

## Meeting Place for Men



Members of the Men's Shed in Moynalty busy at work on a number of restoration projects.

Men's Sheds - an idea which started life in Australia has come to Ireland in the past number of years and has really taken off across County Meath.

The Men's Sheds provide a dedicated, friendly and welcoming meeting place for men to come together and undertake a variety of mutually agreed activities.

Members have ownership of the project and decide upon their own programme of events; activities to date include woodwork, metal-work, restoring artefacts,

## Ambassadors Wanted!

Do you have what it takes to be a Crime Prevention Ambassador? This is a new initiative by the National Community Policing Office of the Garda Síochána which is being piloted in Cavan, Meath and Monaghan.

A Crime Prevention Ambassador can be any older person in the community who wishes to volunteer their time to distribute crime prevention information to others who may be isolated for one reason or another. Volunteers will be registered with their local Community Policing Office or Garda Station.

Volunteers will receive training and up-to-date information from the Garda Síochána to share within their own communities. They'll be given an information kit containing leaflets about home security and safety in the home.

The aim of this new scheme is both to assist the Gardai in tackling crime against older people and also to address the fear of crime. It's a really worthwhile initiative, so if you would like to get involved or to find out more contact Assumpta Kelly at Meath County Council (046) 90970000.

painting, photography, card playing, darts, bowls, gardening, computer classes, other hobbies and pastimes as well as going on trips.

No prior notice is required for you to attend the Men's Shed; you can just pop in, see what we have to offer, meet the members, read the paper and share a cuppa and a yarn! There is no charge for becoming a member or participating in the Men's Shed.

There are currently six projects in County Meath, located in Moynalty, Summerhill, Navan Athboy, Broomfield and Dunshaughlin. They meet on a weekly basis in each location:

- Monday at 1.30pm in **Summerhill** Community Centre, Tuesday at 10.30am in **Dunshaughlin** Community Centre, Wednesday at 10am in the Old Community School **Athboy**
- Thursday at 10am in **Broomfield** Teach na Raithneach Community Centre.
- Friday at 10.30am in **Moynalty** Steam Threshing Museum
- Friday at 2.30pm in **Navan**, Claremont Stadium.

It is advisable to call the project coordinator, Kay O'Connor on 046 9280 790, to ensure the group is meeting on the day you wish to attend.

## Age Friendly Meath

Meath's Age Friendly County Alliance is a partnership of many different agencies lead by Meath County Council. The members of the Alliance are:

- Meath County Council
- Meath County Development Board
- Mid East Regional Authority
- Meath VEC
- Health Services Executive, North East
- An Garda Síochána
- Meath Partnership
- National University of Ireland, Maynooth
- The Netwell Centre, Dundalk
- Ageing Well Network
- Flexibus
- Third Age Foundation
- The Laterlife Network

The aim is to make Meath an 'Age Friendly County', working together to promote and maintain the health and well-being of older people in Meath.



# County Meath Laterlife Network Newsletter

April 2013

We have had a busy couple of months working on behalf of all over 55s in County Meath since our last Newsletter. Two of our Committee members have taken their place on the Age Friendly Alliance whose role is to bring together many of the organisations and agencies who work on behalf of older people in the county and to implement changes to make Meath a better place in which to grow old.

We have also attended meetings of the European Innovation Programme in Dundalk as part of AFRA.NET (Age Friendly Alliances in the North East Together) in order to share information, create networks and link up older people with service providers across the region.

As Transport is one of the priority areas identified by over 55s in Meath, we have written to Transport Minister Alan Kelly, TD to raise your concerns about the continuing provision of services in the county. An extract from this letter is printed in this issue of the Newsletter.

If you have any concerns or issues you would like us to work on – please get in touch. Our contact numbers and emails are below and we would love to hear from you.

## We want to meet you!

The Laterlife Network is open to everyone in County Meath over the age of 55. The role of the Network is to create a place where the voices of over 55s are heard and to develop the capacity of older people to decide on and implement changes that will improve their quality of life. We are working alongside many other organisations and voluntary groups to make Meath an Age Friendly County.

But in order to do this - we need to meet you. We need to hear what you think, what improvements you would like to see, what changes you would like to see happening in order to make Meath a great place in which to grow older.

Throughout the year we'll be holding meetings in all the Electoral areas - Dunshaughlin, Kells, Navan, Slane and Trim. So come and let your voice be heard!

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Cavan Road, Kells, Co. Meath  
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Laterlifenetnetworkmeath@gmail.com  
www.connectinlaterlife.eu

## Caring for the Carers

The Carers Association is Ireland's national charity for and of Family Carers in the Home. Their aim is to provide family carers with emotional and practical supports and to promote the interests of family carers and those receiving care in the home.

They also lobby and advocate in an effort to gain recognition and social justice for carers for the invaluable contribution they make to Irish society and they work in partnership with other organisations to further the interests and welfare of family carers.

The North Dublin/Meath branch of the Carers Association run monthly Support Groups throughout North Dublin and Meath. The meetings are open to all family carers where you will get to meet others in a friendly and supportive environment. The Meath meetings are in:

- **Trim:** Trim Castle Hotel, 1st Wednesday of month, 7.30-9.00pm
- **Navan:** Newgrange Hotel, 2nd Monday of month, 10.30-12 noon

For more information about services offered by the Carers Association contact Tracey Brennan on 086 388 6970 or email [dublinnorth@carersireland.com](mailto:dublinnorth@carersireland.com)

## Meals on Wheels



Meals on Wheels volunteers deliver meals throughout the county daily.

Meals on Wheels is a wonderful service providing hot meals to those who live alone. Laterlife Network member Rosario Wall who represents the Slane Electoral Area on the Executive Committee, cooks for her local Meals on Wheels every other Monday in Duleek Parish Centre.

'I started doing it after my husband died,' said Rosario. 'It got me out of the house and meeting people.' Like most other volunteers Rosario says that she enjoys the work and finds that it's also a way of giving back something to the community in which she lives.

The meals are provided at a nominal cost and funds are raised mostly through Church gate collections.

If you would like to volunteer your services for Meals on Wheels the best place to start is your own Parish Centre. Listed below are contact telephone numbers in a number of areas throughout the County:

Ashbourne, 086 155 9641

Athboy, 046 943 2082

Duleek, 041 988 0379

Dunboyne, 01 825 1046

East Meath, 085 757 0810

Kells, 046 924 0037

Navan, 046 902 1935

Oldcastle, 049 854 1148

Summerhill, 046 955 7947

Trim, 046 943 1251

## Friend & Mend



### Use your DIY Skills to help others!

**Friend & Mend** is a new initiative that involves local community volunteer teams helping older people out with simple DIY and repair jobs around the house.

The dedicated Friend & Mend Helpline is manned and coordinated by Meath Volunteer Centre, who take the DIY job details and pass them on to the relevant local area community Friend & Mend Volunteer team.

Friend & Mend is very much a local service. It is coordinated by Meath Volunteer centre and local partners and delivered purely by volunteers.

The kinds of DIY jobs that Friend & Mend cover are:

- changing light bulbs
- fitting smoke alarms
- minor gardening (mowing etc)
- fitting security locks / chains
- home decorating (interior painting etc)
- moving light furniture
- hanging curtains
- erecting shelves
- changing plugs / fuses
- tacking carpets
- minor plumbing, electrical and carpentry
- installing handrails

The service is up and running in **Kells**, operating from the Kells Peoples Resource Centre and is starting soon in the Claremont Stadium, **Navan** and in the **Trim** Family Resource Centres. Plans are well underway to bring this scheme to Slane Community development.

Friend & Mend is looking for volunteers in all areas of the county with DIY skills. So if you have some spare time, can confidently tackle some of the jobs listed above and would like to get involved, contact the **Meath Volunteer Centre** on 086 – 045 7974 or email check them out on the web at [www.volunteermeath.ie](http://www.volunteermeath.ie)



## Transport - A Priority Issue

Public Transport is one of the priority issues on the agenda of the Laterlife Network. Access to reliable public transport is of vital importance to enable older people in particular to meet up with friends, shop, volunteer, attend hospital appointments and to generally remain actively involved in their communities. Recent media reports suggesting that there were to be policy changes in the delivery of transport services prompted the Laterlife Network Executive Committee to raise the matter with Alan Kelly, TD Junior Minister at the Department of Transport.

Below is an extract from the letter:

Dear Minister,

*'At our recent executive committee meeting the proposed changes to the rural transport scheme as outlined in recent media reports were discussed in depth. The topic of rural transport has been to the forefront of all research and public meetings that we have carried out and is the single biggest issue on our agenda at present.*

*While Meath has close proximity to the capital Dublin, vast areas of the county are very poorly serviced by public transport and we rely to a large extent on the network provided by the current service provider "Flexibus". The view was expressed that the current network needed improvement and extension of routes and could perhaps be administered at a lower cost.*

*The proposals to hand over control to the eight regional authorities with individual local authorities responsible for schemes in their own areas was felt to be a retrograde step with the possibility of only main corridor routes being serviced in the future and the local voluntary and community element of the current scheme being lost.*

*While we appreciate that money has to be used to obtain maximum value we feel that any changes to the scheme should take into account the age profile of the main users of the service. The service should where possible be extended to further increase routes and link in with main bus routes and main rail network services. We urge you to take these points on board in any final decisions that are taken.'*

Mary Calt,  
Chairperson

LaterLife Network Executive Committee

A copy of the letter was circulated to the following:

Damien English, TD

Gerry Adams, TD

Fergus O'Dowd, TD

Ray Butler, TD

Peter Fitzpatrick, TD

Regina Doherty, TD

Dominic Hannigan, TD

Seamus Kirk, TD

Senator Thomas Byrne

Peadar Toibin, TD

Gerard Nash, TD

Senator Mary Moran

## STOP PRESS!

We have just received a reply from Minister Alan Kelly stating that his aim is to "strengthen the RPT (Rural Transport Programme) by ensuring a more efficient delivery structure by maximising integration with other state transport services and by making the programme a sustainable part of the public transport system."

The Minister says that he "established the National Integrated Rural Transport (NIRT) Committee in April 2012, comprising key stakeholders, including RTP groups and chaired by the NTA, to oversee and manage a partnership approach to implementing integrated local and rural transport."

He states that he is aware of the very valuable work done by groups such as Flexibus, but that given limited resources it is necessary "that the current delivery mechanisms and structures are examined and revised."

He emphasises that no decisions have yet been taken and that "any future structure for the RPT will be based on community input, local flexibility and involving the voluntary sector."

The full text of the Minister's letter is available on the Laterlife Network website ([www.connectinlaterlife.eu](http://www.connectinlaterlife.eu)).