



DCU's Age-Friendly University Activities

2024



Ollscoil Chathair
Bhaile Átha Cliath
Dublin City University





Dublin City University's (DCU) Age-Friendly Unit (AFU), established in 2014, is staffed by one full-time AFU Coordinator and one part-time Administrative Officer. The Unit's initiatives are guided by the Ten Principles of an Age-Friendly University, first introduced by DCU in 2012.

Beyond its work within DCU, the AFU Unit played a pivotal role in founding and expanding the Age-Friendly University Global Network (AFUGN). Under DCU's leadership, the network grew to include 130 member institutions from Europe, North and South America, Southeast Asia, China and Australia. In recognition of its global impact, oversight of the AFUGN was subsequently transferred to Arizona State University and the University of Strathclyde, ensuring its continued growth and influence.



"As Chancellor of Dublin City University, I am immensely proud of our Age-Friendly Initiative and its far-reaching impact on our campus community and broader society. DCU demonstrates its unwavering commitment to inclusion, social engagement, and lifelong learning through this pioneering programme, welcoming older adults to join us in intellectual and cultural pursuits.

The Age-Friendly Initiative captures the essence of a modern, forward-thinking university, recognising the valuable insights, life experiences, and wisdom older learners bring to our student body. DCU continues to lead the way in shaping a more responsive approach to education and research by creating opportunities for intergenerational exchange and fostering an environment where participants feel valued,

I wholeheartedly endorse this work, inspiring current and future generations to value equity, mutual respect, and shared learning. Together, we can transform the landscape of higher education, ensuring it remains vibrant, inclusive, and truly accessible to all."

(Brid Horan, Chancellor, DCU)



Ten Principles for An Age-Friendly University

The activities and initiatives of DCU's **Age-Friendly Unit** are guided by the **Ten Principles of an Age-Friendly University**, a framework developed and launched by DCU in 2012. These principles are a foundation for fostering inclusivity, promoting lifelong learning, and enhancing the quality of life for older adults within the university community and beyond.

1. To encourage the participation of older adults in all the **core activities** of the university, including educational and research programmes.
2. To promote personal and career development in the second half of life and to support those who wish to pursue "**second careers**".
3. To recognise the **range of educational needs** of older adults (from those who were early school-leavers through to those who wish to pursue Master's or PhD qualifications).
4. To promote **intergenerational learning** to facilitate the reciprocal sharing of expertise between learners of all ages.
5. To widen access to **online educational opportunities** for older adults to ensure a diversity of routes to participation
6. To ensure that the university's **research agenda** is informed by the needs of an ageing society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
7. To increase the understanding of students of the **longevity dividend** and the increasing complexity and richness that ageing brings to our society.
8. To enhance access for older adults to the university's range of **health and wellness** programmes and its **arts and cultural activities**.
9. To engage actively with the university's own **retired community**.
10. To ensure regular **dialogue** with organisations representing the interests of the ageing population.

Learning Programme

A core function of the AFU Unit is providing a multidisciplinary learning programme that invites older adults to audit modules drawn from more than 230 undergraduate and postgraduate courses. In addition, the Unit runs a popular customised programme that attracts over 400 older participants each year. Offered during both the Spring and Autumn Semesters, the programme covers various subjects, such as genealogy, law, politics, religion, art, music and languages, to accommodate a diverse set of interests.

The AFU Coordinator collaborates with DCU Schools and Faculties to organise and promote these opportunities, managing the registration process with the university registry and providing ongoing support, such as guidance on accessing the Loop learning platform and meeting any other needs that arise. By actively supporting and engaging older learners, DCU's Age-Friendly Unit upholds its commitment to creating an inclusive and accessible environment for all.



Taste of DCU: Dr Christine O'Kelly (AFU Coordinator), Professor Daire Keogh (President of DCU), and DCU Students.

Connecting the Principles to Sustainable Development

DCU's Ten Principles of an Age-Friendly University serve as a framework for creating a welcoming, participatory, and accessible environment that resonates with the broader aims of the United Nations Sustainable Development Goals. These efforts underline DCU's commitment to promoting well-being, lifelong learning, economic opportunity, reduced inequalities, and social cohesion—cornerstones of a truly sustainable and inclusive society. DCU's Ten Principles of an Age-Friendly University (AFU) intersect with and advance specific United Nations Sustainable Development Goals (SDGs). DCU's AFU demonstrates a tangible commitment to sustainable development and social progress by fostering an inclusive, supportive, and empowering environment for older adults,

1. Good Health and Well-being (SDG 3)

- **Holistic Approach to Well-being:** The AFU promotes social interaction, mental stimulation, and community engagement for older adults, all of which are key contributors to mental and physical health.
- **Preventive Health Benefits:** Lifelong learning and intellectual engagement help mitigate cognitive decline and foster a sense of purpose, directly aligning to ensure healthy lives and promote well-being at all ages.
- **Community Support Networks:** By creating an age-friendly campus, DCU encourages older learners to connect with peers, faculty, and younger students, helping to reduce social isolation—an important factor in preserving good mental health.

2. Quality Education (SDG 4)


- **Lifelong Learning Opportunities:** The AFU program expands access to formal and informal learning for older adults, reflecting the commitment to inclusive education "for all" across the lifespan.
- **Diverse Curriculum:** Auditing a wide range of modules—from genealogy and law to politics and languages—helps ensure that older students can pursue their interests and upskill according to their needs and aspirations.
- **Intergenerational Exchange:** By integrating older learners into mainstream courses, the AFU fosters knowledge-sharing across age groups and enriches the educational experiences of all students at DCU.

3. Decent Work and Economic Growth (SDG 8)

- **Empowering Older Adults:** Engaging in continuing education can help older individuals maintain up-to-date skills and knowledge, which can lead to extended employability, entrepreneurship, and volunteerism.
- **Workforce Development:** By bridging the generational gap and offering skill-building opportunities, AFU initiatives support a more inclusive workforce—promoting productivity and economic growth.
- **Reducing Age Discrimination:** Through positive visibility on campus and in the community, older students challenge stereotypes and inspire employers to recognise the potential of older workers.

4. Reduced Inequalities (SDG 10)

- **Inclusive Policies and Practices:** DCU's AFU principles guide the design of age-friendly environments and services, ensuring that campus facilities, teaching methods, and policies do not exclude older learners.
- **Bridging the Digital Divide:** AFU supports older adults in developing digital literacy skills and accessing online resources (e.g., the Loop learning



platform), helping to narrow the technology gap that can marginalise senior populations.

- **Socioeconomic Diversity:** By offering auditing and customised non-degree options, the AFU provides accessible educational experiences regardless of an individual's socioeconomic or educational background.

5. Promote Peace, Justice, and Strong Institutions (SDG 16)

- **Building Inclusive Communities:** An age-friendly campus culture fosters respect and cooperation across different generations, contributing to inclusivity and mutual support.
- **Encouraging Active Citizenship:** Through classes on politics, law, and social engagement, older learners are empowered to participate meaningfully in civic life, supporting responsible and inclusive institutions.
- **Collaboration and Dialogue:** By bringing diverse age groups together, the AFU helps reduce social barriers, encourages open dialogue, and paves the way for peaceful, collaborative relationships across the broader community.

National Representation

- **Active Involvement in Age-Friendly Alliances**
The Age-Friendly University (AFU) Coordinator at DCU serves as the university's representative on the Age-Friendly Alliance in Dublin City and Fingal. Over the past year, she attended six Alliance meetings and was key in shaping the Strategic Plan for Age-Friendly Fingal.
- **Collaboration with the Executive Advisory Board**
The AFU Unit continues to forge strong connections with its Executive Advisory Board, a collective of organisations committed to promoting the interests of older adults. Through regular engagement and shared initiatives, DCU fosters an inclusive environment that champions active, empowered ageing.
- **Influence in the Irish Senior Citizens Parliament**
Two representatives from the AFU Unit participate in the Irish Senior Citizens Parliament, ensuring that the voices of older adults are heard in national discussions and contributing to a grass roots knowledge base ongoing issue at DCU.
- **Showcasing AFU at DCU**
Beyond policy and planning, the AFU Coordinator regularly presents DCU's age-friendly activities and the broader work of the Age-Friendly University Global Network (AFUGN) to audiences at local, national, and international forums.

- The Age-Friendly University (AFU) regularly contributes its insights and expertise to national policy discussions, ensuring that the voices and needs of older adults are recognised. One notable example is the **National Payment Strategy**, where the AFU hosted a targeted consultation session to gather feedback from key stakeholders, including older learners, community members, and financial experts. This feedback directly informed a formal submission to the Department of Finance, helping shape policy recommendations supporting inclusive financial services for individuals of all ages. <https://www.dcu.ie/agefriendly/news/2024/feb/cash-or-card-national-payment-strategy-nps-consultation>

- **50+ Show RDS**

With support from our AFU ambassadors, who hosted a stand at the 50+ Show, the event proved immensely successful and attracted considerable public interest. As a result, we welcomed over 300 new participants into our database.

- **Information Fairs**

The AFU staff participated in several information fairs for older people hosted by Dublin City Council. We also took part in the Out of the Blue Expo (an expo for emergency services and military personnel planning their service retirements and opportunities to enhance qualifications).

The AFU organised a diverse lineup of events and presentations throughout the year, offering participants a chance to explore new ideas and expand their horizons.

Highlights included a guided tour of Belvedere House, a presentation on age-friendly homes led by Eimear McCormack from Meath County Council, a Spry Finance presentation focused on lifetime loans, and a listening session for older people hosted by the Irish Banking Culture Board at Trinity City Hotel in Dublin's city centre. Each event reflected the AFU's commitment to promoting well-being, financial literacy, and community engagement among older adults.





Global Engagement

- **Contributions to the AFU Global Network (AFUGN)**
As a AFUGN Executive Steering Group member led by Arizona State University and the University of Strathclyde, the AFU Coordinator shapes the network's strategic direction and supports international collaboration among age-friendly institutions worldwide.
- **International Discussions on Loneliness**
In Brussels, the AFU Coordinator joined a conversation on "Loneliness in the European Union: Policies at Work," advocating for social prescribing as a practical tool to combat isolation and promote well-being among older populations.
- **Exploring Virtual Reality in Dementia Education**
The AFU Unit hosted a dynamic webinar showcasing how immersive technology can deepen empathy and understanding of dementia and other age-related conditions. Jonathan Park and Kevin Gordan from Age Scotland introduced an educational VR tool that simulates the experiences of people with dementia, while Professor Catriona Murphy of DCU illustrated how this technology enriches student learning and those in the care sector.
- **Visit from the Open University of China (OUC)**
In a spirit of global collaboration, the AFU Unit welcomed a delegation from the Open University of China – Senior's University. DCU colleagues, including Caitríona Nic Giolla Mhichíl and Dr Monica Ward from the DCU School of Computing, shared insights on digital accreditation, teaching methodologies, and lifelong learning, further strengthening DCU's international partnerships in age-friendly education. The OUC has since joined the AFUGN.
- The AFU welcomed a delegation from **U3A Marijampole in Lithuania**, providing a meaningful opportunity for cultural exchange and shared learning.
- **Multi-agency delegation from the Netherlands.**



The AFU team at DCU hosted a dynamic multi-agency meeting with a delegation from the Netherlands, fostering international collaboration and knowledge exchange on the critical topic of housing for older adults. This event brought together key stakeholders, researchers, and practitioners from Ireland and the Netherlands to explore innovative solutions and best practices in creating age-friendly living environments. Facilitated by the DCU AFU team, the meeting featured engaging discussions and insightful presentations from Irish experts specialising in housing and support systems for older people. Topics ranged from accessible design to community-focused living models, reflecting Ireland's forward-thinking approaches to supporting ageing populations. The event was made possible through a collaborative partnership with Dublin City Council and Age-Friendly Ireland, emphasising the shared commitment to enhancing the quality of life for older adults. This gathering served as a valuable platform for dialogue, inspiration, and exchanging ideas to shape future housing strategies in both countries.

- A delegation of 16 participants from the **Campus de l'Experiència in Barcelona** visited Dublin as part of an Erasmus-funded mobility initiative. Their week-long visit offered a rich program to foster cultural exchange and academic engagement. Throughout their stay, the Spanish delegation attended lectures and presentations hosted by the Age-Friendly University (AFU), delving into topics that promote lifelong learning and intergenerational connections. Alongside their academic activities, they experienced the vibrant cultural heritage of Ireland, enjoying traditional Irish singing and dancing, which added a joyful and immersive cultural dimension to their visit.



- Meanwhile, the AFU Coordinator represented the university internationally by presenting at the EUNIWell - AGEWELLSITY conference, held at the University of Murcia in Spain. This event, dedicated to the well-being of older adults, provided an opportunity to share best practices and innovative approaches, highlighting the university's commitment to supporting ageing populations through education, research, and community engagement.
- As part of ongoing efforts to foster international collaboration and promote lifelong learning, the AFU Coordinator participated in a vibrant exchange at the **Lifelong Learning Festival** hosted by the Lifelong Learning Centre in **Sant Cugat, Barcelona**. This event celebrated the power of education across all ages, offering a platform for sharing ideas, experiences, and best practices. The festival highlighted the transformative impact of lifelong learning initiatives, with engaging workshops, cultural activities, and meaningful interactions between participants from diverse backgrounds. The visit strengthened ties with the Sant Cugat Lifelong Learning Centre and underscored a shared commitment to accessible, inclusive education.



- The AFU Coordinator attended significant university meetings at the **University of Alicante** and **Murcia**. These gatherings brought together academic leaders, researchers, and policymakers to discuss the Age-Friendly University Global Network and strategies for advancing education, well-being, and age-friendly initiatives. The meetings provided a valuable opportunity to exchange insights, explore innovative programs, and deepen partnerships that support the needs of learners at every stage of life. The University of Murcia meeting emphasised the importance of international collaboration in addressing the challenges and opportunities of lifelong learning in an ever-changing world.
- The AFU Coordinator undertook an international engagement tour, beginning with a visit to **Arizona State University** as an Osher Lifelong Learning Institute guest. During her visit, she delivered a presentation on the **Culture on Prescription Project**, sharing insights into the innovative initiative and its impact on fostering well-being through cultural engagement. She also met with colleagues at Arizona State University and visited their Mirabella complex, a university-based retirement community on the college campus. Meetings explored collaborations and shared knowledge exchange on lifelong learning and age-friendly practices.



Lindsey Begley, Prof Cathy Eden and Dr Christine O'Kelly at Mirabella, Phoenix, Arizona

- Following her time in the United States, the Coordinator travelled to **South Korea** as a guest of the **University of Yonsei** and the **Health Insurance Authority**. There, she advanced discussions on **social prescribing**, emphasising its potential to enhance health and well-being in South Korea. These engagements marked an important step in promoting the global adoption of socially inclusive health interventions.



- In addition to her international endeavours, the Coordinator was invited to present at the **University of Limerick's EU event, "Ageing in Ireland and the European Union."** Her presentation highlighted the challenges and opportunities associated with ageing populations in Ireland and Europe. She was honoured to speak at the launch of the **University of Limerick's Age-Friendly University designation**, where she delivered a compelling presentation on **The Intersectionality of Age-Inclusive Universities**, exploring how age-friendly initiatives intersect with broader diversity, equity, and inclusion goals. These engagements showcased the DCU's leadership in advancing the age-friendly university movement on both national and international platforms.



Media Engagement

Over the past year, the AFU Coordinator participated in multiple interviews on NEAR FM, Liffey FM, and Phoenix FM, as well as a dedicated podcast episode with the *Senior Times*, each highlighting DCU events and the breadth of opportunities available to older learners. Coverage of the AFU's initiatives also appeared in *Northside People*, *North Country Leader*, *Dublin People*, *Senior Times*, *Siochana Magazine*, and *Home Instead Magazine*, further amplifying awareness of DCU's age-friendly ethos.

In addition, Spry Finance produced a series of video recordings featuring AFU participants, which were shared on their website and incorporated into their publications and 2024 annual reports—underscoring the growing recognition of DCU's commitment to inclusive, lifelong learning and the value of investing in lifelong learning in later life.

Research Activities

Culture on Prescription Europe Project (COPE) 2022- 2024

The DCU AFU Unit partnered with a consortium of six organisations to harness cultural engagement as a form of social prescribing. Concluding in March 2024, the 2-year project addressed isolation and loneliness by "prescribing" cultural activities in place of traditional medical interventions. Notably, participants at risk of loneliness reported a 50% decrease in feelings of isolation following their involvement.

Key deliverables include a best-practice compendium, national reports from each participating country, resources and digital badges for art facilitators, and an online platform that documents outcomes, shares experiences, and highlights testimonial stories from artists and participants. To learn more, visit culture-on-prescription.eu.

Memorable Project 2024 - 2026



MEMORABLE

The *Memorable* Project is an EU fund Erasmus Project driven by a dynamic, five-member consortium of European organisations that each bring specialised expertise to address the needs of people with dementia and their informal caregivers. At the helm is the **Alzheimer Bulgaria Association (ABA)**, serving as Project Manager. With its deep roots in dementia advocacy and support, ABA ensures that project activities remain focused on the practical realities of dementia care.

Joining forces is **AFEdemy (AFE)**, an organisation renowned for fostering age-friendly environments through education and research. They are complemented by **ISIS**, a group with expertise in cultural engagement and social innovation, and **SHINE 2Europe**, which excels at designing inclusive, technology-based solutions to enhance the quality of life for older adults.

DCU provides an academic perspective, offering research and pedagogical approaches to ensure that all resources, tools, and best practices developed are informed by evidence-based insights and robust educational methodologies.

Together, these partners pool their distinct strengths to promote a more dementia-friendly society—one where caregivers have the knowledge, cultural institutions have the awareness, and people with dementia can participate fully and meaningfully in cultural activities.

Campus Engaged Research

The AFU presented to DCU staff and students as part of the *Power of Collaboration* webinar series. Titled *Culture on Prescription Europe (COPE) – The Ripple Effect of Collaborative Projects*, the session highlighted the impact of COPE at DCU and aligned with Campus Engage Research initiatives.

Events Throughout the Year

The AFU team attended a COPE meeting focused on the Romanian experience, exchanging insights on best practices and innovative approaches. They also welcomed a student delegation from the University of Urban Science in Seoul, South Korea, creating an opportunity for cross-cultural learning and collaboration.



"Bring a Pal" Coffee Mornings

To foster community spirit, the AFU facilitates gatherings where participants socialise, exchange experiences, and expand their networks over coffee.

Prime Time Talent - An International Women's Day Event

Hosted in collaboration with DCU Age-Friendly University, DCU Innovation, Creativity and Enterprise (ICE), and the Entrepreneurs Academy—and facilitated by Margaret Hctor—this event was tailored for individuals with creative or service-based skills (jam makers, basket weavers, artists, writers, and more) who aspired to start their own businesses. Participants benefited from a hands-on workshop focused on developing entrepreneurial know-how, with ample opportunities for

networking and exchanging ideas. Together, we explored entrepreneurship in one's prime and discussed transforming a vision into reality.

Intergenerational Games Night



In collaboration with Hasbro, the AFU organised several highly successful Intergenerational Game Nights for DCU students, AFU participants, and their families. The event was a hit, brimming with enjoyment and enthusiasm.

Other memorable events brought participants together in meaningful ways. The AFU organised a delightful coffee morning at the Interfaith Centre in support of "Alzheimer's Tea Day," to help raise awareness and funds for the Alzheimers Association. The Interfaith Centre offers a warm space for conversation and connection.

Transition Year Awards

The **Transition Year Awards for Intergenerational Engagement** at DCU celebrated the creativity, collaboration, and community spirit of secondary school students who participated in innovative projects that fostered connections across generations. This inspiring event recognised the efforts of Transition Year students who worked alongside older adults to bridge generational gaps, promote mutual understanding, and enrich the lives of everyone involved.



The 2024 awards ceremony was made even more special by the presence of **Dr Roderic O’Gorman**, Minister for Children, Equality, Disability, Integration, and Youth, who presented the awards. Minister O’Gorman commended the students for their dedication to building meaningful relationships with older adults, highlighting the importance of intergenerational engagement in creating inclusive and compassionate communities.

The award-winning projects showcased diverse activities, from storytelling and oral history initiatives to information services and environmental sustainability. Each project reflected the students' commitment to fostering respect, empathy, and learning between generations. The event underscored DCU's leadership in promoting age-friendly initiatives and its role in inspiring the next generation to champion intergenerational collaboration.



Dr Roderick O’Gorman and Overall Award Winner, Anne Marie O’Mahoney from Coláiste Bríde Secondary School, Enniscorthy, Co. Wexford

Ageless Expression Event

AFU participants showcased their creativity and talent at a remarkable event titled **"Ageless Expression."** This exhibition celebrated the diverse artistic endeavours of participants, highlighting the incredible range of skills and passion within the community.

The event featured an impressive collection of over 80 works spanning various mediums such as art, printmaking, photography, and furniture upcycling. Each piece reflected its creators' individuality and unique perspectives, demonstrating the power of creativity as a timeless form of expression.

Adding depth and dimension to the exhibition were the contributions from the AFU writers' groups, who shared their stories, poetry, and prose. These literary works complemented the visual art, offering a holistic showcase of creative expression that resonated with audiences of all ages.

"Ageless Expression" not only celebrated the participants' achievements but also underscored the vital role of the Age-Friendly University in fostering lifelong learning and creativity. The event stood as a testament to the enduring potential for artistic growth and the vibrant spirit of collaboration.

The summer months were filled with enriching experiences and opportunities for connection, blending exploration of local heritage with moments of camaraderie and celebration.



Visit to the Hurdy Gurdy Museum of Vintage Radio

One highlight was visiting the **Hurdy Gurdy Museum of Vintage Radio** in the historic Martello Tower in Howth. This fascinating museum offered participants a chance to delve into the history of communication technology with its impressive collection of vintage radios and memorabilia. Set against the stunning backdrop of Howth, the visit combined learning with the charm of coastal Ireland, leaving a lasting impression on all who attended. The event also promoted exploring wonderful local sites, fostering a deeper appreciation of the area's unique history and culture.



Annual Summer Lunch

Another key event of the season was the **Annual Summer Lunch**, a cherished tradition that brought participants together to strengthen friendships and celebrate the joys of community. Held in the warm and welcoming atmosphere of DCU's 1838 restaurant, the lunch was an opportunity to reflect on shared experiences while enjoying delicious food and lively conversation.

These summer activities exemplified the spirit of connection, discovery, and enjoyment, hallmarks of the Age-Friendly University's commitment to creating meaningful experiences for its participants.

LifeBio in Words and Pictures Project



Participants from the LifeBio in Words and Pictures Project with Mr. Senan Turnbull, Chairperson of Age-Friendly Fingal and Ms. Emer Sharkey, Fingal County Council

A funded summer project, titled "**LifeBio in Words and Pictures**," funded by Fingal County Council and Creative Ireland, offered residents of the Fingal area a unique opportunity to reflect on their lives and preserve cherished memories. This engaging initiative guided participants through creating short memoirs, complemented by scrapbook-style layouts that visually captured the essence of their stories. Combining written narratives and creative visual elements allowed individuals to express their journeys in profoundly personal and meaningful ways.

The project culminated in a celebratory launch event, presided over by **Mr. Senan Turnbull, Chairperson of the Age-Friendly Fingal Alliance**. The event served as both a showcase and a testament to the participants' incredible, often untapped, talents. It highlighted their artistic and storytelling skills and the profound value of preserving personal histories for future generations.

Through this project, participants were empowered to document their legacies, weaving together stories and images that will resonate with loved ones and communities for years to come. "LifeBio in Words and Pictures" underscored the importance of memory, creativity, and connection, proving that every life has a story worth sharing and celebrating.

Annual Taste of DCU 2024



Dr Christine O'Kelly (AFU Coordinator), Professor Daire Keogh (President of DCU), Grainne Reddy (AFU Officer) and Ms. Alexandra Fitzsimmons (AFU Officer)

The **Annual Taste of DCU** event welcomed over 300 older adults to the university campus, offering a vibrant and immersive student life experience. Over 50 staff members made presentations and shared information about their work at DCU. This highly anticipated gathering allowed participants to explore the campus, engage with the dynamic academic and social environment, and gain insights into the diverse range of programmes offered by the **Age-Friendly University (AFU)**.

The event featured a carefully curated programme designed to inspire and inform, including engaging presentations, interactive workshops, and tours showcasing the university's state-of-the-art facilities. Attendees were introduced to the AFU's lifelong learning initiatives, emphasising inclusivity, intergenerational connection, and personal growth.

Through this event, participants discovered the exciting opportunities and experienced firsthand the DCU community's welcoming and inclusive ethos. The **Taste of DCU** is a cornerstone of the university's commitment to fostering meaningful engagement with older adults, demonstrating the enriching possibilities of education and campus life for people of all ages.

UN International Day of Older Persons

In celebration of the **UN International Day of Older Persons**, DCU hosted a unique and engaging event in collaboration with the **School of Geography**, focusing on "**Place and Memory.**" This event highlighted the profound connections between individuals and the places that shape their lives, fostering a rich dialogue about the significance of local environments and communities.

AFU members were invited to participate by sharing their cherished memories, personal stories, and photographs of the areas where they grew up. These contributions captured a tapestry of lived experiences, illuminating various regions' history and cultural fabric. The shared memories were digitised and uploaded to an **interactive map**, creating a dynamic resource that preserves and showcases these personal narratives.



Election Advocacy Workshop

An **Election Advocacy Workshop**, led by **Senan Turnbull**, provided an empowering platform for AFU participants to strengthen their civic engagement and self-representation skills during national elections. This interactive workshop emphasised the importance of older adults having their voices heard in shaping policies and decisions that directly impact their lives and communities.

Participants learned how to effectively advocate for their needs and priorities through engaging in discussions and practical exercises. The workshop covered key topics such as understanding the electoral process, crafting persuasive messages, and building confidence in communicating with candidates and policymakers.

Senan Turnbull's expertise and guidance inspired attendees to recognise their collective power and the role they can play in influencing change. By equipping them with the tools and knowledge to participate actively in the democratic process, the workshop reinforced the value of older adults as vital contributors to society's political and social discourse.







Age-Friendly University
Global network

AN INITIATIVE OF DUBLIN CITY UNIVERSITY
TO PROMOTE POSITIVE AND ACTIVE AGEING

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