76 Callan Road Realignment Scheme entails the realignment of a 3.5 km section of the N76 from the proposed Western Bypass section of the Kilkenny Ring Road to a proposed tie in to the existing N76 in the townland of Brownstown. Elements of the proposal include:
 - * New public lighting from the Callan Road Roundabout to Tinnypark
 - * New Footpaths from Callan road Roundabout to Tinnypark
 - * New Pedestrian crossings at SOS and near Callan Road Roundabout

PUBLIC LIGHTING

- As part of the the Streetlight Public Lighting Retrofit Scheme 2017 Kilkenny County Council replaced 1,300 orange sodium lights with new LED white lights in 29 different locations in Kilkenny City and County.
- The change from Orange light to White light has several advantages. The first is the brighter more defined white light. This LED light is directed where most needed and therefore is a better quality of light. Footpath and cycle ways are more pronounced following the upgrade.
- A second advantage in a city centre context is the enhanced resolution when working with CCTV cameras. The white light enables number plates to be easily read from CCTV footage. This has a known advantage to all members of society including older persons
- An advantage to housing estate lights is the maintenance factor. The new LED lights have a life time of over 10 years and should never fail within that time.



New Public Lighting poles installed on Lovers Lane and New Pedestrian Crossing and Footpath installed on Lovers Lane at the Fen.



Dublin Rd Kilkenny (Before)



Dublin Rd Kilkenny (After)

BUS SHELTERS

- The Council is also committed to providing Age Friendly bus shelters at appropriate locations.



Bus Shelters were provided at the Square Castlecomer, Glenmore Hill, Slieverue, and Mullinavat. A further eight age friendly bus shelters will be provided in 2018.

OUTDOOR GYM



A new outdoor gym was installed in the River Nore linear Park.

AGE FRIENDLY HOSPITALS COMMITTEE

- The St Luke's General Hospital Carlow-Kilkenny Age Friendly Hospitals Steering Group was established in June 2016 to develop and implement age friendly improvements. Its members include staff from the hospital and community and key groups who share a common commitment to make St Luke's more accessible and welcoming for older people.
- The St Luke's Age Friendly Hospitals Committee is represented on the Age Friendly County Alliance. Members of the St Luke's Committee – John Coonan, Mary O'Hanlon, Brede Murphy, Murty Brennan and Joe Butler - are also active on the Kilkenny Seniors Forum and Carlow Older Persons' Forum.



Pictured above are representatives from Age Friendly Ireland, St Luke's General Hospital, Carlow Older Persons' Network and Kilkenny Seniors' Forum at the inaugural meeting of the St Luke's General Hospital Age Friendly Hospitals Committee.

- The Committee arranged for a number of audits to be carried out in 2016 and 2017 including:
 - * Walk ability Survey – September 2016
 - * Carlow Focus Group – December 2016
 - * Kilkenny Focus Group – December 2016
 - * Transport Survey – January 2017
- An Action Plan was developed for the hospital relating to the physical environment and the following initiatives were completed relating to outdoor spaces and buildings,
 - * Two Age Friendly parking spaces were introduced in the main hospital car park close to the North (main) Entrance,
 - * Electronic signage was installed at the hospital entrances,
 - * Additional beam seating was installed along the corridors to accommodate older people who may find the new link corridors long,
 - * Two soft armchairs were installed in the Emergency Department for older people,
 - * New Signage was provided



One of the groups participating in the Walkability Study in St. Luke's in September 2016.

- The Tús Programme, which is availed of by Kilkenny LEADER Partnership, continues to be an important contributor assisting in the running of community facilities and delivery of services to older people.

SECTION { TWO }

TRANSPORTATION

2. TRANSPORTATION

OUTCOME: *That older people have the necessary information and transport to access the supports and services they need.*

ACTIONS

BUS AND TAXI SERVICES

- Kilkenny County Council continues to provide an annual financial contribution towards the Ring-a Link rural bus service.
- St Luke's Hospital liaised with Kilkenny County Council on the provision of a bus stop within hospital grounds as part of the new Kilkenny City bus service.
- In addition, the Kilkenny Age Friendly Seniors Forum also worked with St. Luke's General Hospital as part of the Age Friendly Hospital Steering group in undertaking a transport survey of patients attending their outpatient departments to determine the need for public transport within the city and in particular from the bus and railway station.
- A Transport Survey highlighted the need for a public bus service link between MacDonagh Railway Station and St Luke's General Hospital.
- A drop off area for taxi's and patients/visitors was provided at St Luke's Hospital.



New drop-off area in front of North Entrance at St Luke's

- Kilkenny Age Friendly Seniors Forum advocate on behalf of older people for the provision of a public transport city bus service . It engaged with the National Transport Authority and it commissioned an extensive petition of support for the establishment of this service. It also held meetings with the Mayor and Director of Services of Kilkenny County Council.
- As part of the strategic planning group on transport the Forum has advocated on behalf of those people living in rural areas for the provision of a bus service including Ring A Link. A bus route mapping exercise was completed with Kilkenny County Council.
- The Forum continues to afford Kilkenny County Council support in realising its planned phased structured public service for Kilkenny City and county.
- The Forum participated with Kilkenny Recreation and Sports Partnership (KRSP) in the Back to Bike programme and was successfully completed and promoted at its Annual Conference In October 2017.
- The Forum has also worked with St. Luke’s General Hospital, McDonagh Junction and Kilkenny County Council in highlighting the need for designated parking for older people in close proximity to services in many areas throughout the city and county.
- Kilkenny LEADER Partnership, through its engagement process with stakeholders, including a planned Think Tank and Conference, hope to support the full assessment of a flexible community based integrated rural transport programme. Subject to the findings of this consultation and conference the Partnership may support the investigation and delivery of a rural transport service focused on identified areas of need.
- In 2017 Kilkenny Leader Partnership supported the delivery of the iRoute Conference in June which was aimed at the promotion and achievement of sustainable and ‘best in class’ transport systems for the Kilkenny region, and will provide a platform where the integration in transport provision for Rural Ireland can be explored. An outcome of the conference was the commissioning of a Comprehensive Mobility Plan for the county of which older people should be significant beneficiaries.
- Quite a number of Older Adults joined the Kilkenny Recreation and Sports Partnership’s Get Back on Your Bike cycling spins. This programme is aimed at people who have a bicycle and perhaps have not cycled it for some time. This programme was offered in April and again in July. Many of the April group progressed to the Couch to 40k group.



- The Couch to 40k Cycling programme organised by Kilkenny Recreation and Sports Partnership (KRSP) enabled people who are cycling a little bit to progress their endurance to being able to cycle 40k. Some of the older adults who completed the programme cycled on KRSP’s Castle to Castle (Kilkenny Castle to Shankhill Castle, Paulstown) 40k event. This event is one of the flagship Bike Week events.

SECTION { THREE }

HOUSING

3. HOUSING

OUTCOME: *That older people have choice and the necessary supports to live in the home and community that feels the most safe and secure.*

ACTIONS

- In 2017 Kilkenny Seniors Forum, accompanied by Kilkenny County Council staff, undertook a site visit to McAuley Place, Sallins Road, Naas, Co. Kildare to view the modern and technological advances housing scheme for older persons.
- Kilkenny County Council is committed to supporting the voluntary housing sector by advising and influence where possible on the best practice and location for any new proposed Supported Housing for older people. The Council is also committed to include an appropriate number of fully Age and Disability Friendly housing units in each new housing scheme, adopting the principals of universal design when designing new housing schemes, where feasible and appropriate and subject to funding.



Site visit to McAuley Place, Sallins Road, Naas, Co. Kildare

- A design brief was prepared for the Council's Housing Department using housing guidance for older people future perspective as prepared by Age Friendly Ireland in 2015, the Centre for Excellence in Universal Design (CEUD) current document Universal Design of Homes and the findings from the Council's site visit to Great Northern Haven in Dundalk and McAuley Place Naas. Such guidelines are being utilised in the tender process for new housing projects carried out by the local authority.

- 26 Older persons were allocated houses in 2017- 11 of them were allocated Local Authority houses and 15 were allocated Parish houses by approved housing bodies at the following locations: Owning Care for the Elderly, Thomastown Voluntary Housing, Colliery Christians Voluntary Housing, St. Mary’s Voluntary Housing, St. Canice’s Voluntary Housing, Kilmacow Voluntary Housing, Switzer’ Voluntary Housing, Kilkenny, Windgap Voluntary Housing and Bennettsbridge Voluntary Housing.
- 261 Older Persons homes were adapted to meet their housing accommodation needs in 2017 as follows:
 - * 69 Housing Adaptation Grants were processed and paid by Kilkenny County Council
 - * 24 Mobility Aid Grants were processed and paid,
 - * 168 Older persons over 65 years of age received assistance under the Housing Aid for Older Persons Scheme.
- Kilkenny LEADER Partnership will continue to take referrals from Public Health Nurses and Community Welfare Officers to deliver the Housing Aid Scheme to assist older identified adults and other vulnerable groups with the maintenance of their home. All services are provided by “Trusted Tradesmen” on a referral basis that are Garda Vetting and approved.



Gaol Rd Housing (After)



SECTION { FOUR }

**RESPECT &
SOCIAL INCLUSION**

4. RESPECT AND SOCIAL INCLUSION

OUTCOME: *That older people feel and be involved and influential, and be valued for their life experience, talents, and contributions.*

ACTIONS

- In 2017 Kilkenny County Council Heritage Office continued to engage with and support communities and older people on a range of cultural heritage programmes, projects and services. The Heritage Office worked with over 100 volunteers on the Kilkenny Field Name Recording Project which has recorded over 8,000 field names to date. Two public meetings were held and a short film about the project was produced in 2017.
- Over 90 events took place in Kilkenny for National Heritage Week (19th – 27th Aug).
- 45 episodes of the “Moments with Monuments” radio series were aired on KCLR – based on the Heritage Offices survey of monuments around County Kilkenny.
- The Council Heritage Office provided advice and information on heritage topics including historic graveyards, placenames, oral heritage, artefacts, hedgerows and bridges.
- Carlow Kilkenny Contact Be-friending Service will continue to build relations in the community, targeting older adults who live alone and providing information to rural communities, isolated farmers and their partners, through the Irish Farm Family & Social Affairs Committee of the Irish Farmers Association (IFA).
- An Garda Síochána continue to liaise with Public Health Nurses to ensure vulnerable older adults are included in any crime prevention or other initiatives which would impact on their wellbeing and safety, identifying those at risk of abuse or neglect. An Garda Síochána formally met all Public Health Nurses and members of Home Care Team and members of An Garda Síochána visited Nursing Homes and Day Care Centres in Co Kilkenny during December 2017. It is anticipated that engagement will take place with Doctors in 2018.
- An Garda Síochána work to increase trust and confidence among older adults by lessening fear of crime, by developing and participation in pilot/test programmes including the Crime Prevention Ambassador or other programmes working with older people themselves. A visit to Kilkenny Garda Station was arranged in 2017.
- A programme with a focus on prevention was held in conjunction with Kilkenny Fire Service.
- A number of other programmes are in planning including a Crime Prevention Ambassador Programme, visits to Nursing Homes and other groups and establishing links with Religious Communities.
- The Alzheimer Society of Ireland committed to joining the Kilkenny Service Providers Forum and ensure that the voice of those living with dementia in Kilkenny is included through the participation of ASI linking with forum initiatives and projects. The Kilkenny Nurse Manager joined the Forum in 2017

- Many older adults in Kilkenny took part in the Monday night walk series, which is organised by Kilkenny Recreation and Sports Partnership (KRSP). The walks are guided by a walk leader and took place from Canal Square at 7pm. Similarly, many older adult men took part in Men on the Move groups in Goresbridge, Castlecomer, Thomastown and Kilkenny. Other communities have been approached to host similar programmes in 2018.
- Older adults in Kilkenny have the opportunity to take part in activity classes in Callan and Kilkenny which were organised by KRSP. These include Pilates and Chair Based Exercises in Callan, Introductory and Improver Swimming in the Ormond Hotel, Aqua Aerobics in the Newpark Hotel, Beginners, Improvers and Advanced Pilates in the Watershed with over 460 participants.
- KRSP piloted an older adult circuit training class in Kilkenny City which had 11 participants
- Ormond Hotel has now taken over the responsibility of organising and delivering aqua aerobic classes for older adults in Kilkenny City and these run in tandem with other KRSP older adult classes.



SOCIAL PARTICIPATION

5. SOCIAL PARTICIPATION

OUTCOME: *That older people have increased opportunities to engage and be engaged in social, cultural and recreational activities with people of all ages.*

ACTIONS

- Kilkenny County Council continues to support the Kilkenny Seniors Forum with grant aid to ensure that it can engage with its membership. The Council continues to provide office accommodation, supplies and assistance with administration and with the organisation of tasks.
- Kilkenny County Council's Arts Office continues to work within the community offering a wide range of programmes suited to older people, many of which have a high proportion of older persons attending including:
 - * **Open Circle Community Arts Collective** - Developing quality arts engagement for women in Kilkenny both through membership and outreach programmes. Open Circle promotes community participation and social wellbeing;
 - * **Core Membership** - In January 2017, twenty one new women received places on the project. New skills were shared and developed under the guidance of 7 Kilkenny based professional artists, who are all skilled and experienced in delivering workshops in a community setting.
 - * **Independent Groups** - The Open Circle House facilities are open to past members on a project by project basis through application, encouraging the formation of self-directed independent groups. A group of five past members created work to launch their first exhibition at St Luke's Hospital in Kilkenny.
 - * **AKA Arts Festival Exhibition 'Weight of Beauty'** - eighteen members exhibited their work as part of this festival.
 - * **Partnerships** - Open Circle continues to build on and develop our partnerships including Kilkenny/ Carlow ETB, St Luke's Hospital and KCAT Art and Study Centre.
 - * **Exhibitions** - The women at Open Circle attended many exhibitions throughout the year either individually or in small group, including The Butler Gallery, National Craft Gallery, VISUAL in Carlow and Kilkenny Arts Office
 - * Following the success of writing workshops in 2016 creative writing workshops were hosted at the Open Circle house.
 - * **Culture Night** - 32 participants engaged in a paper cutting workshop in September and seventeen attended in November.
 - * **The Consuming Project** was a creative community collaboration that explored society's relationship with fashion and culminated in 'Buy Me' a site-specific theatre presentation and installation of textile work in June 2017. Past and present members took part

- * **The Memory Dolls Workshops** (part of the Consuming Project) – sixteen women worked with Textile artist Deirdre Harte creating Memory Dolls



- * **Publications** ‘Three new publications were produced in 2017.
 - > A fold out booklet documenting the Sewcialising 2016 outreach project.
 - > Open Circle Arts 2016 which documented the 2016 projects through photographs of work in progress and finished pieces interspersed with quotes from the women themselves.
- * Ink Book ‘Womanrise’ Working with Artist/Facilitator Saturio Alonso, the women created a sequential narrative of their own preoccupations using the medium of ink.
- * **Literature programmes** focus on ensuring a balanced approach to development and progression across the city and county and is inclusive of all age groups.
- * **The Kilkenny Poetry Broadsheet**, which gives local writers a platform for their work.
- * **Literary workshops.** As part of support to writers across the county the Arts Office in partnership with the Library service runs a diverse range of literary workshops covering creative prose, poetry, short story writing and publishing
- * **Bealtaine commission**-A new partnership project with the Bealtaine National Office and the Arts Offices of Wexford and Waterford commissioning an artist to work with communities across the three counties and to produce work for exhibition in May 2019 for Bealtaine celebrations.



- The Health Service Executive worked in partnership with the National Dementia Office to map existing services within Carlow / Kilkenny and the wider Community Health Organisation 5 area (Carlow, Kilkenny, Waterford, Wexford and South Tipperary).
- The HSE delivered a 2 day education programme on Safeguarding Vulnerable Persons at Risk of Abuse in Nov/Dec 2017 to Community Nurses and Home Helps in conjunction with An Garda Síochána and voluntary agencies. The Public Health Nurses continue to liaise with Gardaí to ensure vulnerable older adults are included in any crime prevention plan.
- Representatives from Social Inclusion and the Traveller Community Health Programme are part of the hospital's Patient Partnership Forum.
- The HSE promotes and empowers older persons to remain socially engaged within their own community through existing structures, processes and networks on an ongoing basis. Specifically, Health Promotion within the HSE has delivered a "Taking Stock" course in Castlecomer Library.
- Kilkenny-Carlow Contact Be-friending Service has also worked in partnership with Health Promotion HSE, to complete an 8 week "Taking Stock" course for older adults in the Fr. McGrath Centre in Kilkenny City and a similar course is planned for 2018.
- The HSE is currently actively engaging with the Service Providers Forum to promote the roll out of the national advocacy programme, SAGE, into the community to ensure older adults have access to supports and information and an independent advocate volunteer who will support their independence and wellbeing. St Luke's General Hospital Carlow-Kilkenny has actively promoted the SAGE service among staff and patients through email to all staff, posters and leaflets left in public areas
- The Community and Acute services of the HSE continue to work collaboratively to facilitate timely supported discharges from acute/rehab settings.
- Kilkenny Age Friendly Seniors Forum (KAFSF) has ongoing regular engagement with the Public Participation Network office. KAFSF has representation on numerous groups- Thomastown Age Friendly Action Group, Kilkenny City Municipal District Areas- East and West, four Strategic Policy Committees, the Local Community Development Committee (LCDC) and the Joint Policing Committee (JPC).
- Kilkenny Age Friendly Seniors Forum (KAFSF) also undertakes public engagement meetings throughout the city and county including with Residence Associations.
- Kilkenny Age Friendly Seniors Forum (KAFSF) participated at Kilmacow Area Public Information day.
- The Kilkenny and Carlow Education and Training Board's Community Education department supported Active Retirement groups in Urlingford, Stoneyford, Kilkenny City, Ballyragget, Inistioge and St. Columbus Hospital, Thomastown in supporting courses such as Healthy Eating, Mindfulness, Flower Arranging and Art Classes. It is the intention of Community Education to support these and similar groups again in 2018.
- In 2017 170 learners aged 65 and over participated in the community education programme which represents 22% of total Community Education Student population. This was an increase from 105 learners (10%) from 2016. Each group seeks funding for a course that suits the needs of their own group and are facilitated with a tutor.
- Community Education works closely with Kilkenny Library Services which provide classes countywide.
- Kilkenny Carlow Contact Be-friending Service currently runs a monthly Afternoon tea dance in conjunction with the Fr McGrath Centre and increasing numbers of older persons are attending.

- The Alzheimer Society of Ireland Kilkenny supports their clients to participate in a number of dementia specific activities in their specialist day care centre, in particular:
 - * Intergenerational activities; The Village Day Care facilitates the placement of 2 St Kieran’s College students for the academic year. It gives the students practical knowledge into how the day care service works and an overview of Dementia and physical/psychological effects of the disease, allowing the students to interact and understand the person with dementia.
 - * The Village Day Care facilitates placement of nursing students from the Ormonde College, giving the students practical experience and learning.
 - * Volunteers from the community facilitate music sessions and help in garden maintenance. The clients enjoy the interaction, as do the volunteers.
 - * Health and Harmony interaction with the National Concert Hall which facilitate sessions every fortnight in the centre.
 - * Butler Art Gallery have commenced a 6 week project providing practical and visual art therapy, one a week.
 - * The Kilkenny Nurse Manager has provided information sessions in schools regarding Dementia and the Services provided by the Alzheimer Society of Ireland.
- A regional Go for Life Games was held in Kilkenny on 9 March 2017 with 32 participants from Kilkenny, 16 from Carlow and 16 from Waterford. CBS students who completed the Sports Leaders course with Kilkenny Recreation and Sports Partnership (KRSP) assisted on the day. 33 Kilkenny older adults travelled to the Waterford Institute of Technology Arena to take part in another Go For Life Inter-county day on December 2nd.
- Go for Life Games are delivered on a weekly basis in the Watershed for older adults. A Kilkenny team were represented in the National Go for Life Games in Dublin in June 2017 with the team formed from a call to all older adults involved in KRSP programmes and older adult groups in Kilkenny. Over 300 older adults took part in the games, which has grown from year to year. One of the Kilkenny team (Michael Byrne, front left in photo below) received ‘Spirit of the Games’ award.



SECTION { SIX }

**COMMUNICATION
& INFORMATION**

6. COMMUNICATION AND INFORMATION

OUTCOME: *That older people be informed and connected to what is going on in the county through a variety of media from word of mouth to modern technology.*

ACTIONS

- Kilkenny County Council's Library Service continues to serve as an information hub for age friendly matters and as a touch point within communities for older people.
- The Library Service provides a range of digital services and opportunities which supports older people to feel connected and part of the digital age. These include:-
 - * regular free internet classes for beginners in partnership with Age Action and "Digitise the Nation"
 - * regular drop in technology classes for anyone seeking assistance to use mobile phones/tablets
- Health Promotion worked with the Citizens Information Centre to update the KK Kids and Life book to incorporate activities and information contained previously in the Over 50s Directory. This new booklet will be published in February 2018.
- An Garda Síochána has produced location specific crime prevention advice and has made it available through the County and Branch Libraries
- An Garda Síochána is in the process of establishing an Age Friendly Support Office and it is expected to be open in Quarter 1 2018. The Support Office will become a one-stop-shop for information, enquires and a place where members of the public can visit to discuss their concerns and suggestions.
- An Garda Síochána has established a Victims Assistance Office to work with older victims of crime to minimise effects of events including providing information about Victim Assistance and other local services.
- An Garda Síochána continue to use its Weekly Crime Slot on local radio to inform older adults on at least one older persons issue including driving conditions, behaviours towards older drivers and other areas of interest.
- An Garda Síochána continue to support other Alliance Members, the Kilkenny LEADER Partnership, HSE, Public Health Nurses and other Community Development Agencies at a local level to support rural community development through visiting and supporting planned pop-up and community ventures.
- An Garda Síochána has an Older Persons Champion to continue to collaborate with other Alliance Members in "Town Hall" style community forums to provide accessible community policing which is specific to communities who may have different needs. The Older Persons Champion is a contact point for older adults and their groups.
- Local Policing Partnerships are being established. Consultation has been undertaken in a number of locations including Freshford, Stoneyford, Goresbridge, Ballyragget, Callan and Mullinavat.
- Kilkenny Recreation & Sports Partnership use local media (newspaper and radio), parish newsletters, social media, emails and text to disseminate information to the Older Adult population in Kilkenny.
- KRSP also engage with key stakeholders to enhance communication channels such as the Age Friendly Alliance, Family Resource Centres and Community Organisations.

SECTION { SEVEN }

**CIVIC PARTICIPATION
& EMPLOYMENT**

7. CIVIC PARTICIPATION AND EMPLOYMENT

OUTCOME: *That older people be involved in civic, social and economic campaigns and fora that enhance quality of life and engagement in the community.*

ACTIONS

Kilkenny County Council's Library service offered a broad range of age-friendly inclusive programmes supporting older people to enjoy an active role in their local community. This involved participation in both local and national festivals which provided older people opportunities to develop new skills including:

- * an extensive programme of over 70 events as part of the national Bealtaine Festival (which is an Age and Opportunity initiative celebrating arts and creativity as we age) with over 600 older people attending events during May 2017. Bealtaine was supported by Creative Ireland Funding and partnered alongside Kilkenny Age Friendly Seniors Forum.
- * regular local programming includes knitting and craft sessions, art groups, book clubs, creative writing groups, Irish and French conversation groups.
- * opportunities to participate and attend events/workshops as part of National Heritage week, Culture Night, National Poetry Day, National Aontas Festival and much more.



Intergenerational initiative with Age Action and Duiske College Computer Class at Graigueenamanagh Library.

- Kilkenny County Library Service hosted a unique initiative that saw the coming together of young and old, the young as tutors and the older as students with the “Age Action getting Started Computer Training programme”.
- Transition year students from Duiske College acted as tutors for the older participants and guided them through any problems they were having with their smart phones and tablets, answered any questions they had and allayed any fears they had around technology. The results were amazing; there was a great bond between tutor and mentor with advice and stories going back and forth over the 6 weeks. This initiative will be held again in 2018.
- Kilkenny Age Friendly Seniors Forum held its Annual Conference for older people in the Ormonde Hotel with guest speakers, Alzheimer Society of Ireland, St. Luke’s Hospital Age Friendly project update, KRSP, McDonagh Junction Age Friendly Shopping Centre and Services update, SAGE Ireland Support and Advocacy Service for Older People and others. The 2017 event was well attended by both members of the Forum and service providers. Older People Service display stands were also present. The event was very successful.



Delegates at the Kilkenny Age Friendly Seniors Forum’s Annual Conference.

- The Kilkenny Seniors Forum engaged with the HSE in organising a public day seminar on Integrated Health Care on 21st April 2017.
- The Forum also engaged with the Library Services in the provision of a Seisiun Specialta at the Home Rule Club as part of the Bealtaine Festival.
- It also participated in and had an information stand at the Volunteering Expo at McDonagh Junction.
- Kilkenny Age Friendly Seniors Forum continues to have an active engagement on the Kilkenny Age Friendly Alliance.
- Kilkenny LEADER Partnership continues to deliver enterprise supports through the Rural Development Programme and the Social Inclusion Community Activation Programme. Inter-generational family enterprise can be observed seeking supports for expansion.
- Digital Skills for Citizens training programmes are being rolled out throughout the county, with particular emphasis on the older members of the farming community.
- Kilkenny LEADER Partnership will promote their new Volunteering Ireland service with a view to promoting the social and varied benefits of volunteering. Through their planned Townlands Heritage Tourist Initiative it is expected that older adults will have the opportunity to engage and be included with local community heritage programmes recording and conserving their natural, cultural and build heritage assets to promote community sustainability and rural tourism.
- In 2017 - the Volunteer Information Service (VIS) had four groups which work closely with older adults, Kilkenny Carlow Contact, Mount Carmel Callan, Kilkenny Age Friendly and St Luke’s Hospital. The service is eager to target older people for volunteering activities and for organisations and groups looking for volunteers. Currently, approximately 13% of the VIS volunteers are over 65.

SECTION { EIGHT }

COMMUNITY SUPPORT & HEALTH SERVICES

8. COMMUNITY SUPPORT & HEALTH SERVICES

OUTCOME: *That older people have improved local supports and services to help maintain mental, physical, social and emotional health and well being.*

ACTIONS

- The HSE continue to support Older Persons to remain in their own homes by providing a Public Health Nursing service, Home Help and Home Care Package service.
- In 2017, 274,632 Home Help hours were delivered by the Health Service Executive either directly or indirectly by voluntary organisation or private providers funded by the Health Service Executive.
- In addition to this 189,242 hours were provided through the Home Care Package Scheme (packages of more than 10 hour per week). Of these, 173 were new clients.
- 1,658 clients, in total availed of Home Help and Home Care Packages in 2017. This service is critical to support independent living and the training of Home Helps and those who provide the service through voluntary organisations is ongoing.
- In 2017, the HSE employed 4 Clinical Nurse Specialists (one for Chronic Obstructive Pulmonary Disorder/ Asthma, two for Heart Failure, and one for Diabetes). The aim being to provide support to GP practices in the management of these chronic diseases and reduce hospital admissions.
- Kilkenny Carlow Contact Be-friending Service currently provides monitored alarms to 492 older people. This includes 159 people over 65, who accessed alarms in 2017. It is intended to promote this service further in 2018.
- The Geriatric Emergency Medicine Service (GEMS) was introduced in St Luke's Hospital in 2017. It is a service which addresses frailty amongst all patients over 75 years who attend the Emergency Department.
- All those over 75 years of age receive a comprehensive assessments by a multidisciplinary team, comprising of medical and psychological assessment, physical function, social and environmental circumstances.
- The overall aims of GEMS are to reduce the numbers being admitted in co-ordination with family and community services, ensuring that patients have reduced length of stays, those discharged have the required supports, will have reduced re-admission rates through long term support and will continue to reside in their own homes where possible, for as long as possible.



Staff from the new GEMS ward pictured on the first morning of GEMS in September 2017.

- Although GEMS is in its early stages, the results are positive- the average length of stay for those over 85 years has reduced by 1.9 days
- In December 2016, a new Discharge Lounge was opened in St Luke's General Hospital Carlow-Kilkenny to facilitate earlier and planned discharges where patient information and documentation is provided.
- Predicted dates of discharge (PDDs) are documented for each patient on admission to the hospital and are reviewed each day which allows each member of the multidisciplinary team (medical, nursing, occupational therapists, dieticians, speech and language therapists etc) to plan their workload, link with Community Services and Primary Care where necessary, and prioritise patients according to their need and discharge date.
- Each of the initiatives outlined above has resulted in earlier, more focused, informed discharges for patients and better bed management planning in terms of discharges and admissions to wards.
- It is hoped to develop a Sensory/Dementia specific garden adjacent to the GEMS Ward in the coming year.
- The Kare Bears Project at St Luke's General Hospital Carlow-Kilkenny is now in its third year. The initiative is run in conjunction with Ossory Youth and Coláiste Pobail Osraí where Transition Year students visit the hospital each Friday and spend time with older people in the GEMS Ward and Medical 2, and children in the Paediatric Ward.
- The Kare Bears students, who are supervised at all times by Youth Leaders from Ossory Youth, sit and chat to older people, play music for them, play cards, accompany them for short walks etc.
- The Kare Bears students also provide Carol Singing in the hospital at Christmas time and carry out Random Acts of Kindness in the hospital at other times of the year.
- Feedback from patients, hospital staff, Ossory Youth staff and the Transition Year students has been extremely positive.



Transition Year students from Colaiste Pobail Osraí who are participating in the Kare Bears Project at St Luke's General Hospital Carlow-Kilkenny, pictured with Ossory Youth Leader Rebecca Carbery during their Induction Training Day

- "Engage" training was delivered by HSE Health Promotion staff in Kilkenny in September 2017 to 14 participants on the "Engage" Men's Health programme which builds capacity for health professionals and community workers to work with men in relation to health and social issues
- The HSE's Mental Health and Wellbeing Nurse for Travellers continued to promote positive mental health and well being and better access to health service provision for Travellers over 55, who need additional supports for their mental health, in association with the Kilkenny Traveller Community Health Project and the Travellers Men's Health Project.

- The HSE continued to work on a Traveller Specific Chronic Conditions Programme with the Kilkenny Traveller Community Health Project and the Travellers Men’s Health Worker with the development of a Traveller Health Chronic Conditions training manual covering asthma, Type 2 Diabetes, national screening programme, substance misuse and mental health to promote better health and wellbeing among Travellers over 55 in Kilkenny.
- The HSE has established an Assistive Technology Hub at St Columba’s Hospital Thomastown and are promoting the use of Assistive Technology for Older Persons to remain living at home through Primary Care Networks.
- An online and blended learning training programme is currently being developed to support healthcare professionals to implement the Making Every Contact Count (MECC) programme as part of their routine interaction with patients. MECC is an approach to behaviour change that uses the thousands of day to day interactions that the HSE and other organisations have with people to encourage behavior change and have a positive effect on health, such as smoking cessation and alcohol reduction. This training programme will be fully developed and available from the end of quarter 1 2018.
- The St Luke’s Patient Partnership Forum meets four times per year to discuss ways in which services can be improved upon in the hospital. The views of older people are represented on the Patient Partnership Forum by members of the Kilkenny Age Friendly Seniors’ Forum and Carlow Older Persons’ Forum.
- Kilkenny and Carlow Education and Training Board will collaborate with Kilkenny Leader Partnership regarding the roll out of Digital Skills classes in areas in County Kilkenny and a meeting has been scheduled with Kilkenny Recreation and Sports Partnership to plan to support them in their roll out of exercise classes to groups in County Kilkenny.
- Community Education works closely with Kilkenny Library Services which provides classes countywide.
- Kilkenny Fire and Rescue Service gave Fire Safety talks to Kilkenny City ICA, St. Mullins I.C.A, Danesfort Text Alert Group, Cashel Downs Text alert group, St. Johns Housing and Sycamore Residents.



- Kilkenny LEADER Partnership will encourage the sharing of rural community facilities and support the “campus” style community social enterprises which depending on facilities may include groceries, news agency, cafe and social service like home repairs, laundry and meals-on-wheels. These Community Shops and Social Services Initiatives will support declining rural communities and support older adults to remain in their communities.
- In 2017 Kilkenny LEADER Partnership initiatives/supports included;
 - * Support for the development of community shops
 - * Support through the Tús Programme for the ‘keeping open’ of community facilities and the delivery of community/voluntary services to older people.
 - * Delivery of Housing Aid Service

- Kilkenny Recreations & Sports Partnership collaborate with primary care teams (GPs and Physios) to identify people who are ready to progress from sedentary behaviour/disability/chronic illness or injury into physical activity. By working closely with leisure centres, KRSP has already established the pathways into different activities in the community and continues to build up the number of primary care centres and participants that are availing of this programme.
- Since the beginning of the year, the interest has exploded and there has been huge growth in the numbers referred from primary care teams across Kilkenny. There are currently 85 people availing of this programme.
- In 2017, Men on The Move programmes were rolled out in The Watershed for Kilkenny City, Castlecomer (Deen Celtic) and Thomastown (Thomastown United). KRSP also commenced a new programme in Goresbridge Community centre. Many men have taken part in parkrun, local 5k events and KRSP's Medieval Mile run as part of Yulefest. In 2017, 110 men took part in the Men on the Move programme.
- KRSP initiated Get Ireland Walking programmes in Kilkenny City, (15 approx.) Ferrybank (15 walkers), Callan (20 walkers) and Castlecomer (60). A targeted Get Ireland Walking programme was delivered in conjunction with the Community Mental Health Services. KRSP also continue to run a Monday Night Walking programme in Kilkenny City, reaching out to over 70 participants.
- The Women in Sport programme is provided to communities to activate and empower communities to create local opportunities for physical activity. The following initiatives for Older Adults were funded under the Women in Sport:
 - * MS Society South East -for physiotherapist led classes for people with MS
 - * Nore Dragon Paddlers -to organise Information days to increase current membership
 - * Tyndall Mountain Club -to train a group of female members
 - * Callan Golf Club -for Coaching/Equipment/Prizes
- The Swim for a Mile programme is a partnership between Kilkenny Recreation and Sports Partnership, Swim Ireland, Kilkenny Swim Club and The Watershed. It appeals to Older Adults and KRSP are hoping to add additional pool slots at quieter times to cater for the demand.



THOMASTOWN - AGE FRIENDLY TOWN

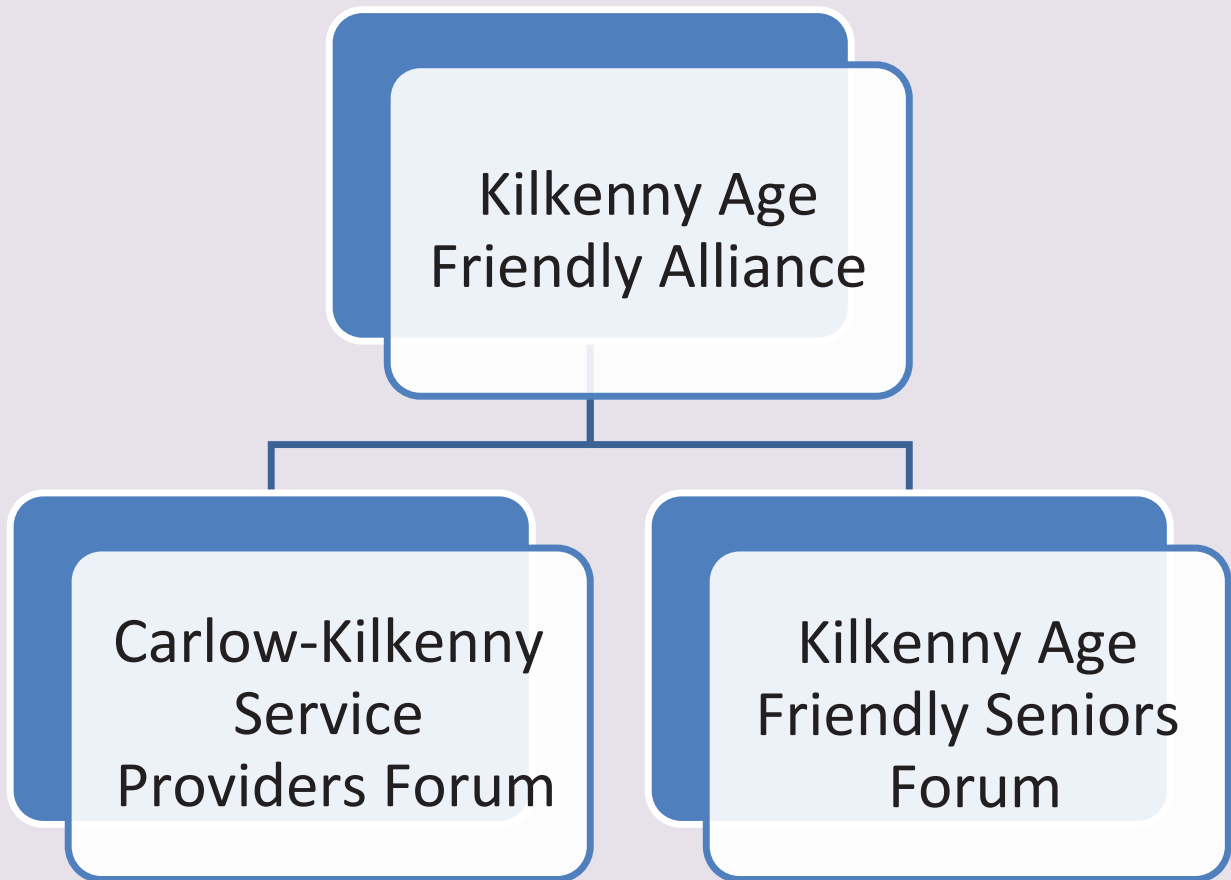
- Kilkenny County Council is committed to establishing Age Friendly Towns in each of its Municipal Districts, similar to the Age Friendly Town model developed in Callan in 2012. This bottom up/top down approach will expand the programme into more areas and will improve the two way communication between local and county structures.
- In 2017 the Thomastown Age Friendly Town committee was established.

The Committee comprise of the following representatives :

Majella Cunningham	<i>Health Service Executive</i>
Sergeant Ted Hughes	<i>An Garda Síochána</i>
Sergeant Catherine O' Gorman	<i>An Garda Síochána</i>
Brede Murphy	<i>Kilkenny Seniors Forum</i>
Anne McLoughlin	<i>Kilkenny Seniors Forum</i>
Emir Slattery	<i>Senior Executive Engineer, Kilkenny County Council</i>
Caitriona Bambrick	<i>Executive Planner, Kilkenny County Council</i>
Josephine Galway	<i>Health Service Executive</i>
Murey Healy	<i>Thomastown Community Network</i>
Christine Walsh	<i>Kilkenny Leader Partnership</i>
Breda Gardner	<i>Thomastown Community Network</i>
Lianne Kelly	<i>Municipal District Staff Officer</i>
Michael Delahunty	<i>Senior Executive Officer Kilkenny County Council</i>

- The Committee will undertake a series of analysis of information gathered and of surveys undertaken of the town's population, its assets and services to older persons.
- A walk ability survey will be undertaken to identify accessibility issues on the towns commuting routes.
- A series of consultations will also be undertaken with older persons and with service providers in Thomastown.
- Following the research and data gathering an Action Plan will be developed.
- It is intended to finalise the Action Plan by July 2018.

AGE FRIENDLY SUPPORTING STRUCTURES



KILKENNY AGE FRIENDLY ALLIANCE

The Kilkenny Age Friendly Alliance is a multiagency voluntary partnership that works closely with older people in Kilkenny to ensure that policies and plans reflect their needs. Meeting regularly throughout the year the Alliance holds the responsibility for the development and implementation of Kilkenny’s Age Friendly Strategy and manages its progress annually through the publication of their annual report, the preparation and implementation of annual work plans, the sharing of best practice and the exchange of information.

Members of the Kilkenny Age Friendly Alliance as at 1 December 2017

Name	Organisation
Colette Byrne	<i>Chief Executive, Kilkenny County Council</i>
John Coonan	<i>Chairperson, Kilkenny Seniors Forum</i>
Murty Brennan	<i>PRO, Kilkenny Seniors Forum</i>
Dominic Hayes	<i>Chief Superintendent, An Garda Síochána</i>
Anthony Farrell	<i>Inspector, An Garda Síochána</i>
John Hurley	<i>CEO, Kilkenny Chamber of Commerce</i>
Moira Duggan	<i>Kilkenny Leader Partnership</i>
Stephanie Lynch	<i>Health Service Executive</i>
Teresa Hennessy	<i>HSE Health Promotion</i>
Deirdre Dunne	<i>St.Lukes Hospital, Kilkenny</i>
Katherine Peacock	<i>PPN Development Officer</i>
Siobhan O’ Brien	<i>Kilkenny Carlow ETB</i>
Nicola Keeshan/Seamus Nugent	<i>Kilkenny Recreation and Sports Partnership</i>
Catriona Bambrick	<i>Kilkenny County Council</i>
Josephine Coyne	<i>Kilkenny County Council</i>
SUPPORTED BY	
Catherine Cooney	<i>Kilkenny County Council</i>
Michael Delahunty	<i>Kilkenny County Council</i>

KILKENNY AGE FRIENDLY SENIORS FORUM

The Kilkenny Age Friendly Seniors Forum was established back in 2010. The structure of the Forum was agreed by older people during consultation meetings and comprises of members from older peoples' groups and individuals.

The Kilkenny Age Friendly Seniors Forum represents the voice of the older people throughout Kilkenny. This voluntary group gives the opportunity for older people to share their concerns as older people living in their community and to work with key agencies and service providers to resolve these issues. The aim of the Forum is to ensure that Kilkenny is a great place to grow old in.

The Forum ensures that older people in Kilkenny participate in the decisions with agencies which affect their lives. It provides an active channel of communication between older people in Kilkenny, the Kilkenny Seniors Forum and the Age Friendly County Alliance which is an overarching group made up of statutory and non-statutory agencies that provide services to older people. It ensures that it represents the views of older people at local, regional and national level.

The Forum is currently looking for new members with a variety of skills and interests to continue to develop Kilkenny as a great place in which to grow old.

MEMBERSHIP IS FREE

The Kilkenny Age Friendly Seniors Forum may be contacted at

*Kilkenny Age Friendly Seniors Forum
42 Parliament Street
Kilkenny
Phone Number 056-7772787
Mobile 087-6218589
E mail agefriendlycounty@gmail.com*

CARLOW KILKENNY SERVICE PROVIDERS FORUM

Name	Organisation
Dr Mia McLaughlin	<i>HSE Consultant Old Age Psychiatrist</i>
Caroline Kennedy	<i>Alzheimer Society of Ireland</i>
Dr Emer Ahern	<i>HSE Consultant Geriatrician</i>
Teresa Hennessy	<i>HSE - Senior Health Promotion Officer</i>
Moira Duggan	<i>Kilkenny Leader Partnership</i>
Joan Doogue	<i>Manager St. Fiacc's House, Carlow</i>
Marian Manning	<i>St. Lazarian's Carlow</i>
Michael Delahunty	<i>Kilkenny County Council</i>
Karl Duffy / Annette Fox	<i>Carlow County Development Partnership</i>
Mary Farrell	<i>Sacred Heart Hospital, Carlow</i>
Neifinn Bolton	<i>HSE Occupational Therapist, Dept of Psychiatry of Later Life</i>
Edel Keogh	<i>St. Catherine's Community Centre, Carlow</i>
Wayne Fennell	<i>Carlow Older Persons Forum</i>
Margaret Moore	<i>Carlow County Council</i>
Catriona Bambrick	<i>Kilkenny County Council</i>
Betty Dewberry	<i>Kilkenny Age Friendly Seniors Forum</i>
Deirdre Watson	<i>Kilkenny Age Friendly Seniors Forum</i>
Mary Walsh	<i>Family Carers Ireland</i>
Aidan Fitzpatrick / Anthony Farrell	<i>Garda Síochána</i>
Josie Galway	<i>Director of Nursing, St. Columbas Hospital, Thomastown and Castlecomer District Hospital</i>
Agnes Noud	<i>Manager Carlow Day Centre</i>
Josephine Coyne	<i>County Librarian Kilkenny County Council</i>
Mary Colclough	<i>Carlow / Kilkenny Contact Be-friending Service</i>

