

CLARE

AGE-FRIENDLY

COUNTY PROGRAMME

**2016 Review and Summary
of 2014-2016 Strategy**

AGE FRIENDLY ALLIANCE BOARD



Chairman's Message

I am pleased to present our report for 2016. I wish to acknowledge the work of all the agencies working together through the Implementation Team. We have achieved most of our targets over the last three years as well as overcoming challenges that were presented.

We have taken on board the feedback we received and have incorporated this, with a greater emphasis on local issues and people affected by same. I believe this will be apparent to anybody reading the report. On this occasion we have improved the readability of the Annual Report by identifying the Main Themes under which the key issues were addressed in County Clare.

Over the three years of our tenure (2014 – 2016) we aim to strengthen the national profile of the Age Friendly Programme and in so doing we will be able to deliver support and services that will bring quality to Older People's lives.

I wish to thank the various agencies and their staff for their commitment to the Age Friendly Programme and to improving the lives of people as they grow older. This has been a journey of learning for all involved and we have identified some gaps in respect of the delivery of services/support to the Older Person living in County Clare. I particularly wish to thank the members of the Older Peoples Forum who continue to ensure that we meet our deadlines and completion dates.

The Older Peoples Forum also helped with the planning, and attended the Clare Age Expo which was held at Carrigoran House. It was a very informative and enjoyable two days of talks and activities. Thank you to Carrigoran House for your hospitality and hard work.

I hope that you find this report helpful and informative. Your contribution at any level is always welcome and perhaps you may wish to contact the Older Peoples Forum and become directly involved yourself.

Jimmy Kelly

Chairperson's Message

2016 has been another full and active year for the Clare Older People's Forum with members attending the Alliance Board and Implementation Meetings of the Clare Age Friendly Programme.

We also held the 'Older Person of the Year Award' at the West County Hotel. The Clare Volunteer Centre gave administration support by vetting the nominations and making sure that everything was in order with our procedures for finding the Older Person of the Year. We are very grateful for their help and advice.

We thank John O'Connell of Carestore, Ennis for sponsoring our event by providing the winning prize of an I-pad. On the day, John gave an interesting speech on the importance of using aids to improve our lives and keep us safe.

We would like to thank all the people who donated prizes for this event and Clare County Council for the funding they provided towards the cost of this event.

Most importantly we must thank you for all your nominations, without which this event could not take place. Father Harry Bohan was our main speaker this year and presented the awards.



Back row L-R Tommy Ryan Ennis, Sharon Meaney Clare Volunteer Centre, Fr. Harry Bohan, John Connell Carestore, Mickey Wilson Miltown Malbay, **Front Row L-R** Aine Lynch daughter of winner Maura Cotter, Stella O'Gorman Chair Older People's Forum, Rita Higgins Sixmilebridge.



Members have also attended two national convenings of Older People's Forum as well as having a member attend the National Network of Older People's Forum meetings in Dublin. Clare OPF are very proud of the fact that the National Network is now in place as we played such a major part in its formation and we wish the chair, Bob Gilbert of Cavan OPF, every success.

We are very grateful to the funding provided by the Clare Age Friendly Alliance Board to enable us to meet some of the expenses of our members attending such events.

2016 saw the completion of the first Age Friendly Strategy for County Clare and we would like to thank our colleagues in all the agencies on the Implementation Team for all their hard work, We look forward to working with you again to achieve even more in the 2018 to 2020 Clare Age Friendly Strategy.

We hope that more residents of Clare aged 55 years or older will want to become involved. We would love to hear from you with your suggestions and ideas for improving life in our county. Contact clareopf@gmail.com
Tel: 065 6866800



January

In January Members are preparing for their meeting with Heads of Department from Clare County Council and plans for Ennis St. Patrick's Day Parade are being made. An OPF member has attended a National Advisory Group meeting.

CLARE LOCAL DEVELOPMENT COMPANY SUPPORTING THE OLDER PEOPLE'S FORUM 2014-16



Clare Local Development Company (CLDC) has facilitated and supported the development of the Clare Older People's Forum (OPF) over the three years of the Clare Age Friendly Strategy.

Intensive support was provided to the Council in its initial set-up and recruitment of members. CLDC staff have worked closely with the OPF executive members to provide ongoing support and organisation for meetings, events, funding applications, reports etc. and also in providing a central welcoming venue for the OPF to meet regularly.

The OPF has been strengthened and supported through the provision of specific targeted training in Media Skills, Volunteer Management Training and Strategic Development amongst others.

CLDC has provided significant support to the OPF regarding event organisation and promotion over the three years, during which time a number of countywide events have been successfully held. (See photo below from the National Convening of Older People's Councils held in Ennis).

As a result of this intensive and continuous support from CLDC the Clare Older People's Forum have been able to go from strength to strength; independently applying for external funding, widening their membership, forging new relationships with other bodies and ultimately responding more effectively to the identified needs of their members.



Communities & Environments

There is an increased awareness for the need to develop Age Friendly Planning at a Community level.

Clare County Council requires that all planning applications adhere to Age-Friendly planning principles and guidelines. The Planning Section will support applications to allow family members to build adjacent to their parents so that they can provide support if needed.

Planning to ensure future proofing for Ageing

Clare County Council's commitment to Age-Friendly Planning principles continues in the Draft County Development Plan 2017-2023.

It requires that:-

- “new housing developments provide a range of house types and accessibility and life-long adaptability are key elements in house design”
- “accommodation meets the needs of older people (and)...the range of housing options for older people is in appropriate, convenient and easily accessible locations”

This plan (currently in draft format) has incorporated a series of Age Friendly principles into its key documents and strategies. For example:-

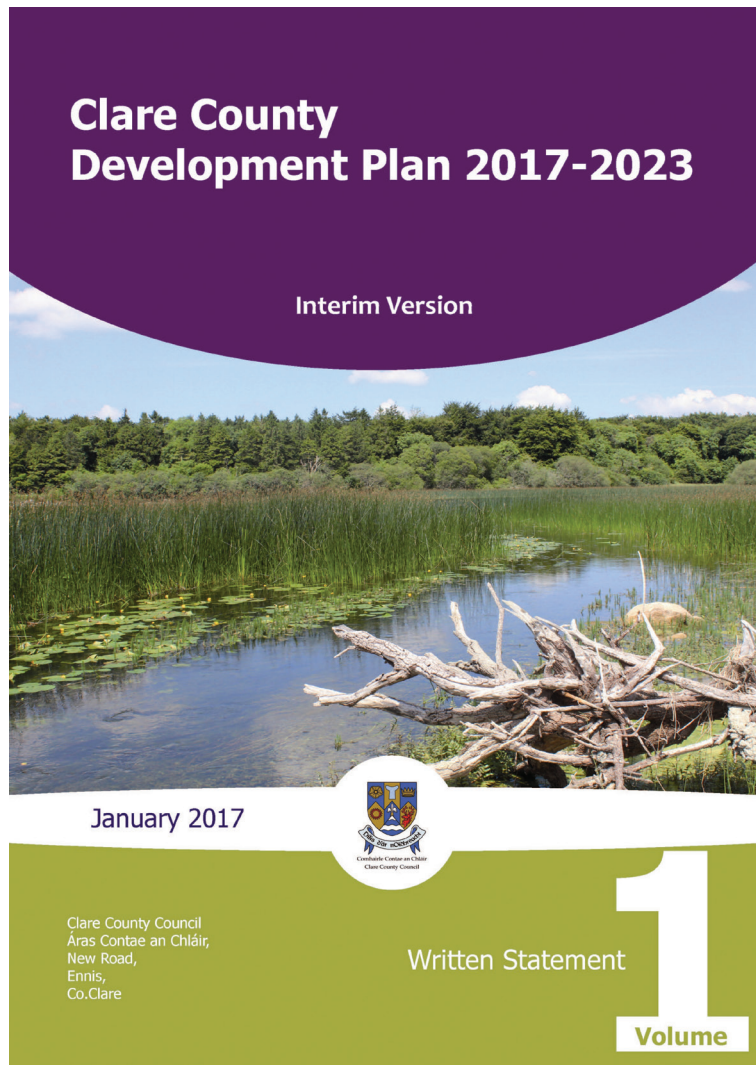
- Exceptional Health and Family Circumstances
- Housing for Older People
- Accommodation for people with disabilities
- Universal access and Social Inclusion
- Social Infrastructure, including a specific objective for an Age Friendly County
- Town Centre Accessibility and Mobility, Leisure and Entertainment Facilities



Consulting Older People on Development Plans

Clare County Council is pleased to have had the opportunity to meet with members of the Older People’s Council and to understand their desire that our planning process would be sympathetic to and reflect the principles of Age-Friendly planning. We thank them for their input.

The Older People’s Forum were consulted in relation to the Draft Clare County Development Plan 2017-2023.



The County Development Plan includes a number of objectives and planning principles relevant to an Age Friendly County.



February

February saw us attending the Joint Policing Committee, the Implementation Group for the Clare Age Friendly Strategy and a planning committee for The Clare Age Expo to be held at Carrigoran House. A very informative and helpful meeting took place with the Heads of Department in Clare County Council and we thank them for taking the time to answer our queries so fully.

Promoting Environmental Awareness

Clare County Council hosted a number of environmental initiatives and events where best environmental practice is encouraged by providing information and advice on a range of environmental topics including waste, water protection and conservation and energy management. These initiatives include:

- Sustainable waste and resource management workshops (x3) - older people were invited to attend;
- Green Fleadh 2016;
- Clean Coast roadshows;
- Gum Litter Task Force Launch;
- Green Dog Walkers Scheme
- Streamscapes Project for Poulmasherry Bay and Wood River.

These initiatives and events were all attended by older people. All available environmental Education and Awareness workshops and grants were promoted through the Public Participation Network. The picture below shows a Christmas (2016/2017) Upcycling workshop which was well attended by older people.



Upcycling Workshop December 2016



March

In March the OPF met the Resource Worker for Clare Public Participation Network for an informative meeting. Planning for this year's Clare Older Person of the Year Award is well underway and was launched on the 14th March. This year the Awards will be held with the help and support of Clare Volunteer Centre. Members of the OPF have taken part in the St Patrick's Day Parade and four flags have been bought for the occasion as well as for use at the Clare Age Expo. Monica McKenna from Clare Local Development Company has kindly offered to help man our stand at the Expo.

Supporting Communities

Funding under the Local Agenda 21 Environmental Partnership Fund, entitled “Community Garden” was applied for by North West Clare Family Resource Centre, Ennistymon, in 2016. This project involves all parts of the community in Ennistymon including older people.

From funding allocated the community garden will be developed to grow flowers, trees, shrubs, vegetables and to have areas within it that provide enjoyable spaces. including benches for relaxing and an area to attract children for play and to engage with their environment and learn about biodiversity.

Following consultation with Older People’s Groups a new Waste Prevention Grant Scheme was piloted. It was used by the following Older People’s Groups to support upcycling and furniture restoration workshops:

- Ennis Mens Shed
- Older Peoples Project- West Clare Family Resource Centre, Kilrush
- Shannon Mens Shed
- Ennistymon Mens Shed – North West Clare Family Resource Centre
- Kilmurry Men’s Shed



Ennis Men's Shed

SAFETY & SECURITY IN THE COMMUNITY

Crime Prevention and Safety

A 'Crime Prevention and Safety' checklist has been developed by An Garda Síochana in partnership with the Clare Library Network and issued with a focus on personal safety and safety in the home. It was made available for distribution throughout 15 branch libraries and at local events.

An Garda Síochana have established the names of the local Postmen & Postwomen in Ennis, Ennistymon and Kilrush and advised them of what to look out for and how to report concerns using the checklist.

Community Alert and Neighbourhood Watch Programs

An Garda Síochana are committed to continue to increase numbers of Community Alert and Neighbourhood Watch Programs and increase promotion of Community Safety Service in each Garda district.

Community Gardaí are attached to each scheme with their core function being:-

- to facilitate communication and thereby assist in the prevention of crime.
- to reduce people's fear of becoming a victim of crime and to ensure a better quality of community life for all.



The active participation of Community Gardaí is critical to gaining and maintaining the confidence of the community.

Text Alert' Scheme

The 'Text Alert' scheme piloted in Ennistymon is now operating throughout North & West Clare. The text alert for Scarriff now combines 10 groups who have amalgamated into one which is working very well.

Text alert systems are now up and running in 35 areas.

The Gardaí are promoting 'Text Alert' by engaging with communities at local meetings. These meetings are attended by the Crime Prevention Officer to explain the process.

The scheme is particularly successful in rural areas. The response to 'Text Alert' from those that have signed up is instant.



April

In April the OPF attended the Clare Age Expo, manning the stand for the two days, one member was also involved in the final planning which took place on the preceding day. The event was very successful and enjoyable. We are very grateful to the Carrigoran Health and Wellbeing Centre for hosting this pleasurable event.

Promotion of Community Safety Services

The Gardaí have developed initiatives such as Older People Registers, Community Alert and Neighbourhood Watch Schemes, Crime Prevention Leaflets and the Bogus Caller Initiative.

The Gardaí are committed to:-

- Developing communication links with older people.
- Delivering a timely & effective response to older people.
- Increasing trust & confidence by lessening the fear of crime amongst older people.
- Responding to the needs & expectations of older people on an ongoing basis.



May

The Older Person of the Year Award and Tea Dance was held during May in the West County Hotel. This Award Ceremony was highly commended at the National Age Friendly Awards held in Dun Laoghaire. A member also attended the National Convening which was held the next day at the same location.

Representations were made regarding the speed limit review.

Supporting Voluntary Housing Schemes

In 2016 Clare County Council worked with Voluntary Housing Associations in the development and provision of Age Friendly housing units.

Housing Improvement/Adaptation Grant Schemes.

A Housing Adaptation Grant is available where changes need to be made to a home to make it more suitable for a person with a physical, sensory or intellectual disability or mental health difficulty.

These adaptations can make a home more wheelchair-accessible and more spacious as a result of building an extension, more comfortable as a result of adding a ground-floor bathroom or toilet or as a result of installing a stair-lift.



The Advocacy Officer at Clare County Council helps people to apply for adaptation/ improvement grants. Contact Brendan Boyce at 065-6846364

The Housing Section of Clare County Council has funded 874 grants for adaptation/ improvement works since 2014.



June

In June the OPF produced a help sheet on how to obtain the cheapest car insurance following the OPF's own research into car insurance. This was distributed via Citizens Information and the Libraries. A petition has also been started online.

GETTING AROUND

All Clare Bus services are provided with the interests of our older and less mobile passengers to the forefront. Our involvement in the Clare Age Friendly Programme was a useful experience in strengthening both our links with other agencies and our services.

Travel is free to holders of Free Travel Passes and further details are available on our website www.clarebus.ie or please call 061 924 375 to book your seat and confirm availability. (See Appendix 1 – Clare Bus Service Schedule)



July

July was a comparatively quiet month with such matters as Tax Clearance, funding and training being dealt with.

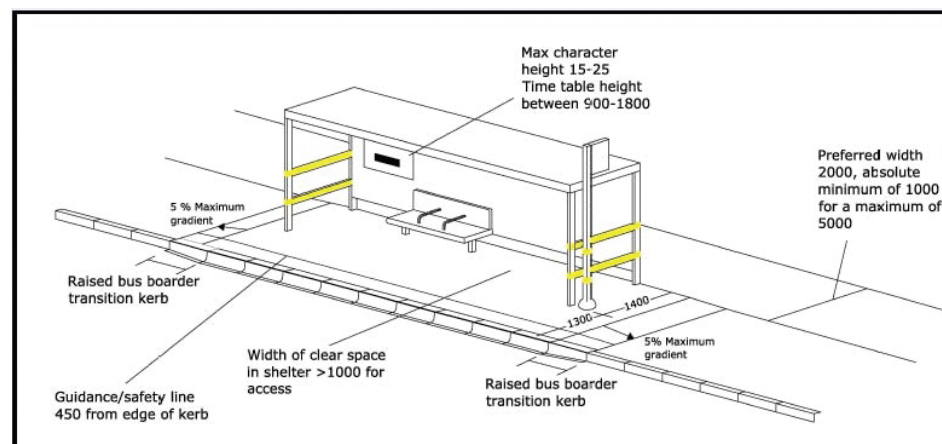
Feasibility Study of Clare Bus Shelters

A working group lead by Clare Bus completed a feasibility study of erecting safe, well-lit bus shelters. The working group consisted of representatives from Clare Bus, Clare County Council, An Garda Síochana and the Older Person's Forum.

Two sites, Scarriff and Kilrush, were identified as key locations on the Clare Bus service network where connections with Bus Eireann services were available.

Unfortunately funding of the installation costs and ongoing maintenance were a challenge and although efforts were made to complete the projects during 2016 the funding issue remains outstanding.

During 2016 the National Transport Authority (NTA) tendered for the rights to supply, install and maintain bus shelters nationwide. In addition to maintaining 1,843 existing bus shelters the contractor will also install and maintain an estimated 500 new bus shelters which the NTA will purchase over the five year term of the contract.



The NTA have developed a set of prioritisation criteria for the installation of bus shelters based on the populations of towns and also the number of daily services.

The shelter sites identified fall within this criteria – though at different levels of priority and will complete with requests from different towns throughout Ireland.

Clare Bus will continue to work with interested parties and the NTA to promote the installation of the bus shelters as identified by the working group.

Speed limits and traffic calming

A Speed Limit Review by Clare County Council began in 2016. There was significant interest in the public consultation process from elderly members of the community.

Following this consultation, it is expected that some changes to current speed limits will be approved by the Council in the final quarter of 2017.

Any proposals which the Older People's Forum wishes to make regarding traffic calming needs are seriously considered.

Pedestrian Crossings

Clare County Council have incorporated the development of a number of new pedestrian crossing facilities in recent years and will continue to do so.

Clare County Council welcomes and will follow up on any observations which may be submitted from the Older People's Forum relating to pedestrian crossing times.

Safety of Pathways and Adequacy of Public Lighting

Clare County Council is working to ensure that pedestrian areas are fit for purpose with no hazards which could be problematic for Older People or people with a disability.

Priority is given to those areas where safety of users is an issue.

Clare County Council has given priority to a footpath repair/improvement programme at various locations throughout the county in recent years.

In relation to public lighting, emphasis is placed on ensuring that the intensity of public lighting is constant.

Clare County Council welcomes comments from the Older People's Forum regarding issues which may affect them. Every effort is made to rectify such situations as quickly as possible.



August

During August everyone is taking a well-earned break!

Living Creatively

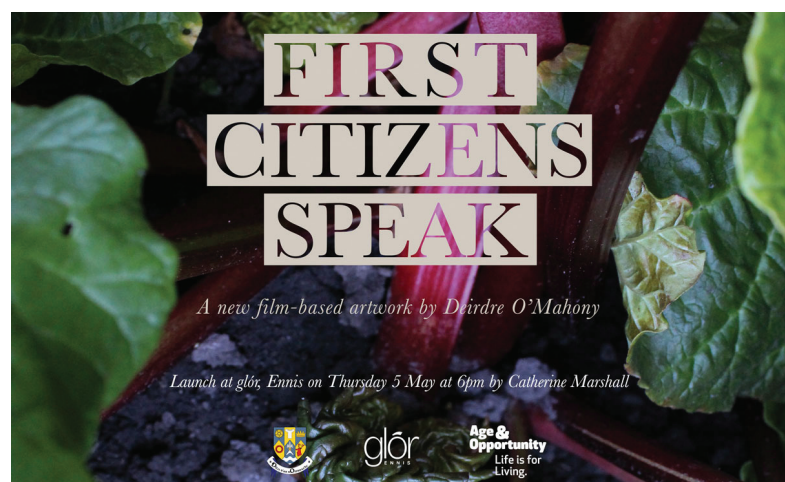
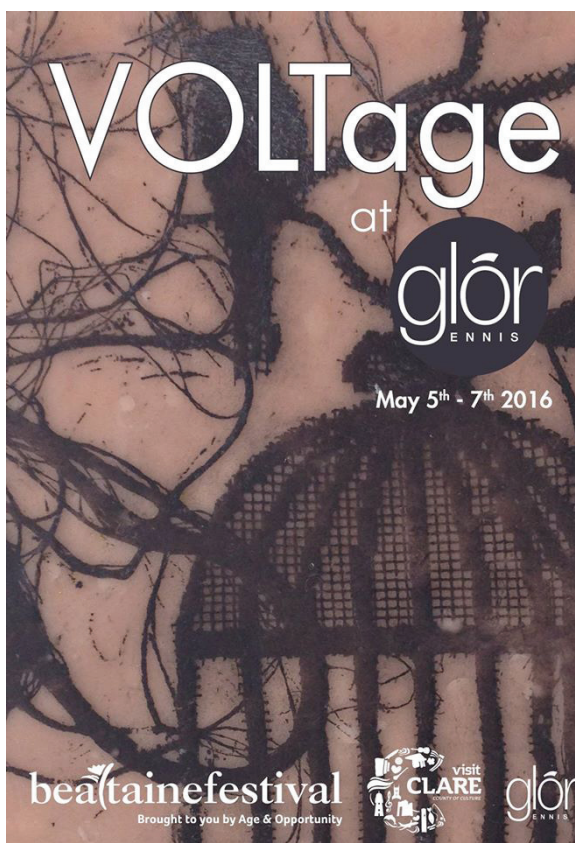
In May 2016 glór and Bealtaine/Age and Opportunity, in association with Clare County of Culture hosted a national event called VOLTage. This event showcased the many extraordinary projects and creative activities which bring together artists and older people from Clare and throughout Ireland.

Activities included:-

Spring Chickens Drama Club with Marie McNamara . Theatre workshops with older people aged over 60, offered a taster of different techniques over a six session period.

Artist **Deirdre O'Mahony** showcased her film, **First Citizens Speak**, showing one generation sharing their experience, knowledge and accumulated wisdom with present and future generations. Developed over a year spent in consultation with Irish hospices,

VOLTage at glór was an extraordinarily diverse festival, and included theatre, film, music, visual arts as well as an Arts & Health Seminar that focused on creativity and the arts in health, care, and wellbeing.



The Bealtaine Festival is Ireland’s national celebration of creativity as we age.

For 2016 the theme was Iconic Citizens, which continues Bealtaine’s three-year exploration of Nationhood and Citizenship and specifically reflects on the first generations of citizens inhabiting the new Irish State.

Clare County Library participated with a varied programme of events including movie screenings, craft displays, millinery demonstrations, talks and workshops.

Film screenings took place in Ennis, Ennistymon, Killaloe, Kilkee, Kilrush, Scariff and Shannon Libraries. Miltown Malbay library held a craft display of locally produced items including knitting, crochet, paintings, baskets and mosaics.

Author Jackie Queally gave a talk entitled ‘Legendary Landscapes of Clare’ in the De Valera Library, Ennis and Ennistymon Library. There was an opportunity at the end of the presentation for audience members to give feedback on their local experiences growing up or living in Clare.

Shannon Library hosted a ‘Story Time with Granny and Grandad’. Grandparents were invited to bring their grandchildren along to a story-time session where all the books read were stories about grandparents.



Marie Gordon visited Miltown Malbay & Tulla libraries to give a ‘How to make a Fascinator’ millinery demonstration.



September

In September the OPF had two training days with Joe Saunders on developing our business plan. Two members attended the National Advisory Group, to introduce the OPF’s new representative on the group. The members voted for the Chair and Vice Chair of the National Network of Older People’s Forums and final amendments were made to their terms of reference.

A joint event with Killaloe Family Resource Centre, Compassionate Communities and the OPF was held at the Killaloe Hotel. The “Let’s Talk” event looked at planning for the end of life and was reassuring, inspiring and enjoyable.

IT Classes at the Library

Free computer classes for beginners took place during 2016 in Scariff, Shannon, Kilkee, Sixmilebridge and Ennis Libraries. Participants were shown how to set up email, use the internet, social media, youtube and lots more. Almost 400 people attended the sessions.



Artist in Residence

The HSE contributes to the funding of an Artist in Residence for Older People in St. Joseph's Hospital, Ennis. This provides liaison between residents and library staff. Library books are selected to offer support in the development of cognitive reminiscence and interaction. The Librarian and Arts Officer work closely together to source material from archives available in the Library e.g. Clare Champion.

This in turn impacts on an ongoing Oral History project. The interviewing and documenting of Hospital residents' lives is an important resource to them locally and the State Museums, nationally, including National Museum of Country Life in Castlebar and the Hunt Museum in Limerick.

Remembering the Life

Clare Library staff visit Day Care, Community Centres and Nursing Homes around the county delivering a form of ‘Reminiscence Therapy’ for the elderly. Material, including newspapers, photographs, maps and books from the Local Studies Library, is taken out to community groups.

Clare Library combined resources with the HSE, Clare Volunteer Centre and Community Services for older people, to provide this service.

The library compiled ‘reminiscence packs’ with material from old newspapers, such as advertisements, marriage and birth notices and photographs. The pack also includes excerpts from local history books on sport, music and craftwork.

Each pack is tailored to the particular community in which the visits take place.



At its simplest, reminiscence is recalling an individual’s past memories and experiences, often through prompts such as photographs, newspapers etc. At a deeper level, it has positive effects with the potential to draw on early memories which often remain intact for people with dementia, thereby highlighting the person’s preserved abilities.

(See Appendix 2 – Clare Library Branch Opening Hours)



October

In October Ethna McTeague from the HSE attended our meeting and gave, both detailed written and verbal answers, to our many questions regarding Health Care in the County. We do appreciate the time she gives to the OPF and for her patience with us.

Members attended Alliance Board, Implementation Group and Joint Policing Committee meetings.

Learning Locally

In 2015 Clare Local Development Company provided a number of Internet and Technology courses specifically for Older People.

There was very good uptake countywide. People received tuition in how to use the internet, in particular as a communication tool to keep in touch with family and friends, and also how to access information online.



Family Carers Ireland has delivered IT Skills training to people in Clare in 2016. The courses were run in Ennis, Miltown Malbay, Scarriff and Shannon. The trainees learned new skills including ‘surfing the net’, sending emails, completing online transactions and the use of government services. In the coming year, we will be providing basic IT training for older persons in County Clare and nationally.



November

In November three members attended the National Older People’s Forum Convening in Cavan. This was a very informative and enjoyable event. Following receipt of funding from the Communities Foundation, Members are busy planning roadshows that will be held in their local areas explaining the work we do.

Limerick and Clare Education and Training Board (LCETB) Community Education Service delivered a variety of locally based learner programmes to over 500 Active Agers throughout the county in 2016.

“I looked forward to and really enjoyed coming out and meeting people every week, I live on my own and would not see anyone from one end of the week to another”



While programmes are themed, all training includes the enhancement of self-esteem, social and personal development, communication skills, trust, confidence, active citizenship and positive group experience.

Crafts and paintings produced from classes were sold to make money for local community initiatives and to provide ongoing support to already existing groups.

Courses delivered included:-

- **Art & Crafts for the Community**
- **Local History**
- **Drama**
- **Yoga and Mindfulness**
- **Basic Computers**
- **Sewing**



Art Group with Nicola Barnes

Clare 'Go For Life'



A number of older people took part in the Clare Sports Partnership 'Go For Life' Programme.

The 'Clare Go For Life Games League' took place in Inagh Hall with approximately 100 participants in 2016. Information was circulated to Community Groups and Clare Sports Partnership staff went out into the community to encourage new participants.

Other weekly programmes through the Older Adults Physical Activity support groups, took place across 16 different venues in 2016.

Shannon Leisure Centre completed a 'Community Active Week' targeted at older adults in September where 75 participants took part.

Community and Public Spaces

In order to identify and promote Community Centres as meeting spaces for sport and leisure facilities, Clare Local Development Company and Clare Sports Partnership have compiled a countywide community facilities database.

This provides the contact details for both public and private indoor and outdoor facilities that are available to the community.

The database is available to view or download on:

www.cldc.ie and www.claresportpartnership.ie.

Presentations to the Older People's Forum

The Manager of Community Services for Older People in HSE Mid West made a number of presentations to the Clare Older Persons Forum. The Question and Answer session was prepared in advance to ensure that the information targeted the needs of the Forum. The focus of the presentations were on such topics as HSE provision of Home Supports (Home Help and Home Care Packages) and application process, Primary Care Team structures and members, HSE allocation of Aids and Appliances and eligibility criteria.

A map of the existing Primary Care Team locations around the county is included at the back of this Report.



Day Centres

The HSE continues to support the development of Day Centre facilities for older people throughout Clare. The local Day Centre provides a service in a safe and pleasant environment, where clients are treated with respect, dignity and where they are empowered to maintain and maximise personal independence. A mid-day meal is prepared and freshly cooked daily on the premises. All Special dietary requirements are catered for.

This service is helping to maintain older people in their own homes and their community for as long as possible. It is also of benefit to the Community and their families. It provides people with opportunities to socialise and gain access to other services that will optimise their health.

Recreational activities include Art, Embroidery and Knitting. Bingo, card/board games and library facilities are available. Music and dancing are also very popular activities. Reminiscence therapy is facilitated by Clare County Library.

(See Appendix 3 - Day Care Bus Schedule)



Community Health Needs Assessment

The Health Service Executive (HSE) adopted a Community Health Needs Assessment approach to identify and respond to Older People's needs. Assessments were carried out in North Clare and Shannon.

The Assessment in North Clare highlighted the need to organise a Health Expo focusing on particular themes and developing a Directory of Services.

The Health Expo, entitled 'Building a Safe Strong & Healthy Community', was held in Lisdoonvarna and covered 4 broad themes:

- Healthy Bodies, Healthy Lives – Health & Exercise
- A Strong Community – Social Isolation and Inclusion
- Resilience Community – Mental Health

It captured the primary health care needs of the North Clare community as well as targeting the specific needs of the older person. The Directory of Services was developed for the area and was circulated widely.

The Community Needs Assessment in Shannon identified 6 themes that were a priority for the locality. These included:

- Improving Access to Health Information
- Supporting Older People to Lead Healthy & Active Lives in their Community
- Promoting Mental Health & Well Being
- Addressing Drug & Alcohol Needs

Specific Action Plans were developed to address each of the themes and these formed parts of the overall Operational Plan for Primary Health Care.

Supporting the Clare Age Friendly Implementation Group

The HSE supported the Clare Age Friendly Implementation Group by providing secretarial support at meetings and dissemination of minutes of meetings as well as updating progress of organisations with the Clare Age Friendly Action Plan.

Implementation Team Working Together

The Implementation Team draws from the voluntary, community and statutory organisations. This partnership approach is very effective in completing the different actions and achieving the targets set out in the strategy.

The Age-Friendly Strategy for Clare addresses the opportunities and challenges posed by a predicted growth in the ageing population internationally, nationally and at county level. The first 3 year strategy provided the foundations for a county where older people are supported, connected and valued for their contribution to community and family.

Some of the challenges faced by the Implementation Team were the securing of funding and staff shortages. However the strategy presented opportunities to deliver initiatives that could only have been achieved through collaborative agencies working together.

The Older People's Forum (OPF) are actively engaged on the Alliance Board and Implementation Team. One of it's members attends the National Convention with all of the other OPF's across the country. The OPF and agencies will continue to help make Clare a better place to live and grow old.



Clare Age Friendly Implementation Team



December

Once again, the Gardai hosted a Christmas Party in December for the older people of the county in the West County Hotel. A very enjoyable, well attended event with the bonus this year of an impromptu performance from Nathan Carter.

We must say Goodbye to the Chair of the Alliance Board, Gerry Kelly, who has finished his term of office and Hello to Pat Dowling, the CEO from Clare County Council and new chair of the Alliance Board. We thank Gerry for all his support and encouragement and wish him well in the future. We also have to say Goodbye to Age Friendly Ireland in the format we know it. We wish them all the best for the future. We would like to express our thanks to all the organisations who have supported us throughout the year.



Clare County Council provides a large number of services to the public in the County. In particular, we aim to enhance the quality of life, specifically in relation to older people. This includes; the Library and Arts Section who celebrate the contribution of older people to society and improving their lives by offering age friendly services and social engagement events; the Environment Section by improving the physical environment for older people; the Rural Development Section provides a wide range of grants to Community Groups; the Roads Section ensure older people's safety on the County's roads; the Housing section provides suitable accommodation appropriate to older people's needs; the Planning Section has established an overall framework for the physical development of the County and the Tourism, Community and Enterprise Section are supporting community and social inclusion initiatives.

Tel: 065-6846200 Email: info@clarecoco.ie Web: www.clarecoco.ie



Clare Bus operates a fleet of low-floor minibuses to provide easy access for all, including people with reduced mobility such as wheelchair users. Our service model integrates the general public and users of HSE and voluntary sector care services on the network of routes. Travel is free to holders of Free Travel Passes. Information about our services is provided on our website at www.clarebus.ie and at 35 local outlets where leaflets and registration forms can be sourced and tickets purchased.

Tel: 061-924375 Email: travel@clarebus.ie Web: www.clarebus.ie



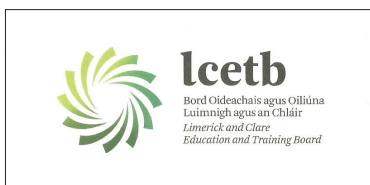
An Garda Síochána is responsible for the provision of a policing service to the people of Clare. Within this brief, Gardaí across the county have been tasked with supporting older people and implementing initiatives which enhance their quality of life. We do this by way of; foot patrols, mobile patrols, crime prevention advice and schemes such as 'Neighbourhood Watch', 'Community Alert' and 'Text Alert'. We also ensure that there is close one-to-one and interaction between our Community Gardaí and Older People. We also co-ordinate other public services and voluntary organisations to provide help and assistance in ensuring the safety and security of older people.

Tel: 065-6848100 Email: clare_DV@garda.ie



CLDC is a community led local development company with over 21 years' experience providing support to individuals, community groups and businesses. We are based in Ennis and implement the SICAP, LEADER, TUS and RSS programmes providing extensive training, enterprise and other community supports on a countywide basis. Within our role as SICAP (Social Inclusion Community Activation Programme) implementer we support the work of the Older People's Council and we also provide lifelong learning opportunities and other community supports to people living in disadvantaged areas, active retirement and residents groups.

Tel: 065-6866800 Email: info@cldc.ie Web: www.cldc.ie



Limerick and Clare Education & Training Board Clare Community Education Service have established links with local community leaders and volunteers as well as local service providers to identify local learning needs to which we develop flexible responses. It is inclusive, locally based and is aimed at improving quality of life and provides a positive opportunity for participants to continue their life-long learning journey. Our work is supported by the Clare Lifelong Learning Network.

Tel: 065-6843732 Email: breda.odriscoll@lcetb.ie Web: www.limerickclare.etb.ie



Clare Sports Partnership works with those who do not regularly participate in sports and physical activity. We have a number of training and participation initiatives for older people in particular. Our main programme for older people is titled 'Go for Life' where we work with the HSE. Within this programme we; train people as community Physical Activity Leaders (PALs) who are professionals working in day care settings; organise a 'Go for Life' County League with teams in Ogonnelloe, Shannon, Ennis, Lisdoonvarna, Cooraclare, Kilrush, Kilkee and Mullagh; support the development of older adult groups in communities such as Shannon, Kilkishen, Ballyvaughan, Corofin and Carron.

Tel: 065-6865434 Email: info@claresportspartnership.ie Web: claresportspartnership.ie



Clare Volunteer Centre is an independent and free service aimed at encouraging people to become involved with their communities through volunteering. We actively work to raise awareness of the importance of people being able to connect with their communities. We support a number of organisations that deliver services to older people by helping the organisations to recruit and manage volunteers. We encourage older people to appreciate volunteering as a way to discover new skills, meet people and re-connect with their community.

**Tel: 065-6866800 Email: info@volunteerclare.ie
Web: www.volunteerclare.ie**



Clare Older People's Forum (OPF) represents all Older People across the county. Membership to the OPF is free. It can only be effective if you join, so that it represents as many people as possible. Membership gives you the opportunity to make your voice heard. The executive committee known as the Older People's Council, meets every second Tuesday of the month at 11am and our meetings are open to anyone who wishes to attend. We are located at the Clare Local Development Company offices at Unit 1, Westgate, Kilrush Road, Ennis.

**Tel: 087-6809517 Email: clareopf@gmail.com
Web: [facebook.com/clareopf](https://www.facebook.com/clareopf)**



Following a recent merger Caring for Carers Ireland is now known as Family Carers Ireland. The organisation promotes the health, wellbeing and quality of life of Family Resource Carers and those for whom they care. Many carers are elderly and many of those who receive care are elderly. We promote recognition of family carers, provide respite care, information, training and advocacy to promote social inclusion. The training we provide in Clare includes care in the home, care skills, lifting and handling, risk assessment, care of the older person and Montessori for seniors. We also administer Home Care package on behalf of the HSE for older persons in Clare.

**Tel: 065-6866515 Email: clareadmin@familycarers.ie
Web: www.familycarers.ie**



Clarecare is a voluntary not-for-profit organisation with approx. 500 staff, including 350 part-time, trained Home Helps delivering care to approx. 1,000 older persons in the county. We operate Day centres, providing meals and social activities at Ennis, Miltown Malbay, Killaloe and Ennistymon, with a minibus pick up service. We have 120 registered volunteers and 30 participants on a Community Employment Scheme who support the delivery of services at the Day Care Centres, thrift Shops, Church gate Collections, Minibuses and other services. Clarecare also provides a dedicated social work service for older persons.

Tel: 065-6828178 Email: info@clarecare.ie Web: www.clarecare.ie

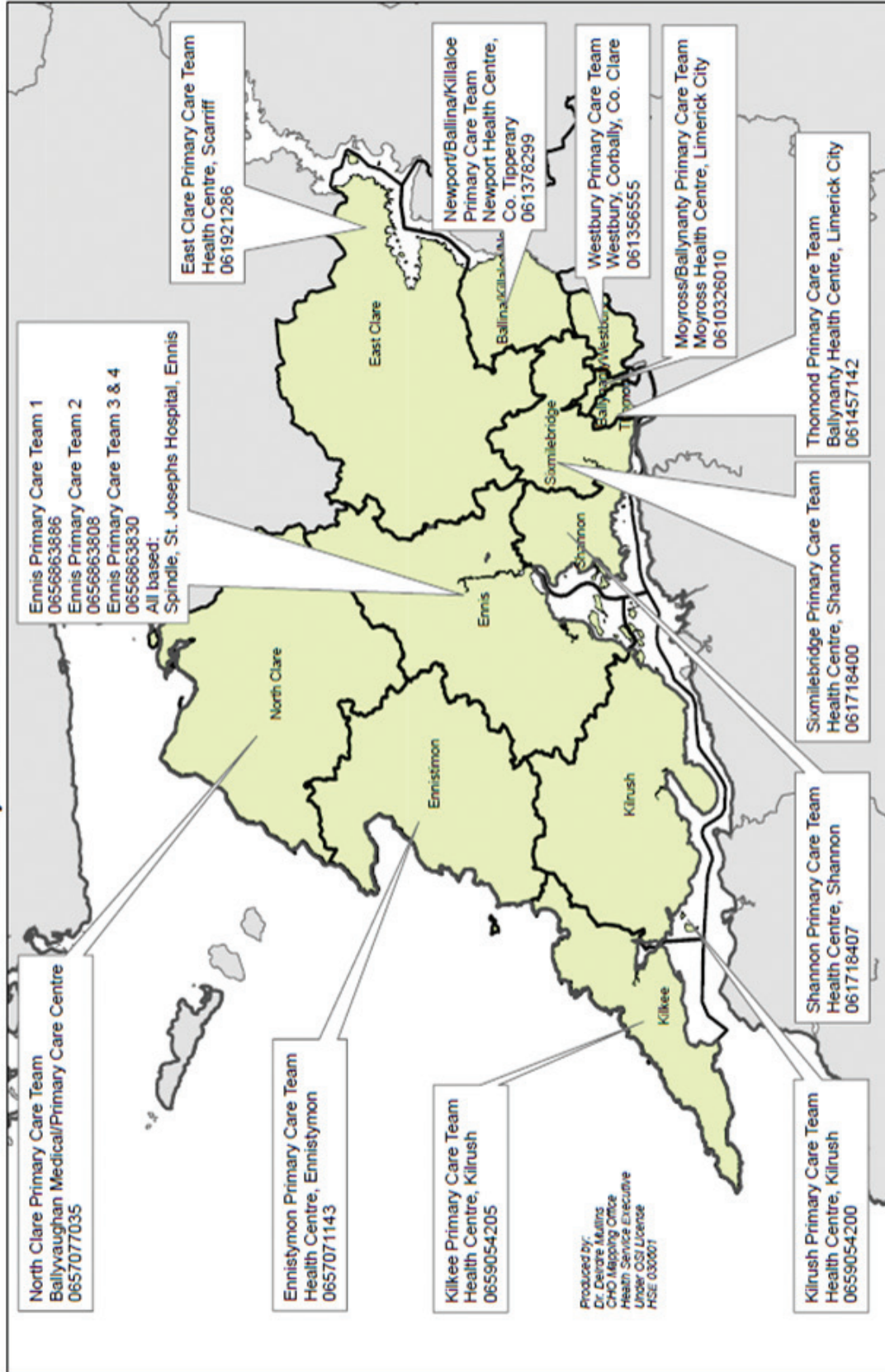


The HSE provides a number of community and residential services specifically targeting the healthcare needs of older people. Home support services supporting older people to remain in their home are provided by the HSE in partnership with voluntary organisations and other agencies. These services include Home Help and Home Care Packages. The HSE also has Service Arrangements with a number of organizations throughout the County for the delivery of services to older people in the community including Day Centres, Meals on Wheels, Transport and Social Outings.

In 2015 the HSE established teams for the Safeguarding and Protection of Vulnerable Adults. This service provides support for cases of financial, psychological, physical, sexual and discriminatory abuse as well as cases of extreme neglect and self-neglect.

Tel: 065-6863869 Email: safeguarding.cho3@hse.ie

Primary Care Service in Co Clare



APPENDIX 1

Clare Bus Schedule

Clare Bus uses a fleet of 10 fully accessible low floor buses.

Services operate 6 days a week with an extended shopper service on Saturdays.

There are connections to Limerick, Galway, Cork and Dublin, serving Ennis Bus and Train Station, Shannon, Scarriff, Killaloe and Gort.

The following services are provided Monday to Friday:

- Early morning and evening services connect Scarriff and Feakle with Killaloe and Ennis.
- Midmorning and afternoon services from Scarriff and Feakle to Ennis.
- A twice daily return service linking Ennis with Clarecastle, Newmarket on Fergus and Shannon.
- A return service from Lisseycasey to Kilrush serving Cahermurphy, Quilty and Kilkee.
- A return service from Kildysart to Ennis.

Local Shopper and Weekly Services:

- Daily shopper services serving Scarriff.
- Wednesday to Friday shopper services linking Loop Head with Kilrush
- Tuesday services linking Ennis with Corofin, Lisdoonvarna, Ballyvaughan and Ennistymon.
- Friday services linking Flagmount, Carran, Tubber, Aughinish and Kinvara with Gort
- Extended Saturday shopper services serving Flagmount, Whitegate, Milltown Malbay and Corofin.

Clare County Library

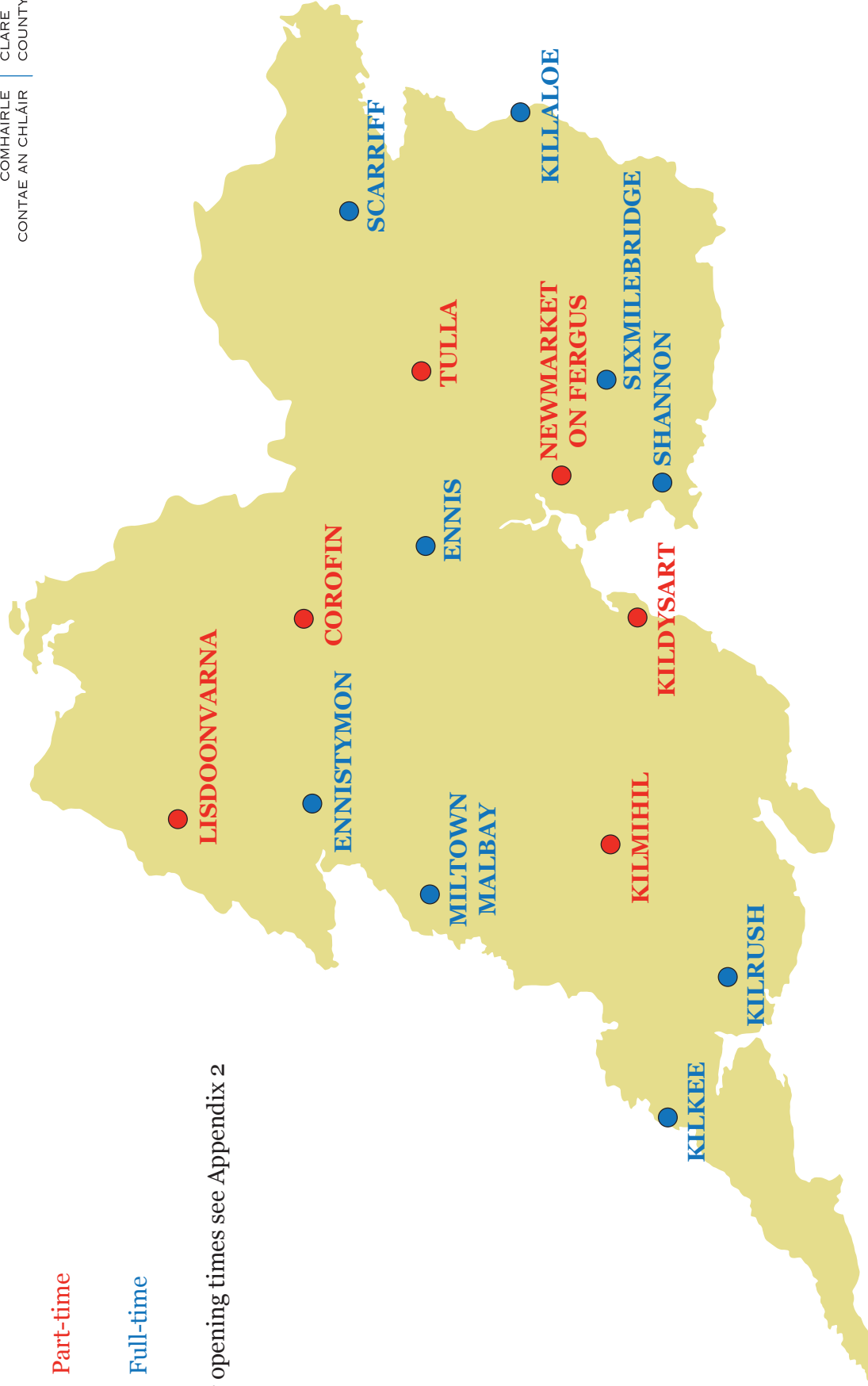


COMHAIRLE | CLARE
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● Part-time

● Full-time

For opening times see Appendix 2



Clare County Library consists of 16 Service Points: -
9 Full-time Libraries, 6 Part-time Libraries and a full-time Local Studies Centre. The administrative HQ is in Ennis.
The Library Service is a department of Clare County Council.

APPENDIX 2

Clare Library Branch Opening Hours - 2017

	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
Corofin			10.00 - 1.00 5.00 - 8.00	10.00 - 1.00 5.00 - 8.00	10.00 - 1.00 1.30 - 5.30	
DeValera Ennis	10.00 - 5.30	10.00 - 8.00	10.00 - 5.30	10.00 - 5.30	10.00 - 8.00	10.00 - 2.00
Ennistymon	10.00 - 1.30 2.30 - 5.30	10.00 - 1.30 2.30 - 5.30	10.00 - 5.30 6.30 - 8.00	10.00 - 1.30 2.30 - 5.30	10.00 - 5.30 6.30 - 8.00	10.00 - 2.00
Kildysart		1.00 - 5.00 6.00 - 8.00	10.00 - 2.00	1.00 - 5.00 6.00 - 8.00	10.00 - 2.00	
Kilkee	1.30 - 5.30 6.00 - 8.00	10.30 - 1.30 2.00 - 5.30	1.30 - 5.30 6.00 - 8.00	10.30 - 1.30 2.00 - 5.30	10.30 - 1.30 2.00 - 5.30	10.30 - 2.00
Killaloe	10.00 - 1.30 2.30 - 5.30	10.00 - 1.30 2.30 - 5.30	10.00 - 5.30 6.30 - 8.00	10.00 - 1.30 2.30 - 5.30	10.00 - 5.30 6.30 - 8.00	10.00 - 2.00
Kilmihil		2.00 - 5.00 6.00 - 8.00		6.00 - 8.00	11.00 - 2.00 3.00 - 5.00	
Kilrush	10.00 - 1.30 2.30 - 5.30	10.00 - 1.30 2.30 - 5.30	10.00 - 1.30 2.30 - 8.00	10.00 - 1.30 2.30 - 5.30	10.00 - 1.30 2.30 - 8.00	10.00 - 2.00
Lisdoonvarna				10.00 - 1.30 2.30 - 5.30 6.00 - 8.00		
Local Studies Centre, Ennis	10.00 - 1.00 2.00 - 5.30	10.00 - 1.00 2.00 - 5.30	10.00 - 1.00 2.00 - 5.30	10.00 - 1.00 2.00 - 5.30	10.00 - 1.00 2.00 - 8.00	10.00 - 2.00
Miltown Malbay		12.00 - 5.30 6.00 - 8.00	10.00 - 1.00 2.00 - 5.30	12.00 - 5.30 6.00 - 8.00	10.00 - 1.00 2.00 - 5.30	10.00 - 2.00
Newmarket-on-Fergus		10.00 - 12.30 2.30 - 5.30	2.30 - 6.00	10.00 - 12.30 2.30 - 5.30	2.30 - 6.00	
Scarriff	10.00 - 1.30 2.30 - 5.30	10.00 - 1.30 2.30 - 8.00	10.00 - 1.30 2.30 - 5.30	10.00 - 1.30 2.30 - 8.00	10.00 - 1.30 2.30 - 5.30	10.00 - 2.00
Shannon	10.00 - 1.00 2.00 - 5.30	10.00 - 8.00	10.00 - 5.30	10.00 - 5.30	10.00 - 8.00	10.00 - 2.00
Sixmilebridge		10.00 - 1.00 2.00 - 5.30	10.00 - 1.00 2.00 - 5.30	10.00 - 1.00 2.00 - 5.30 6.00 - 8.00	10.00 - 1.00 2.00 - 5.30	10.00 - 2.00 (4)
Tulla		10.00 - 1.00 6.00 - 8.00	10.00 - 1.00 1.30 - 3.30	10.00 - 1.00 6.00 - 8.00	10.00 - 1.00	

APPENDIX 3

Getting to the County's Day Centres

Day Centres	Bus	Days	Times	Contact
Cuan an Chlár, Ennis, managed by Clarecare	Yes	Mon - Fri	Mon - Thurs 2-3pm Fri 1-2	065-6820293
Clarecare, Ennis	Yes	Mon - Fri	Mon-Thurs 2-3pm Fri 1 - 2pm	065-6820293
Ennistymon Community Hospital	Yes	Tues - Fri	11am - 4pm	065-7071632
Clarecastle	Yes	Mon - Fri	10am - 5pm	065-6842457
Killaloe	Yes	Wed - Fri	11am - 2pm	061-376346
Stella Maris, Lisdoonvarna	Yes	Mon - Wed	10am - 4pm	065-7075687
Shannon Senior Citizens Club Kilmaley	Yes	Mon -Wed	9am - 4pm	061-364144
	Yes	Mon - Thurs	10am - 4pm	065-6839768
Raheen - Scarriff	Yes	Mon - Fri	10am - 4pm	061-923215
Carrigoran	Yes	Tue - Thurs	10am - 4pm	061-368100
Regina House, Kilrush	Yes	Mon - Fri	10.30am - 3.30pm	065-9052709
The Gathering, Ballyvaughan	Yes	Every 2 nd Friday		087-6987470

Meals on Wheels Services

Meals on Wheels	Areas Serviced	Contact
Obair	Newmarket, Quin, Doora, Bunratty, Clarecas- tle, Kilkishen.	061-368030
Stella Maris	Doolin , Lisdoonvarna	065-7075687

