



Age-friendly
University
Global Network

Love of Lifelong Learning Newsletter

September 2019

Volume 3. Number 1

CONTENT

Welcome to the the Love of Lifelong Learning Newsletter which aims to promote, share opportunities and activities in Dublin City University (DCU) run by the Lifelong Learning Association (3LA) and provide social activities.

Following the Taste of DCU in September 2018, a 3LA Committee was formed. The brief for this committee was to unite all the participants under the aegis of DCU Age-friendly University for social activities. The following people were elected:

- Shay Scanlan – Chairperson
- Nora Buggy – Vice Chairperson
- Catherine Clancy – Secretary (pictured below with Joe Brennan and Michael Stewart)
- Joe Brennan – Assistant Secretary
- Leo Devitt – PRO



In late Semester 1, Shay and Nora resigned and were replaced by Michael Morris, Michael Stewart and Declan Healy. A membership card for the 3LA is available for all members. A once off membership payment of €10 covers lifelong membership and guarantees insurance and priority bookings on all 3LA events.

Events during 2018/2019

- Christmas Party – Na Fianna, Glasnevin

Although the attendance was relatively small a very enjoyable evening was had by those who attended. We had ceol, craic and a Raffle. Many thanks to all who helped organise and support the event.

- Meet and Greet Semester 2

It was decided to initiate coffee mornings in All Hallows. They have proved to be very popular in making people feel inclusive. It is our intention to hold more of these starting 10-12pm on **Fri 11th Oct 2019** in the Dining Hall in All Hallows

- **Outings**

In following the theme of inclusivity some interesting and enjoyable outings were arranged this Spring:

A Walk & Talk in St. Anne's Park Raheny

This was led by Leo Devitt, the 3LA PRO. He gave a lovely talk on the history of the Park which was followed by lunch in the Red Stables.



Belvedere House – Dr. Tom McCouglan

Dr. McCouglan from DCU's Water Institute and ecology lecturer gave a wonderful talk on the history of Belvedere House which has been sympathically restored and maintained by DCU.



Music Workshop – Lauren Carely Berkely California

There was a super turnout for a music workshop delivered by Lauren Carely from Berkely, California. She was blown away by the fantastic response and talent of the participants which was high praise indeed. Lauren was visiting Ireland with a group of older people from Berkely to take part in a music festival. In fact she was so delighted she asked to return that same week and do another. Overall a wonderful event which has led to the formation of a new AFU Choir. The AFU Choir will meet on Thursdays 2 – 3 in the Interfaith Centre – more details to follow



Viva la Spania

We were delighted to host a visit from a delegation from the University of Catalonia in Spain who visited DCU to take an English language course and stayed in the DCU Glasnevin campus accommodation. We had a lovely day out at the Botanic Gardens which was enjoyed by all.



Intergenerational Award 2018

To mark the EU Day of Intergenerational Solidarity and Cooperation between Generations 2019, DCU hosted its annual competition inviting secondary schools for all over Ireland to submit projects demonstrating good intergenerational practice in the community engaging all generations and of benefit to both older and younger members of the community. Members of the 3LA were invited to judge the winning entries which was very challenging as they were all so great.

Three finalists were invited to DCU with the members of their community to receive their awards – Dundalk Grammar School, Calasanticus College, Oranmore, Co. Galway and St. Joseph's Secondary School Rush were presented with their awards and entertained following the prizegiving by Karen Meenhan from the Reminiscence Theatre Company.



Anam 2019

An intergenerational music project which took place in Autumn 2018 reconvened in Spring to take part in the Anam Cultural event in DCU. Students from St. Aidans Secondary School and the Dominican Girls School gathered weekly with AFU participants to develop and create their own musical piece which was performed at the Anam Festival. It was a super project and enjoyed by all.



Bar-B-Que

The weather held fast as we closed the year with a barbeque in All Hallows. With over 63 members showing up, good food and lovely weather it was an afternoon that everyone enjoyed. It will be a fixture again in 2020.

Research Opportunities

Several research projects have taken place over the past year in which AFU participants have taken part. Research is essential to the university and the wonderful expertise of the participants is valued and appreciated by the research community.

AFU participant Joe Brennan reported on the Captain Project he has been involved in:

CAPTAIN's workshop took place in the School of Nursing and Human Science in DCU on the 21st March. CAPTAIN stands for Coach Assistant via Projected and Tangible Interface. This project is managed by Dr. Louise Hopper and her research assistant, Joanne Carroll. It is funded by the EU (H2020) and similar workshops are taking place in Greece, Spain, Italy and Cyprus. Dr. Hopper commenced the session by reminding the large attendance of the purpose of this research; i.e. to assist the independence of older adults in their own homes through technology. The attendees were provided with some fictional case histories for discussion as regards suggestions for solutions. The meeting then broke into groups of three or four to discuss what we considered were the common problems in each case. My group of four discussed a large variety of concerns and how we thought technology could help e.g., Alarms/reminders, fire, gas, smoke, loss of sight, loss of hearing and, nutrition. We also discussed such concerns as: acceptance of old age and power of attorney. Finally, attendees were advised that a daily diary, specifically designed for this project, was now available and volunteers from the meeting would be most welcome.

Socatel Project

A partnership project between the HSE, TCD, DCU and a European consortium has invited AFU participant Catherine Clancy, to take part in testing an online platform for co-creation. An online platform is like a community centre where people can meet and exchange views, with the difference that it is online and accessible 24/7. It is hoped that in its final version a wide range of people will use the platform to co-create services for older people.



FACILE Project Focus Group – Research participants

Dates for your Diary Semester 1 2019

- 1st October UN Day of Older People – the journey towards age equality. We will be doing this in partnership with Third Age. This will be our 3rd Operation Conversation which is a walk and talk in Albert College Park led by Minister Jim Daly and a Mystery guest...more to follow.
- 11th Oct Coffee Morning 10 – 12pm All Halls
- 21st Oct Hunt Museum- Limerick €20 per person guided tour and lunch
- 8th November Coffee Morning 10 -12pm All Halls
- 18th November Mansion House 10 – 12 more info to follow
- 13th December Christmas Lunch 1838 Dining Room DCU 12.30.€26.00pp

And Finally...

We wish to pay tribute to Christine and Helen for facilitating and booking rooms and attending events we've organised. Christine works very hard on our behalf. We were proud to hear that she was invited to address the United Nations in New York in May of this year to speak about DCU's age-friendly initiative and the wider global AFU Network. In addition she completed an international speaking tour which took her to Slovenia, Slovakia, Czech Republic, South Korea and Hong Kong. She has been invited to address a leading global centre on Longevity in Brazil and we wish her well as she leaves to go to Rio and San Paolo in November.

