



Public Participation Network Feedback Form –Older Persons Council Meeting

Public Participation Network Community Representative's: **Rose Conway**

Date: Of meeting was 30th Nov 2017

Meeting Agenda

1. .Minutes of meeting held on Tuesday 24th Oct 17.
2. Matters arising
3. .Update on the National Age Friendly Programme
4. Progress report from Chairperson
5. Report from walkability Audit
6. Special Guest Paul Marsden Occupational Psychologist.
7. AOB

In Attendance: Kitty Hughes (Chair), Agnes Agnew, Lionel Mullally, Seamus Orr, Madeline Bennett, Maureen Mulyran, Sr. Elizabeth Mc Namee, Maura Sheridan, Marie Kearney, Carmel Ward, Paul Marsden, Mary Reynolds and Fiona Cooney Longford Library, Karena Connolly and Frank Horne Longford Co. Council

Apologies: Des Skelly, Rose Conway, Ita Donlon.

Presentations: Paul Marsden Occupational Psychologist. ; Guest Speaker ; The importance of a good night's sleep.

Agenda item	Member	Discussion	Actions / Who
<u>Item 1</u> Update on age friendly programme	Kitty Hughes and Karina Connolly provided update on meetings they attended .	Cultivating Patient Leadership in the Integrated Care Programme for Older persons 28/10/17. It was a day long workshop hosted by the HSE and hosted by Age Friendly Cities and Counties Programme chaired by Pat Healy, National Director, Social Care HSE. It included speakers from the NHS, UK, Age Well Global and the HSE and was totally focused on the patient.	

		<p>National Convention of Older Person's Council 2nd & 3rd Nov 17 in Limerick. Kitty commended Limerick Age friendly programme and there warm welcome. She advised that there was great interest in Longford's Crime Prevention Ambassador. She attended site visit of apartments for senior citizens in Mungret Inclusion Park, Tait House and Colivet Court. Presentations included Anna Mae Mchugh who spoke of her life experience and plan to continue working indefinitely. Professor Niall Moyna presented on wellbeing and the importance of maintaining strength through exercise and a talk from Angela Collins Irelands first female steeple jack.</p> <p>Karina spoke regarding her visit to Limerick University which included a presentation on MedEx which is a medicine based exercise and a replica of DCU Project. Mary Jackman spoke of her experience and supports she received as a mature student at 70 and undertaking a Masters.</p>	
<p>Item 2</p> <p>Walkability Study</p>	Frank Horne	<p>Addressed the meeting in relation to the walkability study which OPC was represented by Sr. Elizabeth and Maureen. With regard to parking bays bollards etc, he advised that Derrek Craig, Traffic warden and Brian Mc Neela Executive Engineer are working on a plan for the area. A working group has been set up chaired by Paddy Mc Mahon Chief Executive and includes members of the PPN and OPC. Discussion followed in relation to parking at St Mel's Cathedral, footpaths and parking in the shopping centre.</p>	
<p>Item 3</p> <p>National Planning Framework</p>	Karena Connolly	<p>Karena referred to the National Planning Framework and the inclusion for the first time of Age Friendly in it. Mary advised that a submission has been made.</p>	
<p>Item 4</p> <p>Wellbeing Toolkit</p>	Seamus Orr	<p>Seamus advised that the PPN has been selected as a pilot along with Roscommon, Fingal and Wicklow to roll out a wellbeing toolkit.</p> <p>Mary advised that every library will have a collection of health and well-being books and there is funding available for this initiative. Also a new Healthy Ireland Fund has been rolled and funding has been secured for a number of projects.</p> <p>Sr. Elizabeth referred to the Bethany Bereavement support group and the service it provides.</p>	

<u>Item 5</u>			
<u>A.O.B</u>			