



OWN

Older Women's Network Ireland
Bantracht na Sinsear

October 2011

Dear Members,

It's busy in the national office as we are preparing for the Fashion Show and the Over 50's Show in the RDS this weekend.

Attached with your newsletter you will find a survey which we are asking all members to complete and return. All returned surveys will be entered into a draw for a free overnight to a hotel for two guests. This information will assist us in planning a work programme and with collaborating with our partners in the ageing sector.

OWN's submission to the Office of Social Protection on the national poverty targets was very well received. We were the only older people's organisation to make a submission which was remarked on by the department. The final submission is available from the national office in a hard copy or it can be downloaded from the OWN website.

OWN has been invited by the Department of Foreign Affairs to make a written submission on Ireland's third national report to the United Nations Committee on Economic, Social and Cultural Rights. A meeting will take place on Wednesday next October 26th at 11am in the OWN national office in All Hallows to record the views of the membership. All are welcome.

Congratulations to OWN member Anne Mc Sweeney Healy who was nominated to go to Geneva with the Irish Council of Civil Liberties as an observer at Ireland's presentation to the UN Periodic Review. Anne is writing a short piece on her experiences in Geneva which will be in the next edition of the newsletter and posted on the OWN website.

Sincere condolences to the family of OWN member Deirdre Mc Grath who passed away recently. Deirdre was an enthusiastic OWN supporter who had volunteered to model in the fashion show and we were saddened to hear of her death at the national office.

Divorced Women

A European researcher Karine Pierson is conducting research on the experience of divorced women in Ireland. She is looking for volunteers to meet with her on **27 October at 2.30pm** next in the **Central Mission Methodist Hall** on Lower Abbey Street, Dublin 1. Volunteers are asked to share their experiences about divorce. The meeting will last only about one hour and will be greatly beneficial to influencing future policy in this area.

If you are interested please contact the national office by email (info@ownireland.ie) or by calling the office at 01 884 4536.

Intergenerational Flash Mob

The Transition Year students in St. Mary's Secondary School in Killester have invited OWN members to take part in an intergenerational flash mob. (See the OWN Website for more information.)

A flash mob is a group of people who assemble suddenly in a public place, perform a routine (specifically a dance routine), then disperse. In our case, we want to eliminate stereotypes about generational differences. This will be a great way to get out, build relationship, and have some fun trying something new!

The first meeting will take place on Monday 24 October next. This will be to organize and learn the dance with the girls. It will take place at St. Mary's Secondary School in Killester from 11.15 to 1.00. A light lunch will be provided by the school.

The actual event will take place on 24 November in the afternoon. Details to follow.

If you would like to join in the fun please contact us via email info@ownireland.ie or calling us at 01 8844536.

Fundraising Fashion Show

Plans for the OWN Fashion Show on Sunday November 20th at the Gibson Hotel are well underway. The doors will open at 2.30pm with the show to start at 3pm. TV3's celeb and gossip presenter Noel Cunningham will be presenting the models and will be master of ceremonies for the day and Bollywood Beats has agreed to open the event for us. As you know this is a crucial fundraising event for the network and we urge all members to support this venture by buying a ticket for the event.

Our show features fashion for real women and will be modelled by some of our own members. Clothes from collection by Jack Murphy, Gerrard's, Oxendales, Traffic and Libra Designs will be on show ranging in style from casual days out to party nights and intimate lingerie. There will also be a segment on how to dress various body types.

The evening will include raffles and spot prizes. There will also be product stands on display so if you know anyone interested in selling their product, providing sample merchandise, or taking out an advert in our brochure for the event please contact OWN for special rates.

All proceeds will be used for the network. As funding is an issue for OWN we hope this event will raise much needed funds.

Tickets for the show are on sale now for €20. You can buy them on our website at www.ownireland.ie or by contacting the national office by phone at 01 8844536. Each ticket handed in for the event will be entered into a raffle for an overnight for two in the International Hotel Killarney. A free ticket will be given for every ten tickets sold to groups.

OWN's Intergen Project

OWN is launching a new project called INTERGEN which will focus on OWN members volunteering in local primary and secondary schools in Dublin, Cork, Cavan and Galway. Members can volunteer in a variety of ways ie shared reading, Maths for Fun, help with the school library, or demonstrate traditional handcrafts (knitting, sewing etc.) No previous experience is required for this project as full training will be provided.

There are many benefits to engaging with this project:

- Volunteers become part of the school community - therefore feeling valued, recognized and contributing to society
- Bringing generations together.
- Children and young people get additional education time from input by the members to learn traditional skills or contribute to developing their skills
- Members learn new skills
- Teachers get new role models
- Schools increase their access to their local community

All members who are interested in becoming involved in this project should contact the national office to register their interest. Members who wish to volunteer will need to attend a training programme and be willing to apply for Garda clearance.

Schools in the various areas have already expressed an interest in being involved and it is anticipated this programme will commence in the New Year. For more details, please contact the national office.

Visit to Brigit's Garden Galway

A visit to the garden has been organised for Tuesday November 8th/9th next to take part in a guided meditation and story sharing. OWN's development officer Paula Quirke will accompany the group over the two days.

A walk through the gardens is a journey through the cycle of the year. Each garden represents one of the Celtic festivals Samhain, Imbolc, Bealtaine and Lughnasa, that marked the beginning of each season. This seasonal cycle also mirrors the cycle of life. The gardens reflect the landscape of the West of Ireland and are managed to encourage biodiversity. At the gardens, you will enjoy story sharing and a guided meditation and lunch.

The visit will include two nights stay at the Foster Court Hotel, Galway City. Price includes a welcome drink of Irish Coffee or Tea & Scones, a 3 course meal each night in Elwoods Restaurant, Complimentary newspaper each morning, complimentary mineral water with your meals and full Irish breakfast. The recently refurbished hotel coupled with its convenient city centre location will provide us with a perfect base for exploring the streets of Galway without needing to go too far from the hotel. The staff at Fosters Hotel will also be happy to meet and greet you at train station and help you along to the hotel with your bags when you arrive.

Itinerary

Meet at Heuston Station 8.50am	Please check in with OWN staff before boarding train Paula Quirke will be standing outside the ticket office
Depart Tuesday 8 th November from Arrive Galway 12.08	Dublin (Heuston) (at own expense) 9.30 train Go to Hotel/lunch at own expense Optional visit to Galway Museum
Wednesday 9 th November	Depart 10am by private coach to Brigit's Garden Full Day Facilitated Visit including lunch Collect 4pm to return to Galway
Depart Thursday 10 th	Depart Galway 13.05 and return home 15.32

The trip will cost approximately **€150** which will include most meals (two breakfasts, one lunch, and two dinners), accommodation, and transport whilst in Galway. Excluded from the price is transport to and from Galway and one lunch.

If you are interested in being part of this visit please contact the national office as soon as possible as places are limited.

OWN Video Project

Volunteers are needed for a short clip for our website that captures the work of the network. The aim of the project is to create a minute long video that encapsulates the idea that women are empowered to come together, to develop their own capacity, to have a voice, and be visible in order to influence policy development. Near FM is assisting us in producing the video. Please contact the national office if you would like to be involved.

Adult Lifelong Learning

The National Gallery of Ireland has an exciting upcoming programme of talks on the subject of Portraits and Personalities, featuring a range of national and international speakers.

Events include:

- Thursday 3rd November
Image of a Star: Le Brocquy's 'Bono'
- Thursday 10 November
Artfulness and Artifice - the self-portraiture of Nathaniel Hone and William Orpen
- Thursday 17th November
Portraits and Masterpieces

6.30pm wine reception outside the lecture theatre followed by the talk at 7.00pm.

The tickets are €10 per talk and can be purchased in advance from the Gallery Shop. For more information call 01 663 3518.

Drawing Classes

The National gallery of Ireland is giving drawing classes for winter 2012. The theme this year is "*Drawing in Action: portraits, still life and figure drawing.*" The course will go from 21 January to 10 March. Classes will take place on Saturdays from 11.00am to 1.00pm.

Registration starts 1 December. To register call +353 1 663 6518 or email at bookshop@ngi.ie

Other Events and Information

Hanna's House Feminist Peace Organization

Hanna's House is a feminist organization which works to encourage a non-violent, just society that embraces diversity.

Hanna's House has an ongoing events calendar including feminist networking and film nights; parliamentary lunches with TDs and strategic allies; seminars and workshops; and we support feminist activism across Ireland.

If you are interested in attending any of their events please contact Shirley Graham, Project Coordinator, at hannashouse@nwci.ie or the OWN national office.

Claiming Our Future: A National Discussion

Claiming Our Future is a progressive movement for an equal, sustainable and thriving Ireland.

Our economic model of development is failing us. When judged by purely economic measures such as GDP growth is stagnant. The economic system does not serve society; unemployment is high, public services are being cut and wealth and income are increasingly concentrated in the hands of a few, creating damaging inequalities. It is bad for the environment- natural resources are rapidly diminishing and ecosystems on which we all depend are being destroyed.

It's time to talk about alternatives. It's time to talk about an economy for society.

Claiming Our Future in association with PlanBetter (part of IEN the Irish Environmental Network) is organising a national discussion on our economic system in **Cork**. Individuals and people from a wide range of civil society organisations will talk through the issues on Saturday November 5th.

The event will take place **11 a.m. -4.30 p.m.** (registration from 10 a.m.) in the **Millennium Hall, Cork City Hall, Cork on Saturday 5th November 2011.**

Please contact the national office by Thursday November 3rd if you would like to represent OWN at this event.

Technology Developments:

The Intergeneration55@DCU project

As part of an intergenerational opportunity being promoted by DCU this project is aimed at beginners who wish to use a computer. Each learner will receive three two hour sessions. Where possible DCU will try to accommodate preferred times. The sessions will cover setting up an email address, sending and receiving emails, attachments and also searching the internet. If time allows participants will also get a basic introduction to on-line transactions and digital photography.

The project will run on the DCU Campus on Tuesday, Wednesday and Thursday of each week from 10am to 12pm and 2pm to 4pm for the whole year.

The project starts on October 25th but you can register at anytime. The cost for this course is €20.00.

For further details contact Carmel at DCU 01-7007423 or 087-2765289

OWN is pleased to be working in collaboration with a number of organizations to offer technology courses to older people. In addition to receiving funding to set up computer classes around the country under the Benefit Technology Scheme, OWN is also working with several technology companies to develop IT programmes for older people.

As part of the fight against digital exclusion, Age Action's Getting Started programme delivers training on computers, the internet and mobile phones to people over the age of 55. The training is on a one-to-one and classes take place in libraries, community centre's, family resource centre's, corporate offices, and housing complexes for older people. At present, classes are run in Dublin, Galway, East Cork and West Waterford;

Age Action is hosting a TRY IT event, which will be a day of technology exhibitors and workshops for older people in Dublin city centre, provisionally on Tuesday November 8th 2011. More details from the OWN national office to follow as soon as venue has been confirmed.

Healthy Food Made Easy

The Northside Partnership in Dublin has informed us that this 6 week course is available to members of the network. The course involves a six week commitment of a morning or afternoon and re-educate members on cooking and preparing traditional food with a low salt, fat and sugar content. Each week members will collectively prepare and cook a dish.

This course was held in several locations a number of years ago and proved to be very popular with the membership. If members would be interested in taking part please contact the national office.

Laughter Yoga

Following the success of the Laughter Yoga, we are delighted to inform members that this course has been organised again to take place in the Methodist Hall Abbey Street Dublin 1 on Wednesday November 23rd. The cost of the session is €5.00 payable on the day. Please confirm if you wish to attend.

Once again members living outside Dublin are invited to register their interest in having a laughter yoga workshop in their area. We would be happy to organise this event for members if there is an interest.

New Innovation in Breast Cancer: The Breastlight

For this year's Breast Cancer Awareness month Breastlight, the leading breast screening device for self examination, has teamed up with the Older Women's Network to promote this innovative and early warning detection device.

Throughout October Breastlight are offering an exclusive £10 discount on all online orders of Breastlight units. Breast Cancer Awareness month is not just about treating breast cancer, but also about being aware of the steps that can be taken to ensure optimum breast health. Breastlight can help you familiarise yourself with your normal breast structure, making it easier to spot and treat abnormalities at an early stage.

It is not intended to replace a medical diagnosis but rather aims to enhance the control that women have and make them more aware of any changes, enabling them to seek further consultation from their doctor at a much earlier time. Women should continue to have annual breast checkups.

A recent trial by Sunderland City Hospital Trust found that Breastlight detected 12 out of 18 malignant tumours, ranging in size from 7mm to 2cm, including ones that went undetected during a physical examination.

Mr Obi Iwuchukwu, Consultant Breast Surgeon, Sunderland City Hospital said: "It appears that Breastlight is effective in the detection of malignant tumours and in some cases can differentiate between malignant and benign disease. This device will prove to be of particular value to women who experience difficulty in self examination – for example those with a history of recurrent cysts."

For more information on the benefits of Breastlight, or to place an order please visit www.ownireland.ie or call the national office. Special discount coupons will be distributed at the Over 50 Show on October 21/22nd/23rd at the RDS.

News from Europe

The Age Platform and ERIO launch joint paper

“Discrimination and exclusion:

Voicing the experiences and struggles of older Roma” To support EU action on Roma and as a contribution to the European Convention against Poverty and Social Exclusion on 17-18 October 2011, AGE and ERIO have launched a joint paper outlining the views and experiences of older Roma in Bulgaria, Germany, Italy and Poland. The paper draws on research commissioned by AGE in summer 2010. Over 120 older Roma provided testimonies of their situation, many of whom face unacceptable levels of poverty, exclusion and discrimination which obstruct their ability to enjoy their fundamental rights and prevents their integration in society. “Despite new interest at EU level in tackling the exclusion and discrimination faced by Roma with the adoption of an EU Framework for National Roma Integration Strategies and a targeted approach for Roma inclusion in the areas of education, employment, health and housing, older Roma remain a much neglected group in this political discourse”, observed Anne-Sophie Parent, AGE Secretary General. “Little attention has been paid as yet to identifying how the needs of this growing group of older Roma can be met and AGE hopes that these interview findings will help steer the debate so that decision-makers and public authorities will start to take better account of the needs of this vulnerable group of citizens,” she added. ERIO and AGE believe that the struggles that older Roma face should be highlighted and actively addressed. This is even more important in the light of the 2012 European Year for Active Ageing and Solidarity between Generations in which we are calling on all stakeholders to take concrete commitments to promoting active ageing among all older EU citizens and efforts should be increased to promote an inclusive Europe for them throughout and beyond this European Year. Ivan Ivanov, ERIO’s Executive Director stated: “The recently adopted European Framework for National Roma Integration Strategies by the European Commission should be considered by Member States as a minimum standard to build their own national strategies which should add a specific focus on each disadvantaged group within the Roma community, including Roma elderly people.” To access the joint AGE-ERIO paper on older Roma: http://www.age-platform.eu/images/stories/EN/position_paper_age_erio_oct2011_final.pdf

Carelocal Thanks

Finally I have been asked by Carelocal’s CEO Linda Desmond to thank the members who came out on a wet and windy Sunday recently to take part in the charity walk. Over €2000 was raised for this local charity which helps older people in the Dublin 8 and Docklands area. Although it was wet it was surprisingly warm and there was a great sense of camaraderie – well done OWN members!

Diary Planners 2012

Diary Planners for 2012 showing a month to view on each page are now available from the national office at a cost of €3.50 each. These are light weight, slimline in a plastic pocket and have an attractive cover. Please contact the national office if you wish to purchase one.

Diary Dates 2012

It's hard to believe we are already looking at 2012!

On Wednesday January 18th next we will be holding a seasonal celebration to celebrate Nollaig na Mban with a festive lunch. Miriam O'Reilly, former BBC presenter with Countryfile will be making a presentation to the members. Miriam successfully won a case against the BBC on the grounds of ageism when she was dismissed as being too old to be a presenter. Venue and cost to be confirmed.

AGM 2012

Due to adverse weather conditions in the past two years the Board have agreed to defer the AGM until early 2012.

OWN's AGM will take place on Wednesday, February 15th next. The next newsletter will contain more details.

Board of Directors: Bréid Morris (Chairperson), Hazel Abdulla, Carol F Carey,
Margaret Carragher, Ruth Stenson, Máire Uí Bhraoin, Brenda Whitley.
National Director : Christine O'Kelly
Charity No. 14792 Registered No.356577
Senior House, All Hallows College, Grace Park Road, Dublin 9.
Tel: 01-8844536 Fax: 01-8844534 Email: ownireland@eircom.net Web: www.ownireland.ie