



Annual Report 2016

**Age &
Opportunity**
Life is for
Living.

CONTENTS

Our aim is to inspire and empower older people to live healthy and fulfilling lives and to influence policy to ensure the active participation of older people in ways that benefit our community and wider society.

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From the
VOLTage Festival,
part of Bealtaine 2016
in glór, Ennis
(photo: Eamon Ward)

CHAIRPERSON'S STATEMENT

Throughout 2016, Age & Opportunity has produced a programme of work that continues to deliver on the promise to enable and inspire people to live healthy and fulfilling lives. Through projects in physical activity, the arts and education, Age & Opportunity continues to make a real difference to how we think about ageing and what opportunities we avail of as we age.



We have had many successes throughout the year. Some of our highlights were the roll-out of our CarePALs programme, which ensures that we can now reach some of the most vulnerable older people in our society who are in residential care environments. The development of CarePALs provides us with an innovative mechanism to enhance physical activity levels and health and well-being among this cohort of older people.

In 2016 we continued to enhance our long term planning for Bealtaine, our nationwide arts festival for older people. We were very proud to have the Bealtaine Festival celebrate its 21st birthday this year. Bealtaine has become increasingly recognised as a major innovator in the area of creativity and older people globally. Creativity has been proven to be a key factor in adaptation to ageing, and a number of studies have also shown benefits for health and social outcomes in older people. Given that 2016 was a special year of remembrance in Ireland, our Bealtaine programme in 2016 had the theme of citizens and citizenship, and our programme of events was highly innovative, robust, inclusive and emotive. As usual, we had tremendous support from our partners in ensuring that Bealtaine reached the whole of Ireland.

As part of our Active Citizenship and Lifelong Learning programme, Age & Opportunity also continued to engage with older people, and those working with them, across the country to build capacity and confidence in active citizenship. With our Get Engaged programme, funded by the Atlantic Philanthropies, the organisation provided workshops and courses in order to encourage and strengthen participation in the Older People's Councils in various counties across Ireland. 2016/2017 heralds the cessation of Atlantic Philanthropies funding in Ireland. We have been very grateful for their support over many years, and we plan to continue to build on their legacy to ensure that our support of, and reach to, Older Peoples Councils and the age friendly agenda continues.

With so much to be proud of for 2016, on behalf of the board, I would like to congratulate our CEO, our employees and all of the wider Age & Opportunity team and partners across Ireland for creating an Ireland where, as we age, we have the

right and the opportunity to realise our potential and one where we can shape decisions that affect our communities.

I would also like to pay tribute to the Board of Age & Opportunity and our various Committees, who remain deeply committed to the continued growth and success of the organisation, and constantly examine new and innovative ways of working, to ensure that we maximise our reach to all older people in Ireland. .

From This Is Not My Beautiful House seminar, part of Bealtaine 2016 (Photo: Tony Kinlan)



CEO'S STATEMENT

I am delighted to present Age & Opportunity's Annual Report for 2016.

2016 proved to be a very successful year for Age & Opportunity, as we continued to grow and expand our range of programmes and activities for older people and those working with them.



Throughout 2016, Age & Opportunity continued to review, consolidate and improve our position as the leading organisation providing nationwide programmes in creativity, physical activity, education and personal development so that all older people can have a rich and varied life in Ireland.

We are extremely passionate about our work, and we are very proud of what we have achieved over the last year in providing a myriad of exciting and valuable opportunities for older people in increasing their levels of activity, improving health and well-being, enhancing participation in cultural events, and empowering civic engagement in communities. We also continue to provide a range of supports for those working with older people to ensure professional meaningful engagement in line with HIQA and legislative requirements.

In mid-2017 we will come to the end of our partnership with the Atlantic Philanthropies, who have been a significant funder of our work for many years. This will result in substantial changes to how our organisation is funded and, with this in mind, we have been working closely to continue developing new funding models for the future so that all of our programmes are appropriately resourced.

A main focus of our Business Plan for 2017 is to continue to develop alternative sources of sponsorship and funding for our work across all of our programmes and continue to work closely with our government partners. We are confident that we develop and deliver all of our programmes with efficiency and effectiveness, and that we ensure value for money for each of our funders and donors.

Accountability and good governance is of continued importance to Age & Opportunity. We are completely committed to being transparent and accountable, and we wholeheartedly support the regulation of the charity sector. Being held accountable is key to maintaining stakeholder confidence in us. Our key accountabilities are to our participants, our philanthropic, public and private funders and donors, our wide range of partners from the voluntary, public and private sector, and the general population as we age.

We have continued to strengthen the Active Ageing Partnership, our collaboration with Third Age and Active Retirement. Throughout 2016 the engagement between the three member organisations has been phenomenal, and much has been achieved in terms of enhancing the human rights of older people and also the civic engagement of older people through the highly successful Touchstone programme.

Throughout 2016 there has also been a strong level of collaboration between the three AAP partners and other age sector organisations including Alone, Age Action and the Irish Senior Citizens' Parliament, and we worked well together to establish a shared position for the General Election in 2016. The Earn Our Vote Campaign was a success in collaborating on a political level with our common messages for the General Election Campaign, primarily the implementation of the National Positive Ageing Strategy (NPAS), the protection of income for older people and the promotion of healthy ageing while remaining in our communities for as long as possible. We were delighted to have received an undertaking from the Minister of State for Older People and Mental Health, Helen McEntee, on the establishment of a Forum on the Implementation of the National Positive Ageing Strategy in early 2017, and we look forward to engaging with the Minister and her Department in this regard. The NPAS serves as a blueprint for age related policy and service delivery, and its objectives underpin the tenants of our work in Age & Opportunity.

We had a number of staff structural changes throughout 2016 which will enable us to achieve all of the objectives in our Strategic Plan 2015-2017. Measuring the impact that Age & Opportunity achieves is a key priority for us. To this end, a member of the Senior Management Team was assigned the role of Policy, Research and Development Manager, identifying outcome measures and ways in which Age & Opportunity can measure impact. We have also appointed a PR, Communications and Marketing Manager to lead our communications, marketing and branding strategy, and an Information Assistant to help us respond to the myriad of queries from the public about our programmes and positive ageing in Ireland. We have also substantially strengthened our arts and culture team, which has enabled our process of long term planning for the Bealtaine Festival.

There have been a number of changes at Board level also, and we were sorry to lose one of our Trustees, John Hynes, who has been a stalwart supporter of Age & Opportunity and a strong advocate for positive aging initiatives for many years. We were delighted to welcome three new Trustees, Sarah Bowman, Mairead Egan and Tony McCarthy, and also a returning Trustee, Paul Murray, who have brought tremendous experience in their field, and have strengthened our Board. I would like to thank Ita Mangan, our Chairperson, and the Board of Age & Opportunity for their tireless commitment to the organisation on a voluntary basis, and all of various Committee and Advisory Group members for their advice and expertise. Many thanks also to my wonderful colleagues, and extended team of committed facilitators, trainers, curators, artists and volunteers.

I would also like to thank our funders for their continued support, advice, and indeed funding, without which our work would be impossible. We are deeply indebted to the Atlantic Philanthropies, the HSE, the Arts Council of Ireland and Sport Ireland.

Finally, thank you to the hundreds of thousands of resilient, creative, intrepid and daring participants of our programmes across the length and breadth of the country; we are honoured that you continue to choose Age & Opportunity as your go-to organisation in your quest to embrace the positivity of ageing.

Marita Conlon McKenna and Sarah Webb in conversation with Cormac Kinsella during Bealtaine 2016 (Photo: Tony Kinlan)



Nuala Uí Dhuill's first scuba diving lesson, thanks to Go for Life for European Week of Sport 2016 (Photo: Patricia Forde)



SPORT & PHYSICAL ACTIVITY

Fostering physical, mental and social health is vital for individuals as they age. As Ireland's ageing populations increase, it is also becoming more important to the nation's public health. The physical and mental benefits of sport and physical activity are well established in the literature: those benefits include the delayed onset of certain chronic conditions, the easing of current conditions, the lifting of general mood and the maintenance of muscle and bone health, to name a few. People's social health is equally important as research emerges about the detrimental effects of social isolation and loneliness on adults of any age.

Age & Opportunity's sport and physical activity programme, Go for Life, aims to get 'more older people, more active more often'. Its purpose is to promote greater participation by older people in all aspects of sport and physical activity. This is achieved through the use of peer-led interventions:

- PALs (Physical Activity Leaders), an education and peer leadership scheme which trains older people to lead sport and physical activity programmes with their peers in their local communities,
- The Go for Life Programme's Small Grant Scheme, a national grants scheme which makes grants to local groups of older people,
- FitLine, a volunteer-led telephone-based motivation line to encourage older individuals to become more active,

- Go for Life Games, which encourages recreational games with a competitive element,
- Physical activity awareness programme,
- CarePALs, a two-day course to help careworkers introduce increased physical activity into their care setting.

This programme is carried out by the Sport & Physical Activity Team of Mary Harkin, Sue Guildea and Ciara Dawson, with the advice and support of the Go for Life Steering Committee (see Appendix 2).

GO FOR LIFE PALS LEADERSHIP PROGRAMME (PHYSICAL ACTIVITY LEADERS)

Under the Go for Life programme's model of peer leadership, there were 48 Physical Activity Leaders (PALs) workshops attended by 157 new PALs in addition to 14 Dance and Games workshops attended by existing PALs. This brings the total of active PALs at the end of the year to 1,030 people leading or organising physical activity for their groups and communities.

GO FOR LIFE SMALL GRANT SCHEME

The Go for Life Programme's Small Grant Scheme, funded by Sport Ireland, is an annual scheme open to older people's groups to purchase equipment, pursue new activity programmes and to run Sportsfests. The grants range from €300 to €1,000 and the ongoing evaluation of the scheme shows that participants themselves subsidise this investment with their own money.

The Go for Life programme allocated 1,067 grants, a record number since the beginning of the scheme sixteen years ago. The grant is estimated to benefit 30,237 older people, according to the ongoing grants evaluations, calculating an investment of just over €10 per person reached by the scheme.

THE GO FOR LIFE FITLINE PROJECT

Age & Opportunity continues to target older adults who are not members of social groups or who are at risk of social isolation. This includes the Fitline telephone support service, which aims to motivate individuals who are not members of groups, to get more active with the encouragement of peer mentors. During 2016, mentors continued to make calls fortnightly from Kilcross, Maynooth and Balbriggan and, as of year-end, FitLine had 20 active mentors and 78 participants.

GO FOR LIFE GAMES

Almost 300 participants attended the 5th Age & Opportunity Go for Life Games, held in DCU in June 2016. They were representing 24 different counties on the day; each county had a team of 12 people, playing 3 different sports. Many of the teams were

selected locally from Sportsfests or Games Leagues around the country supported by the Go for Life programme, the Local Sports Partnerships and the HSE.

CAREPALS

CarePALS is a specific adaptation of the PALs workshops. The two-day CarePALS course aims to empower care staff in day and residential care settings to lead suitable physical activities with older people who live in or visit their setting. It is based on the original leadership model developed by the Go for Life programme and means that physical activity sessions can be delivered by staff and so included as part of the daily or weekly routine without cost to the care setting.

During 2016, Age & Opportunity delivered 16 CarePALS courses throughout the country. A total of 303 care staff attended. Following a submission to the HSE for an Age & Opportunity / HSE partnership to explore the further development, accreditation, evaluation and national roll-out of CarePALS, the HSE National Office of Health Promotion and Improvement funded 9 of the CarePALS courses. The remainder were funded by HSE National Lottery Grants.

AWARENESS AND RESEARCH

Age & Opportunity also convened a Research Advisory Group with representatives from the HSE, Sport Ireland and the Department of Health during 2016 to drive a Process and Impact Evaluation of CarePALS. Age & Opportunity will continue with data collection until March of 2017 and analysis and reporting will take place during the summer of 2017.

"We had a staff member attend one of the CarePALS courses in November 2016... He has introduced a wonderful interactive new activity programme in our day unit which is a great success. Now I want to send another staff member."

Deirdre Hargaden, Willow Day Unit

IN FIGURES...		
PALs	Numbers	Participants
Workshop Series for New PALs	48	157
Dance Workshops for Existing PALs	2	39
Active PALs		1,030
People reached by active PALs (estimate)		10300
Sportsfest supported by Go for Life	6	311
Games	Numbers	Participants
Go for Life Games Refreshers	12	242
Local Go for Life Games Events	3	118
Go for Life Games Support	6	335
Annual Go for Life Games Final – participants		288
Annual Go for Life Games Final - volunteers		30
Go for Life Targeted Initiatives	Numbers	Participants
CarePALs Two-day Course	16	303
CarePALs Refresher	1	22
FitLine Mentors		20
FitLine Active Participants		78
Awareness Events	5	
Grants Scheme	Grants	Beneficiaries
Older People's groups funded by National Grant Scheme	1067	30237

Author Brian Leyden and musician Seamie O'Dowd in Sligo (Photo: Brian Farrell)



ARTS & CULTURE

Creativity is a key factor in adaptation to ageing and a number of studies have also shown benefits for older people accruing from engagement in arts and creative activities in relation to health and social well-being. The evidence from the limited number of international studies that have been carried out suggests that the arts and creativity specifically strengthens self-confidence and morale in later life, contributes to physical and cognitive health and enriches relationships through greater social connectivity.

Age & Opportunity's arts and culture programme aims to encourage greater and more meaningful participation by people, as they age, in the arts and cultural life of Ireland. This is achieved through the following projects:

- the Bealtaine arts festival, an annual month-long national arts festival celebrating creativity throughout older age,
- Cultural Companions, a peer support network of people who accompany one another to arts events,
- Azure, a partnership between Age & Opportunity, the Butler Gallery in Kilkenny, the Irish Museum of Modern Art (IMMA) and the Alzheimer's Society Ireland (ASI), to enhance the experience of galleries and museums for people with dementia and their carers.

This programme is carried out by the arts & culture team of Tara Byrne, Karen Hennessy and Kim Chew, and with the advice and support of the Arts & Culture Steering Committee (see Appendix 2).

BEALTAINÉ 2016

The Bealtaine arts festival aims to foster a shift in attitudes and practices towards how, and why, people might participate more fully and meaningfully in the arts as they get older. The festival also supports older artists by showcasing their work and by working with partners to offer professional development opportunities to those artists. In addition, Bealtaine offers an opportunity for arts workers, service staff, policymakers and service providers to experience the creativity of older people; this, the organisation believes, can lead to positive change in how policy and services are planned and delivered.

The Bealtaine festival is increasingly recognised as a major innovator in the area of creativity and older people globally and has been the inspiration behind international festivals such as Luminate in Scotland and Gwanwyn in Wales, with whom Age & Opportunity have forged closer links in 2016.

The festival works on a model of collaboration and partnership across sectors and art forms. In 2016, Bealtaine involved approximately 79,197 people in 3,127 events nationally with 447 partners around 26 counties. The partners ranged from national cultural institutions, arts centres and public libraries to local Active Retirement Associations, Family Resource Centres and neighbourhood groups. Age & Opportunity's curated events comprised of 12 projects and 29 events which took place in: Clare, Dublin, Cork, Galway, Leitrim, Sligo, Meath, Kilkenny, Carlow, Laois, Wexford and Tipperary, in collaboration with 21 organisations around the country. The statistics demonstrate that Bealtaine is one of Ireland's biggest arts festivals and Ireland's largest co-operative arts festival.

For the last two years, Bealtaine has taken nationhood and citizenship as its core theme. Given that 2016, which was Bealtaine's 21st year, was a special year of remembrance in Ireland, the festival took the theme of citizens and citizenship. This

Bealtaine 2016 Projects

- *First Citizens Speak!* by Deirdre O'Mahony
- *VOLTage* with glór and Clare County of Culture
- Cow House Studios Residency
- KCAT Residency & Exhibition
- *Sustaining Your Practice* with the VAI
- *PRIME: Continuing Professional Development for Mature Actors* with the ITI
- *This is Not My Beautiful House* seminar
- Summer Film Festival
- *2 generations - 2 writers* in the Ark
- Poetry Ireland's *The Next Generation*
- Paul Creane, Peter Murphy & Paula Cox at the Wexford Arts Centre

theme was directly addressed by Deirdre O'Mahony's specially commissioned exhibition *First Citizens Speak!* and *VOLTage* – a three-day event in Clare organised in association with Clare County of Culture and glór (via Clare County Council).

First Citizens Speak! was a short film and series of photographs which explored the memories and thoughts of older members of a community in North Clare. The project aimed to investigate the values and behaviours the community holds dear, and that are, and were, particularly important in allowing the members of that community to attain a notable level of longevity, contentedness and connectedness.

Memories of a different sort were explored by the Bealtaine writer-in-residence Brian Leyden, whose best-selling memoir *The Home Place* became the basis for a number of writing workshops. The work also was the foundation for the engaging *Old Flames'* a performance of readings and music from Brian and multi-instrumentalist Seamie O'Dowd. It was performed in glór, The Dock in Carrick-on-Shannon and in the International Literature Festival, Dublin, with the workshops in the public libraries of Sligo, Longford, Dublin, Laois and Meath. Brian's 'residency' also involved mentoring another writer.

Age & Opportunity also directly supported two visual arts residency projects. The first, in Wexford's Cow House Studio, involved three generations of visual artists: artist Sarah Tynan, sculptor Tina O'Connell and painter Brian Bourke. The second was with the open-access lifelong learning initiative KCAT (Kilkenny Collective for Arts Talent), an initiative of the Camphill Communities. It comprised of a two-week residency with visual artist Anna Spearman and an exhibition by painter Andrew Pike. The exhibition was hosted in Damer House Gallery in Roscrea by the gallery's co-directors Therry Rudin and Patricia Hurl, who have collaborated with the festival in previous years' core projects.

There were two professional development initiatives directing peer-to-peer supports for older professional artists in both the visual arts, through VAI, and theatre, through PRIME: Continuing Professional Development (CPD) For Mature Actors.

Discussion and debate on national policy issues was generated through the seminar *This Is Not My Beautiful House* which aimed to address the need to radically rethink traditional notions of 'community' and agency around where and how we live as we age. The seminar was considering design in this context that enhances human dignity and growth. The success of the seminar will lead to a further development of the theme in 2017.

As part of the festival, the IFI and access>CINEMA developed a film curation project for activity coordinators of care homes who participate in Age & Opportunity's Creative Exchanges QQI Level 6 course. This project resulted in a '*Summer Film Festival*' in seven care settings, curated by the activity coordinators.

The world of children's literature and the role of mentoring was also foregrounded in a public conversation and reading event with Marita Conlon-McKenna and children's writer Sarah Webb at the Ark (*2 generations – 2 writers*).

Dublin's Books Upstairs hosted *The Next Generation*, an intergenerational Poetry Ireland / Bealtaine poetry event with poets Ciarán O'Rourke and Julie Morrissy, novelist Mary Morrissy (Julie's aunt) and poet Enda Wyley (aunt of Ciarán) reading and discussing their work.

Finally, Wexford Arts Centre showcased music and readings on the theme of time and age with singer-songwriter Paul Creane (leader of The Changing Band, and star of Paul O'Brien's new film *Staid*), writer Peter Murphy, (author of *John the Revelator* and *Shall We Gather at the River* and a member of The Revelator Orchestra), and solo artist Paula Cox (formerly singer with The Bush, the Tree and Me, and guest collaborator with Colm Mac Con Iomaire and the Frames).

CULTURAL COMPANIONS

Cultural Companions is Age & Opportunity's peer network of people interested in arts and culture who accompany each other to events. By providing increased opportunities to engage with Dublin's vibrant cultural and arts scene, its aim is to reduce social isolation and to provide an outlet to people across Dublin and surrounding counties who would not otherwise seek out support services.

A core group of older volunteers, drawn from the initial users of the service, programme the official bimonthly Events Programme and act as a 'meet and greet' contact for new people attending. Age & Opportunity supports the volunteers, books the tickets for attendees and distributes the events programme, while also being there where necessary to those attending.

In 2016, there were 193 active Cultural Companions with 552 attendances for 33 events. On average, there is an attendance of 17 people per event.

AZURE

The *Azure* programme aims to provide greater inclusion of people with dementia in cultural life. The programme is being led out within Age & Opportunity by the Active Citizenship and Lifelong Learning staff. See the next section for further details.

ARTS & CULTURE STRATEGY

Age & Opportunity has an ongoing commitment to ‘celebrating creativity as we age’ through the Bealtaine festival. The organisation strives to continue to enhance the quality of both artistic and audience engagement through a systematic programme of commissions and residencies.

It also continues to deepen and expand its relationships with professional artists through the core professional development strand.

Finally, it continues to liaise with the existing arts infrastructure, namely local authority arts offices, arts organisations (producing and resource organisations) and most importantly, the wider national and international community.

IN FIGURES...	
Bealtaine 2016	
Number of participants	79197
Number of events	3127
Number of organisers	447
Number of counties represented	26
Cultural Companions	
Total Cultural Companion participants	193
Total tickets events	552
Number of Cultural Companion Events	33

“It hasn’t just helped me to have a better social life, and discover new events and places, I feel it’s actually given me back my life.”

Deirdre Connors, Cultural Companions

Creative Exchanges participants in Limerick City Gallery of Art (Photo: Sue Russell)



ACTIVE CITIZENSHIP & LIFELONG LEARNING

The opportunity to learn, to grow and to develop new skills remains important throughout people's adult lives. Providing facilitated learning experiences can act as a way for people to develop new skills and to engage with their local communities in a dynamic way. This provides direct health benefits to the individual as well as enhancing the life of the wider community.

Age & Opportunity's active citizenship and lifelong learning programme provides innovative learning opportunities for older people and for agencies delivering services to older people.

Its focus is on facilitating personal development and active citizenship with older people and developing the skills of people working in the ageing sector. This is achieved through the following projects:

- The development and delivery of a suite of innovative courses in the fields of personal development, resilience, ageism, arts in care settings, civic engagement,
- Get Engaged, a multi-county programme of developmental learning engagements with members of Older People's Councils, Age Friendly Alliances and local authority staff,
- Azure, enhancing the experience in galleries and museums of people with dementia and their carers.



This work is carried out by the Active Citizenship and Lifelong Learning team of Ciarán McKinney, Brian Dooney and Fiona Holohan with the advice and support of the ACLL Advisory Group (see Appendix 2).

SUITE OF COURSES

Creative Exchanges

Creative Exchanges is the QQI-accredited programme for activity coordinators working in care setting for older people. The programme equips participants to understand the value of creative activity in a residential home or care setting and provides practical skills to develop, plan, carry out and evaluate creative activities with older people.

Changing Gears

Changing Gears is an eight-week course encouraging the development of resilience among older people, boosting their confidence in being able to cope preparing them for later life, recognising that older age is a time for both transition and great potential.

Touchstone

Touchstone is a course, developed by the AAP partners, which aims to develop the skills and knowledge of people who wish to play a part in making their communities more age friendly. The course explores a range of topical issues, plans and carries out practical projects and creates an informal peer support for civic participation.

AgeWise

AgeWise is a half-day workshop that gives participants an awareness about what contributes to ageism and what they, personally, can do to combat it.

Ageing with Confidence

Ageing with Confidence is a self-development programme that helps people to explore their own ageing in a positive way, to maintain health and well-being. Delivered over eight weeks, its aim is to build self-confidence and to promote older age as an active and participative stage of life.

CREATIVE EXCHANGES

During 2016, Age & Opportunity delivered 4 programmes, one in Cork, two in Dublin and one in Limerick. This work is achieved with the support of collaborative partners, the Crawford Gallery, Cork, the Irish Museum of Modern Art, Dublin and Limerick City Gallery of Art. The partnership with arts institutions facilitates care

staff to learn new skills in a different setting to their jobs and encourages them to have further engagement with arts settings in their work.

CHANGING GEARS: TRANSITIONS IN LATER LIFE

Age & Opportunity was one of seven pilot initiatives funded by the Calouste Gulbenkian Foundation (UK) – and the only Irish partner - to develop programmes to boost resilience. During 2016, Age & Opportunity developed the course content in partnership with a focus group of older people with education, training, facilitation, mentoring, development or commissioning experience. This group guided both the content and the approaches taken. Their invaluable contributions provided a challenge to Age & Opportunity and led to innovative approaches such as the development of a board game to explore financial dilemmas and peace of mind.

The course was piloted with a group of retired people living in Wexford, with the support of Wexford Library Service. It was also delivered to a group of older male prisoners at the Mountjoy Training Unit thanks to the cooperation of the Irish Prison Service staff. The third pilot, arranged with the HSE Training Unit in Community Healthcare Organisation (CHO) 9, will be delivered in early 2017.

Age & Opportunity also participated in three 'learning events' in the UK, contributing to discussions on the development of different approaches to resilience-building learning among the Gulbenkian partner agencies. This work is set to continue in 2017.

TOUCHSTONE

Touchstone was developed by the Active Ageing Partnership (Age & Opportunity, Active Retirement Ireland and Third Age) in partnership with the Irish Centre for Social Gerontology at NUI Galway.

The pilot course was delivered during 2015 at NUI Galway. During 2016, NUI Galway published a review of the course and its outcomes and Age & Opportunity has delivered Touchstone in Dun Laoghaire-Rathdown as well as supporting the delivery in Co. Meath in partnership with Third Age and NUI Maynooth, and in Co Waterford with Active Retirement Ireland.

AGEING WITH CONFIDENCE & OTHER EDUCATIONAL INITIATIVES

During 2016, Age & Opportunity secured funding to deliver a number of these programmes with older people in various CHO areas in 2017.

Also during 2016, Age & Opportunity contributed to Trinity College Dublin's delivery of a MOOC (Massive Open Online Course) via FutureLearn: *Strategies for*

Successful Ageing. The course proved to be one of FutureLearn's most successful courses to date.

GET ENGAGED

Get Engaged is a three-year, multi-county programme to provide skills development for people participating in the national Age Friendly programme. Funded by the Atlantic Philanthropies, during 2016, Age & Opportunity continued to work with older people engaging with their local authority initiatives. For some groups, the focus was on training and developing their capacity to influence the development of Age Friendly policies in their counties in line with the realms that are specified under the WHO's Age Friendly guidance. Other groups did not need training as such and requested Age & Opportunity to facilitate a range of processes, depending on how much progress they had made at a local level.

WHO Age Friendly Realms

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

For 2016, Age & Opportunity continued to work with Dublin City Council Central and North Central areas and Fingal, as well as engaging with County Cork, Dun Laoghaire-Rathdown, Kildare, Roscommon and Wexford. Based on the needs analysis carried out with older people's groups and networks, the local authority personnel and the Age Friendly Ireland Regional Development Consultant, Age & Opportunity provided appropriate training, consultancy and support interventions. The smaller amount of training deliveries compared to the previous year allowed Age & Opportunity the much-needed space to provide a deeper engagement with the counties involved.

The Irish Centre for Social Gerontology, NUI Galway completed an evaluation of the Get Engaged programme. It describes the challenges involved in community development of this type, the need to be resourceful, nimble and flexible, and the value of working with participants in their local situations and taking account of their various needs and environments. The evaluation captures the nature of the success of Get Engaged by looking at how the programme matches the literature in the area, highlighting the fact that Get Engaged works in people's own local communities, building on existing partnerships. It also works on developing roles and relationships, which led Older People's Councils (OPC) participants to greater confidence and understanding about the implications and impact that was possible through OPC engagement. It also pointed out the level of involvement that

the participants had in developing and tailoring the work of Get Engaged to their own needs as well as evaluating its usefulness. In addition, it highlighted the experience of Get Engaged facilitators in working, in a democratic way, with older people.

The evaluation also highlighted the following:

“... It is critical that these ‘best practice’ features are maintained, and where possible enhanced, in any future roll-out of the initiative, in order to ensure it has meaningful impact on the civic engagement of older people.”

AZURE

The Azure programme aims for greater inclusion of people with dementia in the cultural activity of Ireland. The Azure ethos, inspired by the *Meet Me at MoMA* programme for people with dementia at MoMA (Museum of Modern Art), New York, is one of inclusiveness, and continued development of best practice in this regard.

Its primary objective is to reduce the barriers experienced by people with dementia and their carers¹ in accessing cultural organisations, and to ensure that every aspect of their engagement with these organisations is sensitive to their needs.

The health benefits of participation in the arts are valued by Azure as positive by-products of the main goal of increasing involvement by people with dementia in cultural activities. We currently have thirteen partners on the island of Ireland offering the Azure programme. The Steering Group continued to meet throughout 2016 and organised a successful networking day during the Bealtaine festival.

“[We] all bring our individual experiences, personalities and identities to creative processes. This is very important learning in terms of the importance of creative activity in care settings where many people feel a loss of identity, of control and of self worth”

Maureen Bassett, Creative Exchanges Participant

¹ The term ‘and their carers’ is used as a shorthand which is intended to include family members and friends of people with dementia; it may also include professional carers.



IN FIGURES...			
Get Engaged courses & workshops	Number of Workshops	Number of Counties Involved	Total Participants
AgeWise	1	1	40
Civic Participation Workshops	4	4	185
Promoting Civic Engagement Workshop	1	1	70
Touchstone Dun Laoghaire Rathdown County Council	8	1	10
Touchstone Waterford	1	1	8
Touchstone Meath	1	1	25
Touchstone Pre-Development Work	8	1	8
OPC Pre-Development Work	6	2	40
OPC Support or Consultation	9 engagements	6	171
TOTAL			557
Lifelong Learning course activity		Number of Workshops	Total Participants
Creative Exchanges Dublin		14	19
Creative Exchanges Cork		7	11
Creative Exchanges Limerick		7	14
Changing Gears Wexford		6	16
Changing Gears Mountjoy Training Unit		6	12
TOTAL			72

COLLABORATION & PUBLIC AFFAIRS

POLICY, RESEARCH & DEVELOPMENT

Age & Opportunity, as fiscal agent for Active Ageing Partnership (AAP), focused its policy work through the AAP, contributing to and benefiting from the increased cooperation which was fostered by this initiative. This is captured in the AAP section below.

As 2016 was an election year, Age & Opportunity cooperated with a number of the age sector NGOs to articulate a number of shared positions to inform the pre-election debate. These included:

- the implementation of the National Positive Ageing Strategy,
- the protection of income for older people,
- the promotion of healthy ageing while remaining in our communities for as long as possible.

These themes have been developed in various ways by the new Government.

Following the election, the *Earn Our Vote 2016* campaign continued to provide a mechanism for age NGOs to discuss policy issues and campaigns and cooperate at consultation events such as the Department of Social Protection pre-Budget engagement with the NGO sector.

In September, Age & Opportunity joined with a group to call for increased investment in home care in Budget 2017. Research published by the School of Social Policy, Social Work and Social Justice in UCD, Age Action, The Alzheimer Society of Ireland and the Irish Association of Social Workers found that more than half of older people could remain in their own homes instead of going into long-term care if more home support services were available. The organisations involved, along with Age & Opportunity, were Acquired Brain Injury Ireland, Active Retirement Ireland, Age Action, ALONE, the Alzheimer Society of Ireland, Care Alliance Ireland, Disability Federation of Ireland, Family Carers Ireland, the Irish Association of Social Workers, the Irish Heart Foundation, the Irish Hospice Foundation, MS Ireland, the Neurological Alliance of Ireland, Sage and Third Age. This work also complements the work of the Human Rights and Older People Working Group (HROPWG) as outlined in the Active Ageing Partnership (AAP) section below.

Age & Opportunity continues to develop its own research and data collection mechanisms. During 2016, along with its annual survey of Bealtaine organisers, it also piloted a 'secret shopper' process with the Cultural Companions attending a small number of Bealtaine events and reporting back, in general terms, on their own personal reactions to them. The organisation also provided evaluative reporting to the Gulbenkian Foundation, the Broadcasting Authority of Ireland.

Age & Opportunity assisted Dublin City Volunteer Centre with a research project on reaching out to older volunteers. The organisation provided help with planning and delivered one of three focus groups for DCVC.

INTERNATIONAL INVOLVEMENT

AGE Platform Europe

AGE Platform Europe is a European network of non-profit organisations of and for people aged 50+, which aims to voice and promote the interests of the 190 million citizens aged 50+ in the European Union and to raise awareness on the issues that concern them most. Helen Campbell, representing Age & Opportunity in a voluntary capacity, is a Vice-President in Age Platform Europe. She continued her engagement on behalf of the organisation during 2016. She presented the work of Ireland's age friendly progress to the Committee of the Regions in October 2016 as a model for what could be achieved across municipalities in Europe.

During 2016, AGE Platform Europe continued to frame the rights of older people through a human rights lens. In November, AGE ran a Thematic Session on Human Rights. Among the speakers were Khaled Hassine from UN OHCHR and Professor Gerard Quinn from NUI, Galway. Its General Assembly focused on the 2017 review of MIPAA (Madrid International Plan of Action on Ageing), the campaign on age-friendly environments and the EU Covenant on Demographic Change, which is of particular relevance to the local authorities that have signed up to the Age Friendly process.

Moving Age Conference

Age & Opportunity presented on the Moving Age Conference in Trieste, Italy in May 2016, highlighting the model of Go for Life peer leadership as a sustainable initiative for spreading physical activity for older people. This also proved a useful way to network with other European agencies and governing bodies that engage with physical activity for older people. It is hoped that study visits between some of the partners will take place during 2017, with a view to establishing a European project in 2018.

PR, COMMUNICATIONS & MARKETING

Age & Opportunity appointed a dedicated PR, Communications and Marketing Manager during 2016, Anne Kearney. It continued its work on branding and developing increased awareness of the Age & Opportunity brand, as well as the programme brands of Bealtaine and Go for Life.

Work also began on developing the Age & Opportunity and the Bealtaine websites, with the appointment of a web development agency. At Age & Opportunity's Bealtaine Gatherings in 2016, feedback was gathered from the partner agencies, looking for a site that had a more contemporary feel and improved functionality in

the 'Registration of Events' pages. The new Bealtaine site promises to meet those requests. In 2016, the Age & Opportunity had 35,383 unique users and 109,917 page views while Bealtaine had 12,984 unique users and 45,893 page views.

A promotional video was also developed to help promote the Bealtaine Festival, a celebration of creativity as we age. The short video includes images of past festival events, and highlights some very interesting facts about Ireland's largest cooperative festival.

Also, as part of online work, development began on a Customer Relationship Management (CRM) system which is set to continue into 2017. The CRM (Customer Relationship Management) system will work across the organisation and all departments. This will enable Age & Opportunity to communicate effectively with people who engage in the various programmes which the organisation offers. It will also allow for a more targeted and integrated approach to communicating with all stakeholders and lead to a better understanding of audiences and their needs.

Age & Opportunity continued to be very active across social media – particularly Facebook and Twitter – which gives a highly cost-effective way of staying in touch with stakeholders, supporters and the general public. The number of Age & Opportunity Facebook followers by the end of 2016 was 2,567 and Bealtaine Facebook followers was 2,008. On Twitter in 2016, Age & Opportunity had 1,923 followers and Bealtaine had 1,944. The organisation's regular e-zines and PALS updates continued to provide an excellent platform for keeping the community fully informed of activities.

It also participated with TILDA, the longitudinal study on ageing in Ireland, along with Age Friendly Ireland and Windmill Lane, to develop a video highlighting the findings around loneliness and social isolation.

The organisation had a presence at different events during the year, such as the Positive Ageing Week in Limerick, DCC Physio Days in Ballybough and Ballymun, Active Retirement Ireland Trade Show, Wexford and the 50s Plus Expo, Dublin.



GOVERNANCE & CORPORATE AFFAIRS

FUNDING, SUPPORT & PARTNERSHIP

Age & Opportunity continues to work with our funders in order to support the organisation's long-running programmes and to deliver novel and innovative projects and programmes to older people and those who support them. Age & Opportunity received core funding from the HSE Services for Older People, as well as funding from HSE National Office for Health Promotion and Improvement specifically for the roll-out of CarePALs in each of the nine CHO areas. It received funding from Sport Ireland for the delivery of all aspects of Go for Life, from the Arts Council for delivery of the Bealtaine festival, the Atlantic Philanthropies for the delivery of Get Engaged and to support the Active Ageing Partnership (AAP), the Calouste Gulbenkian Foundation (UK) for the development and piloting of Changing Gears, and the Broadcasting Authority of Ireland (BAI) for its support in the Summer Film Festival in care settings. Other financial support was gratefully received by Benecol for the Go for Life Games, Home Instead and the Marino Institute of Education for supporting the Bealtaine programme.

In-kind support is also an important part of the organisation's work and, in 2016, such support was provided by: the Irish Museum of Modern Art (IMMA) for hosting Creative Exchanges; Innocent Smoothies for the Go for Life Games; Wexford County Libraries and The Irish Prison Service / Mountjoy Training Unit for their support with the pilot delivery of Changing Gears; ISCA (International Sport and Culture Association) for supporting the Go for Life presentation in Trieste; Meath County Libraries, Fingal County Libraries and South Dublin County Council for their support of FitLine; Dun Laoghaire Rathdown County Council for delivery of Touchstone.

Age & Opportunity operates by engaging in partnership with others. In 2016, those partnerships included: the Irish Film Institute and Access>Cinema in film projects; the Voltage Festival in association with Clare County of Culture / Clare County Council and glór, also supported by Create and WillFredd Theatre; Brian Leyden's travelling residency was run in conjunction with The Dock, glór and the Dublin International Literature Festival, while The Ark and Wexford Arts Centre supported other Bealtaine events, Poetry Ireland, Cow House Studios and KCAT worked in partnership with Bealtaine; and the Irish Theatre Institute and Visual Artists Ireland partnered on education initiatives.

During 2016, Age & Opportunity continued to engage PurpleGrass Consulting to explore diversified funding sources for the organisation. The organisation continues to explore its cost base in order to ensure that it achieves value for money and economy, efficiency and effectiveness in all of its operations.

GOVERNANCE

Age & Opportunity held six Board Meetings during 2016, with a 79% attendance rate from Board members. The organisation held four meetings of the Finance, Governance and HR Committee with an 80% attendance rate and two meetings of the Audit Committee with a 100% attendance rate.

During 2016, Age & Opportunity significantly updated and revised Internal Financial Control Procedures. It has also updated its Garda Vetting policy to coincide with the commencement of the new legislation, and it has also implemented policies on protected disclosures and whistle-blowing and on safeguarding vulnerable adults.

Age & Opportunity is now fully compliant with *The Governance Code: a Code of Practice for Good Governance of Community, Voluntary and Charitable Organisations in Ireland*. It has also registered under the Regulation of Lobbying Act 2015 and on the Register of the Charities Regulatory Authority.

Board Meetings						
Trustee	18/01/2016	21/03/2016	16/05/2016	18/07/2016	17/10/2016	05/12/2016
Ita Mangan (Chair)	x	✓	✓	✓	✓	✓
Sarah Bowman	n/a	n/a	n/a	✓	✓	x
Mairead Egan	n/a	n/a	n/a	✓	✓	✓
Fionnuala Hanrahan	✓	✓	x	✓	✓	✓
John Hynes	x	✓	✓	n/a	n/a	n/a
Mary Kelly	✓	✓	✓	✓	✓	x
Catherine Marshall	✓	x	✓	✓	✓	x
Tony McCarthy	n/a	n/a	n/a	✓	✓	✓
Shane McQuillan	✓	✓	✓	✓	✓	✓
Paul Murray	n/a	n/a	n/a	n/a	n/a	✓
John O'Brien	✓	✓	✓	✓	✓	✓
Helen O'Donoghue	✓	✓	x	x	x	✓

Finance, Governance and HR Committee Meetings				
Trustee	15/02/2016	20/06/2016	19/09/2016	21/11/2016
Ita Mangan	✓	x	x	✓
John Hynes (Chair 01/01/2016 to 16/05/2016)	✓	n/a	n/a	n/a
Mary Kelly Chair 20/06/2016 onwards)	✓	✓	x	✓
Shane McQuillan	n/a	n/a	✓	✓
John O'Brien	✓	✓	✓	x

Audit Committee Meetings		
Trustee	16/05/2016	24/11/2016
Ita Mangan	✓	n/a
John Hynes	✓	n/a
Mary Kelly Chair 16/05/2016 onwards)	✓	✓
John O'Brien	✓	n/a
Catherine Rogers Chair 24/11/2016	n/a	✓
Tony McCarthy	n/a	✓

Launch of the Touchstone report in Dublin's City Hall (Photo: Marcel Orłowski / E17 Photographer)



ACTIVE AGEING PARTNERSHIP

The Active Ageing Partnership (AAP) is a collaboration between Age & Opportunity, Active Retirement Ireland and Third Age. The aim of AAP is to build civic engagement, getting people involved in making a difference in their communities and, as a result, influencing the way society thinks about ageing so that this can be reflected in public policy and practice.

The main achievements of AAP are a continuation and a building on of many of the activities that began in previous years. The Active Ageing Partnership members are Aine Brady, CEO of Third Age, Maureen Kavanagh, CEO of Active Retirement Ireland, and Karen Smyth, CEO of Age & Opportunity. The Partnership is co-ordinated by Maurice O'Connell and chaired by Andrew Cullen.

AGE FRIENDLY IRELAND (AFI)

AAP worked at board level in Age Friendly Ireland (AFI) to bring the voice of the NGO members to particular aspects of AFI's work. It also ensured that AAP partners played a crucial role in supporting AFI-hosted events by working with the AFI team and participating on their panels. AAP continue to work in a mutually supportive and collaborative manner especially at network meetings of the Older People's Councils (OPCs) around the country. AAP influenced the setting up of the OPC National Network with a view to enhancing this relationship in the future. Towards the end of 2016, the mainstreaming of AFI was agreed, which would guarantee a permanent place within the local authority structures. This process will begin in 2017.

HUMAN RIGHTS OF OLDER PEOPLE'S WORKING GROUP (HROPWG)

During 2016, a greater emphasis was placed on working closely with Community Action Network (CAN) which offered mentoring and training both to the HROPWG and to groups of older people. This focused on a small group of people exploring their own human rights issues and how this influenced their lives. Also, the aim was to show that, together, people could work towards solutions within their lives and communities and that, while often slow, this was possible and achievable.

In the HROPWG work on the statutory inclusion of home care, the group explored legislation of other similar countries through the engagement of Eversheds law firm, who produced a comparison between Scotland, New Zealand, Canada and England in order to inform the home care debate in Ireland. The first stage of the comparison was presented in December.

In addition, Professor Eamon O'Shea presented a draft paper on the need for models of finance in Ireland to ensure there is sufficient investment in home care in the future.

NATIONAL POSITIVE AGEING STRATEGY

AAP, working with the wider Age Friendly Ireland NGO Forum, continued to make progress through ongoing submissions to Government on how the Implementation of the National Positive Ageing Strategy (NPAS) could operate.

A written commitment from the new Minister of State for Mental Health and Older People was received that a forum for the implementation of NPAS would be set up in the first quarter of 2017. The Minister, at the request of AAP, also hosted a meeting of a cross-section of National Organisations for an open discussion on issues regarding the NPAS.

CIVIC ENGAGEMENT THROUGH TOUCHSTONE

Touchstone began two new programmes in Tuam and Galway city centre, with fifty participants from community groups engaging in the programme. Significant learning took place with regard to the level of commitment and capacity of the participants, which led to a review of the approach and the establishment of two further courses in Meath and Dublin for 2017.

The programme was evaluated in 2016 the main outcomes were:

- The Touchstone course had a positive impact on the civic engagement of participating older people, providing knowledge and skills that could assist them in future engagement roles,
- Newcomers to civic engagement were motivated to try out various activities through project work,

- Involving older people in the development of the Touchstone programme contributed to its success and created opportunities to secure the programme's future sustainability,
- The programme was enhanced by the involvement of experienced facilitators from the member organisations of the Active Ageing Partnership.

AGE SECTOR COLLABORATION

As mentioned above in the Corporate and Public Affairs section, AAP drew together a collaborative alliance of age sector organisations to find a shared position for the election in 2016. This collaboration of six organisations met six times during the year. The Earn Our Vote campaign was a success in working together on a political level with our common messages for the election campaign, with the agreed issues being reflected in the programme for government and the subsequent actions of the Minister of State for Mental Health and Older People.

AAP have committed to collaborate in order to work on shared principles and common campaigns into the future.

HOUSING WITH CARE

AAP and Age Friendly Ireland worked jointly to bring together a number of stakeholders in the area of supported living for older people which could provide an alternative to long-term care. The stakeholders included: the Department of Health, the Department of Housing, Planning, Community and Local Government, the HSE, Dublin City Council, the Irish Council Of Social Housing and a number of NGOs.

The group developed a report with a number of recommendations in the area. This programme was chosen as a pathfinder pilot within the national policy 'Rebuilding Ireland: Action Plan for Housing and Homelessness', and a steering committee has been established to take the project to the planning and development stages, chaired by the Coordinator of AAP.

RESEARCH MONITORING

AAP has also participated in the monitoring board of the Healthy and Positive Ageing Initiative (HaPAI). In 2016, they have published a set of indicators which can feed into the the development of the aims for the NPAS implementation committee.

AAP is also represented on the monitoring board of the TILDA longitudinal study on ageing in Ireland. The Director of TILDA has met with the AAP group and Age Friendly Ireland twice during 2016 to share the findings of research from the study.

APPENDICES

Appendix 1: Board and Staff

TRUSTEES DURING 2016

Ita Mangan (Chair)
Sarah Bowman (joined 18th July 2016)
Mairead Egan (joined on 18th July 2016)
Fionnuala Hanrahan
John Hynes (resigned 16th May 2016)
Mary Kelly
Catherine Marshall
Tony McCarthy (joined 18th July 2016)
Shane McQuillan
Paul Murray (rejoined on 5th December 2016)
John O'Brien
Helen O'Donoghue

STAFF MEMBERS DURING 2016

Karen Smyth: CEO

ARTS & CULTURE TEAM

Tara Byrne: Arts and Culture Programme Manager (joined April 2016)
Karen Hennessy: Arts and Culture Programme Coordinator (joined October 2016)
Kim Chew: Arts and Culture Programme Administrator

SPORT & PHYSICAL ACTIVITY TEAM

Mary Harkin: Go for Life Programme Manager
Sue Guildea: Go for Life Programme Assistant Manager
Ciara Dawson: Go for Life Programme Administrator

ACTIVE CITIZENSHIP & LIFELONG LEARNING TEAM

Ciarán McKinney: Active Citizenship & Lifelong Learning Programme Manager
Brian Dooney: Training and Development Facilitator (joined July 2016)
Fiona Holohan: Active Citizenship & Lifelong Learning Programme Coordinator

OPERATIONS & PROGRAMME SUPPORT

Michael Foley: Policy, Research & Evaluation Manager
Anne Kearney: PR, Communications and Marketing Manager (joined August 2016)
Lasarine O'Carroll: Financial Controller
Margaret Roe: Office Manager/HR Manager
Patricia Forde: Information Assistant (joined May 2016)
Joyce Dunne: Arts & Culture Coordinator & Social Media Coordinator (left in July 2016)
Tom Redmond: PR, Communications and Marketing Manager (left in May 2016)

Appendix 2: Committees

GO FOR LIFE STEERING COMMITTEE

Robert Grier	Chairperson
Arthur Dempsey	Board Member, Active Retirement Ireland
Tony McCarthy	Age & Opportunity Trustee, PAL Representative
John Kerrane	Former Lecturer in the School of Health and Human Performance, DCU
Caroline Peppard	Health Service Executive
Dr. Mick Loftus	Former Member, National Council on Ageing and Older People
Emma Jane Clarke	Sport Ireland
Karen Smyth	CEO, Age & Opportunity
John Hynes	Age & Opportunity Trustee (resigned May 2016)

ARTS & CULTURE STEERING COMMITTEE

Catherine Marshall	Chairperson
Lorraine Comer	Head of Education, National Museum of Ireland
Liz Kelly	Director, glór (until summer 2016 only)
Anne McCarthy	Arts Officer, Mayo County Council Arts Office
Ailbhe Murphy	Director, Create
Helen O'Donoghue	Senior Curator & Head of Education & Community Programmes, Irish Museum of Modern Art
Karen Smyth	CEO, Age & Opportunity

ACLL ADVISORY GROUP

Fionnuala Hanrahan	Chairperson (appointed February 2016), Age & Opportunity Trustee
Karen Smyth	CEO, Age & Opportunity
Mairead Egan	Age & Opportunity Trustee
Sarah Bowman	Age & Opportunity Trustee
Joyce O'Connor	Chairperson (resigned February 2016)

Appendix 3: External Committee Membership

Active Ageing Partnership

Executive Council Member/Vice-President, AGE Platform Europe

Better Europe Alliance

Human Rights Working Group, Active Ageing Partnership

Community Foundation Grants Panel, Community Foundation for Ireland

Dublin City Sports Network, Dublin City Council

Fingal Age Friendly Alliance, Fingal County Council

Get Ireland Walking, ISC National Trails Office

NGO Forum, Age Friendly Ireland

CHAT (Community Hub for Assistive Technology), Disability Federation of Ireland

Gulbenkian Foundation (UK) Learning Community

Minister O'Donovan launches the Grants in Newcastle West with Sport Ireland's John Treacy (Photo: Diarmuid Greene)





Age & Opportunity's mission is to inspire and empower older people to live healthy and fulfilling lives and to influence policy to ensure the active participation of older people in ways that benefit our communities and wider society. Our vision is of a world where, as we age, we have the right and the opportunity to realise our potential. We have the right to shape decisions that affect our lives and the life of our community. Age & Opportunity will lead the debate on the issues concerning contemporary ageing and older people.

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**Age &
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Life is for
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