

Positive Ageing Week

September 26 - 30, 2022

Aim: Positive Ageing Week 2022 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 (using the Media Permission Form attached)

I attach some bios below as an example in order to take a fairly consistent approach.

Return the bios to Jacquie Lynskey **by the middle of July** with the accompanying media permission form.

Other aspects of Positive Ageing Week will be

- Exhibitions and events in communities across the City & County – Arrange your own one?
- School children thanking their grandparents(s) or an older person they know for their contribution to their lives / family / neighbourhood. Cards will be available in libraries
- A lively and active social media presence across agencies and media using a coordinated hashtag (#Galwaypositiveageingweek) and showcasing examples of the above
- And others, so any ideas you have would be very much appreciated

Contact:

Jacquie Lynskey 086 021 1110 / jlynskey@copegalway.ie

Media Consent Form

Positive Ageing Week (September 26 - 30, 2022) is an opportunity to shine a light on the contributions of older people across our communities in Galway.

By completing and signing this form, you give permission to use your bio and photo in our communications for any legitimate purpose connected with Positive Ageing Week 2022, including digital media, print media, social media etc. It may also be used in newsletters / annual reports etc.

Thank you so much for taking part in this initiative.

Name :

Mobile:

Email :

Signature: _____

Date: _____

Contact agency: _____

(If applicable)

POSITIVE AGEING LOCAL HEROES EXHIBITION



Bridie Willers

Anyone from South Galway will be familiar with the amazing woman that is Bridie Willers. A former member of Galway County Council, since retiring from politics she has been deeply involved in voluntary work in Gort and surrounding areas.

Bridie has been an active member for many years of Gort and District Lions Club. From her years involved in politics she has acquired an insight into humanitarian need in our community. And she understands the importance of confidentiality, respecting the dignity and privacy of those she assists which forms the basis of everything she does.

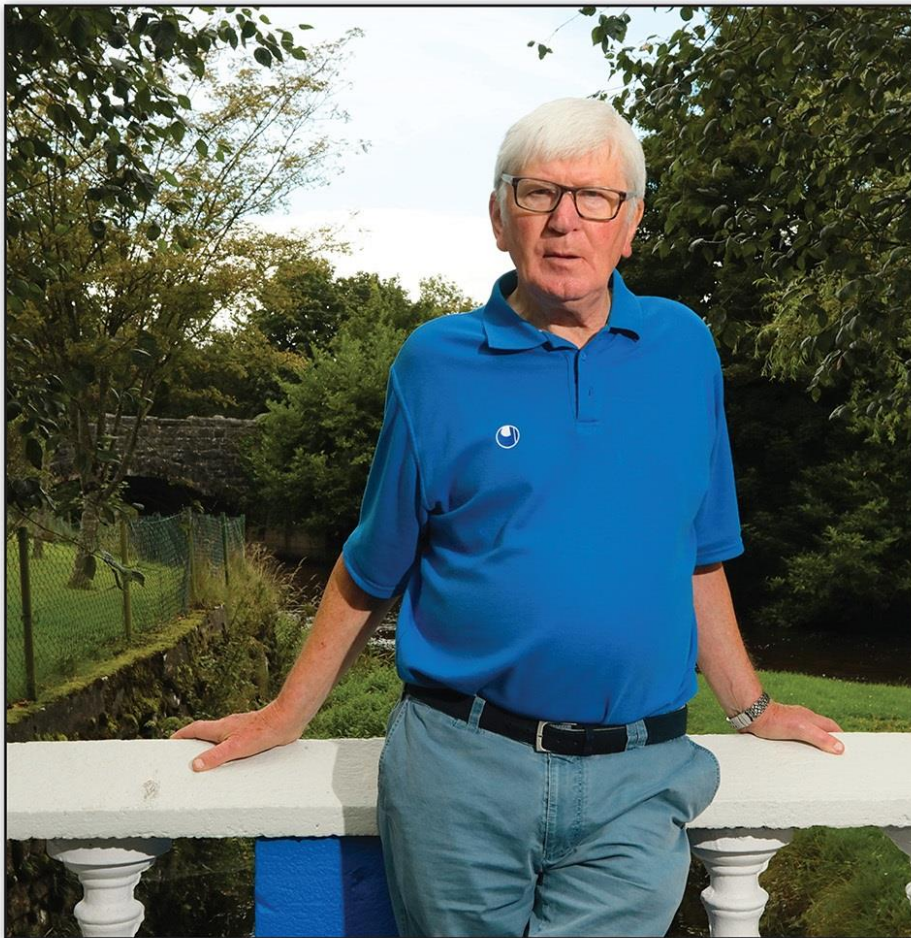
Always busy and on the go Bridie has a keen interest in heritage and has been involved in the Castledaly Kilchreest Heritage group for many years. Genealogy is a pastime that fascinates Bridie and that she finds extremely rewarding. An avid gardener, she says that her garden was her saviour during Covid and helped her deal with the isolation of lockdown.

While many will be familiar with these facets of Bridie's life, it is the work that she does quietly and confidentially behind the scenes which is truly inspiring. She is always available and willing to help others, providing support, practical assistance and to lend an ear. Always one to tell it like it is she is an inspiration, a true treasure and someone to be celebrated during Positive Ageing Week 2021.

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POSITIVE AGEING LOCAL HEROES EXHIBITION



Tony Murphy

Tony is and has always been a very active member of his local community in Milltown. He is a member of Milltown Tidy Towns and a founding member of Milltown Heritage Society. Indeed, Tony is very involved in several award-winning heritage projects including the 'Gastronomy Heritage Project' and 'Milltown Heritage Audit'. He is Vice President of Milltown GAA and has been involved down through the years in all aspects of his local GAA club including coaching and the provision of facilities for the community. Tony is Chairman of the Church Finance Committee and has been involved with the committee for over 20 years. He is an active member of Milltown Walking Group and likes to explore the hidden heritage of our country. Tony has been involved with Galway County Council's Third World Fund for over 30 years. Tony is patron of Milltown Drama Group. As well as his very valuable contributions to his community Tony also gives a lot of time and energy to his family, assisting with childminding and going to see his grandchildren's matches and supporting them from the sideline. He does all this despite having to deal with Parkinson's disease for the past 17 years.

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