

# Positive Ageing Week 2021

27<sup>th</sup> September – 1<sup>st</sup> October 2021

**We welcome your ideas to make this year's Positive Ageing Week a wonderful celebration**

## **What is Positive Ageing Week?**

Positive Ageing Week (PAW) is an annual opportunity to highlight the positive aspects of ageing and celebrate the contribution older people have made and continue to make in their communities. Its central aim is to dispel negative perceptions of ageing and transform attitudes towards ageing and older people.

## **How is it organised?**

At national level, events are organised and co-ordinated by Age Action, and at local level, the Age Friendly Alliance which comprises local agencies and representatives of older people, facilitate and organise a range of activities and events. These events can be organised by the Agencies, or by Libraries, Local Community Groups, Nursing Homes, Active Retirement Associations, or individual older people themselves.

## **How can you help?**

After the difficult year endured by older people due to cocooning and all its associated worries and anxieties and inability to take part in social activities, Galway's Age Friendly Alliance feel that it is more important than ever to showcase and celebrate our older people and the contribution they make to their communities. Therefore, we have started preparing for a range of activities and campaigns to take place during Positive Ageing Week 2021 and would really like to get your ideas and suggestions to ensure the whole week will be full of community activities and events which will truly celebrate positive ageing and all those of older age in our lives and neighbourhoods.

Overleaf are some ideas we are working on so please let us know what you think of them in the Comment Box, and if you have any further ideas on suitable activities and events which would involve older people in your community, please fill in the Suggestion Box. Your suggestions can be any activity that you think positively reflects on older people or how they got through the lockdowns, e.g. by learning IT skills, expressing your experiences through creative ways, celebrating it being over!

## IDEAS FOR POSITIVE AGEING WEEK 2021

### Existing Ideas

1.	Identify and showcase a number of older people in our communities who we know to be active contributors to friends, family, neighbourhoods and/or communities and who epitomise healthy and active ageing – create bio's to be publicised in local newspapers and media.
2.	Invite letters from children thanking their grandparents(s) or an older person they know for their contribution to their lives / family / neighbourhood - letters can be then be showcased in a variety of ways in local neighbourhoods and communities
3.	Invite young people to come up with creative ideas to show how much they value the older people in their lives – these can then be showcased on social media and in other online or local media.
4.	An art exhibition showcasing the theme of positive ageing.
5.	Promotion - a lively and active social media presence across communities and agencies showcasing examples of the above, newspaper articles showcasing materials from the above projects and radio interviews and coverage throughout the week.

COMMENT BOX: Have you any comments on the existing ideas?

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SUGGESTION BOX: Have you any ideas for other projects at local or County level to celebrate ageing and older people?

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Are you interested in getting involved in organising an activity in your area /neighbourhood? If yes, please provide your name / location / email / phone number.

Name: \_\_\_\_\_

Location: \_\_\_\_\_

Email: \_\_\_\_\_

Phone No: \_\_\_\_\_

We would greatly appreciate your input by completing the above and returning the form to us by:

E-mail to 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)

Post to one of the following:

- Age Friendly Programme, Galway County Council, County Hall, Prospect Hill, Galway
- Age Friendly Programme, c/o Community Department, Galway City Council, City Hall, College Road, Galway
- Jacque Lynskey, Head of Senior Support Service, COPE Galway, Calbro House, Tuam Road, Galway

