

## Our friends

There are many more support services available for older people. Here are just a few that may be of interest to you.

**Louth Age Friendly County** aims to make Louth “the first age friendly county in Ireland”. It wants to find the voice of older people and aims to develop a support model that could work in any city/county.

[www.louthagefriendlycounty.ie](http://www.louthagefriendlycounty.ie)

**Third Age** is based in Summerhill, Co. Meath. It wants to promote the fact that older people are very valuable members of our community and can be of great service to their area. **Third Age** wants to ensure that older people continue to actively engage and contribute in many different ways.

[www.thirdageireland.ie](http://www.thirdageireland.ie)

**Age Action** is a charity which promotes positive ageing and better policies and services for older people. Working with, and on behalf of, older people it aims to make Ireland the best place in the world in which to grow older.

[www.ageaction.ie](http://www.ageaction.ie)

**Go for Life** is the national programme for sport and physical activity for older people in Ireland. The aim of **Go for Life** is to involve greater numbers of older adults in all aspects of sport and physical activity. For more information on this programme see the citizens information website.

[Go For Life](http://www.go-for-life.ie)

**Alone** provides supportive housing, support coordination, befriending and campaigns for change to hundreds of older people every week, who are homeless, socially isolated, living in deprivation or in crisis.

[www.alone.ie](http://www.alone.ie)