



**Older Women's Network (OWN) Ireland
Bantracht na Sinsear**

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February 2011

Dear Members

Happy New Year to you all and apologies for not being in contact sooner but as you know there have been quite a few changes to OWN over the past seven weeks. Louise Richardson retired from the organisation on December 31st last and our new CEO, Helen Campbell, started on 4th January 2011. Louise was presented with a travel voucher from OWN at the AGM on December 1st. Many thanks to those of you who braved the weather and travelled to Dublin that day to take part in the AGM, it was unfortunate that our planned Seasonal Celebration after lunch had to be cancelled, due to deteriorating weather conditions however, we have put together a programme of events which will give members ample opportunity to meet and take part in discussions over the next three months.

Message from the New CEO:-

Dear Members

I am delighted to introduce myself to you as the incoming CEO of OWN Ireland. I have worked in the Community and Voluntary sector since 1993 in areas as diverse as long-term unemployed, Travellers, education and training and European Policy.

In 2007, I took a career break and went to live for a year in Italy to study Italian. It was something I'd always wanted to do and it was such a wonderful experience, I then took myself off to France for six months! I returned to Ireland invigorated and ready for new challenges.

As an older woman myself, (just turned 60) I feel a particular commitment to the work of OWN and responding to the expectations of its members. I am aware of the many issues that confront women as they become older. I also recognise the tremendous asset we can be to Irish society, with our accumulated wisdom, experience and resilience.

I look forward to meeting as many of you as possible over the next couple of months, listening to your experiences and tapping into your wisdom while finding out what you value about OWN and what you would like to see us doing over the next few years.

Helen Campbell

Four new board members were elected to the board of OWN:-

Carol Carey: Carol joined OWN at the Over 50's show in Dublin two years ago whilst still working. When she took early retirement last year she decided to take a more active role in OWN. Born and bred in Limerick Carol is actively involved in her local parish and is a committed volunteer with the Senior Helpline. Carol has represented OWN at several events at local and national level

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since joining the network and is the OWN voice in the West. Carol was co-opted onto the OWN Board in June 2010 and was on hand in October last to present Certificates to members who completed the Equality for Women Measure Training.

Ruth Stenson: Born and lives in Dublin. A mother of 6 and grandmother of 8. Ruth has been involved with OWN for the past 5 years and has represented OWN at a number of local, national and EU events. Ruth has a background in accounting and has served her community on various boards and committees over the past number of years. A passionate cook, Ruth took part in OWN's Equality for Women Measure Course and wrote her own cookbook. Ruth is a passionate advocate of exploring all the opportunities OWN has to offer and has coined the phrase "You're never alone with OWN".

Bréid Morris: Living in Dublin, Bréid has been involved with OWN for the past 6 years. She was a former Marketing & Communications Manager for the Body Shop and has many years experience in the public and private sector and has served on several boards. Bréid worked for several years with Sr. Stanislaus Kennedy - Focus Ireland to establish, The Sanctuary, in Dublin. She also facilitated several OWN workshops and has represented OWN at a number of events at local and national level. Bréid returned to education and undertook a Diploma in Theatre Studies – she is a part-time actress and recently took part in the RTE documentary "Rising after Redundancy" which explored the barriers she encountered in obtaining work after she was made redundant. At present Bréid works part-time as a Credit Controller and drama teacher.

Hazel Abdulla: born and raised in Ireland studied nursing before meeting and marrying a doctor and going to live in Zimbabwe for 38 years. Hazel returned to Balbriggan 6 years ago. Because Hazel lived among other cultures and had friends from all over the world she now volunteers for the Fáilte Isteach Programme by helping foreigners to speak English and to integrate into our society. Hazel has been a member of OWN for the past 4 years and has attended many local and national events on behalf of the network. Hazel represents OWN on the board of the Fingal Senior Citizens Network and has been active in producing, planning and broadcasting programmes with the OWN radio group "In our OWN Voices". Hazel was also an active member of WOMB (Women of Multi-Culture Balbriggan).

Funding

In December last, Mr. Pat Carey, T.D. Minister for Community, Equality and Gaeltacht Affairs, announced that applications were being invited under a new round of funding for the Scheme to Support National Organisations in the Community and Voluntary sector. The new round will replace the previous round which ran from 2008 to 2010. Under interim arrangements funding will continue under the old scheme until the end of March 2011 at the latest. OWN has been invited to apply for this grant which will provide multi-annual funding to the organisation. An application for the funding has already been submitted and we are currently awaiting the outcome of the application.

In light of the forthcoming General Election all OWN members are asked to asked to support OWN in securing future funding by lobbying their local politicians.

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FORTHCOMING OWN EVENTS

Regional Review meetings:- will take place in February. All members are invited to attend the meetings which will take place in Galway, Cork and Dublin and will provide members with the opportunity of engaging with OWN members in other parts of the country while contributing to the future planning of the organisation. Special rates for room hire, lunch and accommodation have been negotiated with the Maldron Hotel Group nationwide. There will be free raffles for overnight breaks offered at all the events.

Lunch will be available at the meetings at a cost of **€15.00** payable to the national office. Please confirm which meetings you would like to attend and forward payment for lunch as soon as possible. If you decide to travel to meetings in Cork and Galway, please check in with OWN staff before boarding the train and we would be most grateful if you have a companion pass that you would you please get a second ticket so that we can pair up members.

Cork: Wednesday, February 16th

Meet at Dublin Heuston	9.00am – 9.15am	at the glass doors just before platform
Depart Dublin	10.00am	
Arrive Cork	12.53pm	
Proceed to Maldron Hotel office)	1.15pm (2 course, hot lunch €15.00 payable in advance to OWN	
2.15pm	Review	
4.45pm	Close and return to Station	
5.30pm	Return to Dublin (8.22pm)	

Why not make a weekend of it and avail of an optional overnight rate of €80 per room B/B/1 Dinner – no single room supplement and use of all facilities. Book directly with the hotel by calling Louise (0)21 452 9200

Galway: Wednesday, February 23rd

Meet at Dublin Heuston	8.45am – 9.10am	at the glass doors just before platform
Depart Dublin	9.30am	
Arrive Galway	12.08pm	
No 3 bus goes to hotel from the station or share taxi (€3 X 4) to Claytons		
Proceed to Claytons Hotel office)	1.00pm (2 course, hot lunch €15.00 payable in advance to OWN	
2.15pm	Review	
5.00pm	Close and return to Station	
6.10pm	Return to Dublin (8.47pm)	

Why not make a weekend of it and avail of an optional overnight rate of €59 per person – B/B and evening meal with no single room supplement and use of all facilities. Book directly with the hotel by calling Vicky, (0)91 721 900.

Dublin: Monday, February 28th

Belvedere Hotel	Great Denmark St. (just off Parnell Square)	
Registration	10.30am – 11.00am	
Meeting	11.00am – 1.00pm	
Lunch	1.00pm – 2.15pm	Why not make a weekend of it and avail of an optional overnight. Book directly with the hotel by calling 01-8737700.

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Visit to Hugh Lane Gallery

A guided tour of the Hugh Lane Gallery Parnell Square has been organised for **Tuesday, February 22nd** next. Please **meet** outside the Gallery at **10.20am** as the tour will commence at **10.30am** and will take approximately 1 hour. There is a coffee shop located in the Gallery should you wish to have lunch after the tour at your own expense. **The cost of the guided tour is €1.00 which will be collected by Christine on the day.** Places are limited to 30 people so please do confirm with the national office to book your place on the tour.

Galway City Museum

To coincide with the review meeting in Galway, a visit to the Galway City Museum has been organised to take place on **Thursday, February 24th** at **10.45am**. The cost of the visit is **€2.00** and will include a guided tour. If you would like to attend this event please contact the national office to confirm your place as numbers are limited to 20. **The payment will be collected on the day at the Museum**

International Women's Day Celebration

International Women's Day is celebrating its centenary this year. To celebrate the event you are invited to attend a presentation from Dublin born travel writer Mary Russell.

Mary wrote for the Irish Times and Irish radio. Over a long and successful career she has travelled the world including war torn Sarajevo and Bosnia. She has written a number of short stories drawing on her travel experiences. Some of the stories have been published in different editions of the London Magazine as well as in collections including, Nocturnal Emissions (1997) The Phoenix Book of Irish Short Stories (1998) and Signals 2 (1999).

In 1999, she was commissioned by the Irish publishing company Town House to write a travel book in which she looks not only at the places she has so far visited but also at her reasons for going to these places. This was a revealing project as often the reasons for going to certain destinations did not make themselves evident until after the journey was completed, and sometimes even not until four or five years later. "Journeys of a Lifetime" was published in Ireland by Town House Books and in the UK by Simon and Schuster in June 2002. Most recently, her travels have taken her to Israel, Syria and to Iraq.

This event will take place in the **Temple Bar Hotel Dublin on Tuesday, March 8th** with **registration from 10.45pm** and will be followed by **lunch at 1.00pm**. The cost of the event is **€14.00** and includes lunch. Please contact the national office with your **payment by Wednesday, March 2nd**.

Spots and Stripes

OWN has teamed up with Cadburys who have recently started a community based campaign to promote social interaction through physical activities in the community. OWN Members are invited to take part in the event which is being held with the Transition Year Pupils in St. Mary's, Holy Faith, Killester, Dublin 5, on **Tuesday March 15th** next. Participants will be divided into two teams – Spots and Stripes and will be asked to take part in a number of games. We are currently working on the games for the day and at present are focussing on games from childhood so nothing too onerous or physically taxing. Please contact the national office to register your interest in this event.

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Conference on the Older Consumer

The European Consumer Agency is hosting a Conference on the Older Consumer on **Tuesday, March 15th** next. Speakers have been invited from financial, travel and data service providers. The event will take place at the EU Offices on Molesworth Street **from 9.30am – 1.00pm** followed by lunch. **15 places have been offered to OWN** members. The cost of this event is free but a place must be reserved through the OWN national office.

A speaker from the European Consumer Agency will be making a presentation to network members in May. More details to follow in the newsletters.

An POST – Tour of Museum

A guided tour of the GPO Museum has been arranged for **Tuesday, March 29th**. Please assemble at the Chúchullain Statue in the GPO building at **11.30 am**. The charge for this is **€2.00**, which will be collected on the day. Please book with the national office as places are limited to 35.

Inequalities in Old Age: The Impact of the Recession on Older People in Ireland North and South: Key Findings

Dr. Francesca Lindstrom and Dr. Paddy Hillyard conducted research with OWN members regarding Inequalities in Old Age: The Impact of the Recession on Older People in Ireland North and South. OWN members nationwide took part in the research. The following are the key findings from the research:-

The fieldwork for this research project was carried out in the spring and summer of 2008. Several different types of data were utilised including: - A review of existing literature and analysis of data from the EU and other sources; a survey of advisors on money matters; a survey of older people using focus groups in the North (NI) and Republic (ROI).

The main findings are as follows:

- Pensioners in NI face a significant risk of poverty:- in 2008/9, 23% of people aged 65+ were below the 60%median income level (after housing costs) compared with 16% in the UK. Single pensioners living alone have a 28% risk of poverty;
- The number of single pensioners at risk of poverty in NI has risen by 10,000 (57%) in the last six years and pensioner couples by 8,000 (26%);
- The rate of pensioners in ROI at risk of poverty has fallen to 11.1% in 2008 but they depend heavily on the State pension for their income and cuts such as the ending of the Christmas Bonus are likely to cause hardship;
- Older women across the island of Ireland have a higher risk of poverty than men;
- Women receive fewer and lower occupational pensions than men. The evidence suggests that the gap is growing;
- Tax relief on pension contributions is heavily skewed towards the wealthier;
- Older people across the island of Ireland are worried about reduced or frozen incomes, higher taxes, cuts in services and charges for services that are now free;
- In the ROI pension plans lost 38% of their value in 2008 (OECD, 2009)

Check:- www.cardi.ie for more information.

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Temple Bar Trust

Get Active is a cultural group for over-55s that invites and encourages the active retired into Temple Bar to engage, enjoy and participate in cultural activity in Dublin city.

In collaboration with cultural organisations in Temple Bar, Get Active offers members the opportunity to participate in at least one cultural activity per month across a range of art forms including visual arts, theatre/drama, film, dance, a book club, crafts, music and historical walks through Temple Bar's West End. All activities are free and open to all over-55s.

To enroll now for FREE membership contact Eimear Chaomhánach on (01) 677 2255 / echaomhanach@templebar.ie

European Year of Volunteering

The EU has designated 2011 as the European Year of Volunteering, in recognition of the important role voluntary work plays in European society. In the European Union, almost 100 million citizens of all ages invest their time, talents and money to make a positive contribution to their community by volunteering in civil society organisations, youth clubs, hospitals, schools, in sport clubs, etc.

If you have a few hours to spare, why not volunteer by calling into your local volunteer centre – offices nationwide and see the wide range of opportunities available.

Older and Bolder Campaign

OWN continues with representation on the Older and Bolder Campaign. In light of the forthcoming elections it was agreed that the 5 main issues will be addressed by the campaign:

- The completion and implementation of the National Positive Ageing Strategy
- A fair and secure pension for all, now and in the future
- Provision and financing of a system of health and social care based on core principles:- access on the basis of need; contribution on the basis of ability to pay.
- Implementation of age friendly public transport strategy
- Promotion of participation of older people in all aspects of life, and notably in accountable and transparent decision-making structures for policies, programmes and services that affect their lives

Please take the opportunity to mention these issues to your local candidates and canvassers.

Home Instead – Senior Care – 2011 Irish Pensioners Handbook

Home Instead has published the 2011 Irish Pensioners Handbook which is a survival guide to aging in Ireland and provides practical information and advice on senior care issues, if you would like a copy please call Home Instead 01- 8535048.

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European Commission sets out strategy to strengthen EU data protection rules

What happens to your personal data when you board a plane, open a bank account, or share photos online? How is this data used and by whom? How do you permanently delete profile information on social networking websites? Can you transfer your contacts and photos to another service?

Controlling your information, having access to your data, being able to modify or delete it – these are essential rights that have to be guaranteed in today's digital world. To address these issues, the European Commission set out a strategy on how to protect individuals' data in all policy areas, including law enforcement, while reducing red tape for business and guaranteeing the free circulation of data within the EU.

This policy review will be used by the Commission with the results of a public consultation to revise the EU's 1995 Data Protection Directive. The Commission will then propose legislation in 2011.

"The protection of personal data is a fundamental right," said Vice-President Viviane Reding, EU Commissioner for Justice, Fundamental Rights and Citizenship. *"To guarantee this right, we need clear and consistent data protection rules. We also need to bring our laws up to date with the challenges raised by new technologies and globalisation. The Commission will put forward legislation next year to strengthen individuals' rights while also removing red tape to ensure the free flow of data within the EU's Single Market."*

Today's strategy sets out proposals on how to modernise the EU framework for data protection rules through a series of key goals:

Strengthening individuals' rights:- so that the collection and use of personal data is limited to the minimum necessary. Individuals should also be clearly informed in a transparent way on how, why, by whom, and for how long their data is collected and used. People should be able to give their informed consent to the processing of their personal data, for example when surfing online, and should have the "right to be forgotten" when their data is no longer needed or they want their data to be deleted.

Enhancing the Single Market dimension:- by reducing the administrative burden on companies and ensuring a true level-playing field. Current differences in implementing EU data protection rules and a lack of clarity about which country's rules apply harm the free flow of personal data within the EU and raise costs.

Revising data protection rules in the area of police and criminal justice:- so that individuals' personal data is also protected in these areas. Under the Lisbon Treaty, the EU now has the possibility to lay down comprehensive and coherent rules on data protection for all sectors, including police and criminal justice. Naturally, the specificities and needs of these sectors will be taken into account. Under the review, data retained for law enforcement purposes should also be covered by the new legislative framework. The Commission is also reviewing the 2006 Data Retention Directive, under which companies are required to store communication traffic data for a period of between six months and two years.

Ensuring high levels of protection for data transferred outside the EU:- by improving and streamlining procedures for international data transfers. The EU should strive for the same levels of protection in cooperation with third countries and promote high standards for data protection at a global level.

More effective enforcement of the rules:- by strengthening and further harmonising the role and powers of Data Protection Authorities. Improved co-operation and co-ordination is also strongly needed to ensure a more consistent application of data protection rules across the Single Market

The Commission's policy review will serve as a basis for further discussion and assessment.

Building on this, the Commission will present proposals for a new general data protection legal framework in 2011, which will then need to be negotiated and adopted by the European Parliament and the Council. In addition, the Commission will examine other measures, such as encouraging awareness-raising campaigns on data protection rights and possible self-regulation initiatives by industry.

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Grundtvig Workshop – June 2011

OWN has received funding to host a workshop "**Laughing Matters - the Benefits of Humour in Health**". This will take place in June 13th - 18th. The primary participants in the workshop are from other EU states with very limited places for network participants however there will be an opportunity for members to meet and engage with the participants as a social programme will be arranged for the duration of the week long workshop which will take place in All Hallows College.

If you have knowledge of a foreign language or wish to be part of a working group to organise the event please contact the national office. A preliminary meeting to outline the workshop and how members could help will be held on Wednesday, March 2nd at Le Cheile, Donnycarney at 2.30pm. All are Welcome.

Volunteers Required for Clinical Trial of Polypill - Beaumont Hospital

Volunteers are required to take part in a clinical trial of a polypill. This one pill contains 4 ingredients - aspirin, 2 blood pressure lowering medicines and a cholesterol lowering medicine. These have been safely used for many years but, until now they have not been combined in a single pill. This piece of research is called UMPIRE. UMPIRE will assess whether people prefer taking medication for the prevention of heart attacks and strokes as a single pill or in the usual style as several separate tablets.

If you have had a heart attack or stroke and you are on several drugs to lower your blood pressure or cholesterol you may be able to try taking one single tablet instead.

You may be able to take part in the study if you are at risk of heart attack or stroke, a smoker, suffering from raised cholesterol, with high blood pressure, diabetes and aged over 50 years.

For more information please contact:- The UMPIRE Study, RCSI Clinical Research Centre, Beaumont Hospital (01)809 3809/8092862

YOUR CONTRIBUTION CAN MAKE A DIFFERENCE.

Dublin City University (DCU):- Intergenerational ICT & Creative Writing Course

DCU are holding an Intergenerational ICT and Creative Writing Course each Saturday from 26th February to 14th April, 10am to 1pm with emphasis on ICT in the Business School. Course costs €60 each. Places are limited to 80 and if you are interested in the course please contact Trudy Corrigan directly at 01 7007865 or by email trudy.corrigan@dcu.ie Trudy would be delighted to hear from you.

Change of Office Hours

The National Office will be open **Monday – Thursday 9.00am –1.00pm and 1.30pm – 3.45pm**. As the office may be unattended when you call please do leave a message or send us an email to ownireland@eircom.net and we will return your call/email.

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