



Kilkenny

Age Friendly County
Celebrating Every Generation

ANNUAL REPORT 2019

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GLOSSARY

- CEUD** *Centre for Excellence in Universal Design*
- CGA** *Comprehensive Geriatric Assessment*
- CHO 5 AREA** *Community Health Organisation Area No 5*
- DCU** *Dublin City University*
- ED** *Emergency Department*
- GEMS** *Geriatric Emergency Medicine Service*
- GP** *General Medical Practitioner or Doctor*
- HAPAI** *Health and Positive Ageing Initiative*
- HI** *Healthy Ireland*
- HSE** *Health Services Executive*
- ICPOP** *Integrated Care Programme for Older Persons*
- KAFSF** *Kilkenny Age Friendly Seniors Forum*
- KCETB** *Kilkenny and Carlow Education and Training Board*
- KCLR** *Kilkenny Carlow Local Radio*
- KILKENNY LCDC** *Kilkenny Local Community and Development Committee*
- KLP** *Kilkenny LEADER Partnership*
- KRSP** *Kilkenny Recreation and Sports Partnership*
- LAP** *Local Area Plan*
- MECC** *Making Every Contact Count*
- NTA** *National Transport Agency*
- OPC** *Older Peoples Council*
- PAL** *Physical Activity Leader*
- PHN** *Public Health Nurse*
- PPN** *Public Participation Network*
- SICAP** *Social Inclusion Community Activation Programme*
- SAGE** *Support & Advocacy Services for Older People*
- TÚS** *A labour activation initiative for people who are long-term unemployed*
- WHO** *World Health Organisation*
- WRAP** *Wellness Recovery Action Plan*

FOREWORD BY COLETTE BYRNE

Chair of Kilkenny Age Friendly Alliance

Kilkenny Age Friendly Alliance is delighted to introduce this annual report which outlines the programme of work undertaken by all implementing partners in 2019-the second year of the Kilkenny Age Friendly County Strategy 2017-2022.

All implementing partners are acutely aware that life expectancy is increasing. The most recent Census of population (2016) highlights that the 65 years and over age group saw the largest increase in population since 2011, rising by 19.1% to 637,567. The census recorded 456 centenarians, an increase of 17.2% on 2011. Over half a million or 577,171 in this older age group lived in private households, an increase of 19.6%, while those in nursing homes increased by 1,960 to 22,762. The Census also shows that the proportion of children and young adults aged less than 25 years old was 33.2 per cent in 2016 and this has been steadily declining since the late 1970's when 47.9 per cent of the population were in this age cohort.

There is therefore an ongoing need for service providers to create the environment to support active and positive ageing.

The Health Services Executive is to be commended for its age friendly related services across its many departments and for achieving Age Friendly status for St. Luke's in 2019. The visit by Minister Jim Daly in July, 2020 was a very memorable day for all involved.

The second half of the Ministers visit was spent in Thomastown where the Age Friendly Plan for Thomastown was launched. This Plan followed months of work and consultation and will now guide agencies who carry out work on services over the coming year.

An Garda Síochána established its Age Friendly Support Office and its Victims Office and an extensive programme of town hall type information meetings were held across the city and county in 2019. It continues to provide advice and guidance through its weekly crime-slot on local radio. I want to thank An Garda Síochána for its work in lessening the fear of crime amongst our older population especially amongst those who are considered the most vulnerable in our society.

The Kilkenny Age Friendly Seniors Forum represents the voice of older people and ensure that voice is heard through its representatives on many structures Local Authority, Health and Policing structures and through its targeted inclusion of older people in social and participatory activities. The Forum now has 400 members. The report includes a summary of the very successful Kilkenny Age Friendly Seniors Forum Annual Conference, which was held on 31st October, 2019. The Annual conference was made all the more memorable by the attendance of Mary O'Rourke, who spoke of her experiences.

Kilkenny Chamber of Commerce championed, in Kilkenny City and County, the Age Friendly Business Recognition Programme which was launched in 2019. I want to thank Kilkenny Chamber of Commerce for leading on this programme and in particular Marion Acreman who brought her experience and knowledge of having achieved Age Friendly status for MacDonagh Junction Shopping Centre.

ALONE having established its presence in Carlow/Kilkenny in 2018 continued its work on the Befriending Service in 2019. This service is expected to be officially launching early in 2020.

The PPN continue to work across the City and County to ensure the voice of the older person is heard and influences policy and plans that impact on day to day life.

Kilkenny LEADER Partnership continues with its involvement through Housing Aid programme. It supports Men's Sheds and Community shops, both valuable services at local level and places for locals to meet and enjoy social engagements.

The need to keep active as we grow older is well recognised, and Kilkenny Recreation and Sports Partnership plays its role in this regard. It has collaborated with primary care teams (GPs and Physios) to identify people with chronic illness, injury or disabilities, who are ready to progress from sedentary behaviour into physical activity and have identified with older participants the best path for participation in a supported environment. KRSP has also provided chair based exercises for older adults and focussed activity programmes such as Men on the Move and Women in Sport programmes as well as nutritional talks. 2019 saw the Exwell Programme commence in the Watershed which is a great addition to services and programme already available.

The new Kilkenny Bus Service commenced in 2019. The routes were designed in consultation with and having regard to older persons needs. The feedback on the service has been very positive and the routes etc. will be kept under review. I would encourage the Older Persons Forum to feed back any issue they may have with the service.

I also welcome the ongoing provision by Kilkenny County Council of age friendly seating, footpaths and bus shelters, gym equipment and age friendly car parking spaces and the significant public lighting upgrade programme taking place throughout the city and county.

Supporting older persons housing needs is an important element of Kilkenny County Council's housing policy. In 2019 the housing needs of 292 older people were met through the provision of housing accommodation and adaption supports, 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.

Kilkenny County Councils Fire Service continues to promote fire safety in the home at community events and specifically through its home visits and smoke alarm installations.

The continued involvement of older persons with Kilkenny County Councils Library and the Arts services in the Bealtaine Festival and throughout the year is wonderful to see.

At national level the Shared Services, managed by Meath County Council, offers good support to the local programme and enables the sharing of best practice across all country in an efficient and timely manner.

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

2020 will mark the 10th anniversary of the Age Friendly Programme in Kilkenny and I look forward to the continued growth of the programme as it goes from strength to strength.

Colette Byrne
Chief Executive

SETTING THE CONTEXT

Growing Older in Ireland

The population of Ireland has been getting steadily older since the 1980's. In Census 2016, 37.2 per cent of the population were 45 years or older compared to 34.4 per cent in 2011 and 27.6 per cent in 1986. The proportion of children and young adults aged less than 25 years old was 33.2 per cent in 2016 and this has been steadily declining since the late 1970's when 47.9 per cent of the population were in this age cohort. Persons aged 25 - 44 years old made up 29.5 per cent of the population in 2016 down from 31.6 per cent in 2011.

The 65 years and over age group saw the largest increase in population since 2011, rising by 102,174 to 637,567, a rise of 19.1%. The census recorded 456 centenarians, an increase of 17.2% on 2011. Over half a million or 577,171 in this older age group lived in private households, an increase of 19.6%, while those in nursing homes increased by 1,960 to 22,762.

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**

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 are involved and influential, and are 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 eighty four actions to be implemented over a five year period by ten 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 (Now ALONE)**
- **The Alzheimer's Society of Ireland**
- **Kilkenny Age Friendly Alliance**

Kilkenny Chamber of Commerce is also represented on the Alliance and it worked with the business community to develop the Age Friendly Business Recognition Programme for Kilkenny City and County, launched in 2019.

Kilkenny Public Participation Network is also represented on the Alliance. It developed the Kilkenny Access for All Strategy 2018-2021. The programme works with people of all ages who have disabilities, with local businesses, with Kilkenny County Council and community groups to support universal access for all including older people.

REPORT FORMAT

This is the third annual report on the current strategy and covers the year 2019. The report outlines the key actions taken in order to achieve the outcomes listed above.



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

- The Thomastown Age Friendly Town initiative was launched in 2019. A comprehensive account of the initiative is outlined later in this report.
- In 2019 Trail Kilkenny in collaboration with Kilkenny County Council developed a looped walk in Woodstock and also begun the process of exploring a 6 km walk in Castlecomer.
- **Official opening of the Harristown Pocket Park in Graiguenamanagh.**
In Graiguenamanagh, on Thursday the 19th of December, local people gathered for the official opening of the towns newest public space 'The Harristown Pocket Park' by the Cathaoirleach of Kilkenny County Council, Peter 'Chap' Cleere.

The new Pocket Park which adjoins Fairview Housing Estate and the Borris Road was delivered under the Department of Communication, Climate Action and Environment 2019 Anti-Dumping Initiative Programme.

The works consisted of both hard and soft landscaping which incorporated age friendly seating. The focus of the planting is pollinator friendly and a wildflower area will be planted in Spring to compliment the works already completed to-date.



PUBLIC LIGHTING

- A significant public lighting improvement programme continued to be provided throughout Kilkenny City and County. In 2019 1,005 public lights were upgraded, as part of the retrofitting program, at 84 different locations, including Kilkenny City, Hugginstown, Ferrybank, Bennettsbridge, Gowran, Johnstown, Callan, etc.

AGE FRIENDLY SEATING

- 2 seats were installed in Thomastown, 1 at Newtown Terrace and 1 at Station road on the way to the railway station which allow for resting places, as part of Age Friendly Town programme.
- Additional bench with arm-rests at Parliament Street, Kilkenny City



Age Friendly Seating at Newtown Terrace



Age Friendly Seating at Station Road

AGE FRIENDLY FOOTPATHS

- Tower Road, Piltown, Chapel Hill, Kilmacow
- Dublin Road, Thomastown, Castle Avenue, Thomastown
- Fairview, Graiguenamanagh
- Main Street, Urlingford, Ballyhemmin, Castlecomer, Maryville, Castlecomer
- Kilbride, Callan, Chapel Lane, Callan
- Parliament Street, Glendine Heights, Newpark Lower and Assumption Heights, Kilkenny City



Age Friendly Footpath at Maryville, Castlecomer



Age Friendly Footpath at Chapel Lane, Callan

PEDESTRIAN CROSSINGS

- Provision of a new controlled pedestrian crossing on Main Street, Urlingford (at the public library)
- Maudlin Street/Chapel Lane, Thomastown



Age Friendly Pedestrian Crossing Urlingford



*Age Friendly Pedestrian Crossing
Maudlin Street/Chapel Lane, Thomastown*

SECTION {TWO}



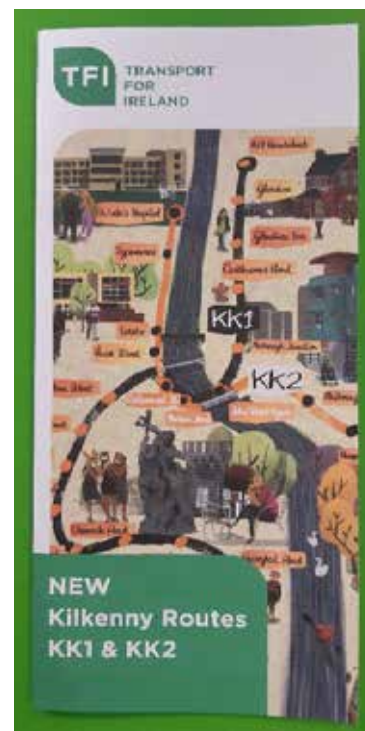
TRANSPORTATION

2. TRANSPORTATION

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

ACTIONS

- Kilkenny Age Friendly Seniors Forum is an advocate for the advancement and introduction of a public transport system for Kilkenny City. It has collaborated with Kilkenny County Council and the National Transport Agency on this project.
- The Seniors Forum continued to engage with Ring a link in relation to rural transport for older people and how it can support their continued engagement in social activities.
- The National Transport Agency (NTA) introduced a bus service in December 2019, providing two routes in Kilkenny City and Environs area, with 33 stops.



CAR PARKING SPACES

- 6 age friendly car parking spaces provided in Kilkenny City
- Kilkenny Recreation & Sports Partnership (KRSP), in conjunction with Kilkenny County Council organise activities in Kilkenny for Bike Week held in June 2019.
- A Get Back on Your Bike programme was delivered to 4 older adults in April, 2019.
- KRSP's Couch to 40K 7 week cycling programme had 35 participants in 2019, many of whom were older adults, which enables participants to take part in the castle to castle 40 km cycle in June.

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

- Kilkenny County Council's housing programme for the period 2018-2021, programme includes the following:
 - 29 houses that can be considered for letting to older persons if the need arises as follows:- (Callan (4), Castlecomer (2), Ballyragget (2) Piltown (1), Graiguenamanagh (1), Crokershill (8), Thomastown (1), Golf Links Road (2) and Broguemaker (8))
 - under the Capital Assistance Scheme over 50 houses are proposed of which a proportion will be let to older persons.
 - under the leasing provisions by approved housing bodies 10-15 houses will be set aside for older persons.
- 17 older persons were allocated houses in 2019 - 4 of them were allocated Local Authority houses county wide and 14 were allocated houses by approved housing bodies: Tuath Housing, Respond Housing, Windgap VHA, Owing Retirement Village, Hugginstown VHA and The Good Shepherd Centre.
- 275 Older Persons homes were adapted to meet their housing accommodation needs in 2019 as follows:
 - 70 Housing Adaptation Grants were processed and paid by Kilkenny County Council.
 - 20 Mobility Aid Grants were processed and paid,
 - 185 persons over 66 years of age received assistance under the Housing Aid for Older Persons Scheme.
- Kilkenny LEADER Partnership continued 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.
- In 2019 through the Housing Aid Project, KLP continued to offer a specialised building/ home repairs service to older people. Clients are identified through networks; Active retirement groups, voluntary support networks, health professionals and other service providers. In 2019, 106 individuals benefited under the Housing Aid Programme.
- The Kilkenny Senior's Forum continue to pursue and have had engagement with ALONE and Kilkenny County Council in an effort to secure appropriate housing for older people in line with the national Strategy on Housing for the Older Person.

FIRE SERVICES

- The Fire Service continued with their "Home Fire Safety" Visits to elderly/vulnerable persons. Specifically focusing on adequate working smoke alarms these home visits are requested through local Community Groups across the County.
- In 2019 91 Home visits were undertaken, with approximately 160 smoke alarms fitted. This represented a significant increase on 2018 home fire safety visits.
- Community Fire Safety evenings were held with various local groups, e.g. the local men's shed in Castlecomer, Kilkenny Ladies Friendship Club, men's sheds Kilkenny and Carlow in the Thomastown Community Centre, Gahan house residents visited the fire station in Graiguenamanagh, Active Retirement Group, Kilmacow, St. Mary's Community Centre in Kilkenny.



RESPECT AND 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

- Targeted investment in the Kilkenny County Council's library collection of stock was made to ensure all collections are relevant to older people's needs, in formats that are accessible and appropriate for older adults with varying abilities and resources.
- The Council's library service welcomed the participation of older people in cultural, recreational and creative activities across its network of 8 library branches, local studies and the mobile library service.
- Kilkenny Age Friendly Seniors Forum continue to represent the voice of older persons through its engagement on the various Strategic Planning groups (SPC's), the Public Participation Network (PPN) Kilkenny Recreation and Sports Partnership (KRSP), Kilkenny Education and Training Board, and the Kilkenny Local Community and Development Committee (LCDC) to advocate on behalf of older people.
- The Senior's Forum actively engaged with the Positive Ageing working group and the ICPOP working group to highlight the needs of older people throughout Kilkenny.
- The OPC is actively working with ALONE in the development of a Telephone Befriending Service for Older People in Kilkenny, promoting the recruitment of volunteers and recognising the need to address social isolation and loneliness as a significant factor in older peoples lives.
- The Alzheimer Society joined with the Kilkenny Memory Clinic to participate in a singing group which includes their service users, the memory clinic service users and the community. Any information from community initiatives are forwarded to anyone who contacts their centre for information on what is available for sufferers from Dementia in Kilkenny. The Alzheimer Society also linked in with Loughboy Library to support them and attend where possible Dementia specific programmes that the library run, including the new 'Magic Table' projector interaction technology available in the Library.
- Kilkenny County Council Heritage office engaged with and supported communities and older people to record and document their local heritage on a range of projects including the Kilkenny Field Name Recording Project and National Heritage Week. For example, 1,889 field names from 85 townlands were recorded by 25 volunteers for the Kilkenny Field Name Project in 2019, and many of these volunteers are older adults.
- The Heritage Office co-ordinated a commemoration event in Jan 2019 to mark 100 years since the first meeting of Dáil Eireann and women achieving the vote in the 1918 general election.



Centenary Commemoration of 1st Dail and womens right to vote, Jan 2019

- Kilkenny Recreation and Sports Partnership continue to provide calendar of physical activity classes for older people throughout the city and county. These include pilates, chair based exercises, swimming, aqua aerobics etc. these programmes have approx. 460 participants.
- Kilkenny OPC engage on an ongoing basis with an Garda Síochána around community policing and supporting older people to live safely in their homes. The OPC commenced working with the Gardai to establish a Risk Register of older people who may need support during adverse events, to ensure that there is a co-ordinated response from all the agencies in such events.
- Kilkenny Age Friendly Seniors Forum attended a number of events including the National Convention for all Older Peoples Councils in Ireland.
- Kilkenny and Carlow Education and Training Board continues through Community Education to collaborate with groups in Callan, Urlingford, Graine, Thomastown, Kilkenny City, Goresbridge, Ballyragget, Galmoy, Stoneyford, Windgap and other locations across the county.
- In partnership with Kilkenny Leader Partnership Digital Skills classes are taking place in Castlecomer. Community Education delivers courses which respond to the needs of the group and can facilitate groups in areas of interest to their own group such as Gardening, Cookery, Stress Management, Exercise Classes, Photography, Computer Skills, Art, Flower Arranging to mention a few.

- Community Education works closely with Kilkenny Library Services to provide classes countywide.
- All Active Retirement Groups are invited to avail of funding from Community Education. A minimum class size of 8 learners required. Classes usually run for a period of 6 – 8 weeks one day per week. The cost of the tutor for the group will be covered by Kilkenny and Carlow ETB. Please contact Siobhan O'Brien, Community Education Facilitator, Kilkenny and Carlow ETB to discuss funding.
- An Garda Síochána has an ongoing liaison with Public Health Nurses (PHN's) and an open communication channel with Director of Nursing in relation to venerable persons.
- An Garda Síochána visit Nursing Homes and Day Care Centres regularly and provide music and song on the occasion of the visits in December of each year.
- A Cross-Agency Database of Vulnerable Older Persons is in the course of preparation.
- An Garda Síochána also undertook ongoing visits to older persons living in Co Kilkenny as part of community engagement, especially those living alone.
- Men on the Move groups now have 60 registered participants on the Kilkenny programme. KRSP supported the delivery of a Men on the Move programme in Conahy. The participants from this programme took part in the Medieval Mile run on November 29th in Kilkenny as an end of year celebratory event.

SECTION { FIVE }



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

- Creative Active Times Programme of Age Friendly events was developed and rolled out throughout 2019, offering people the opportunity to engage, learn and develop new skills, while staying socially connected in their local communities. Highlights of the programme included Irish conversation classes, craft workshops, Patrick Kavanagh Theatre show, and local history lectures.
- “The Refrainers Choir” for retirees commenced in Castlecomer Library, under experienced tutor and Music Therapist, Ann Moylan. This initiative was developed in partnership with Kilkenny Carlow ETB.
- A Magic Table was recently installed in Loughboy Library to help stimulate creativity and help those on their dementia journey to enjoy interactive experiences. This was kindly gifted to the Library by Kilkenny Leader Partnership, as part of Yulefest Kilkenny Festival.
- The library service participated in a range of other national and local festivals to encourage older people to reengage and participate with their community and develop new skills - Bealtaine Festival, Heritage Week, Culture Night, Poetry Day, Savour Kilkenny and Yulefest.
- In 2019 KLP in collaboration with the local community developed a historical information board/ trail in Castlecomer. This project had a very strong input from elderly people in Castlecomer.
- The Alzheimer Society joined with Transition Year Students from different schools in Kilkenny, which is proving to be a great success, leading into students requesting to do their work experience for school projects at their centre. The students aid service users with activities, learning how to interact and see the benefit of activities for Dementia sufferers. They chat and interact with service users which brings many a smile and at times, deep conversations, which gives a voice to the Dementia sufferer evoking memories and positive feedback. It also gives students an insight and better understanding.
- An Ageing with Confidence course was delivered in Ferrybank Library in March- April and also Reminiscence through Scrapbooking workshop as part of Bealtaine activities also through the Library.
- 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 2019 with the team formed from a call out to all older adults involved in KRSP programmes and older adult groups in Kilkenny. Over 300 older adults took part in the national games held in DCU.
- Many older adults from across KRSP programmes participated in the Yulefest Medieval Run on 29th November 2019. This is a major community event and presents an opportunity for older adults to participate in a physical activity with their children and grandchildren.

Creative Active Times Programme 2019



■ Learning (87.05%) ■ Information (1.52%)
■ Social event (11.43%)

83 Events organised

Attendance **1215**

74 Learning Workshops

Photos from Kilkenny Age Friendly Seniors Forum Annual Conferenece





COMMUNICATION AND 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

- Lifelong learning and Digital participation – A range of basic computer and tablet classes were provided in Kilkenny County Councils libraries, in collaboration with national and local agencies.
- Kilkenny County Council Library Service continues to work as a key communication channel throughout the county, providing regular dissemination of relevant information through a variety of media channels.
- Libraries across the county continued the National Healthy Ireland at Your Library Initiative, providing a core collection of books and programmed events on health and wellbeing including positive ageing, healthy eating and active living and wellbeing.
- The Heritage Office of Kilkenny County Council continued to be a popular interest of, and topic of engagement with, our older adults.
- Information on Kilkenny's heritage was disseminated via traditional local print & radio media, as well as through regular heritage news emails, via our website (www.kilkennyheritage.ie) and social media.
- The Heritage Office provided support and training to Tidy Towns groups in Kilkenny, on topics such as biodiversity and pollination, in partnership with the Environmental Awareness Officer.
- The Heritage Office provides advice and information to groups and individuals on grants for heritage projects.
- The Heritage Office and Conservation Office provided 2 new interpretive signs at James Street and Tilbury Lane telling the story of Kilkenny's medieval city walls.
- An Garda Síochána have an Older Persons Champion.
- An Garda Síochána operated its Age Friendly Support Office.
- An Garda Síochána, through its Victim's Office, continued to liaise and provide support, including welfare call backs to victims independent of investigative actions.
- The Victims Office also disseminates information on other organisational and agency supports to older crime victims.

- An Garda Síochána continued with its Weekly Crime Slot on KCLR- each Wednesday, 10.30am and its Facebook page was used to promote messages to all age groups, including older persons.
- The HSE continued to work with the Garda Síochána throughout 2019 on dissemination of crime leaflets and bogus caller card stickers for older adults through Home Support staff. The HSE Older Persons Management Team of Kilkenny / Carlow received a Community Award for this Crime Prevention initiative. The work of the Home Support staff in this initiative was acknowledged.
- Kilkenny Public Participation Network (PPN) provides updates and information in respect of the Age Friendly Alliance to its 335 member organisations, via the PPN weekly e-newsletter and media platforms such as social media and the PPN website to ensure a wider audience reach. The purpose of the PPN is to allow community groups to give input and have their voices heard within the formal decision making structures of Kilkenny County Council. Kilkenny PPN is a network open to community and voluntary and non for profit groups based in the City and County.
- KRSP use local media (newspaper and radio), parish newsletters, social media, emails and text to provide 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.



Photos from Kilkenny Age Friendly Seniors Forum Annual Conferenece





CIVIC PARTICIPATION AND 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

- In partnership with Kilkenny Carlow ETB a range of community education courses were provided throughout the year, such as Basketmaking, Art classes and Flower arranging.
- A range of regular events from Creative writing to language conversations circles and Bookclubs to craft groups run throughout the county.
- Digital drop in support services were provided in City Library to assist older people in using technology and digital platforms.
- The Regional Positive Ageing Seminar took place in Kilkenny on the 27th of November 2019 as part of the Healthy Ireland fund. The Regional Seminar included Counties; Kilkenny, Waterford, Tipperary, Carlow and Wexford.
- This Seminar included stakeholders from the HSE, Age-Friendly, Kilkenny Sports Partnership and the National Older Person Council. The presentations included information on Health and Wellbeing, Social Inclusion, Dementia training for businesses, positive aging, registers and databases and self-management support. As a result of this Seminar a regional positive ageing group has been established.
- The OPC attended Age Friendly Alliance meetings in 2019, providing an active voice for older people in Kilkenny City and County. It also has membership of the Service Providers Forum and participated on the National OPC.
- Kilkenny OPC held its annual conference in 2019. This provided an opportunity for older people to network and obtain a huge amount of information to support them in their lives from information stands and guest speakers. Information is provided to older people at this event around civic engagement as part of the Public Participation Network and the other structures such as SPC's and LCDC.
- Funding was obtained from the Community Foundation of Ireland to further engage with older people in more rural and isolated areas that are not currently involved with the OPC (Older Peoples Forum). Preparation for the design and delivery of workshops was undertaken in 2019, with delivery in 2020. The aim is to address the under representation from more rural areas.
- Kilkenny LEADER Partnership support creative older entrepreneurs working with the traditional creative sector to grow and support their expansion sustaining skills and jobs and recognising that older adults are the new start-up generation.
- In 2019 KLP provided supports to the Kilkenny Men's Shed. The aim was for all the sheds within the County to engage in Good Governance and Committee skills training. An independent consultant with experience working with community groups was contracted to do nine sessions.

THE OUTCOMES OF THE TRAINING:

1. Developed unity and cohesion between nine sheds within the County.
2. Training and awareness of good governance training.
3. Initiation and support for community enterprise initiatives.
4. Supporting sheds in developing collective funding application which will benefit all groups.
5. Organizing social activities.

The ETB has also supported CKLP in providing training for sheds. The aim is to make the sheds become self-sufficient by developing their respective community enterprise initiatives. The sheds have acquired rent free spaces. Fen Men Shed, in Newpark has been successful in their application to LEADER for funding for construction of a new dedicated shed.

- In 2019 KLP initiated an 'Artist in the Window' project in Castlecomer in collaboration with the ETB. The project undertook 30 portraits of local people in 30 days. The project was very successful in targeting older people in Castlecomer.
- In 2019, KLP supported the volunteer programme. As the Government has decided to establish an independent volunteer service for Kilkenny, the role of KLP in delivering the volunteer programme finished at the end of 2019. KLP is happy to assist in the handover to the new Volunteer Centre once it is up and running.
- A Regional Positive Ageing Seminar funding through Healthy Ireland was held in the Newpark Hotel Kilkenny on Thurs 27th Nov. – attended by over 120 people involved in Age Friendly County programmes throughout the south east. All 5 counties highlighted some of their key pieces of work through the Age Friendly County programme at this. The Steering group which was organised for this will continue to meet to network and share good practice across the 5 counties.



Kilkenny Age Friendly Seniors Forum Annual Confernece

Positive Ageing

27th November 2019

Kilkenny

hi
 SHARING RELEVANT
 Working Together
 in Partnership
 Kate Killeen-White
 Dr. Derval Howley

WELCOME!

COMMUNITIES ARE STRONGER TOGETHER
 RESPECT SOCIAL INCLUSION
 ACTIVE
 STRENGTH
 TWILIGHT COMMUNITY GROUP
 MURTY BRENNAN
 AGE FRIENDLY KILKENNY
 BECAUSE WE'RE ALL HERE TOGETHER!
 ASK ANYONE ISOLATED
 EARN INTERESTING
 FUN!
 ENJOYING PEOPLE

Twilight Community group
 MURTY BRENNAN
 AGE FRIENDLY KILKENNY
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CAREPALS & OLDER ADULTS FESTIVAL
 VALERIE CONROY
 MURPHY
 SIMPLE ACTIVITIES
 CAREPALS

DESIGN & DEVELOPMENT
 UNIVERSAL DESIGN
 RIGHT SIZING
 SUITABLE HOUSING
 ASK EXPERTS
 AIRPORT GUIDANCE
 EDIT Standard Contract
 P
 NOUN TARGET
 HOSPITAL VISITORS
 WHO'S WHO
 COMPANIONS!

Positive Ageing Week 2019
 TALKS
 WALKS
 TEA DANCES
 RICHARD TORNEY
 VOLUNTEER
 AGE FRIENDLY WATERLOO
 CITY
 COUNTY-WIDE LEVELS

Overview of Age Friendly IRELAND
 EMER COVENEY

ROLE of the OLDER PERSON'S COUNCIL
 MARY CRONIN

Together we are stronger
 JOE BUIKER
 AGE - FRIENDLY CARLOW

Develop a template
 Allowing people to live well in their own home
 BRIAN TOOMEY
 Age Friendly Waterford

INSPIRATION
 A Pharmacy in a shop
 ANNEMARIE HAYES
 HS Abn. Health Wexford

Self-Management Support
 Living Well
 Coming soon!

FLU
 Get the vaccine!
 More people
 Get the vaccine!
 KATE O'CONNOR
 GILLIAN BUGGY
 TERESA HENNESSY

Hand Hygiene!
 More people
 Get the vaccine!
 KATE O'CONNOR
 GILLIAN BUGGY
 TERESA HENNESSY

Ageing with Confidence programme
 Memories - Photos
 Tickets
 Hazel Hurley.com

Dementia Friendly Towns
 Cross-community approach
 Retail
 Public
 Feedback

IT'S NOT RETIRING!
 IT'S REWIRING!
 JOHN COLEMAN
 HSE Public Health Nursing

CONNECTION
 GAIL LARK
 About Dementia
 HSE Public Health Nursing

CONNECTION
 GAIL LARK
 About Dementia
 HSE Public Health Nursing

CONNECTION
 GAIL LARK
 About Dementia
 HSE Public Health Nursing

USE IT OR LOSE IT!
 Get up
 MOVE!
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KILKENNY AGE FRIENDLY SENIORS FORUM ANNUAL CONFERENCE

Kilkenny Age Friendly Seniors Forum held its annual conference on 31st October, 2019 in the Ormond Hotel, Kilkenny and was attended by approximately 230 older people.

The annual Conference affords an opportunity for older people throughout the city and county to listen to and share information on enlightening presentations on issues that are relevant to older people.

The Conference was chaired by Betty Dewberry, Chairperson of Kilkenny Age Friendly Older Peoples Council. The Conference was launched by Cllr Peter “Chap” Cleere, Cathaoirleach of Kilkenny County Council.

Colette Bryne, Chief Executive, Kilkenny County Council and Chair of the Age Friendly Alliance, presented a comprehensive report on age friendly actions implemented by Kilkenny County Council. Dr. Ever Coveney gave an update on the National Strategy. Other speakers included Mary Cronin, National Chairperson, OPC, Donal Hurley, Senior Social Worker, National Safeguarding Office, and Nicky Brennan, Age Friendly County Programme – Aging with Confidence. The special guest speaker on the day was Mary O’Rourke, Author and former T.D. and Minister of Education, Public Enterprise, Transport Energy & Communications.

Information display stands were provided by An Garda Siochana, ALONE, Health Promotion HSE, Memory Support Group, Kilkenny County Council’s Fire Services and Library Services, Ring –A- Link, McDonagh Junction Age Friendly Shopping Centre, Kilkenny Recreation Sports Partnership, Newpark Resource Centre, Citizens Information, , Carlow Kilkenny Education Training Board, Active Retirement and Home Instead

In addition to the speakers a fashion show was hosted by MacDonagh Junction and Goods Department Store and music was provided by the Loreto Secondary School musical quartet with additional musical entertainment and dancing hosted by John Travers.











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

- An Garda Síochána continued to visit and support local communities through morning visits and crime prevention talks to local community groups throughout County Kilkenny.
- St Luke's Hospital has further progressed its age friendly programme and continues to respond to older person needs. A comprehensive account of St Luke's Age Friendly activities is outlined later in this report.
- The OPC actively engages with St. Luke's Hospital on achieving the Age Friendly Hospital status, the first hospital to do so. This achievement was acknowledged by Minister Jim Daly at a ministerial visit to St. Luke's Hospital in June 2019. The OPC continues to engage as part of the Steering Committee.
- Traveller Health Workers in Kilkenny attended training on the National Screening Service and actively engaged their own community to register on the screening programme, in particular, older adults for Breast check and Bowel screening.
- In December 2019, Traveller woman attended a talk on Menopause organized by the HSE Traveller Health Unit.
- The Men's Traveller Health Programme promoted positive health and wellbeing through a number of activities with Traveller men in 2019.
- County Kilkenny LEADER Partnership (CKLP) and Kilkenny County Council supported the local community group in the development of a community shop in Windgap in 2019. There are a number of other towns and villages at predevelopment stage. These community shops and team rooms are essential services to all in the villages but especially to the elderly where they provide a social outlet for all including those living in isolated areas.
- In 2019 KLP supported Lifelink to undertake a feasibility study into an out of hours Crisis Café for adults in Kilkenny. Report due Q1 2020.
- In 2019, KLP supported Lifelink to undertake a feasibility study into an out of hours Crisis Café for adults in Kilkenny. The report is due to be published in Q1 2020.
- In 2019, KLP funded a Magic table or Tovertafel, (as part of funding towards Yulefest 2019). The Tovertafel projects light animation onto a table surface and by interacting with your hands or any other tools, depending on mobility issues, the sensors then interact with your movements creating the games. It is currently located in Loughboy library. The table has been found to be particularly beneficial to the elderly, those with dementia, autism and similar.

- In 2019, 35 Local Community Groups with and 5 social enterprises with a social inclusion remit were supported under the SICAP Programme.
- Support through the Tus and Rural Social Scheme for the ‘keeping open’ of community facilities and the delivery of community/ voluntary services to older people.
- KRSP 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. Many referrals are older adults. KRSP continued delivery of this programme to existing participants during 2019.
- KRSP Monday Night Walking series continues to be very popular with older adults, reaching out to over 70 participants. Get Ireland Walking provides the peer base for participants to try other activities.
- KRSP also worked closely with active retirement groups, men’s shed, library groups and more, to help educate the community members on the different type of free and sustainable types of physical activities that are suited to their needs and activity. The development officer also spent time with these groups educating them on the importance of living a healthy lifestyle and being active.

ST LUKE’S GENERAL HOSPITAL

Launched the Geriatric Emergency Medicine Services (GEMs) and the SLGH Age Friendly Hospital Initiative on the 22/07/2019.

OUTDOOR SPACES AND BUILDINGS

- Two Age Friendly parking spaces have been introduced in the main hospital car park close to the North (main) Entrance.
- A new local transport service has been established with a bus stop close to the main (North Entrance)
- Additional beam seating has been provided along the corridors to accommodate older people who may find the new link corridors long. Wheelchair bays in place at North Entrance to facilitate patients also.
- Colour coded directional floor signage has been completed in 2019
- Continuous review of signage both internal & external.



RESPECT AND SOCIAL INCLUSION

Disability Focus Group – The Disability Focus group commenced a pilot of the HSE Health Passport with the SOS and St. Patricks staff which will be kept with the patient’s care plan during admission.

HSE Health Passport



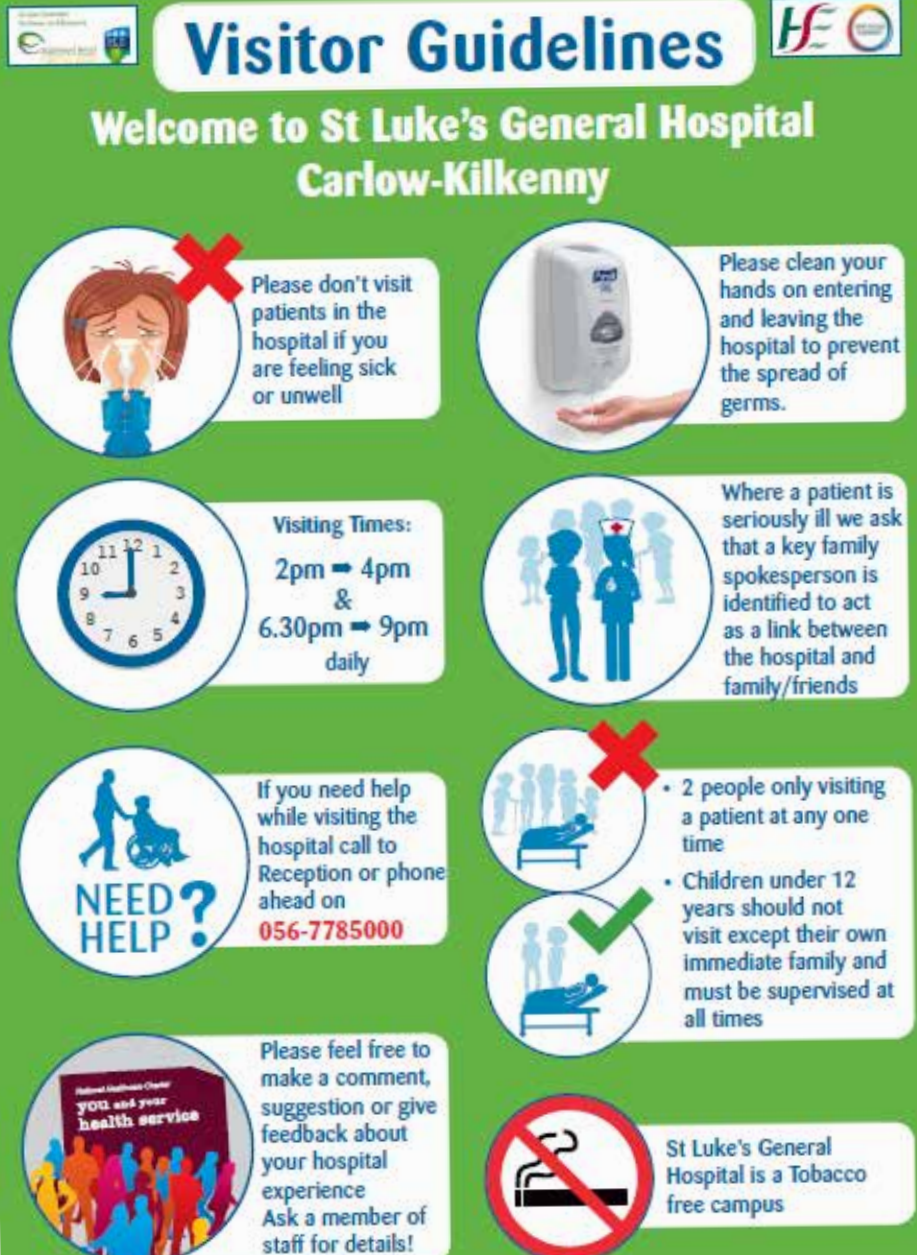
For people with an intellectual disability in contact with a healthcare setting










A visual information poster was designed in conjunction with the Social inclusion office & SLGH as a support to patients & visitors who enter the hospital with literacy or disability issues.

A guideline has been developed to support families of patients who are at the ‘The end of Life Stage’ in the hospital. There has been marked improvement in DNA rates in Paediatrics clinics due to a project undertaken in 2018/2019.

Visitor Guidelines

Welcome to St Luke’s General Hospital
Carlow-Kilkenny



-  Please don't visit patients in the hospital if you are feeling sick or unwell
-  Please clean your hands on entering and leaving the hospital to prevent the spread of germs.
-  Visiting Times:
2pm – 4pm
&
6.30pm – 9pm
daily
-  Where a patient is seriously ill we ask that a key family spokesperson is identified to act as a link between the hospital and family/friends
-  If you need help while visiting the hospital call to Reception or phone ahead on **056-7785000**
-  • 2 people only visiting a patient at any one time
-  • Children under 12 years should not visit except their own immediate family and must be supervised at all times
-  Please feel free to make a comment, suggestion or give feedback about your hospital experience Ask a member of staff for details!
-  St Luke’s General Hospital is a Tobacco free campus

COMMUNICATIONS & INFORMATION

National Healthcare Communications Programme

St Luke's was one of six acute hospitals nationally chosen to be a pilot site for the HSE's National Healthcare Communication Programme. The programme focuses on how staff communicates with patients, visitors and their colleagues. The programme, which was developed following the publication of the 2017 National Patient Experience Survey, was rolled out in SLGH in 2019. This programme was available to clinical and non-clinical staff in St Luke's.



GEMS/Frailty Pathway (incorporating Dementia patients) – please see piece on GEMS service below.

In June 2019, the GEMS service was officially launched by Minister Jim Daly. Throughout the year, the service has continued to deliver the gold standard Comprehensive Geriatric Assessment at the front door advocating a **home first ethos**. Members of the team provide education through the National Frailty Education programme to both hospital and community staff. This education will be ongoing in 2020.

- Overall 6266 people over the age of 75 were triaged, this figure is up 17% on 2018
- 2713 (43%) of these were deemed positive for frailty, this is up 18% on 2018.
- 1649 (60%) received a Comprehensive Geriatric Assessment.
- Of the 1649 92% were identified to be at risk of polypharmacy, 13% at risk of malnutrition and 21% at risk of delirium.
- 71% of these people came directly from Home, 24% from Nursing Homes.
- 56% of people discharged went Directly Home, and **only 4% to New Long Term care**.
- The average Length of stay for a GEMS patient is at 7 days.

GEMS Home Team 2019:

In December 2018, we introduced a case management approach to admitted patients who screen positive for frailty. The home team advocate **home first** and are a link for patients, families, MDT and the community, driving an integrated care approach. We are developing closer ties to community and voluntary supports.

- 1210 (73%) of those who received a CGA were handed over to the GEMs Home First team.
- Out of 1210, 50% went directly Home, 4% New LTC
- The gems home first team had 2159 documented Direct and 5761 documented Indirect contacts in 2019

R.I.E.:

The GEMS team were involved in an RIE ‘Older Persons admitted care’ with the aim of improving the experience and quality of care for all older people admitted to St Luke’s Hospital. This resulted in improvements in:

- Changed culture on the Acute Floor towards Older People
- Amendment of the VIP screen for more accurate identification of frailty at triage
- Improved communication between hospital and community.

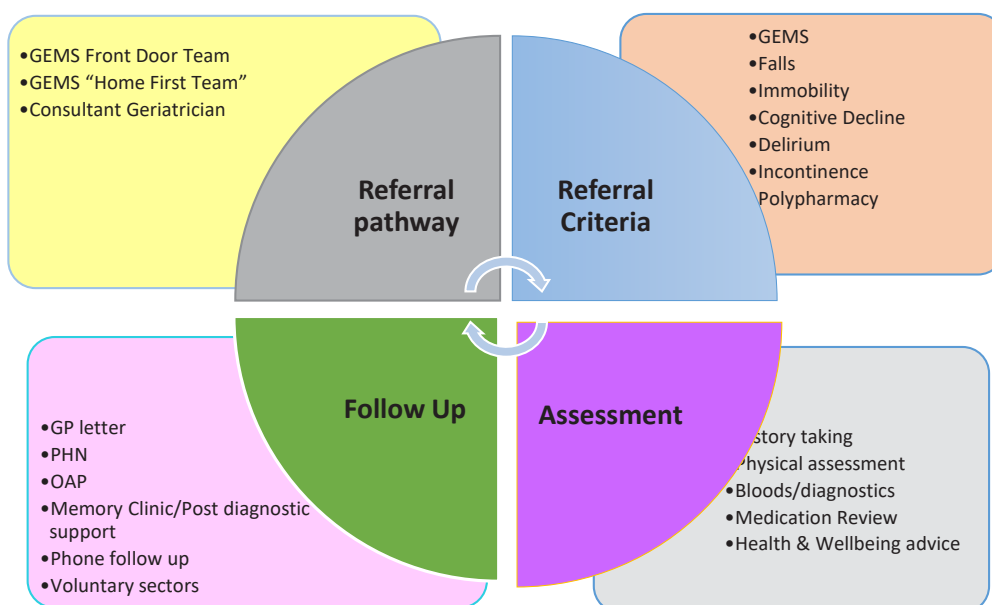
Members of the GEMS team have attended and presented at the:

- Frailty conference in Kerry
- IGS conference in Cork and had poster presentations and cANP presentation
- ICPOP networking days
- HSCP IEHG forum on ‘Patient Flow’
- End PJ Paralysis Forum.

Candidate Advance Nurse Practitioners for the Older Persons (GEMS)

- The role of the advanced nurse practitioner is “defined as a career pathway for registered nurses, committed to continuing professional development and clinical supervision, to practice at a higher level of capability as independent, autonomous and expert practitioners” (NMBI 2017).
- The national priorities for the delivery of patient’s care are timely access, the core principles of our role as ANP’s will be early identification, assessment and plan of care for the frail older person through comprehensive geriatric assessment (CPOP, 2012) in a rapid ambulatory assessment clinic. Until we are qualified we will only see GEMS patients who were recently admitted to St. Luke’s and need further follow up and assessment.

GEMS Assessment Clinic in St. Luke’s Hospital



Dr. McGovern Review Clinic Sacred Heart Hospital

- Commenced clinic on the 16th January 2020, this clinic will run every Thursday and we see a total of 6 patients each day with the view to increase to 8 patients in the coming weeks. This clinic will reduce waiting times and allow Dr. McGovern to see more new referrals in a timely manner.
- We attend Dr. Avanzi's medical clinic every Wednesday afternoon.
- Memory clinic in Thomastown alternate months with Dr. Avanzi.

Sensory Garden

- Plans are underway to develop a Sensory/Dementia specific garden adjacent to the GEMS Ward.

COMMUNITY SUPPORT AND HEALTH SERVICES

Samaritans Saturday Project

A support service commenced in Q4 2019 where two Samaritans would provide a presence on Saturday afternoons and to engage with patients/family in the Waiting Area of the Emergency Department and the Acute Medical Assessment Unit where appropriate.

Nurse-Led PICC Line Insertion

Adult patients throughout the hospital are benefitting from having a PICC line inserted, ensuring the commencement of treatment in a more timely manner, reducing missed IV medication doses due to poor IV access, also helping to preserve vascular health. Recovery time is improved with appropriate vascular access, which in turn reduces bed days, improving patient flow and patient experience.

Tobacco free Campus Awards 2019

Declan Kelly General Services Manager, SLGH, receiving the HSE Tobacco free Ireland Programme award for continuous quality improvement in the implementation of the HSE Tobacco Free Campus Policy.

Supporting Earlier Discharge

In December 2016, a new Discharge Lounge was opened in St Luke's General Hospital Carlow-Kilkenny to facilitate earlier and planned discharges. The Discharge Lounge, which is open Monday-Friday and run by



a CNM 2 and Health Care Assistant, caters for patients who are medically fit for discharge and are awaiting final discharge letters, pharmacy scripts etc. and who are waiting on family members to collect them.

RIE:

The discharge Lounge were involved in an RIE to promote the (Golden Patient) This involves transfer of a patient from each ward to the discharge lounge before 9am thus freeing up beds for new patients being admitted to the hospital.

Predicted dates of discharge (PDDs) are documented for each patient on admission to the hospital and are reviewed each day.

Each of the initiatives outlined above has resulted in earlier, more focused and informed discharges for patients and better bed management planning in terms of discharges and admissions to wards.

Kare Bears Project

The Kare Bears Project continues at St. Luke's General Hospital Carlow-Kilkenny, is now in its fifth year.

Age Friendly Hospitals Committee

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.

St Luke's Patient Partnership Forum

The St Luke's Patient Partnership Forum endeavours to meet 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 Seniors' Forum and Carlow Older Persons' Forum.

Making Every Contact Count

Training was rolled out in Outpatients and Maternity on 'Making Every Effort Count'.

AGE FRIENDLY BUSINESS RECOGNITION SCHEME

The roll out of this scheme in 2019 was a successful initiative championed by Kilkenny Chamber of Commerce and supported by the Age Friendly Business Working Committee.

The aims of the scheme were to:

- Recognise the efforts and improvements made by business to provide more age friendly services and products,
- Facilitate businesses to tap into this growing market and,
- Raise awareness of the older customer and their role in the community.

The overall aim was to secure a minimum of 30 businesses to be included in the programme. In all 66 businesses attended a training workshop event held on 19th February, 2019. The training was addressed by the Chief Executive, Kilkenny County Council, President Chamber of Commerce and the Kilkenny Age Friendly Programme Co-ordinator.

Each participating business committed to:

- Undertaking the on-line dementia training
- Identify their age friendly champions, and
- Identifying with their customers, a minimum of 3 age friendly measures for implementation.

The numbers which joined the scheme far exceeded expectations. At a formal presentation ceremony held in the Parade Tower, Kilkenny Castle on 27th March, 2019, a total of 61 businesses in Kilkenny City and County were formally recognised as Age Friendly Businesses.

Some examples of actions implemented include:

- Provision of reading glasses and increased font sizes on menus
- Provision of extra seating
- Staff training
- Lower music levels

The initiative allows older people to continue to participate to the fullest extent possible in their day to day activities, including dining out, shopping etc. which are essential components of social interaction. It enables older customers to work, shop and live in their communities and ensure that they are treated with dignity, respect, adequate information and choice.

This initiative was submitted for consideration under the Age Friendly Recognition & Achievement Awards 2018/2019 and was one of three shortlisted in the Business Category.

THOMASTOWN - AGE FRIENDLY TOWN

The Thomastown Age Friendly Town Plan 2019 was launched in the Community Centre, Thomastown on 22nd July, 2019 by Minister Jim Daly, Minister of State with responsibility for Mental Health and Older People.

The objectives of the Plan are to:

- Make the town a great place to grow old - Measured by the Age Friendly outcomes in a survey, before and after the project and measured through the implementation of the actions outlined in the Action Plan,
- Engage older adults in shaping and enhancing their communities for the benefit of everyone - Measured by the number of older adults volunteering, the number of hours volunteered and the number of projects,
- Demonstrate the benefits of a multi-stakeholder planning approach, informed and supported by older adults - Measured by the number of key stakeholders approached, the number of key stakeholders who took part in consultations and the number of key stakeholders who were involved in the solutions ,
- Learn 'what works' in this context and use the findings to inform better approaches to planning - Measured by the findings documented in the reports.

The Plan identifies 27 actions to be delivered to meet these objectives. Significant progress has been made to deliver on the actions.

In particular, in 2019 the following was achieved:

1. Directory of Services for Older People in Thomastown was produced and launched in July, 2019.
2. Footpath works completed in Maudlin Street/Chapel Lane, Castle Avenue and Dublin Road
3. Installation of age friendly benches around the town
4. Provision of computer/tablet/IT classes
5. Footpaths and lighting to provide improved linkage from Thomastown to the walking track

Works are in progress to deliver on other actions identified in the Plan.

THE THOMASTOWN AGE FRIENDLY ACTION GROUP

The Thomastown Age Friendly Action Group was formed with the assistance of Kilkenny Age Friendly Programme Co-Coordinator, in January 2018, and with the support of Kilkenny Age Friendly Alliance.

The Group is drawn from older person representatives in Thomastown together with the providers of key services to older persons. It comprises of representatives from the Kilkenny Senior's Forum, Thomastown Community Network, An Garda Síochána, Health Services Executive, County Kilkenny Leader Partnership and Kilkenny County Council.

Its membership is as follows:

Brede Murphy	<i>Kilkenny Seniors Forum</i>
Anne McLoughlin	<i>Kilkenny Seniors Forum</i>
Sergeant Ted Hughes	<i>An Garda Síochána</i>
Sergeant Catherine O' Gorman	<i>An Garda Síochána</i>
Josephine Galway	<i>Health Service Executive - St Columbas Hospital</i>
Majella Cunningham	<i>Health Service Executive - Public Health Nursing</i>
Declan Murphy <i>(previously Emir Slattery)</i>	<i>Senior Executive Engineer County Council</i>
Vacant <i>(previously Amy Granville)</i>	<i>Assistant Planner County Council</i>
Breda Gardner	<i>Thomastown Community Network</i>
Murey Healy	<i>Thomastown Community Network</i>
Christine Walsh	<i>Kilkenny Leader Partnership</i>
Mary Walsh <i>(previously Lianne Kelly)</i>	<i>Kilkenny County Council</i>
Annette Fitzpatrick <i>(previously Ml. Delahunty)</i>	<i>Kilkenny County Council</i>

ORIS 2019

Inistioge Village - Woodstock Loop Walks

Trail reinstatement and upgrade works –

Woodstock Loop walk – 3.1km

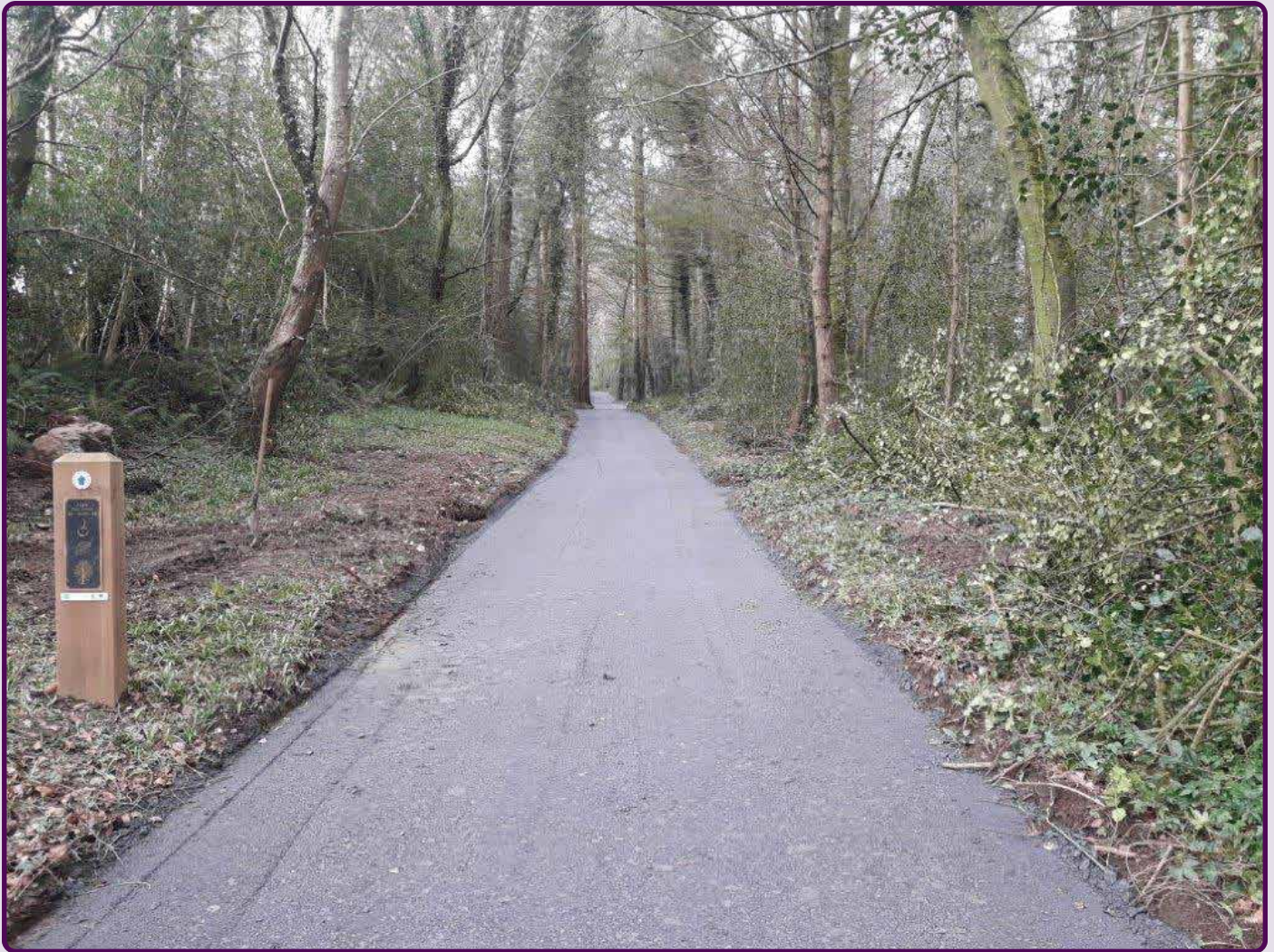
Ladies Loop – 1.6km

Total length of walking trail upgraded – 4.7km

Before and after photographs



Typical section of the Ladies Loop before works commenced



Typical section of the Ladies Loop upon completion of upgrade works



Ladies loop - poor surface to the trail



Ladies loop - surface levelled & upgraded



Ladies loop – collapsed wall



Ladies loop – wall repairs



Ladies loop – poor surface



Ladies loop – surface upgraded



*Woodstock walk loop –
poor surface and chain link*



*Woodstock walk loop –
trail surface upgraded & new railing fence*



*Woodstock walk loop –
poor surface and dangerous edge*



*Woodstock walk loop –
trail surface upgraded & new railing*



Woodstock walk loop – Poytz rd



Woodstock walk loop – Poytz rd

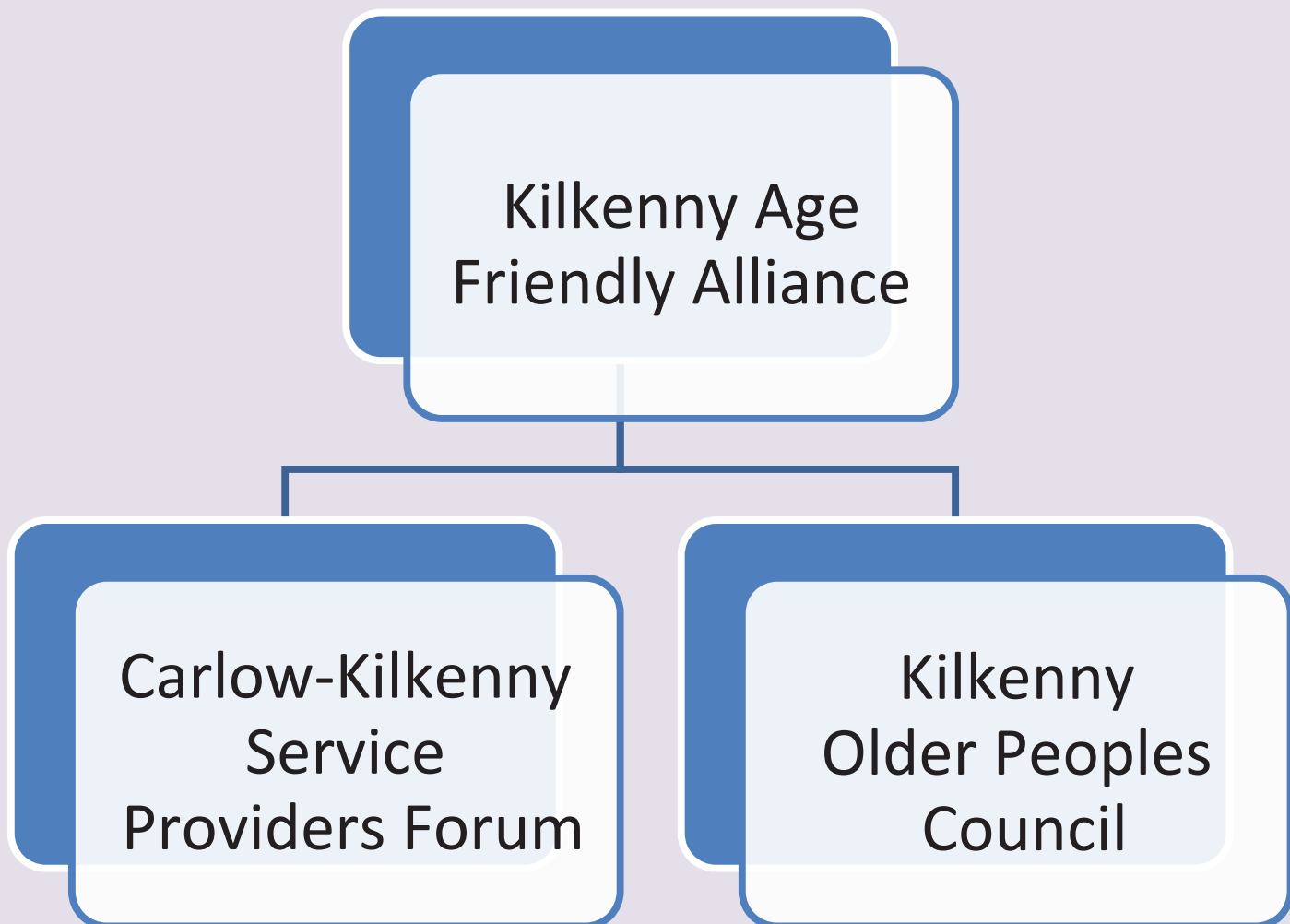


Inistioge Village

Woodstock Loop Walks



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. The Alliance met 4 times in 2019.

Members of the Kilkenny Age Friendly Alliance as at 1st December 2019

Name	Organisation
Colette Byrne	<i>Chief Executive, Kilkenny County Council</i>
Betty Dewberry	<i>Chairperson, Kilkenny OPC</i>
Murty Brennan	<i>PRO, Kilkenny OPC</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>
Tara Hunt	<i>HSE Manager of Older Person Services Carlow/Kilkenny</i>
Teresa Hennessy	<i>HSE Health Promotion and Improvement</i>
Deirdre Dunne	<i>HSE St.Lukes Hospital, Kilkenny</i>
Nicola Keeshan	<i>Kilkenny Recreation and Sports Partnership</i>
Margaret Whelan	<i>PPN Development Officer</i>
Siobhan O' Brien	<i>Kilkenny Carlow ETB</i>
Seamus Nugent	<i>Kilkenny Recreation and Sports Partnership</i>
Vacant	<i>Kilkenny County Council</i>
Josephine Coyne	<i>Kilkenny County Council</i>
Vacant	<i>Programme Coordinator, Kilkenny County Council</i>
SUPPORTED BY	
Teresa Mahon	<i>Kilkenny County Council</i>

KILKENNY AGE FRIENDLY OLDER PEOPLES COUNCIL (FORMERLY SENIORS FORUM)

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

The Kilkenny Age Friendly OPC 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 Council is to ensure that Kilkenny is a great place to grow old in.

The Council ensures that older people in Kilkenny participate in the decisions with agencies which affect their lives.

It provides an active channel of communication between the Kilkenny OPC 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.

There are currently has 400 members and it 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 Older Peoples Council
may be contacted at**

Kilkenny Older Peoples Council
Hebron House, MacDonagh Junction, Kilkenny

Phone Number 056-7772787

Mobile 087-6218589

E mail agefriendlycounty@gmail.com

CARLOW KILKENNY SERVICE PROVIDERS FORUM

At the 31st December 2019

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>
Vacant	<i>Kilkenny County Council</i>
Karl Duffy / Annette Fox	<i>Carlow Community 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>
Vacant	<i>Kilkenny County Council</i>
Betty Dewberry	<i>Kilkenny Age Friendly OPC</i>
Deirdre Watson	<i>Kilkenny Age Friendly OPC</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/Eleanor Doyle	<i>ALONE (Carlow / Kilkenny Contact Befriending Service)</i>

NOTES:

A series of horizontal dotted lines provided for taking notes.

