

# WHO IS YOUR OLDER HERO

**AIM**

Positive Ageing Week 2021 is an opportunity to shine a light on all the positive contributions of older people in our communities, and to create a buzz in the city and county which highlights positivity of older age.

One part of the campaign is to showcase older people in our communities who we know to be active contributors to friends, family, neighbourhoods and communities and/or who epitomise healthy and active ageing.



## DO YOU KNOW SOMEONE LIKE THIS?

Wouldn't it be great to showcase them during Positive Ageing Week?

### Here's what to do:

1. Write a short description of the person (no more than 200 words), describing their contribution and /or describe their approach to healthy and active ageing
2. Get their written permission to use the bio and photo in the media during positive ageing week
3. Get a photo of the person that they are willing to have used for the promotion.

**Return the bios to Jacquie Lyskey**

**jlynskey@copegalway.ie by the end of August with signed media permission and photo (Jacquie is happy to help with this)**

## OTHER ASPECTS OF POSITIVE AGEING WEEK FOR YOUR COMMUNITY TO GET INVOLVED IN

1. School children thanking their grandparents(s) or an older person they know for their contribution to their lives/family/neighbourhood
2. An art exhibition showcasing the theme of positive ageing
3. Music events
4. A lively and active social media presence across agencies and media using a coordinated hashtag and showcasing examples of the above
5. And others, so any ideas you have would be great to organise during Positive Ageing Week



Comhairle Cathrach na Gaillimhe  
Galway City Council



To get involved or to share ideas E-mail one of the following:  
[agefriendly@galwaycoco.ie](mailto:agefriendly@galwaycoco.ie) • [candc@galwaycity.ie](mailto:candc@galwaycity.ie) • [jlynskey@copegalway.ie](mailto:jlynskey@copegalway.ie)  
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