

third age

Responding to the Opportunities
and Challenges of Ageing in Ireland



Annual Report 2022

seniorline

fáilte isteach

agewell

local & regional
initiatives

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Michael D. Higgins, President of Ireland, is Patron of Third Age

Third Age is a registered charity 16647
Charity Number 20060459
Company Number 414509

Third Age Foundation CLG and Senior Citizens Helpline Company CLG are two separate companies.
This report covers the activities of both.



CHAIRMAN'S REPORT

Third Age is a national voluntary organisation with over 2,600 trained volunteers, working with and on behalf of older people throughout Ireland for the last 34 years. Third Age has developed effective responses to the needs of this group whose numbers are increasing, a factor which highlights the ongoing requirement for our services and our vision. In 2022, Third Age maintained its core programmes Fáilte Isteach, SeniorLine, AgeWell and Third Age Summerhill.

Similar to many other charities, Third Age has faced great challenges in continuing to deliver services under difficult circumstances. In 2022, we maintained vital support nationally (to older people, migrants, refugees and asylum seekers), we expanded service impact and reach, we supported more volunteers and service users than in any other year. As an organisation, we successfully navigated a global pandemic, provided practical and pragmatic community-based solutions for communities nationwide, supported refugees from Ukraine, all the while dealing with new work models, increasing scale and rising costs of operations.

I must acknowledge the endless work of the CEO, staff and volunteers of the organisation who respond so effectively to increasing demands on a continuing basis. I also wish to acknowledge the unstinting work of the Board and finance committee throughout the year.

Funding and finance remains an ever-present concern.

We are particularly grateful for the support of our long-standing and loyal funders, and we thank our new funders whose support in 2022 makes our work possible.

We are grateful to these bodies for their belief in the work of Third Age and for their practical contribution towards the continuance and development of our services.

Third Age is committed to listening and engaging with the older population. We also see our new communities as a positive force both individually and collectively and we are committed to supporting the integration and development of these communities particularly through our Fáilte Isteach programme.

I also wish to acknowledge the many highlights and achievements articulated in this report.



ANTHONY (JACK) NOLAN

CHAIRPERSON

CEO'S REPORT

Third Age today represents a place and value in the age NGO sector which celebrates the active engagement of older people and facilitates their continued contribution in communities.

This year saw the re-awakening of life in Ireland as the danger of Covid-19 receded and people emerged again to resume their lives. Some older people stepped out more carefully, often needing encouragement to reconnect and re-engage. Part of our work this year has been in adapting our programmes to meet our clients where they are, to reach out and mentor where necessary.

Third Age has over 2,680 trained older people delivering two national and one regional programme, and over a hundred active members in the National Service Centre in Summerhill. This peer-to-peer approach enhances the lives of giver and receiver alike. Our work also highlights the heterogeneity of contemporary older age which spans decades, and provides an opportunity for those lucky enough to age positively enabling them to respond to the needs of a frailer and more vulnerable cohort.

How we age depends on many factors - early experiences, health, location, income, with chance playing its part also. The callers to our SeniorLine service may be approximately of a similar age to many of the volunteers who take the call, but through circumstances - their respective support systems and quality of life may be very different. The situations between Companions and clients in our AgeWell programme are similarly illustrative of difference, while many tutors in our Failte Isteach programme are moved by compassion for the plight of refugees forced to leave their own countries. When asked about their motivation, volunteers in all Third Age programmes invariably talk of a wish to 'give back' as a reason at this stage of their lives for donating time and skills to others.

So one size does not fit all. A hallmark of ageism is this misconception - seeing all those over a certain age as a homogenous group with shared frailties, beliefs, interests and hopes. This is not only untrue but damages all generations, and denies sufficient weight to the talents and abilities of older people. Last year the United Nations Decade of Healthy Ageing (2021-2030) launched its first Global Report on Ageism. It noted that policies to counter negative and inaccurate views of older people have an important role in reducing ageism.

Third Age is a member of the Alliance of Age Sector NGOs which last year published '*Telling It Like It Is*' an account which captured the experiences of a broad diversity of older people living in Ireland through the pandemic. This unfiltered account was told in conversations, surveys and focus groups involving thousands of older people across the country. The Alliance represents the collective thinking of seven significant NGOs working in the age sector.

The report revealed how ageism was endemic in Ireland before the pandemic came along opening the way for older people to suffer most. It showed how older people disproportionately died or were bereaved during Covid 19, felt unrecognised and undervalued and were thrust into the category of vulnerable, irrespective of individual capacity.

A second Alliance report '*Telling it Like it Is: Combatting Ageism*' has followed this year. This companion document digs somewhat deeper - exploring the nature of ageism in an Irish context, detailing its harmful impacts and setting out a number of evidence-informed strategies to reduce it. This report will be published early next year.

Third Age has long recognised the value and diversity of older people - as volunteers, members, clients and citizens. Our motto is to work with, on behalf of, and not just for older people, realising the gain in drawing alongside and learning from each other.



ÁINE BRADY

CEO

third age

Responding to the Opportunities
and Challenges of Ageing in Ireland

Established in 1988 in Summerhill, Co. Meath. An organisational network of projects and programmes for older people to support and reinforce their autonomy.

MISSION

To value older people's contribution to society and to help them meet their personal and community needs through innovative programmes.

POLICY PRIORITIES

- Equip older people nationally and locally to maintain their independence and voice within family, community and society
- Work to enable people to live as long as possible in the place of their choice
- Develop and provide personal supports
- Promote opportunities for lifelong learning, volunteering and civic engagement
- Constantly challenge ageism and racism
- Support and participate in research into issues affecting older people
- Collaborate with organisations with whom we share objectives
- Provide support, services and activities to older people in Summerhill and catchment area

REPRESENTATION OF THIRD AGE ON OTHER BODIES

Age Friendly Platform Meath

Age Platform Europe

Alliance of Age Sector Organisations

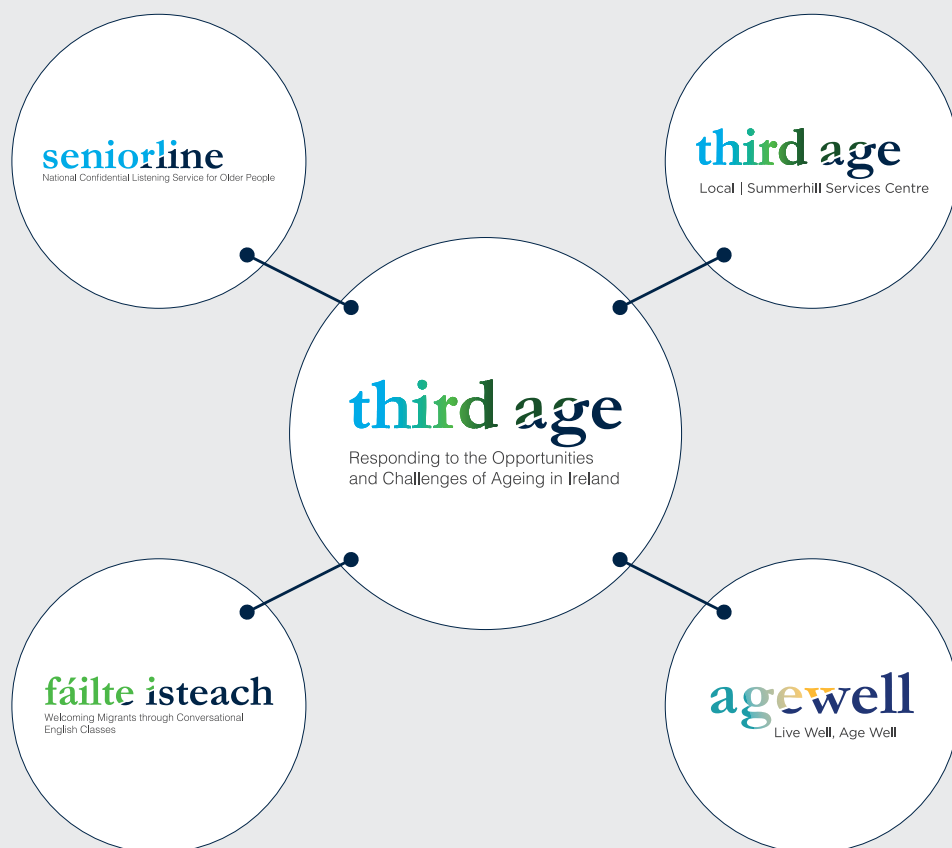
Aontas

HIQA Advisory Groups

NGO Forum Age Friendly Ireland

Telephone Helplines Ireland

SUPPORTING PEOPLE TO LIVE WELL AND AGE BETTER



2022 AT A GLANCE

2,606 volunteers
across all programmes

8,760 listening hours
on SeniorLine

420 AgeWell clients
cared for since inception

192 classes
for Fáilte Isteach migrants
and asylum-seekers

28,600 callers
to SeniorLine

2,500 Fáilte Isteach
tutors
supported by 165
co-ordinators

16,050 client visits
by AgeWell Companions

**150 Summerhill
members and friends
hosted for holidays**

TO BUILD AN IRELAND WHERE THE THIRD AGE IN LIFE IS VALUED & CELEBRATED



THANK YOU TO THE ORGANISATIONS ABOVE
FOR THEIR SUPPORT IN 2022

seniorline

National Confidential Listening Service for Older People

Established 24 years ago, **SeniorLine** is Ireland's national confidential telephone service for older people offering a listening ear, guidance and support.

This service - provided by c100 trained older volunteers - is open every day of the year 10am-10pm.

Callers contact for a variety of reasons with loneliness being expressed or implied in many calls. Some callers need information on practical matters, family problems, and financial concerns. During 2022 there has been a rise in calls involving abuse, bullying and coercive control.

SeniorLine is a peer-to-peer service and volunteers, being older themselves, are in a good place to understand the needs and wishes of callers. Volunteers can provide reassurance, empathy, and also referrals to a wide network of other helpful organisations.

SeniorLine has achieved the Invest in Volunteers Quality Mark awarded by Volunteer Ireland.

FREEPHONE
1800 80 45 91
Open 10am-10pm Daily



IMPACT & VALUE

- **SeniorLine** is recognised by the HSE as a primary health care service helping to support older people to live independent lives at home for as long as possible by offering a free, skilled and accessible phone service. This is particularly important to callers who live alone or have solitary lives.
- Externally **SeniorLine** acts as a conduit for information from Government, community and civic society, and may also act as 'the voice of callers' conveying their concerns to Government, HSE, community organisations and other stakeholders.

CALLS & CALLERS

- **SeniorLine** received 28,600 calls in 2022, two-thirds from regular callers who phone frequently or daily for company, conversation, information and to discuss various problems. Most calls were received in April, followed by March and July. Least calls were received in January, followed by October and November.
- 59% of all calls expressed isolation or loneliness, this undoubtedly due to pandemic-imposed isolation which has continued for many. Callers also contacted because they were stressed, bereaved, experiencing elder abuse or suicidal ideation.
- Family problem calls increased by 2% since 2020, and financial worries rose by 1%. Information-seeking calls rose by 2%. 88% of callers were female, 12% male. 35% of all callers were single, 26% were widowed and 10% were separated. There has been a 15% increase in the number of married people contacting since 2020.
- Traditionally, there has been an approximate 50:50 split between urban and rural callers. In 2022, the figure 56:44 with a majority of calls from rural Ireland. This may have been the result of a number of specifically targeted rural campaigns in 2022.
- Covid-related calls decreased by 13%. Health issues (physical, psychological, emotional) have also fallen, constituting 20% of all calls in 2022. Women and men contact for different reasons. We can see that male callers are more likely to contact due to health, isolation, and bereavement, worry, stress or information seeking. Female callers tend to seek support for family problems, abuse or financial issues. Loneliness, with nobody to talk to, can be an underlying reason for calls from both genders.



SeniorLine volunteers in training.

TYPES OF INFORMATION SOUGHT BY CALLERS

This is influenced in an ongoing way by changing social and economic factors.

- Callers request travel information (regulations, insurance, bus pass, transport for hospital appointments, online holiday/travel bookings), and on civic matters such as managing the payment of property tax.
- Callers also look for information on housing repairs/home maintenance services, smoke alarms, and accessing support with cleaning and housework.
- New in 2022 were calls regarding medical aids and devices, stair lifts, walking/mobility aids and hoists. We have ongoing requests for contact information for the HSE, opticians, and medication delivery. We supplied information on financial support agencies including the St. Vincent de Paul Society and Money & Budgeting Advice Service, (MABS).
- Callers requested information on Public Service/medical cards, other entitlements and support schemes including pensions, fuel allowance, and home energy companies. There was an emphasis on services to keep older people safe and well at home, including Seniors Alert Schemes - monitored personal alarms, online shopping services, and home help services.

OPERATIONAL MATTERS

The **SeniorLine** model has remained a Working from Home (WFF) service. In late 2021, a benefactor made an office available to us in Smithfield, Dublin 7, with space for volunteers to take calls. The Smithfield office is a useful asset for staff and volunteer activities in city centre, and we remain grateful for this facility.



VOLUNTEER SUPPORT

- Volunteers were provided with dedicated phones as necessary to facilitate the working from home arrangement. For the first half of 2022, practical and social support was also provided through fortnightly training Zoom workshops and fortnightly social Zooms. When Covid restrictions eased, training and social mornings resumed in-person.
- Regular volunteer CPD continued throughout the year with speakers addressing volunteers from a variety of organisations to support personal and professional development. Regular newsletters kept volunteers in touch with emerging caller issues, and served as a discussion forum for staff and volunteers alike.
- In autumn 2022, we provided refresher training to volunteers funded by Mental Health Ireland. Titled 'Coming Through Covid', this addressed the increasingly complex problems presented by older people who had been confined to home for so long. The course offered discussion, strategies, and guidance on how to respond. Attended by 98% of volunteers in a series of one day workshops, it has been extremely helpful to callers and volunteers alike.
- Towards the end of the year, we also recruited and trained a small cohort of new volunteers to replace those who had left the service for health or family reasons.

LOOKING BACK

2022 was a year of expansion and consolidation for **SeniorLine**. This was characterised by an increase in callers, a return to in-person training, Continuous Professional Development and social support for volunteers who have demonstrated a steady commitment through the pandemic and beyond.



fáilte isteach

Welcoming Migrants through Conversational English Classes

To live, survive and thrive in Ireland, English language skills are essential.

Fáilte Isteach is a community project involving predominantly older volunteers welcoming migrants and refugees to Ireland through conversational English classes.

The restrictions imposed by Covid 2020-2021 had led to the development of online tutor training and online classes to complement in-person programmes. This blended approach of online and offline tuition continued in 2022.

The war in Ukraine and subsequent arrival of Ukrainian refugees in early 2022 created increased need for our programme. **Fáilte Isteach** responded by identifying new community leaders and co-ordinators, forming new partnerships, recruiting more volunteer tutors and providing more classes. The work of **Fáilte Isteach** was recognised by the Ukrainian Ambassador in Ireland who visited a group in Cahir, Co. Tipperary during the year.

The relevance of **Fáilte Isteach** was profiled by RTE's Morning Ireland in March 2022.

Fáilte Isteach was nominated as Co. Meath finalist in the National Lottery Good Causes Community Award.



Fáilte Isteach English class in session.

IMPACT & VALUE

- **Fáilte Isteach** combines emotional and practical support for migrants - this is particularly helpful to those who have escaped frightening and traumatic circumstances in their own countries.
- **Fáilte Isteach** trains new volunteers, giving them the confidence and skills to tutor and ensuring that each group has the required resources to run successful conversation classes.
- **Fáilte Isteach** groups are a welcoming space for those in need. Classes allow Irish co-ordinators and tutors to support new arrivals often in their time of greatest need, and in the most human interactive way - talking and listening.
- This informal, relaxed approach allows the most marginalised and vulnerable in our society to engage with host communities and citizens, to integrate into life in Ireland, and share their own culture and lived experiences.
- Class discussion informs migrants about their entitlements and employment rights, Irish political and cultural life, plus resources to assist towards active citizenship, form filling and CV creation.
- The programme also benefits the families, employers and communities in which migrant and refugee participants live.

RECOGNITION & ACHIEVEMENT

In June 2022 **Fáilte Isteach** was nominated as Meath County Finalist in the Community category of the National Lottery's Good Causes award. **Fáilte Isteach** had nominated volunteer Martin Vernon, Ennis, Co. Clare as our Hero of the Year nominee. Martin has facilitated the opening of eight new groups in Clare. The service nominated a total of 20 heroes as part of an internal selection project and gifted each nominee in recognition of their contribution. The award ceremony in October was attended by Third Age CEO Aine Brady, **Fáilte Isteach** Project Manager, Claire Dalton and **Fáilte Isteach** volunteer, Martin Vernon.



Fáilte Isteach class.

GROWTH & DEVELOPMENT

- During 2022 **Fáilte Isteach** experienced increased demand due to the crisis unfolding within Ukraine. This was alongside responding to the ongoing language needs of new arrivals in Ireland under international protection protocols. The flexible and adaptable nature of the project enabled a rapid response from volunteers and local teams across Ireland.
- Today **Fáilte Isteach** has 192 classes managed by 165 coordinators and led by 2,500 tutors. During the year the programme trained 858 new volunteers in online communities and 200 volunteers in person, enabling us to offer tuition to 9,600 learners, including 1,000 new learners. 52 new branches opened in 2022.
- There are now groups in every county in the republic. Sessions run primarily in central community locations to allow for valuable local integration, decreasing isolation for learners, especially those in temporary accommodation.
- The demand for new locations continues, with 14 new locations due to launch in early 2023.

TRAINING & LEARNING

- **Fáilte Isteach** 200 volunteers received refresher training in autumn 2022 - delivered in twenty-six in-person training sessions. These sessions shared practical activities for conversational English and ensured volunteers were equipped with new ideas. 900 trainers availed of refresher training online.
- Some learners attended for prolonged periods, others for shorter stretches, with this informal approach allowing learners in unpredictable situations to receive support in an accessible way. Newly trained volunteers in 2022 joined new and established groups. Online training has allowed groups to open quickly where the need is greatest.
- During 2022, many rural communities who had received large numbers of migrants contacted **Fáilte Isteach** for support. Among such areas, the programme travelled to Achill Island, Connemara and West Clare to support groups opening in locations not accustomed to receiving new migrants or refugees.
- In addition to volunteer training and new group establishment, the project provided three collaborative sessions around working with trauma in a volunteer setting using ESOL - English for Speakers of Other Languages techniques. (ESOL aims to engage learners in developing English language skills in reading, writing, listening and speaking).

PARTNERSHIPS

- During the year **Fáilte Isteach** consolidated relationships with local community groups, Family Resource Centres, and management teams in temporary accommodation centres - thus ensuring a rapid response to emerging local language needs. We also continue to work with partners in libraries, schools, local authorities, parish centres, Local Area Development Companies and Direct Provision Centres. We advertised our service in each community to local employers and encouraged them to send migrant staff to our classes. **Fáilte Isteach** resources also cover specific modules on employment in Ireland, CV, interview and job-seeking preparation. For more advanced students, **Fáilte Isteach** partnered in 2022 with the global professional services company Accenture, providing access to their Skills2Succeed and Future Learn online training to further improve employee skills.
- In 2021 **Fáilte Isteach** was invited by Trinity College Dublin and Dublin City University to be part of a research project sponsored by the Irish Research Council New Frontiers programme on technology-enhanced language support for adult migrants post-pandemic. The focus was on how **Fáilte Isteach** tutors supported learners online.
- Data was collected by TCD's School of Linguistic, Speech and Communication Sciences and DCU's Business School. It included a survey completed by **Fáilte Isteach** learners and tutors, and a six week workshop hosted by TCD and DCU undertaken by 20 **Fáilte Isteach** volunteers. Within these sessions, volunteers explored digital resources and created new resources to support learners in conversational English.

- The results included a TCD report *'Technology enhanced language learning and integration: Exploring blended approaches to learning in community based English classes for adult migrants in Ireland'*. The workshop resulted in the production of a new comprehensive digital resource for tutors featuring tools and materials that can be used in face-to-face classes and online sessions. The resources produced were unique and linked to language used locally in communities across Ireland, exploring phrases, accents and colloquialisms.

IN-HOUSE RESOURCES

- Due to a significant increase in learners, **Fáilte Isteach** delivered a total of 13,000 resource books to groups nationwide. We also provided updated tutoring materials in print format, and a new resource pack, (flashcards, visual grammar books, conversational starters, language learning games) to new and established groups.
- These in-house designed resource books cover healthcare, employment, culture, education, as well as practical information on living and thriving in Ireland. The resources allow tutors to keep sessions learner-centred and conversational, focusing on important and practical areas of the language. Our website also provides ongoing learner support in updated resources, links, and acts as a useful signpost to other relevant materials.
- **Fáilte Isteach** distributed to migrants training materials in post-traumatic training psychological support developed by the Irish Research Council.

LOOKING BACK

During 2022, **Fáilte Isteach** met the unprecedented demand for services caused by the war in Ukraine and the arrival of thousands of refugees in Ireland while continuing to support other new and existing migrants. By year's end, the programme had trained over 1,000 new volunteers, welcomed and offered classes to over 1,000 new learners and opened 52 new branches, as well as forging new allegiances and consolidating bonds with 192 separate communities.



agewell

Live Well, Age Well

AgeWell is an example of the benefits of modern technology to connect older people with peer and community resources. Piloted and launched in 2018, the programme recruits and trains **AgeWell** Companions, who offer social engagement to clients through home visits and phone calls, and provide health monitoring through the use of the **AgeWell** App. This also allows our Companions to make a positive difference to peers in need of support in their communities. We work with older people who are frail, isolated, lonely, vulnerable, at risk and in-need.

The App - a health screening tool created by gerontologists - is used to continually assess client health and wellbeing. Any causes for concern are picked up by Companions who assess the issues and use the 20 Question App to trigger referrals to our **AgeWell** Care Co-ordinators who respond accordingly. Responses may include referral to Primary Care Teams (PCTs) and other community services. This allows social and environmental problems to be identified at an early stage, enabling clients to be linked to the appropriate treatment in the right place at the right time.



AgeWell companions

This support includes referral to and collaboration with public health nurses, social workers, physiotherapists, occupational therapists, Gardaí and other community services such as Meals on Wheels service, transport initiatives, and active retirement associations. The HSE provide financial support, service pro-motion and client referrals.

IMPACT & VALUE

- **AgeWell** Companions have cared for a total of 420 older people since inception. A significant aspect of the programme is the series of regular independent assessments that measure its effectiveness. Assessments invariably show an increase in client wellbeing, physical activity and emotional and informational support. There is also a significant and consistent reduction in loneliness levels.
- In November, Third Age launched a report '*The AgeWell programme as a public health intervention*', researched and written by Professor Amanda Phelan, Trinity School of Nursing and Midwifery. This comprehensive report concluded that the efficiencies of **AgeWell** are evidenced in three areas. First, it provides community-based support services for older people which interconnect with the formal health and social care system, while networking with other community-services to promote person-centred services. Second, its early intervention remit enables the optimisation of health, and reduces cognitive and functional loss. Thirdly, it is cost effective.



GROWTH & DEVELOPMENT

- The service continues to expand in every corner in Co Meath. Four new Companions were recruited and trained during the year, bring the total number to 19.
- During 2022 **AgeWell** provided 16,050 home visits, which triggered 2,721 referrals to 18 different services. 91.6% of referrals were managed by the **AgeWell** team with client or client's family. 8.4% of referrals needed action by a Primary Care Team.
- The service is available to those aged 60 and over. Currently the mean client age is 82, with 67% over 80, and 38% over 85 years. 70% of clients are female and 65% are widowed. 39% of clients come via self-referral, 30% via professional or health care provider, 16% via friend or family member and 15% via other community supports.

MONITORING, REFERRAL & ASSESSMENT

- Companions observe their client at each visit and refer back to the **AgeWell** team where appropriate. At every second visit, Companions use the **AgeWell** App to formally assess each client and note results. The client is also visited regularly by **AgeWell** Care Coordinator staff, and assessed regarding their physical and emotional health, physical activity, self-care and social engagement.
- Upon joining the programme, a new client receives a baseline assessment which examines wellbeing, emotional/informational support, self-rated health, loneliness, and physical activity. Midline assessments are held every four months using same scales and methods. Assessments invariably show positive increase among clients across these fronts. Over the years, there has also been a significant and consistent reduction in loneliness levels with many regaining life engagement post-Covid.

COVID 19 ADAPTATION

The year saw the return of home visits to clients following the end of the 2021 national lockdown. Hour-long visitation resumed in early February. Companions continued to follow Health Protection Surveillance Centre (HPSC) advice on mask wearing and hand sanitizing, and supported those still in isolation with shopping and other errands. Companions gave clients accurate and updated information on staying safe, on public health guidelines and updates on the HSE vaccination and booster programmes. The **AgeWell** team noticed a marked improvement in client well-being once visits were resumed.

COMPANION SUPPORT

The **AgeWell** programme is committed encouraging clients to participate in community life, and in supporting older people in Co. Meath to remain safe and well in their own homes for as long as possible.

COLLABORATION

- **AgeWell** has been invited to sit on the Steering Group of the HSE '*Stronger Together: Mental Health Promotion Plan*'.
- During 2022, the **AgeWell** team supported the relaunch of **AgeWell** in Limerick, and continue to provide technical support.

LOOKING BACK

2022 was a year of strong re-engagement with clients. It illustrated again the value of constant friendly support with clients at home, regular health monitoring and timely referral to partner services.

third age

Local | Summerhill Services Centre

THIRD AGE SUMMERHILL SERVICES

For 34 years, Third Age in **Summerhill** has provided friendship, activities and services to older people within a 30 mile radius. The Third Age Centre offers a space and place for local people to engage, to learn, and to maximise their physical, emotional and social health.



SUPPORTING MEMBERS

- Over the past twelve months, services and activities returned to the centre, while staff continued to offer contact to those still isolated at home. Such members were supported by phone calls and many other thoughtful ways to help with inclusion. In spring, the Meath Chamber of Commerce provided €35 shopping vouchers to Third Age which were posted to each member as a St. Valentine's gift. Each member also received a greeting card for St. Patrick's day, with 100 sponsored Easter eggs delivered to members in April.
- Moving through the year, staff remained in constant touch with those unable to participate in centre activities, particularly over Christmas. The overarching emphasis was to support the continued engagement of all, and especially those living on their own. Books, magazines and knitting wool were delivered to members at home, to help with enjoyable occupation during the leisure hours.
- Staff supported the local GP vaccination clinic by providing a space in the centre for patients fulfilling the 15 minute post vaccination waiting time. IT support has been given to members needing to tax and insure their cars online. Over 100 applications for Socially Monitored Alarms were made during the year with their installation monitored. This scheme contributes to feelings of security and safety enjoyed by members and other local older people.
- The Library Service remained popular during the year with a brisk trade in books donated and borrowed.

A-Z ACTIVITIES AND SERVICES 2022



Audiologist



Holidays



Reflexology



Bingo



Knitting Group



Resource Centre



Chaerobics



Library



Social Prescribing



Chiropody



Line Dancing



**The Way We Were
Living History Project**



Counselling



Men's Shed



**Trips, Tours &
Outings**



Drop-in Centre



Patchwork

WEEKLY ACTIVITIES

- Regular programmes and services resumed post-Covid with a morning programme each day. Movement to Music, line dancing and chaerobics are all well attended. (Chaerobics is a workout using a chair for balance, designed to increase heart rate, burn calories and build muscle strength). 10 members come together one afternoon a week as part of a Knitting & Crochet group, with their knitted garments sold in the annual sale of work. The Third Age Variety Group, reunited after over two years apart, meets weekly. Afternoon bingo, a new programme, is proving a great hit and attracting new members of all ages. New activities also include patchwork classes, and a four week mindfulness course to help members cope with the challenges of Covid-19.

- Regular professional services by appointment have also continued including fortnightly audiology, counselling and reflexology consultations. A chiropodist visits monthly.
- During the summer the annual Members' Mass was well attended and the Garden Party was a colourful affair with prizes awarded for the most beautiful summer headgear.

HOLIDAYS & DAY TRIPS

Members and friends enjoyed a spring break in Killarney and a five day late summer holiday to Dungarvan. There were numerous day trips throughout the year. These include a pilgrimage to Knock, Co. Mayo, various shopping trips, garden centre visits, a day at the Irish Countrywomen's Association in Co. Louth, and exchange visits with local active retirement associations.

SOCIAL PRESCRIBING

Working with others, our social prescribing model offers a holistic approach to ageing and social, emotional, psychological health and wellbeing. We regularly receive referrals from Primary Care services throughout Co. Meath, and also from Public Health Nurses, GPs, social workers, Community Gardai and other organisations who work with older people.

THE WAY WE WERE

In 2022, Third Age Summerhill created a collection of short videos capturing the voices of 14 older volunteers in a story-telling workshop as they talk, swap stories and reminisce about objects from their past, and the historical significance of these objects. Third Age engaged the services of a professional heritage interpretation consultant and a videographer to develop this project. It was made possible through funding from the Heritage Council and the first videos were posted on social media in Heritage Week August 2022.

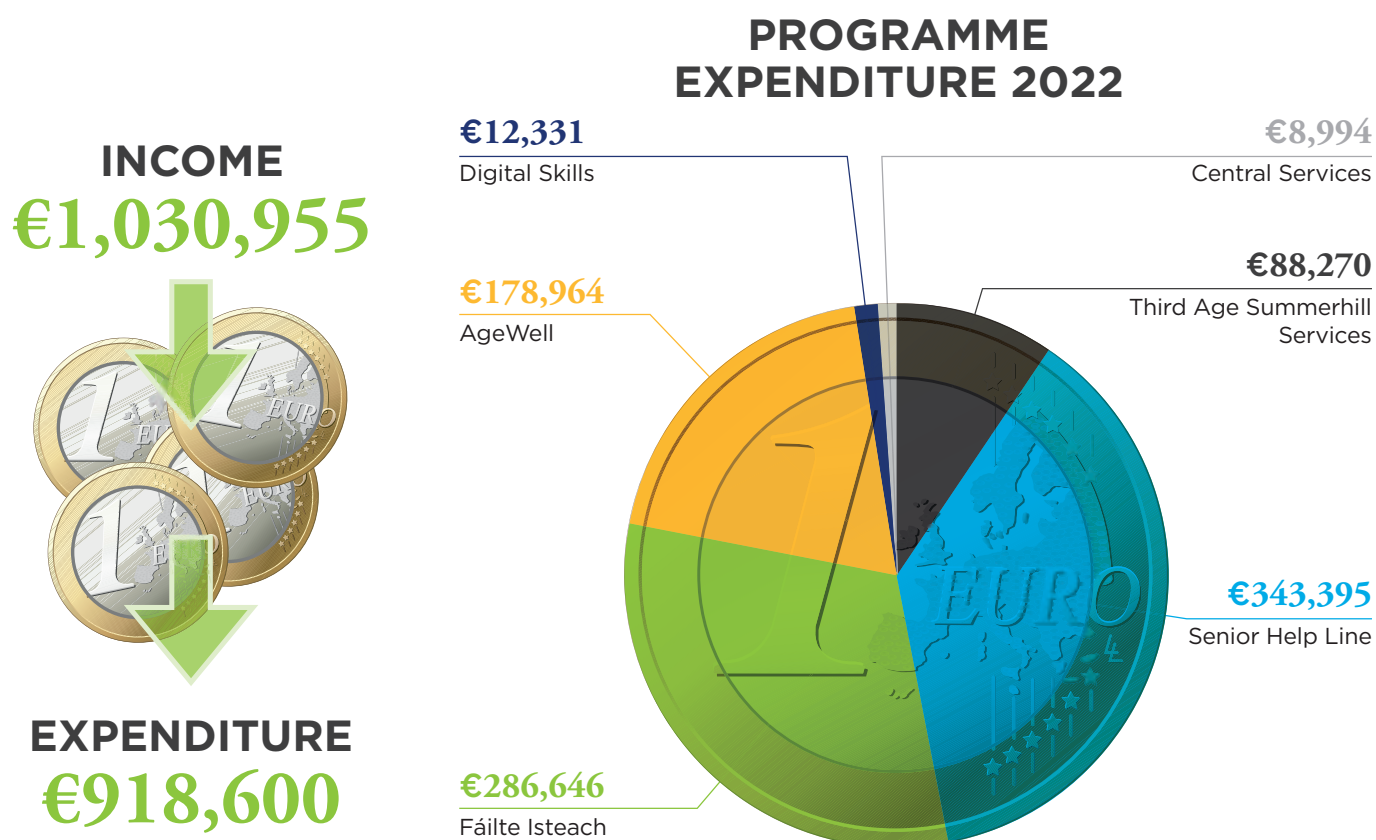
LOOKING BACK

2022 was a positive and hopeful year, characterised by the re-opening of activities and support services, welcoming current members back to the centre and welcoming new people wanting to re-engage with life post pandemic.

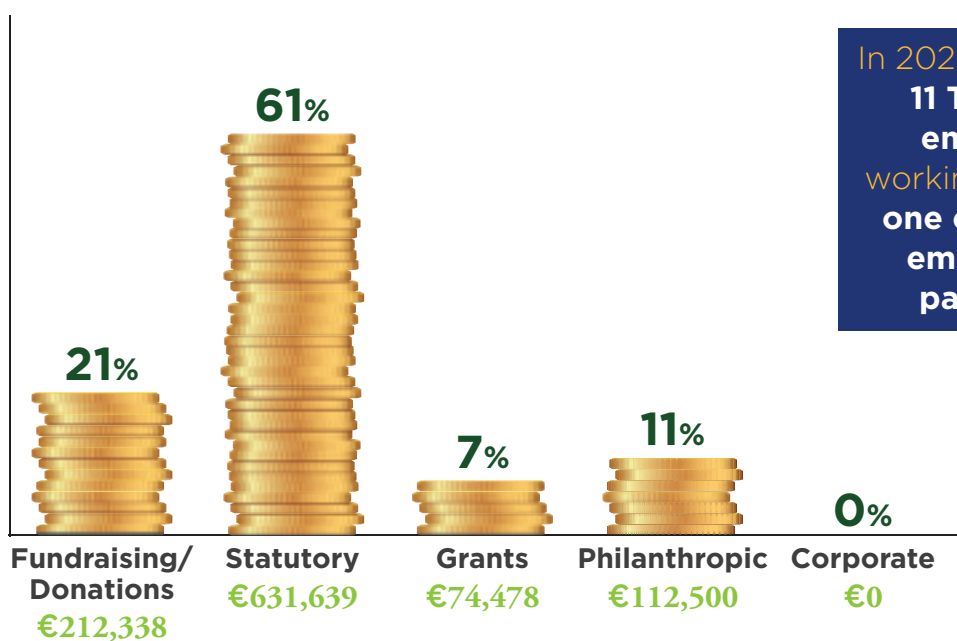


2022

Third Age in Numbers



SOURCES OF INCOME 2022



In 2022, there were
11 Third Age employees
working alongside
one community employment participant

Full details of the Audited Accounts and Financial Statements for both Third Age Foundation clg and Senior Citizens Helpline Company clg can be obtained from the Companies Registration Office.

BOARD

third age

Responding to the Opportunities
and Challenges of Ageing in Ireland

Chairman	Jack Nolan
Company Secretary	Tom Collins
Members	Harry Casey, Tom Dowling, Pat Cox, Maura O'Keeffe, Amanda Phelan

seniorline

National Confidential Listening Service for Older People

Chairman	Jack Nolan
Company Secretary	Tom Collins
Members	Harry Casey, Pat Cox, Tom Dowling, Maura O'Keeffe, Amanda Phelan

STAFF

third age

Responding to the Opportunities
and Challenges of Ageing in Ireland



Chief Executive Officer

Áine Brady

Operations & Finance Manager	Alison Branigan
Communications Manager	Anne Dempsey
Programme Manager	Claire Dalton

fáilte isteach

Welcoming Migrants through Conversational
English Classes

Programme Manager	Damian Leneghan
National Office Administrator	Ann O'Brien
Dublin Office Administrator	Beryl Carroll

seniorline

National Confidential Listening Service for Older People

Lead Care Co-ordinator	Paul O'Rourke
Care Co-ordinator	Ann Marie Slevin

agewell

Live Well, Age Well

Administrator Third Age Services	Rosemary Doyle
National Office Administrative Assistant	Maeve Carton
Community Employment Participant	Alan Morris

local & regional initiatives



third age

A YEAR IN PEOPLE





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Company number 414508

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