



Age Friendly County *Celebrating Every Generation*



THOMASTOWN AGE FRIENDLY TOWN PLAN 2019

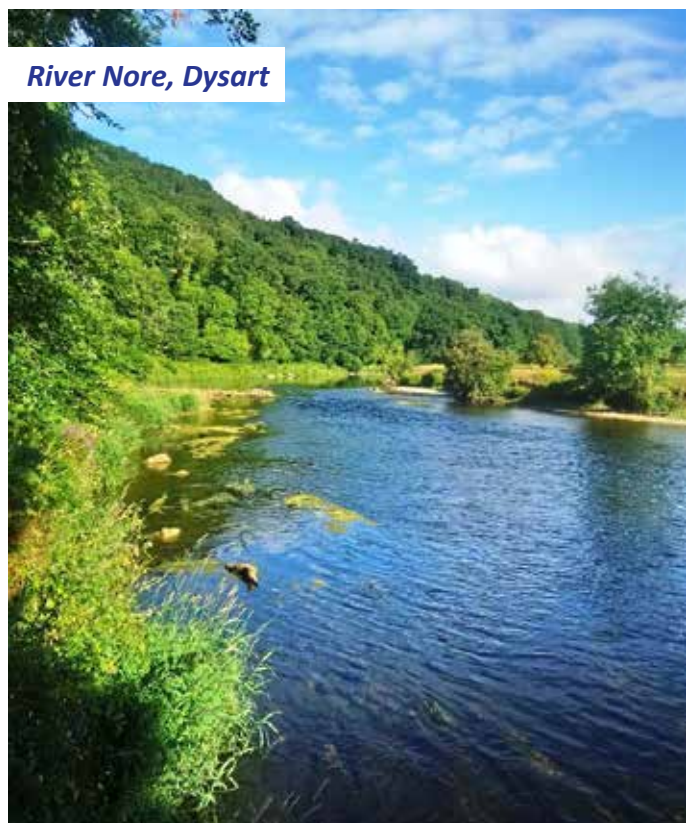
Aerial View of Thomastown



Watergarden



River Nore, Dysart



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INTRODUCTION



An Age Friendly Town is a town where the community understands and responds to the needs of older adults. It is a town in which older people are actively involved in social, economic and cultural life and in creating a better local environment, to everybody's benefit. Age Friendly Towns respond to what the older community needs. It comes about when older people get together and work with other groups in the community, such as local authorities, health services, an Garda Síochána, community groups, transport companies and local businesses, to transform where they live to benefit both themselves and the wider community.

By prioritising the participation of older people, Age Friendly Towns improve life for everyone in the community. It brings the methodologies of the Age Friendly Cities & Counties programme to the selected town in a concentrated way to significantly improve the quality of life of older adults and to engage them in shaping and enhancing their own community.

This initiative is part of the wider national Age Friendly Cities & Counties programme, and an intrinsic part of the national Strategy, monitored by the Alliance in each county. The programme's vision is to make every county in Ireland a great place in which to grow old. Many of the key determinants of quality of life are decided at local level, and quite often it is the smaller things that make the difference.



THE NEED FOR AN AGE FRIENDLY TOWN PLAN

The population of Ireland is ageing. According to the Department of Health, by the year 2036 the number of older people aged 65 and older living in Ireland is expected to increase by 250%. For County Kilkenny this would mean that the older population of 11,690 in 2011 will increase to 29,225 in 20 year's time. Average life expectancy 100 years ago was in the region of 50 years- now its 76.8 years for men-81.6 years for women-life expectancy for over 65's is now higher than it has even been.

Ireland will experience an unprecedented ageing of the population in the first half of the twenty-first century and by 2041 there will be an estimated 1.3 million to 1.4 million people aged over 65 years, representing 20-25 per cent of the total Irish population.

Evidence shows that it is possible to live longer with a good quality of life by developing healthy lifestyles and social capital in our families, communities and society. Making both cities and rural communities age-friendly is an effective local policy approach for responding to population ageing. The physical and social environments are key determinants of whether people can remain healthy, independent and autonomous long into their old age.

It is appropriate therefore that we plan now to enable the population of Thomastown to grow old, in safety, with dignity and with respect and with a good quality of life.

The concept of an Age Friendly community is linked to an initiative of the World Health Organisation started in 2007. This initiative seeks to engage older people and their communities in making their communities better, healthier and safer places for older people to live and thrive. Positive ageing can be facilitated by means of various age friendly initiatives including Age Friendly Towns.

The Age Friendly Towns initiative was implemented in Callan (Co Kilkenny) and across many other towns in Ireland. By enabling Thomastown to become An Age Friendly Town we will be joining a great movement in Ireland where larger towns, smaller towns and local neighbourhoods have already participated.

OUR VISION

The Thomastown Age Friendly Town Plan will set out the vision for the town alongside the actions to achieve that vision and address the key issues facing older people, which have been identified by the older people of Thomastown.

The plan will act to mobilise all communities in Thomastown to share responsibility and co-operate locally and with the identified Implementing Partners (and others) to implement feasible and achievable solutions.

This plan will also serve to inform future applications for funding under various local and national schemes administered by various Government Departments, State Agencies and non government organisations (NGO's).

By working together and harnessing productive partnerships the older residents of Thomastown will share in the completion of initiatives which will be responsive to their needs.

“If you design for the young, you exclude the old, but if you design for the old you include everyone”.

If we follow that simple rule, many more people will be able to stay living in their communities, and maintain and enhance the quality of their lives, as they grow older.

Young or old, we all want the same things: to be listened to and taken seriously, to be able to work or volunteer, enjoy a good social life, and have access to good information and healthcare, neighbourliness, a sense of belonging, feeling safe, and feeling valued. Age Friendly Towns make it possible for everyone to achieve that kind of life.

When three key initiatives have been achieved the Thomastown Age Friendly Action Group will then apply to Age Friendly Ireland for Age Friendly Town recognition status. That will provide the opportunity to share in the growing recognition of Age Friendly Towns across Ireland and strengthen the implementation of Kilkenny's Age Friendly Programme.

OUR AGE FRIENDLY TOWN OBJECTIVES

The objectives of our Age Friendly Towns Initiative are to:

- Make the town a great place in which to grow old - Measured by the Age Friendly outcomes in a survey, before and after the project and measured through the implementation of the actions outlined in the Action Plan,
- Engage older adults in shaping and enhancing their communities for the benefit of everyone - Measured by the number of older adults volunteering, the number of hours volunteered and the number of projects,
- Demonstrate the benefits of a multi-stakeholder planning approach, informed and supported by older adults - Measured by the number of key stakeholders approached, the number of key stakeholders who took part in consultations and the number of key stakeholders who were involved in the solutions ,
- Learn ‘what works’ in this context and use the findings to inform better approaches to planning - Measured by the findings documented in the reports.

AGE FRIENDLY STRUCTURES IN COUNTY KILKENNY

AGE FRIENDLY ALLIANCE

As part of Kilkenny's Age Friendly Cities & Counties Programme, a multi-agency Alliance was formed in 2009 and is chaired by the Chief Executive of Kilkenny County Council.

It works closely with older people in Kilkenny through the Kilkenny Age Friendly Seniors Forum to ensure that policies and plans reflect their needs. Meeting regularly throughout the year the Alliance holds the responsibility for the development and implementation of Kilkenny's Age Friendly Strategy and manages its progress annually through the publication of their annual report, the preparation and implementation of annual work plans, the sharing of best practice and the exchange of information. It is the driving force for the Age Friendly Cities & Counties Programme in Kilkenny, as well as the Age Friendly Towns initiative.

The Alliance is supported by many providers of services to older persons and all members of the Alliance are responsible to each other. There is a genuine partnership and cooperation between all at the table and a willingness to implement and improve services to our older generations.

The Alliance has published its 2nd County Strategy covering the period (2017-2021) and it sets out relevant and achievable targets which will be overseen by the Kilkenny Age Friendly Alliance and its stakeholders over the five year period of the strategy.

The findings and conclusions contained in the Healthy and Positive Ageing Survey (HaPAI) Report (in which 500 people throughout County Kilkenny participated in 2015) provided significant data for the 2nd strategy.

The Kilkenny Age Friendly County Programme presents an excellent opportunity to enhance the quality of life for older people in Kilkenny. This process has provided all with an opportunity to explore what the issues are for older people in the county and how they can be collectively addressed.

The membership of the Alliance is detailed in Appendix (iv) attached.

KILKENNY AGE FRIENDLY SENIOR'S FORUM

The Kilkenny Age Friendly Senior's Forum represents the voice of the older people throughout Kilkenny. This voluntary group gives the opportunity for older people to share their concerns as older people living in their community and to work with key agencies and service providers to resolve these issues. The aim of the Forum is to ensure that Kilkenny is a great place in which to grow old.

The Forum ensures that older people in Kilkenny participate in the decisions with agencies which affect their lives.

It provides an active channel of communication between the Kilkenny Senior's Forum and the Age Friendly County Alliance. It ensures that it represents the views of older people at local, regional and national level.

Its value is that the voice of older people is communicated in an effective manner directly to the wide range of services providers that are represented by the Age Friendly Alliance and on other fora.

AGE FRIENDLY STRUCTURES IN COUNTY KILKENNY

THE THOMASTOWN AGE FRIENDLY ACTION GROUP

The Thomastown Age Friendly Action Group was formed with the assistance of Kilkenny Age Friendly Programme Coordinator, in January 2018 and with the support of Kilkenny Age Friendly Alliance. The Group is drawn from older person representatives in Thomastown together with the providers of key services to older persons. It comprises of representatives from the Kilkenny Senior's Forum, Thomastown Community Network, An Garda Síochána, Health Service Executive, County Kilkenny Leader Partnership and Kilkenny County Council.

Its membership is as follows:

Brede Murphy	<i>Kilkenny Seniors Forum</i>
Anne McLoughlin	<i>Kilkenny Seniors Forum</i>
Sergeant Ted Hughes	<i>An Garda Síochána</i>
Sergeant Catherine O' Gorman	<i>An Garda Síochána</i>
Josephine Galway	<i>Health Service Executive-St Columbas Hospital</i>
Majella Cunningham	<i>Health Service Executive</i>
Emir Slattery	<i>Senior Executive Engineer County Council</i>
Amy Granville	<i>Assistant Planner County Council*</i>
Breda Gardner	<i>Thomastown Community Network</i>
Murey Healy	<i>Thomastown Community Network</i>
Christine Walsh	<i>Kilkenny Leader Partnership</i>
Lianne Kelly	<i>Kilkenny County Council</i>
Michael Delahunty	<i>Kilkenny County Council</i>

** Amy Granville replaced Caitriona Bambrick, Executive Planner*

What has the Thomastown Age Friendly Action Group done?

The Thomastown Age Friendly Action Group is a local collaboration which has managed the process involved in enabling Thomastown to become age-friendly.

To date it has undertaken the following:

- Established itself as the Thomastown Age Friendly Town Action Group,
- Identified and mapped the Town area for the purposes of the Age Friendly process,
- Mapped the Towns assets and its key services to older persons in the town,
- Identified the key access routes in Thomastown being used by older persons,
- Undertaken Walk ability Audits of those key routes,
- Presented the Walk ability Audit findings report to the Municipal District Engineer,
- Consulted with older persons by means of an On-Street Survey and compiled a report of the key findings,
- Consulted with service providers and older people through a facilitated workshop and compiled a report of the key findings,
- Drafted an Action Plan,
- Consulted with Thomastown Active Retirement, Thomastown Senior Citizens, Thomastown Men's Shed, Thomastown ICA and the wider public of Thomastown on the Draft Action Plan,
- Considered the views expressed at the final consultation and revised the Action Plan.

**KNOWING
OUR TOWN**

KNOWING OUR TOWN

IDENTIFICATION OF THE TOWN FOR THE PURPOSES OF AGE FRIENDLY

The area identified is bounded by the Town boundary as outlined in the Thomastown Local Area Plan but focuses on the key pedestrian and vehicular routes within that town boundary, especially on the core town centre.

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POPULATION

According to Census of population 2016, Thomastown has a population of 2,445, which is an increase in resident population of just over 7.6% (172) since the previous Census of population 2011. Of the total population of 2,445, 582 are aged 55 or over. This represents 23.80% of the total population. 47.4% (276) of those aged 55 or over are male and 52.6 % (306) are female. 317 people stated they are retired which represents 13% of the total population.

88% of the resident population are Irish nationals and Polish nationals make up the next highest nationality at 4.4%.

The statistics for the towns working population highlights that car use is the most frequent mode of transport in the town either as driver or passenger.

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The 2016 Pobal HP Deprivation Index shows various results for different small areas of Thomastown ranging from +1.79 (marginally above national average) to -9.01 (marginally below national average), although one area of Jerpoint Church, just outside of the town, shows a deprivation index score of -16.46 (deprived). The Deprivation scores for most small areas have deteriorated from those published in the 2011 index.

Thomastown is one of Kilkenny's four District towns and it serves a large rural hinterland. The town's population is expected to grow to 2,700 by 2025.

MAPPING OF THE TOWNS KEY SERVICES TO OLDER PERSONS

The Town's key services to older people were identified and are shown on the map entitled **Thomastown Local Services**.

They include:

Active Retirement, Bank, Cafes, Church, Cemetery, Community Hall, Credit Union, Community Welfare Office, Dentist, Doctor, Fire Station, GAA pitch and Club, Garda Station, Hair Dressing, Barbers and Beauty, Health Clinic, HSE, , County Council Office, Men's Shed ,Older Persons Shop, Pharmacy, Physiotherapy Clinic, Public Library, Post Office, Supermarket, St Columbas Day Care Centre, School of Food, Social Welfare Office, Train Station, Tone Zone, Veterinary Office, Yoga.

*The map showing the towns key services to older people entitled **Thomastown Local Services** is included in the Walk ability Report at Appendix (ii)*

KNOWING OUR TOWN

MAPPING THE KEY ACCESS ROUTES IN THOMASTOWN

The location of the town’s key assets and services to older people and consultation with older people influenced the decision as to the key access routes.

These are as follows:

Route 1 – Community Centre to Railway Station via Station Road
(which connect the Town to the Train Station)

Route 2 - Community Centre to Lidl
(via Ladywell Street and Dublin Road)

Route 3 - Kilkenny County Council Offices to St Columba’s Hospital entrance
(on New Ross Road, via Maudlin Street, Logan Street and The Quay)

Route 4 - Low Street to the Mall,
(via the River Nore Bridge towards Mill Street, as far as The Mall)

*The Routes numbers Route 1 to Route 4 are shown on the **Route Map** included in the Walk ability Audit Report at appendix (ii).*

WALK ABILITY AUDITS

A Walk ability Audit was undertaken on each route by members of Thomastown Senior Citizens, Thomastown Men’s Shed, Tidy Towns, Thomastown Active Retirement Group and local residents. An Garda Síochána held a safety talk before each walk, circulated high-viz jackets to each participant and led the groups by way of a safety car. Staff from the Thomastown Area Office facilitated the audits and reported on the audit findings.

The main issues identified during the walk ability audits were as follows:

- Need for age friendly bus shelter at a suitable location,
- Car parking requirements at certain locations, car parking underutilised at other locations,
- Footpath obstructions and accessibility issues including wheelchair accessibility
- Need for age friendly seating at several locations

- Litter, dumping and the need for litter bins,
- Inadequate street lighting
- Condition of footpaths, paths too narrow,
- Inadequate signage,
- Overhanging trees,
- General appearance issues

The Walk ability Audit report was prepared in early April 2018 and this document was then presented to the Senior Executive Engineer by representatives of the groups.

The Walk ability Audit Report was welcomed by the Municipal District Engineer who outlined the County Council’s initial proposals to address the issues raised in the Report.

*The full **Walk ability Report** is included at Appendix (ii) attached*

KNOWING OUR TOWN

ON STREET SURVEY

An on-street survey was conducted during July 2018 using the On Street Survey template contained in the Age Friendly Towns toolkit .The results were collated and presented in the form of a pie-chart report.

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The main findings of the on-street survey, in which 68 people age 55 and over responded, are as follows:

- 31% stated that they were not happy with the standard of bus stops in the town-this issue was, vocally, the single biggest issue for respondents,
- 54% of respondents stated that the towns footpaths are not well maintained-pointing out how hazardous many are, broken and in need of repair, too narrow, dog fouling,
- While 94% know what to do to stay safe in their own homes, 44% worry a lot about being a victim of crime, and 22% do not feel safe alone in their homes at night time,
- 38% stated that it is difficult to find out what services and entitlements they are eligible for,
- 35% were not happy with the Garda presence in the town,
- 32% expressed the view that it is not easy to find car parking in the town centre-many stated that car parks are full all day and short term car parking in the town centre is an issue,
- 32% of respondents stated that they were not happy with the number of public benches and rest areas in the town,
- 28% expressed the view that the street lighting is not good within the town, with Low Street, Logan Street, The Quay and Station Rd being mentioned specifically,
- 28% were not happy with the public toilets in the town-the main issue being the need for a public toilet at the playground,
- 24% of respondents stated that poor taxi services and poor Ring a Link (rural transport service) prevent them getting to where they want to go,
- While 81% of respondents agreed that they can access good quality GP services in the town a number of respondents stated that it could take up to a week to obtain a GP appointment,
- Over 1/3 of respondents have a problem with the costs of health care,
- When asked if confident to obtain the supports needed to stay living in own house, 24% of respondents disagreed and expressed a strong feeling to the effect, that the supports will come from family rather than from HSE etc, where home support is limited and cannot be relied on,
- 22% state that the town does not have all the services they need-many referring to the Post Office moving out of the town centre recently and highlighting that a post box in Market Street would solve that issue,
- 75% of respondents feel that their home could easily be adapted to their needs as they grow older but 12% disagreed with that statement,
- 29% feel that business's make them feel welcome, 12% feel that more could be done to make them feel welcome,
- 75% are of the view that older people are given opportunities to contribute to the community and 72% feel that older people are given opportunities to volunteer,
- 81% expressed the view that there is a good sense of community within the town,-10% disagreed,
- 66% agreed with the statement that it would benefit them if there was a drop in centre to socialise in-some did point out that Thomastown Helpers is providing this already to them.

The On-Street Survey report is attached at Appendix (iii).

KNOWING OUR TOWN

FACILITATED WORKSHOP WITH SERVICE PROVIDERS & OLDER PEOPLE

A facilitated workshop was held on 28th October 2018 with service providers and older people groups in Thomastown. The Public Consultation Questions and Recording template as contained in the Age Friendly Towns toolkit, was utilised to prompt discussion and capture views and opinions.

The main issues raised at the consultation were as follows:

- Identify those who are isolated and provide a service to them that will assist with tasks, shopping, etc,
- Need for a new Health Centre providing a one stop shop of services,
- Accessible Doctor “at crisis point in Thomastown at present”.
- More education-more 1 on 1 training for computer, tablet courses etc
- More fitness classes,
- More activities & social classes i.e. social dancing,
- Transport link from train station to St. Columbas and for rural people to socialise in Thomastown i.e. Ring a link service,
- Quayside car park contains 100 car parking spaces but it is underutilised-approx one third of spaces are filled on a daily basis. “Parking Inspectors should be in Thomastown to encourage parking in the Quay and reduce congestion in centre of town”,
- Pathways in the town need a planned pathway improvement programme as Thomastown is not accessible,
- Need to encourage walking groups,
- Prepare a directory of services/courses/ activities for Thomastown as most people do not know the range of services available to older people in the town,
- Undertake an inter-generation project (“something old & young can do together, maybe a sharing of skills course”),
- Provide more accessible walking trails in the town and its surrounds,
- A retirement village to encourage older people downsizing to smaller units, freeing up housing in Thomastown for families,
- Derelict Houses Maudlin St. to be assessed as ‘age friendly homes’,
- There needs to be more effective communication of Council proposals with regard to parking,
- Increase the visibility of An Garda Síochána presence in the town,
- Provide traffic calming measures at several locations.



KNOWING OUR TOWN

ENGAGEMENT WITH KILKENNY AGE FRIENDLY ALLIANCE

The Thomastown Age Friendly Town Action Group has engaged with the Kilkenny Age Friendly Alliance through the Kilkenny Age Friendly Programme Co-Coordinator. The Alliance was updated on the progress being achieved on the initiative and on the walk ability audit findings. A presentation was given on the findings of the On- Street survey, views were exchanged and the findings were noted. The Alliance has been supportive of the Thomastown Age Friendly Town initiative throughout.

The Plan will be formally presented to the Alliance and its support sought with regards to the implementation of various measures.

ACTION PLAN

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The World Health Organisation (WHO) identifies eight Age Friendly themes which define the quality of everyday life for older people. *The schedules of actions which are included in the Thomastown Age Friendly Town Plan are attached in Appendix (ii).*

The actions have regard to the following headings:

- Built environment/Outdoor Spaces & Buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communications and Information,
- Community support and Health Services.

DRAFT ACTION PLAN CONSULTATION

An information and consultation was held in Thomastown Community Hall on 5th March 2019 to which the general public was invited. Persons aged 55 and over were specifically invited to share their views on the draft action plan. The draft Action Plan had been circulated, three weeks prior to the meeting, to Thomastown Active Retirement, Thomastown Senior Citizens, Thomastown Men's Shed and Irish Countrywomen's Association (ICA) Thomastown for their consideration and all were invited and did attend the information and consultation of 5th March 2019.

The draft plan was presented by the Thomastown Age Friendly Action Group. The issues raised at that information and consultations were as follows:

- Supermarkets – at checkouts, older people feel they are being rushed and can be stressful,
- Supermarkets – lack of seating for older people,
- Seating – more seating needed on Dublin Road Thomastown on way to graveyard,
- Teenagers are congregating around the Train Station and this is intimidating for older people,
- Bus link is needed from Train Station, to Community Centre and onto St. Columbas,
- Need for drop in centre – no current service,
- Knitting/craft classes would be welcomed,
- Entrance to Quay Car park is confusing and suggested a different colour is used for entrance,
- Bus users and staff vehicles parked in Market Street all day creating lack of available car parking spaces for customers,
- Mill Street – no connectivity for pedestrians from parking area to town. Paths are broken and poor and area looks derelict. Inadequate lighting,
- More seating for centre of town.

The matters raised were considered by the committee and the draft Action Plan was amended to reflect the issues raised. The committee then approved the Thomastown Age Friendly Town Plan.

ACTION PLAN

HOW WILL THE IMPLEMENTATION OF THE PLAN BE MANAGED?

It is intended that the Thomastown Age Friendly Action Group will have overall responsibility for managing the implementation of the plan. Kilkenny Age Friendly Programme through the Kilkenny Age Friendly Alliance, Kilkenny LCDC and Kilkenny County Council will play a leading part in implementing many of the actions outlined in the plan (subject to available resources) and will use its good office to influence other key partners as necessary.

It may be necessary to increase the membership of the Action Group and establish task groups to assist the implementation of the action plan.

Enclosures:

Appendix (i) - Action Plan

Appendix (ii) - Thomastown Walk ability Study including Local Services map

Appendix (iii) - On Street Survey Report

Appendix (iv) - Membership of the Kilkenny Age Friendly Alliance

ACTION PLAN

ACTION PLAN

Appendix (i) - Action Plan

Action	Partner/ Potential Partner <i>(partners, other than those identified here, may be engaged to assist in these actions)</i>	Timeframe <i>Short Term (typically 0-6 months), Medium Term typically 7-24 months) and Long Term (typically 2-5 years)</i>
Provide Age Friendly Bus Shelter(s) at appropriate location(s).	Kilkenny County Council (KCC), Thomastown Business Team, Thomastown Community Network (TCN), County Kilkenny LEADER Partnership.(CKLP)	Short-Term.
Upgrade the public lighting along the 4 identified key Routes especially Mill Street.	KCC/Airtricity.	Short-Medium Term.
Produce an Information Guide on older peoples services in Thomastown.	Kilkenny County Council/An Garda Síochána, Health Services Executive (HSE), Kilkenny County Council and various service providers.	Short Term.
Develop and implement a schedule of footpaths improvements on the 4 identified Routes including Mill Street.	KCC/Elected Members/Dept. Of Environment.	Medium Term.
Undertake a Parking Feasibility Study to inform options regarding parking in the town centre for customers, employees, and all day parking for bus users.	KCC/TCN/Business Team/ Elected Members/An Garda Síochána/ HSE/Bus Operators/Public.	Short Term.
Provide Age Friendly Car Parking spaces and clearly identify the entrance to the car park at The Quay (paint it a different colour).	KCC.	Short –Medium Term.
Provide Disabled Friendly Car Parking spaces	KCC.	Short –Medium Term.

ACTION PLAN

Action	Partner/ Potential Partner <i>(partners, other than those identified here, may be engaged to assist in these actions)</i>	Timeframe <i>Short Term (typically 0-6 months), Medium Term typically 7-24 months) and Long Term (typically 2-5 years)</i>
Increase the number of Age Friendly Benches along the 4 identified Key Routes including Dublin Rd, and in the town centre.	KCC/Thomastown Men's Shed/ Public/ Private Business/ Kilkenny LEADER Partnership.	Short-Medium Term.
Examine the possibility of public access to existing toilets in the vicinity of the playground and outdoor gym area.	Thomastown Community Centre Ltd. Thomastown Community Network.	Short Term.
Engage with An Post regarding the possibility of providing a Post Box at Market Street/Low Street.	An Post.	Short –Medium Term.
Seek the provision of a Taxi Service in the town.	Taxi Service providers, Thomastown Business Team.	Short Term.
Engage with Rink-a-Link regarding the possibility of providing a bus service between the Train Station and St Columbas Hospital.	Rink –a- Link/Business. Team/TCN/ Iarnród Éireann.	Medium.
Engage with An Garda Síochána with regards to an increased awareness of the Garda presence in the town.	An Garda Síochána.	Short-Medium.
Source the provision of one on one computer -tablet and other IT classes in the town.	The Kilkenny and Carlow Education and Training Board (ETB)/ Library Service KCC/ Leader/TCN/Public/ Business Team.	Short-Medium Term.

ACTION PLAN

Action	Partner/ Potential Partner <i>(partners, other than those identified here, may be engaged to assist in these actions)</i>	Timeframe <i>Short Term (typically 0-6 months), Medium Term typically 7-24 months) and Long Term (typically 2-5 years)</i>
Arrange for the provision of craft and knitting classes.	The Kilkenny and Carlow Education and Training Board TCN.	Short –Medium Term.
Encourages business in the town to join the Age Friendly Business Recognition Scheme.	Kilkenny Chamber of Commerce. TCN, Local Business's	Short Term.
Bring the need for age friendly measures such as seating and age friendly checkout procedures to the attention of supermarkets in the town.	Kilkenny Chamber of Commerce. TCN, Local Business's.	Short Term.
Identify isolated and vulnerable older persons and provide a befriending service, acts of kindness, etc.	ALONE, An Garda Síochána, TCN, Irish Wheelchair Association (IWA), St. Columba's Hospital, Public Health Nurses (PHN's), Housing Department.	Medium-Long Term.
Engage with local GP services in relation to the issues raised with a view to identifying short term solutions pending provision of Primary Day Care service.	HSE and PHN's. Local GP Service Care Doc St. Columba's Hospital.	Short-Medium Term.
Survey Derelict/Vacant Properties on Maudlin Street with a view to the feasibility of providing age friendly homes.	KCC/ Vacant Property Officer/ Housing Department	Long Term.
Examine the feasibility of providing exercise classes for older persons in the Community Hall.	Thomastown Age Friendly Committee, Service Providers, County Kilkenny LEADER Partnership.	Short Term.

ACTION PLAN

Action	Partner/ Potential Partner <i>(partners, other than those identified here, may be engaged to assist in these actions)</i>	Timeframe <i>Short Term (typically 0-6 months), Medium Term typically 7-24 months) and Long Term (typically 2-5 years)</i>
Encourage the holding of Social Dancing events.	Thomastown Senior Citizens, Thomastown Active Retirement, TCN, Kilkenny Age Friendly Seniors Forum.	Short Term.
Provide a Drop in centre in the town.	Local Communities, TCN.	Long Term.
Develop an improved means of communicating with older persons especially those in isolated areas.	Age Friendly Committee, KCC, HSE, An Garda Síochána, Voluntary Agencies, Charity, Business, Agriculture, Tourism, TCN, Tidy Towns, Men's Shed, Elected Members.	Short-Medium Term.
Seek to provide improved pedestrian linkage from Thomastown to the Walking Track.	Road Design KCC/ Thomastown United/KCC/ Elected Members/ Public.	Medium-Long Term.
Seek to update traffic bye laws for Thomastown and investigate the feasibility of having a Traffic Warden presence in the town.	KCC/Elected Members/ Thomastown Business and Residents/Public.	Long Term.
Endeavour to include all sectors of the community in the consultation on this proposed action plan.	Thomastown Age Friendly Committee and KCC, HSE, An Garda Síochána, Voluntary Agencies, Charities, Business, Agriculture, Tourism, TCN, Tidy Towns, Men's Shed, Elected Members.	Short Term.



WALKABILITY AUDITS 2018
Thomastown Age Friendly Committee/Action Group

APPENDIX TWO

WALKABILITY AUDITS 2018

Walk ability Survey – 12th March 2018 – Route 1 (Map Attached)

Attendees: Bill Doherty, Michael Kirwan, Kieron Ryan, John J Walsh, Bernard McCarthy, Seamus Quigley, Peter Hynes, Catherine O Gorman (Gardai), Ted Hughes (Gardai), Paul Rowley, Frank Delahunty, Colin Castle, Lianne Kelly (KCC)

Survey was carried out to include the following;

- Aesthetics
- Parking
- Public Spaces & Buildings
- Crossing Points

AESTHETICS

The participants on the route from the Community Centre along Station Road as far as the train station Thomastown highlighted the following issues:

- Pole outside Community Centre is an obstacle (Fig 1)
- Electric Cable just outside playground unprotected
- Dog Fouling on path is a major issue on Station Road
- Inadequate lighting along route too dull (Fig 2)
- Signage poor to Station from town and signage at train station facing wrong direction (Fig 10)
- Overgrown hedging along station road (Fig 3)
- Overhanging Trees Station Road
- Green waste dumped on Kilkenny County Council ground in two areas on Station Road (Fig 4)
- No bins between community centre and train station
- Kerbing and pathway very poor along route
- Pathway too narrow at different stages
- Litter a big issue throughout Station Road (Fig 5)

PARKING

- No Age friendly parking outside community centre or train station
- Visibility very poor leaving rear car park of Community Centre (Fig 6)
- Visibility very poor leaving train station travelling towards Thomastown
- Parking obstructing pathway outside community centre on double yellow lines
- It is noted that there is adequate parking spaces provided at both the Community Centre and the Train Station.

PUBLIC SPACES & BUILDINGS

- No public toilets at Train Station
- Toilet in Community Centre is not accessible to wheelchair user
- Wheelchair user did not have clear access to Community Centre on the day
- Wheelchair user does not have access to Book Club held by Library Service (as it is held upstairs in building – no lift access)
- No public seating outside community centre
- One bench is outside and it is unsightly at Train Station
- Seating at train Station is sheltered but too low and no arm rests (Fig 11)
- Seating area at Train Station does not have adequate lighting
- Seating area at Train Station was unclean
- Secure Bicycle parking available at both Community Centre & Train Station
- No public seating along route from Community Centre to Train Station
- Children’s playground entrance / exit is dangerous as leads onto roadway for rear parking at community centre
- Tone Zone at back of Community Centre unsuitable surface (currently waterlogged) cannot use it. (Fig 7)
- No seating at Tone Zone (Fig 7)
- No signage about Tone Zone (public unaware it is there) (Fig 7)
- Inadequate lighting at night from Community Centre to Train Station (serious safety concerns)
- Proposed site for seating on station road (Fig 12)
- It was noted that there was two Disabled parking spaces at both Train Station and Community Centre.

CROSSING POINTS / FOOTPATHS

- Pedestrian access at Library & Community Centre should have lights (Fig 8)
- Footpath from Community Centre to Train Station entrance poor generally, kerbing broken, surface unsatisfactory in places and generally not wide enough. (Fig 9)
- Steep slope up to train station especially for elderly and wheelchair users with no seating (Fig 10)
- Exiting train station is dangerous for wheelchair users given slope meeting pathway (too narrow) (Fig 10)





Fig 9



Fig 9



Fig 10



Fig 11



Fig 12



Fig 12

WALKABILITY AUDIT

Walk ability Survey – 16th March 2018 – Route 2 (Map attached)

Attendees: Mary Butler, Helen Dunne, Pat Skeehan (wheelchair user), Jim Maher, Tom Ryan, Vinny Minogue, Eileen Higginbotham (buggy), Rosaleen Garry, Lianne Kelly

Survey was carried out to include the following;

- Aesthetics
- Parking
- Public Spaces & Buildings
- Crossing Points

AESTHETICS

The participants on the route from the Community Centre to Lidl via Ladywell Street & Dublin Road highlighted the following issues:

- Board sign obstruction outside community centre
- ESB rod obstruction on pathway at Ladywell – trip hazard (Fig 6)
- Dog Fouling
- No resting bench along this route

PARKING

- Parking causing obstruction at Community Centre (Fig 1)
- It was noted that there is adequate parking at Community Centre, Council Offices, Supervalu & Lidl

PUBLIC SPACES & BUILDINGS

- No wheelchair access to community centre or signage regarding this
- No wheelchair access to health centre, ramped up hill as far as door and then steps (Fig 2)

CROSSING POINTS / FOOTPATHS

- No crossing point at Kilkenny County Council Area Office (Fig 5)
- Crossing point for visually impaired throughout the route but no sound to assist with crossing (Fig 3)
- Crossing point for visually impaired at dangerous junctions at Market street, traffic too fast
- No safe pathway for pedestrians into Supervalu Dublin Road (Fig 5)
- No safe pathway in front of Texaco garage (Fig 4)
- Pathway narrow at Ladywell Street & brambles (Fig 7)
- Uneven path surface throughout route (Fig 8)





Fig 7



Fig 8



Fig 8



Fig 8



WALKABILITY AUDIT

Walk ability Survey – 5th April 2018 – Route 3 (Map attached)

Attendees: Michael Kirwan, Kieron Ryan, John J Walsh, Bernard McCarthy, Seamus Quigley, Peter Hynes, Ted Hughes (Gardai), Paul Rowley, Frank Delahunty, Colin Castle, Lianne Kelly (KCC)

Survey was carried out to include the following;

- Aesthetics
- Parking
- Public Spaces & Buildings
- Crossing Points

AESTHETICS

The participants on the route from the **Thomastown Area Office via Maudlin Street & The Quay to St. Columbas Hospital** highlighted the following issues;

- ESB Pole obstacle at Newtown – not wheelchair accessible (Fig 1)
- Electric Cable uneven out of ground at Newtown – trip hazard (Fig 2)
- Dog Fouling on path is an issue on this route
- Inadequate lighting along route too dull especially at night along Quay
- Overhanging Trees at the Quay (Fig3)
- No bins along this route.
- Beer barrels & private domestic bins obstructing pathway (Low Street) – not enough room for wheelchair access
- Two dog fouling bins, one without bags & the other with litter in it. (Fig 4)
- 3 inadequate resting benches along route (all on the Quay), one with dangerous screws protruding . Benches were too low, wooden and part broken. (Fig 5)

PARKING

- Adequate parking throughout the route (which is not being used)
- Car park at the Quay needs cleaning (street sweep)
- Parking obstruction on pathway at Maudlin Street, no pedestrian or wheelchair access. (Fig 6)

PUBLIC SPACES & BUILDINGS

- 10-15 abandoned/ vacant buildings on this route, very poor condition (Fig 7)
- Derelict Site on Maudlin overgrown with litter & rubbish (Fig 7)
- Vacant courthouse – needs power washing very dirty & run down looking (Fig 8)
- Signage dirty at public car park at The Quay

CROSSING POINTS / FOOTPATHS

- No crossing point at Newtown Terrace or Maudlin
- Footpaths generally in poor condition throughout this route, broken surfaces, no sloped access for wheelchair/buggies. Not wide enough at several points throughout route. (Fig 9)
- No crossing point from St. Columbas to pathway at the Quay. No wheelchair access
- Kerbing too high at entrance to Chapel Lane (Fig 11)
- Pathway too narrow at different stages at Maudlin (Fig 1)
- Pathway very poor and dangerous at bend on Quay (Fig 10)





Fig 5



Fig 6



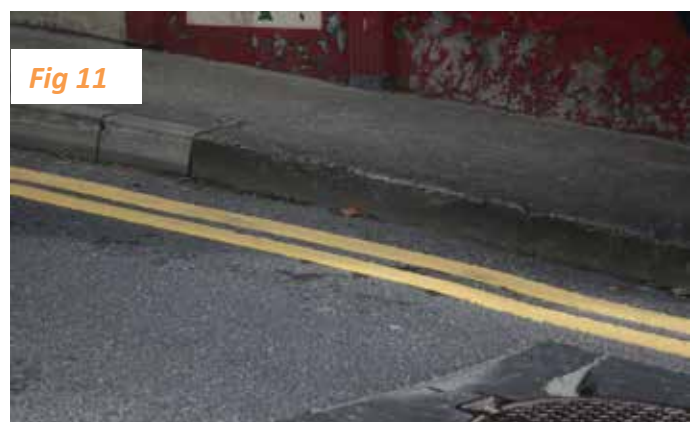
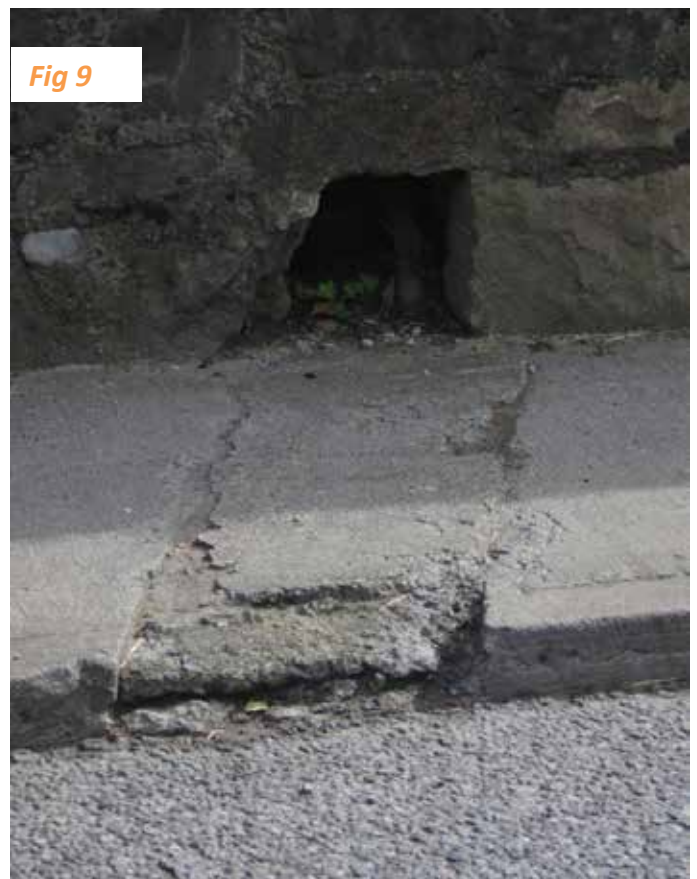
Fig 7



Fig 7



Fig 7



WALKABILITY AUDIT

Walk ability Survey – 5th April 2018 – Route 4 (Map Attached)

Attendees: Michael Kirwan, Kieron Ryan, John J Walsh, Bernard McCarthy, Peter Hynes, Ted Hughes (Gardai), Paul Rowley, Frank Delahunty, Colin Castle, Lianne Kelly (KCC)

Survey was carried out to include the following;

- Aesthetics
- Parking
- Public Spaces & Buildings
- Crossing Points

AESTHETICS

The participants on the route from **Low Street to The Mall and back to Community Centre via Market Street**. The group highlighted the following issues;

- ESB box exposed & dangerous (Fig. 4)
- Graffiti at site after bridge (Fig 8)
- Slates falling off route (Fig 6)
- Visually too many poles on island at Market Street (Fig 7)

PARKING

- Parking available on Low Street
- Parking available at Mill Street
- No designated parking for older people at Low Street or Mill Street
- Parking on pathway at Mill Street, no wheelchair access (Fig 5)

PUBLIC SPACES & BUILDINGS

- Small green site after bridge on Mill Street (dumping) (Fig 1)
- Seating area at Mill Street had some litter and was very mucky
- Street cleaning required along Mill Street
- Seating on Market Street not age friendly
- No bus shelter or adequate seating

CROSSING POINTS / FOOTPATHS

- Pathway very poor on this route from Low Street and some of Mill Street (Fig10)
- Not wheelchair or buggy accessible Mill Street (Fig9)
- Large drop off point at bridge (very dangerous) (Fig 2)
- No crossing point after bridge on Mill Street
- Pathway poor after bridge onto Mill Street (Fig 3)





Fig 4



Fig 5



Fig 6



Fig 7



Fig 8



Fig 9



Fig 10

Thomastown

Local Services



Age Friendly Group

Map Legend

Routes

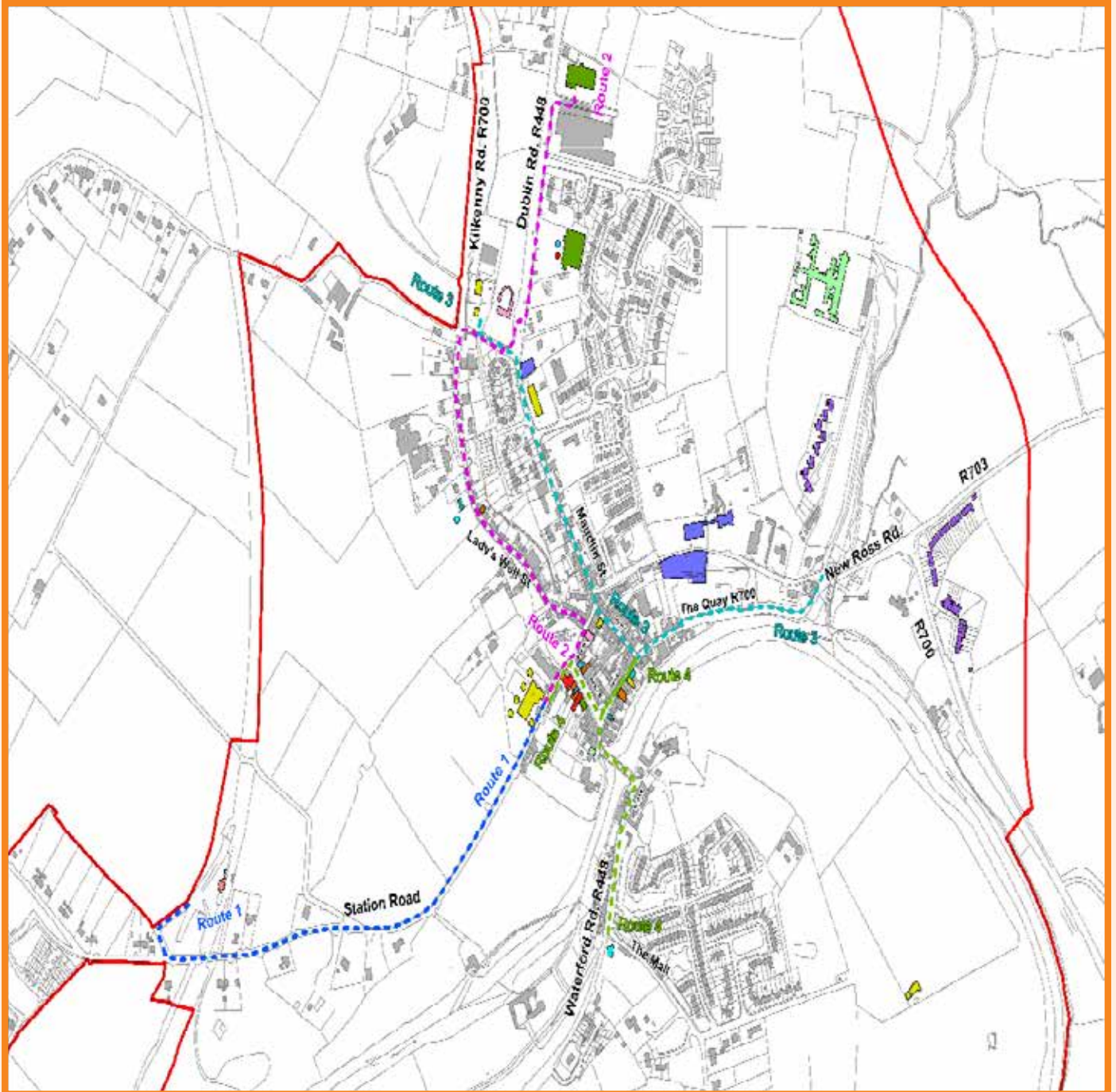


Building Types

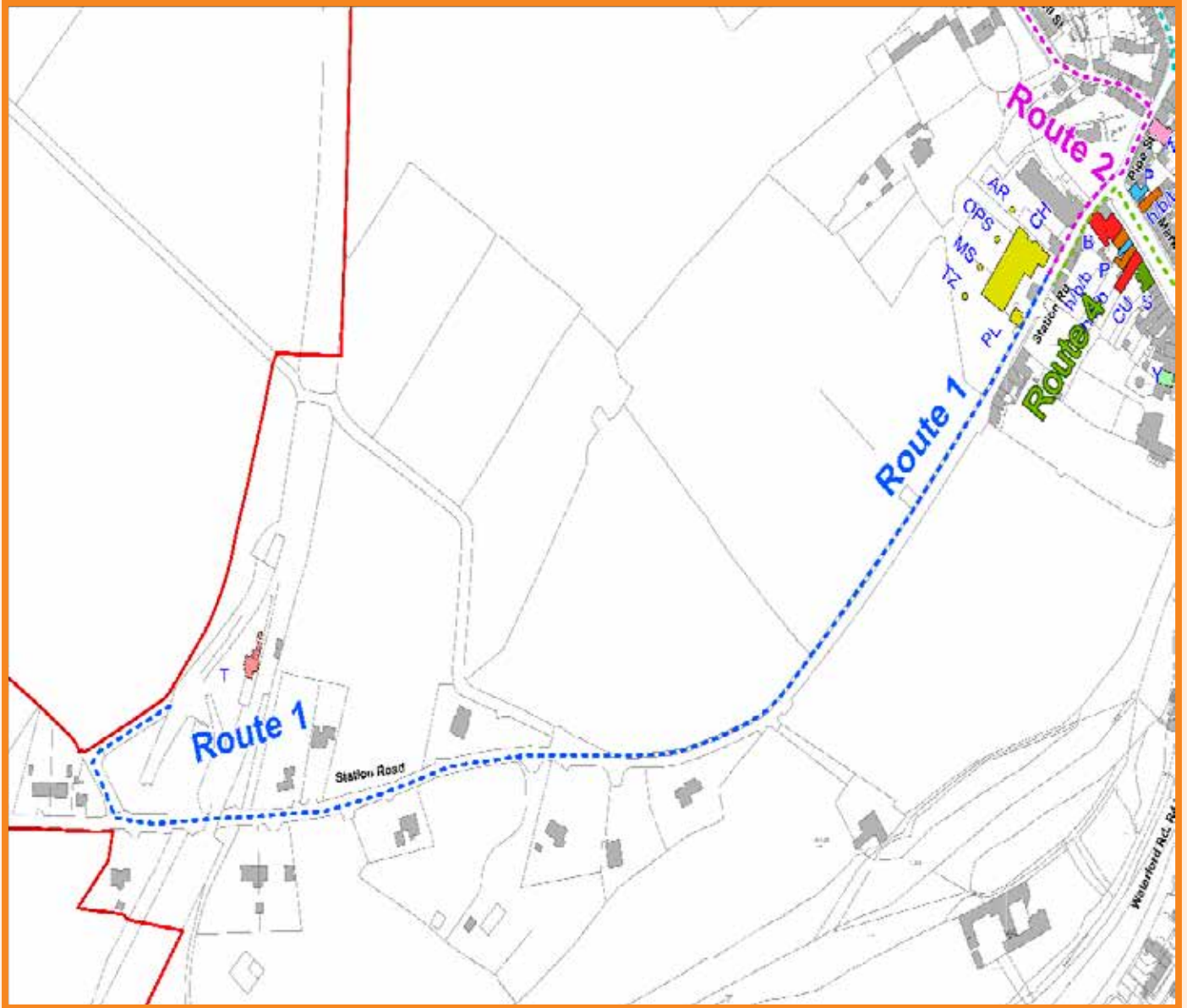
AR	Active Retirement	MS	Mens Shed
B	Bank (BoI)	OPS	Older Person Shop
C	Church	P	Pharmacy
Cem	Cemetary	PhC	Physiotherapy Clinic
CH	Community Hall	PL	Public Library
CU	Credit Union	PO	Post Office
CWO	Community Welfare Office	S	Supermarket
D	Dentist	SCDC	St Columba's Day Centre
Dr	Doctor	SoF	School of Food
FS	Fire Station	SW	Social Welfare Office
GAA	GAA Club and Pitch	T	Train Station
GS	Garda Station	TceD	Dangan Terrace
h/b/b	Hair Dressing, Barbers & Beauty	TceNV	Nore View Terrace
HC	Health Clinic_HSE	TZ	Tone Zone
KK	Kullen's Kitchen	V	Vet
KKCoCo	County Council Office	Y	Yoga

WALKABILITY AUDIT ROUTE MAPS

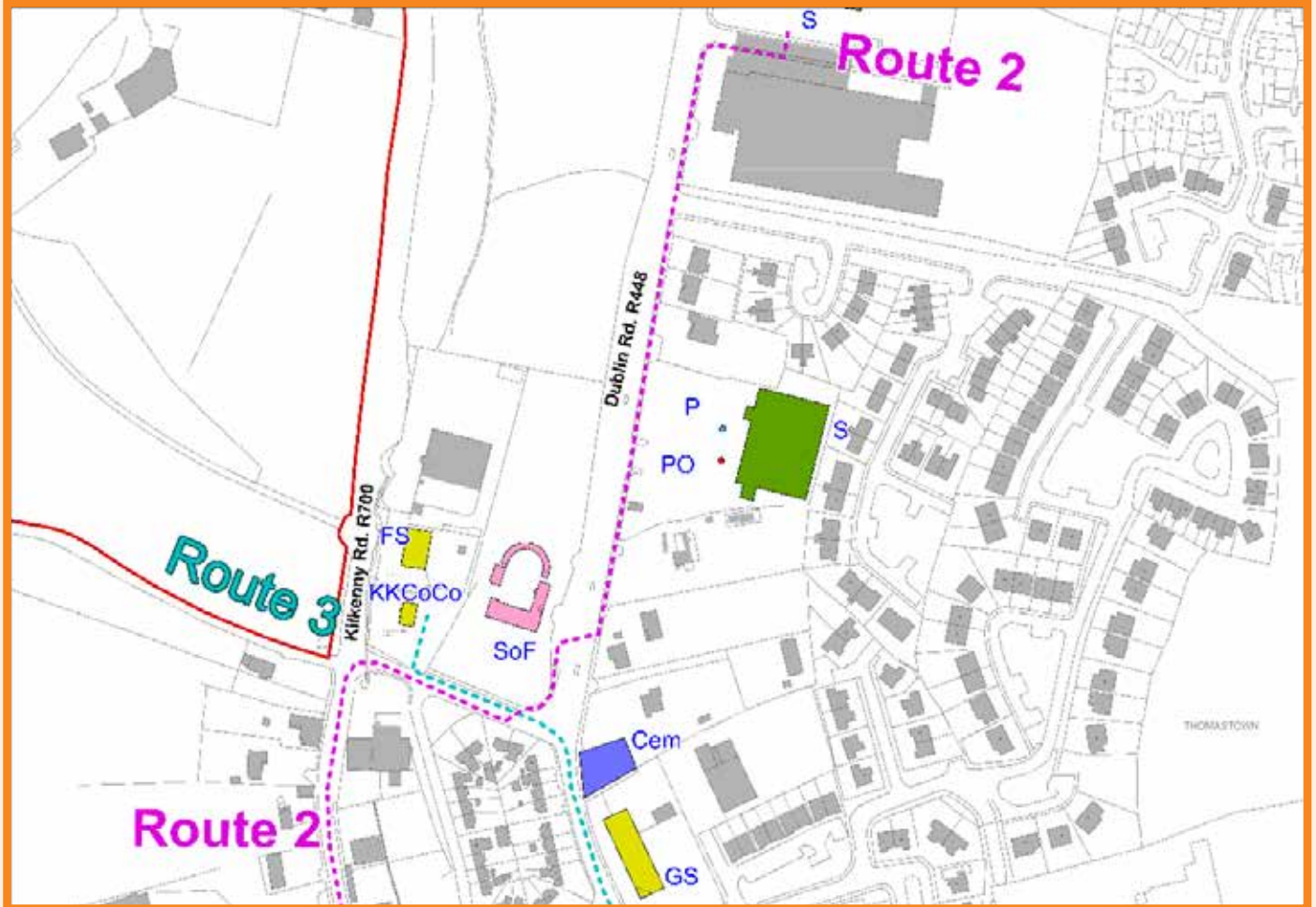
ALL ROUTES



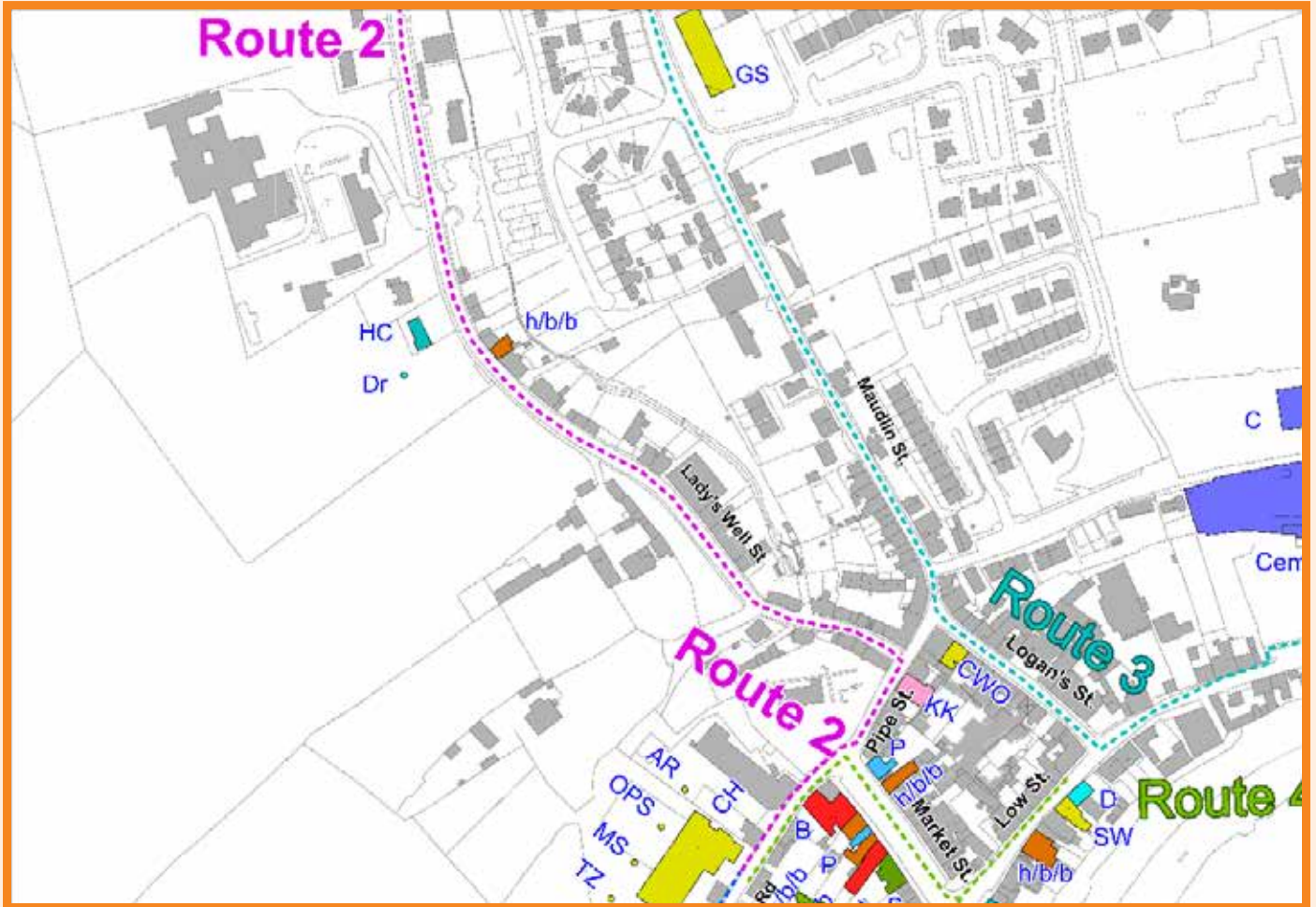
ROUTE 1



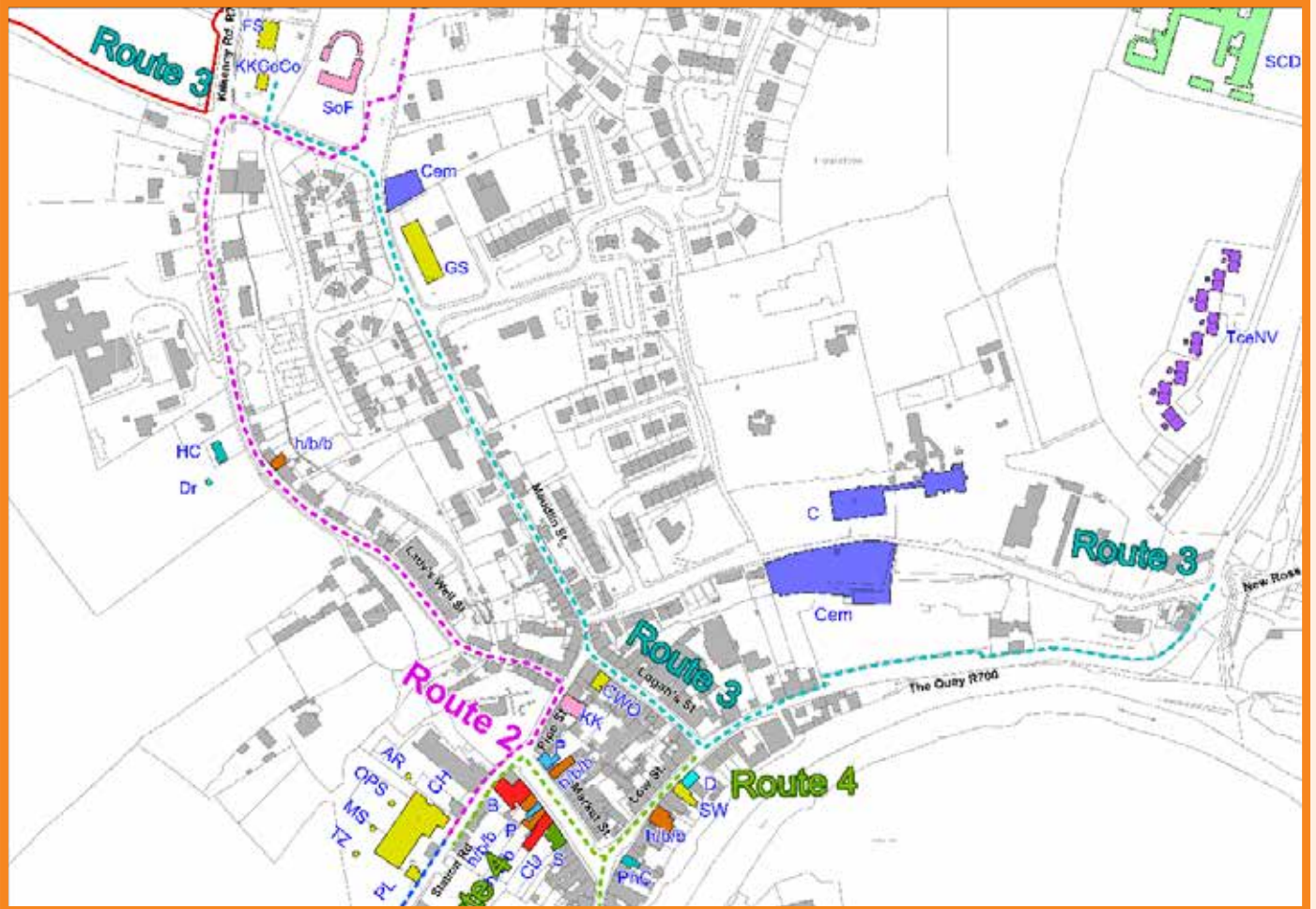
ROUTE 2A



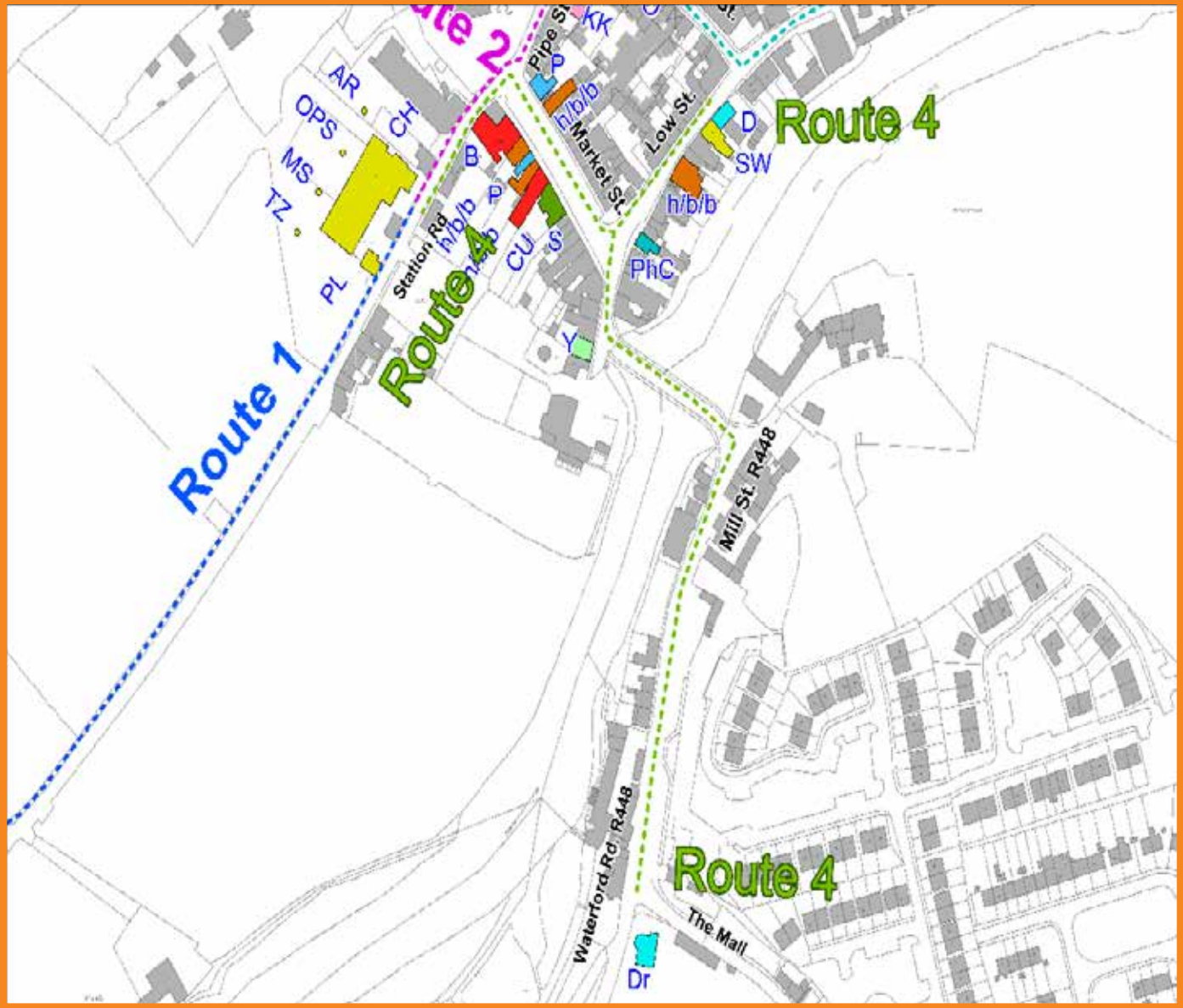
ROUTE 2B



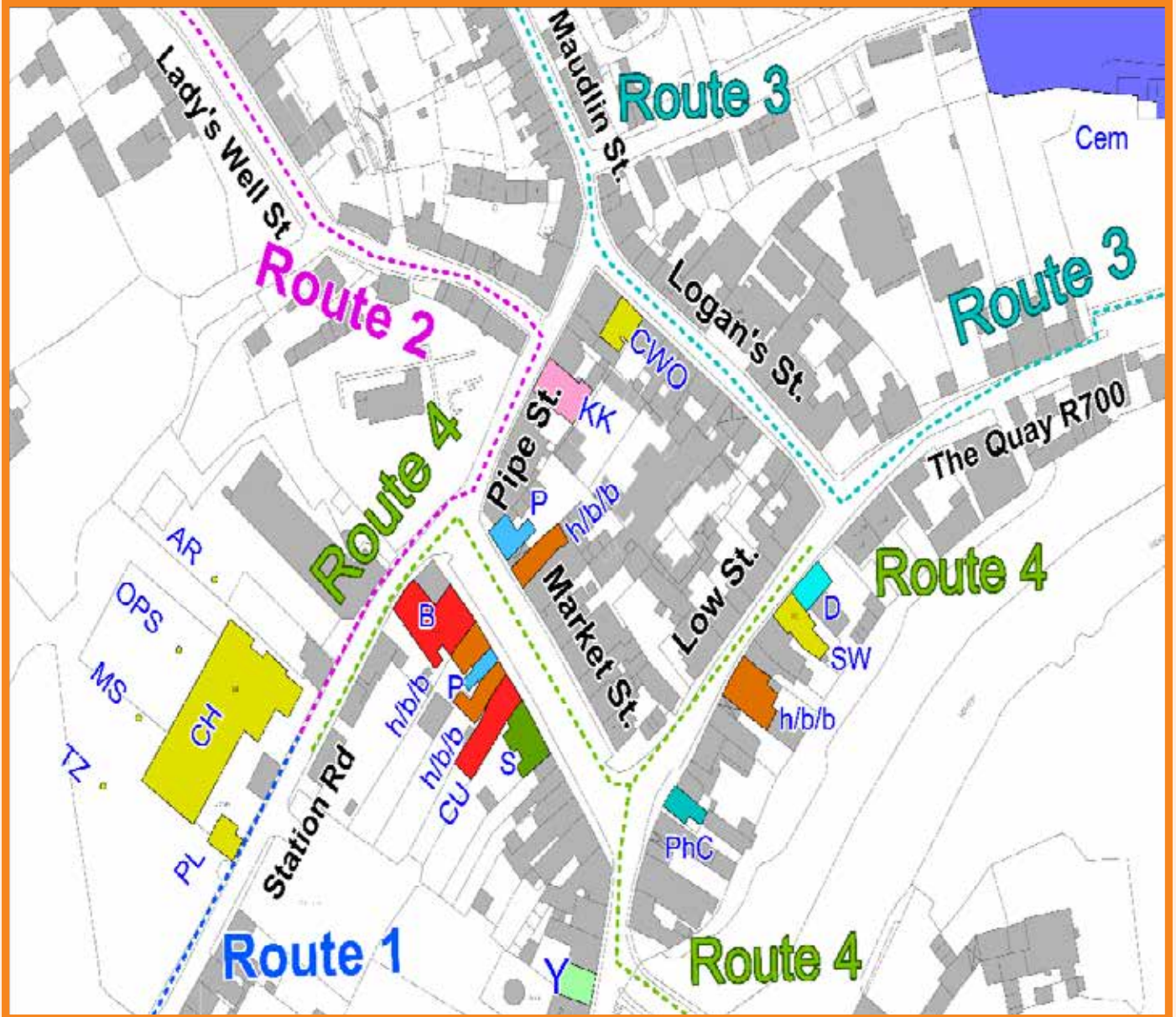
ROUTE 3



ROUTE 4



THOMASTOWN TOWN CENTRE

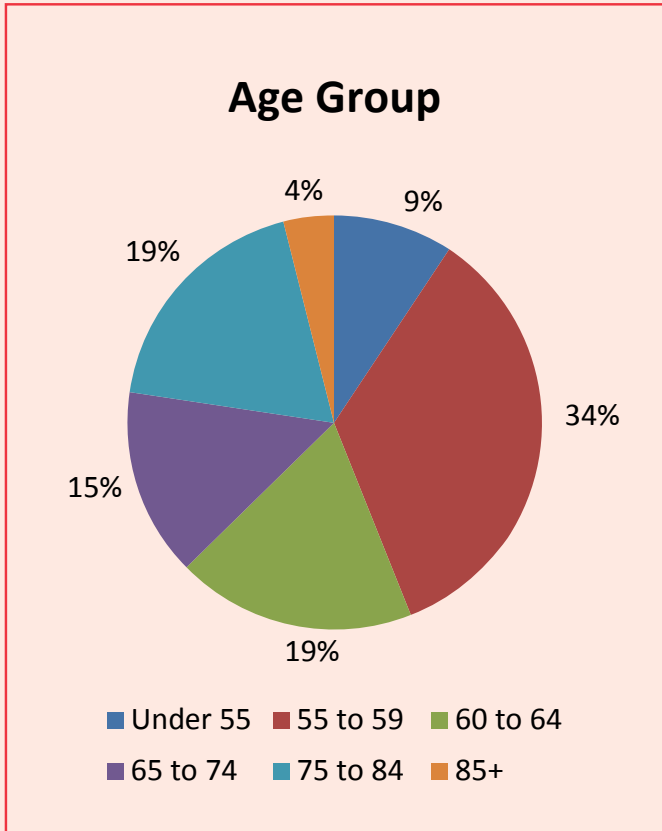
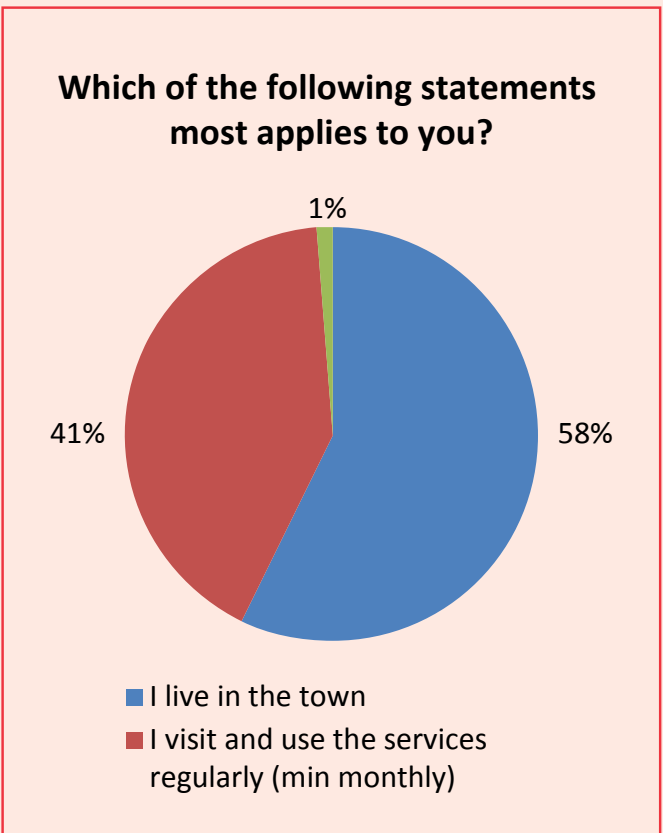
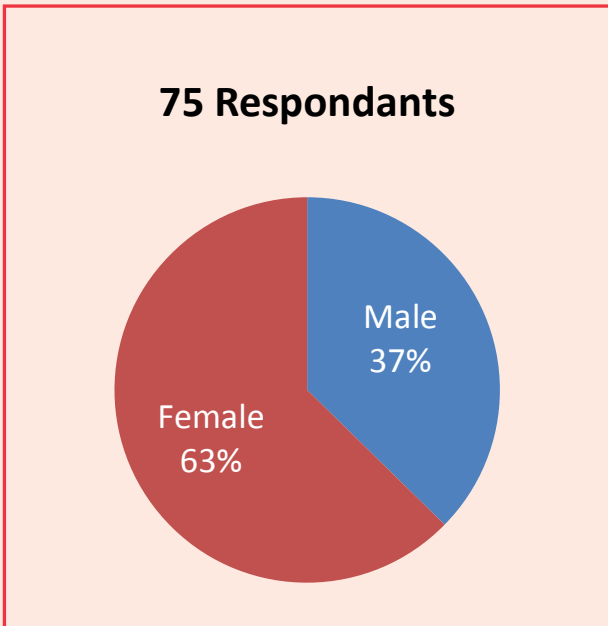


APPENDIX THREE

ON-STREET SURVEY REPORT

THOMASTOWN AGE FRIENDLY ON-STREET SURVEY

Of 75 respondents 28 were male and 47 were female. 43 respondents live in Thomastown, 32 do not live in Thomastown, but the vast majority of those (31) visit and use the services of the Town regularly.

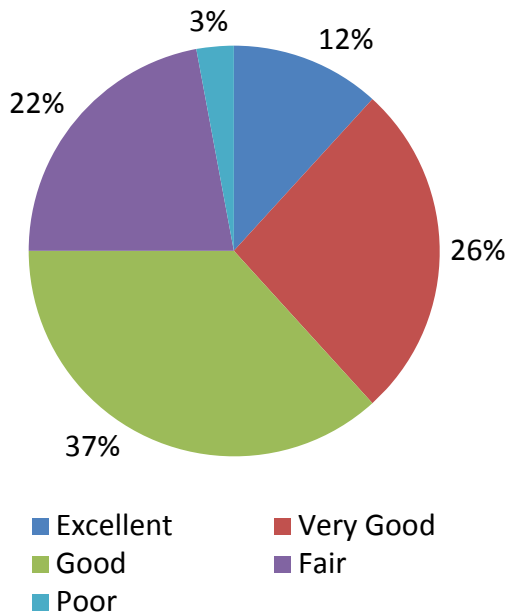


The following is a breakdown of the age groups of those surveyed:

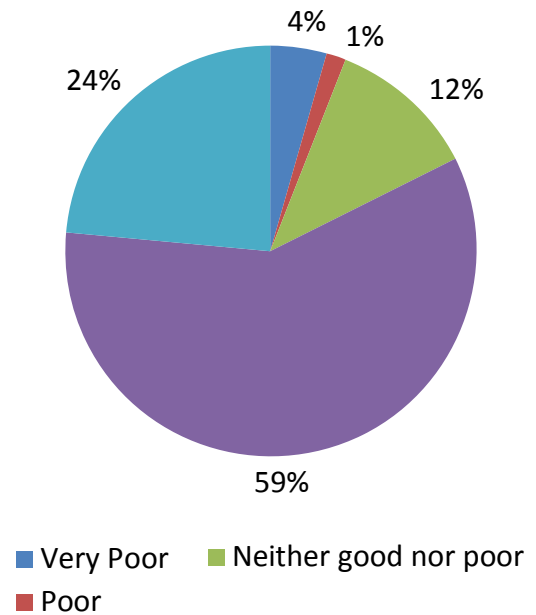
Age Group	Number
Under 55	7
55-59	26
60-64	14
65-74	11
75-84	14
85+	3

HEALTH AND QUALITY OF LIFE

How is your health in general?



How would you rate your quality of life?

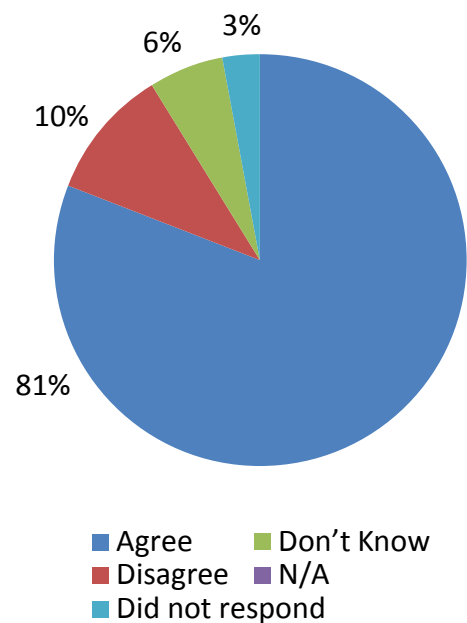


COMMUNITY SUPPORT AND HEALTH SERVICES

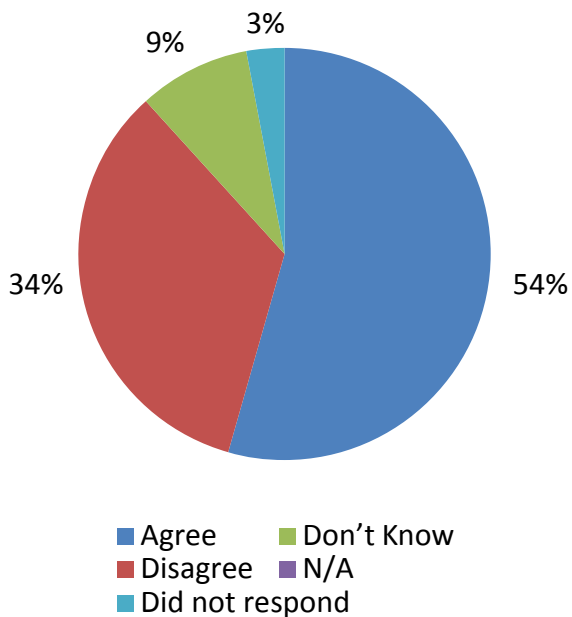
Comments made: While 81% of respondents agreed that they can access good quality GP services in the town a number of respondents stated that it could take up to a week to obtain a GP appointment.

Costs: Over 1/3 have a problem with the costs of health care.

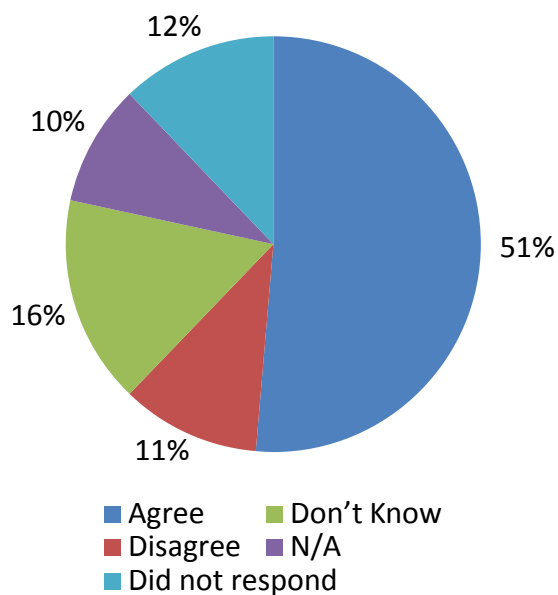
I am able to access good GP services.



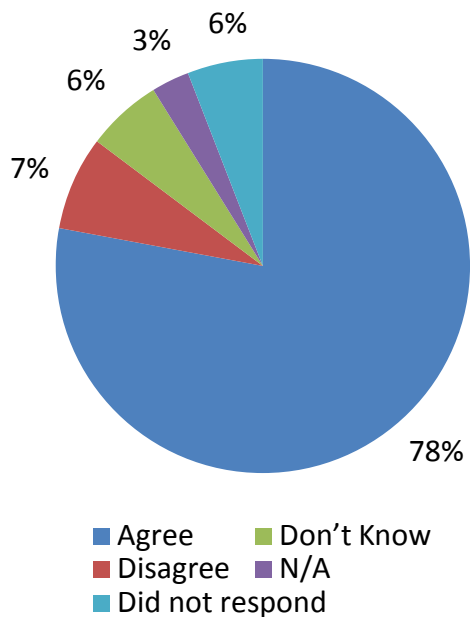
The cost of any health care I need is not a problem.



There are fitness and exercises classes that I could take part in if I wanted.



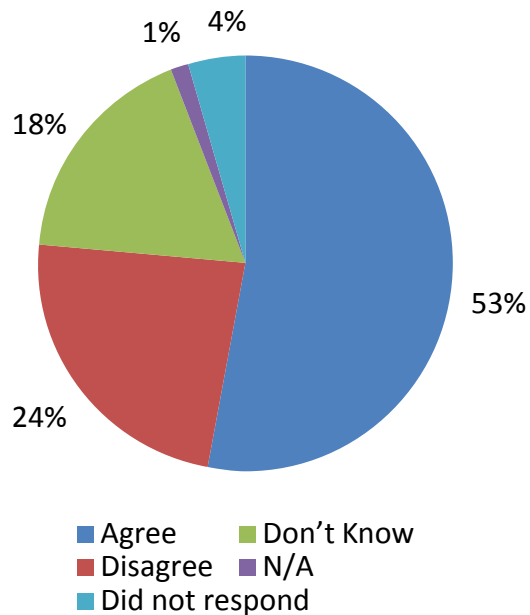
I find it easy to get enough exercise most days.



HOUSING

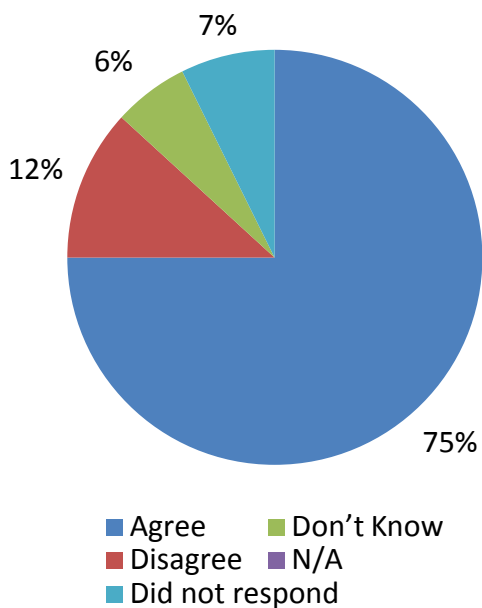
Comments Expressed: Strong feeling expressed to the effect that the supports will come from family rather than from HSE etc, where home support is limited and cannot be relied on.

I am confident I will get the supports I need to stay living in my house as I get older.

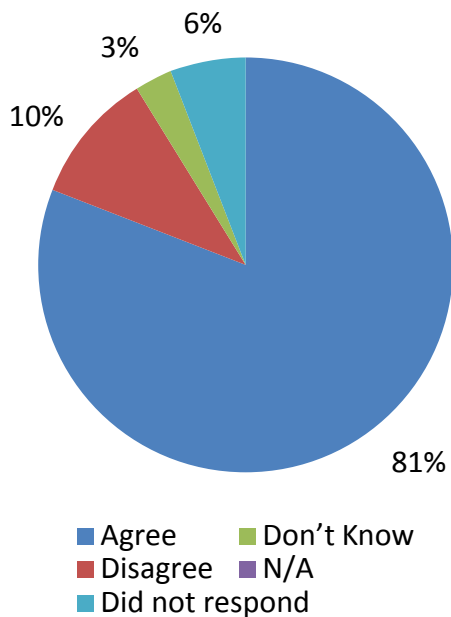


Comments: 3/4 agreed with this statement, but 1/8 did not agree.

My home could easily be adapted to my needs as I grow older.

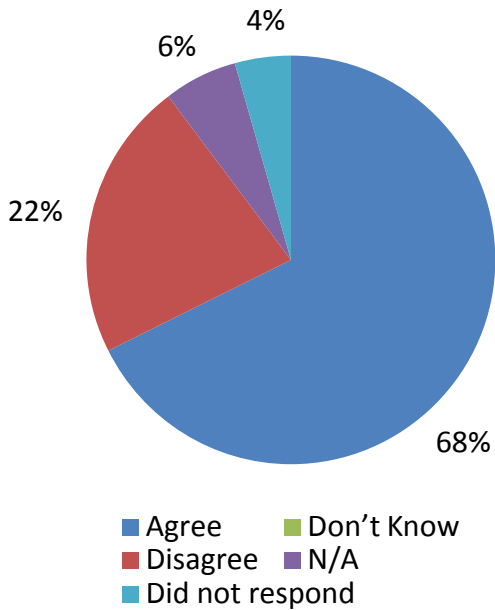


There is a good sense of community in the town.

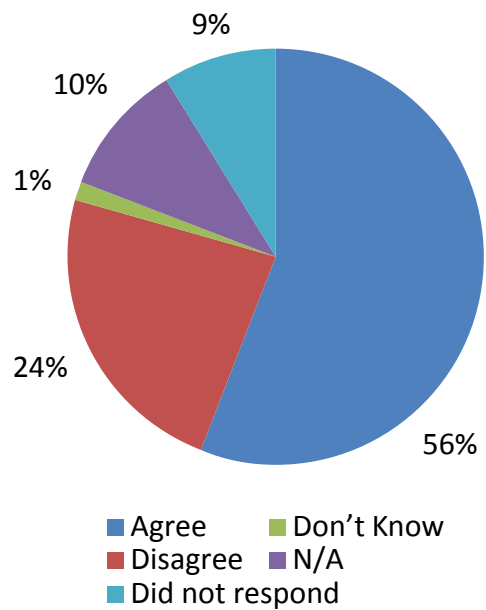


TRANSPORTATION

Transport wise, it is easy for me to get to town centre.

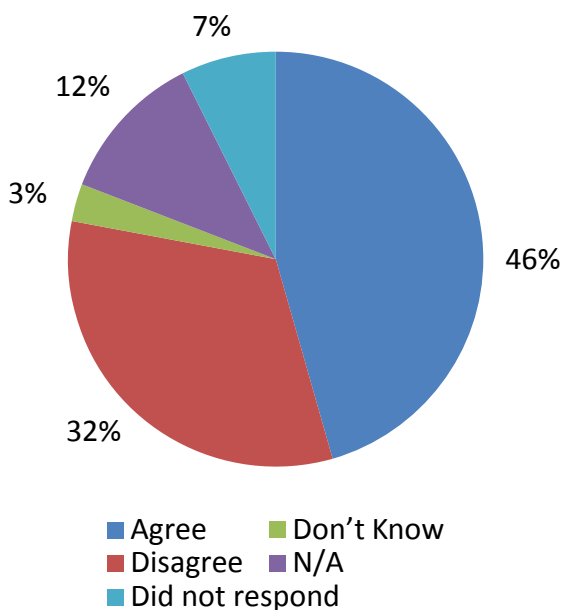


Public Transport gets me to where I want to go.



Comments Expressed: Poor Taxi Services and poor Ring-a Link were mentioned as obstacles.

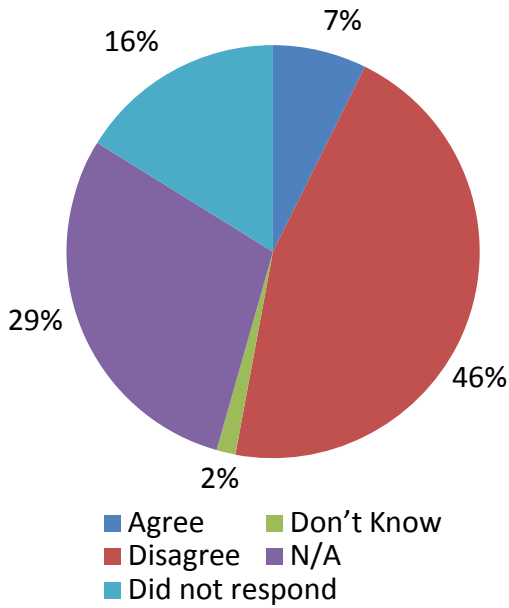
Its easy to find parking in the town centre.



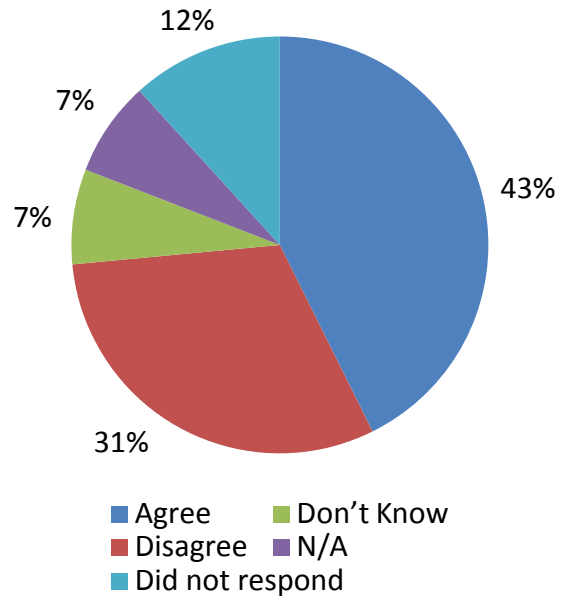
Comments Expressed: Car Parks being full all day (Marshes Street and Chapel Lane) and a shortage of short term parking were mentioned as issues.

Comment: There are not any parking charges in Thomastown and this is reflected in the responses. The price of parking is not therefore an issue.

The price I pay for parking can stop me coming into town.



I am happy with the standard of the bus stops in town.



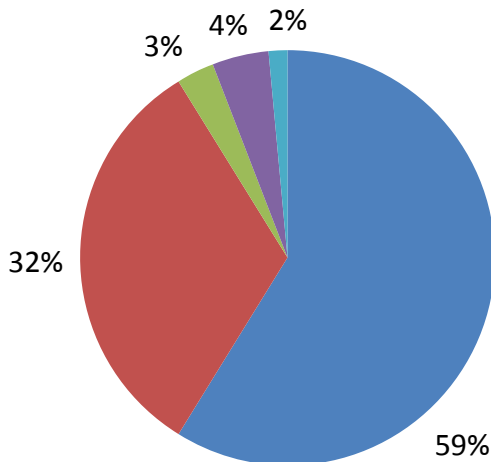
Comments Expressed:

Many respondents (including those who agreed with the question) expressed their view that the bus stop is in the wrong location, buses obstruct traffic, that there is not any bus shelter and this matter has to be addressed.

OUTDOOR SPACES AND BUILDINGS

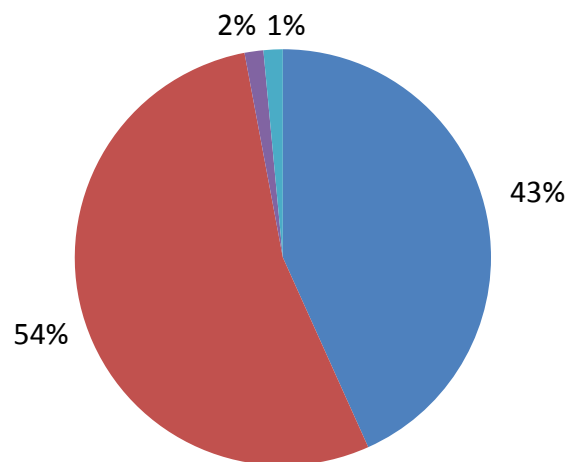
Comments Made: Not enough benches in the town.

I am happy with the number of public benches and rest areas in the town.



■ Agree ■ Don't Know
■ Disagree ■ N/A
■ Did not respond

The footpaths are well maintained in the town.

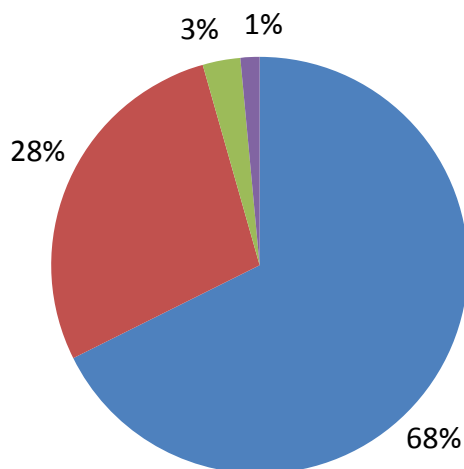


■ Agree ■ Don't Know
■ Disagree ■ N/A
■ Did not respond

Comment: Dog fouling (on footpaths) is disgraceful according to a number of respondents.

Other comments: Footpaths are dangerous. Footpaths are hazardous, friend fell on Logan Street.

Street Lighting is good in this town.

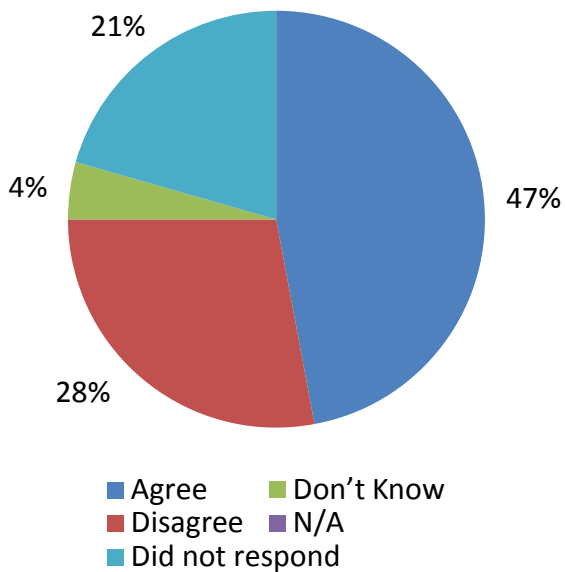


■ Agree ■ Don't Know
■ Disagree ■ N/A
■ Did not respond

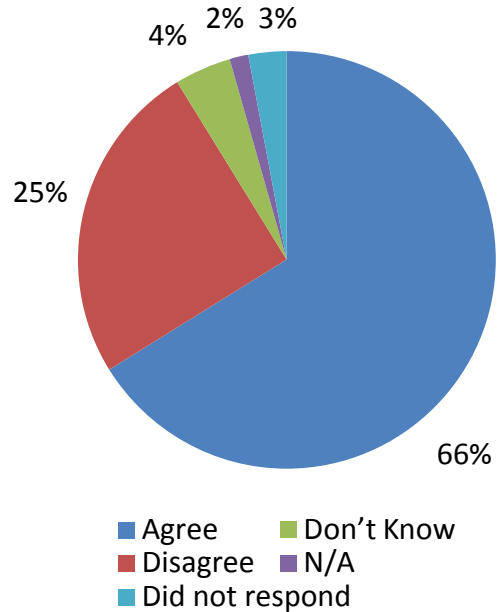
Comments Expressed:

Not good on Low Street, Logan Street or The Quay.

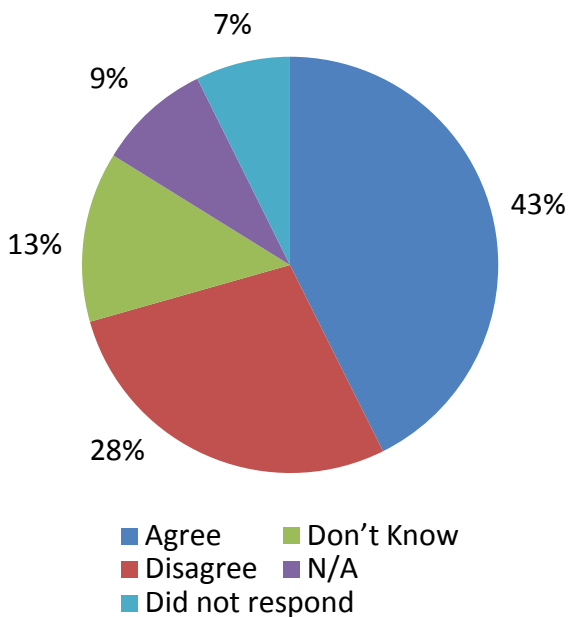
Car parking on footpaths can be a problem.



There are well maintained green spaces in the area.



I am happy with the public toilets in this town.

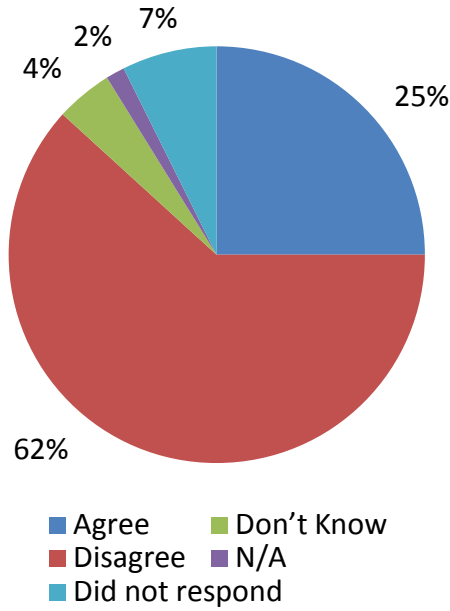


Comments Made:

Playground unsafe for children as big gate is always open - accident waiting to happen.

Comments Made: No public toilet in playground.

There are not any good places to go for walks in this town.

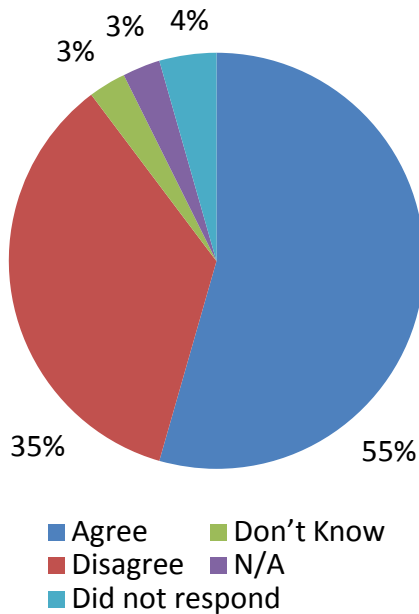


Comments Made:

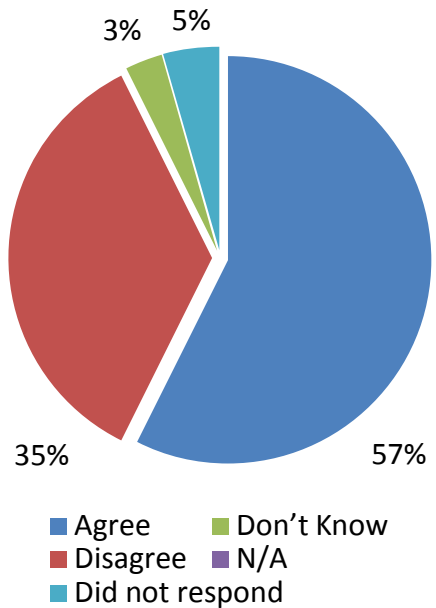
- Develop a walkway along the river.
- Pedestrian crossing on Logan Street is a hazard
- Speed signs on Rock Road too close to built up area.
- Fix the walk to the weir

SAFETY AND SECURITY - OUTDOOR SPACES AND BUILDINGS

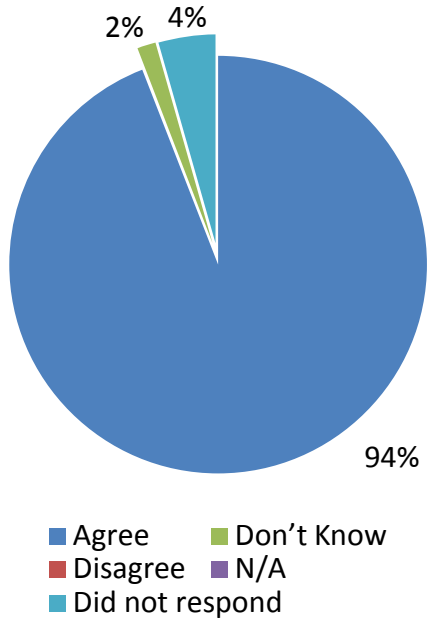
I would feel safe to go walking after dark.



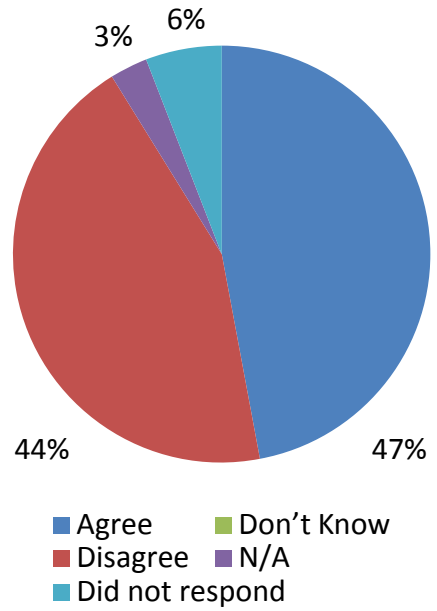
I am happy with the Garda presence in this area.



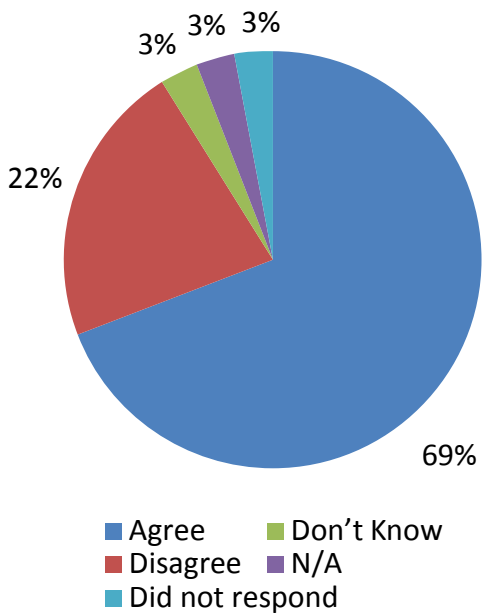
I know what to do to stay safe in my own home.



I worry a lot about being a victim of crime.



I feel safe alone in my home at night.

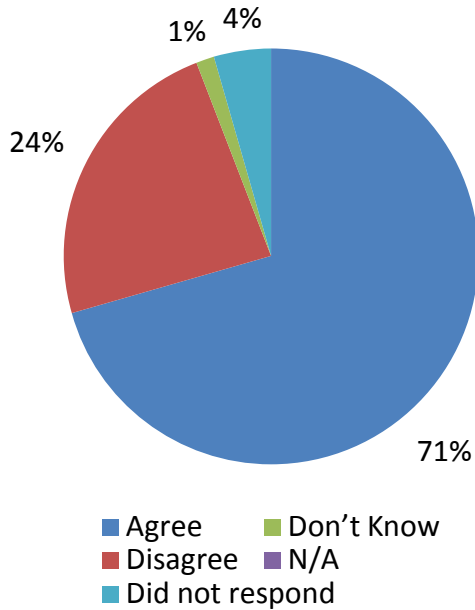


Comments made:

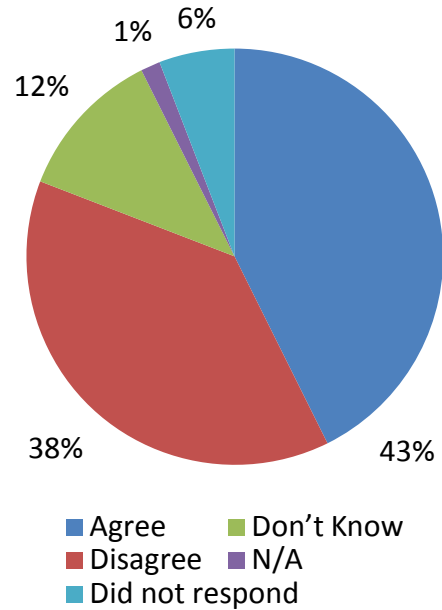
- Gardai should walk the beat more, be more visible at night, visit homes.
- Feel intimidated walking at night with drinkers/smokers on street.
- Unaware if there is a community garda presence.

COMMUNICATIONS AND INFORMATION

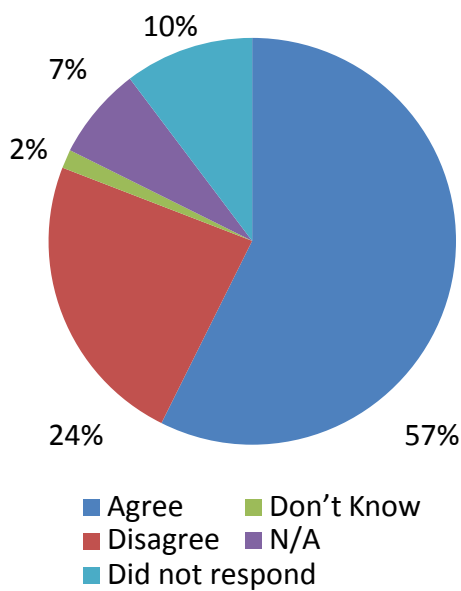
If I wanted to I could find out about local events that are happening.



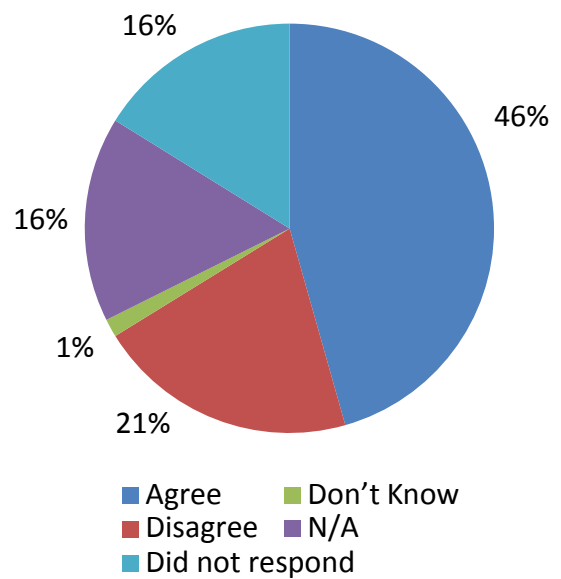
It is difficult to find out what services and entitlements I am eligible for.



I have used services, like the library or citizens advice office to find out information in the past year.



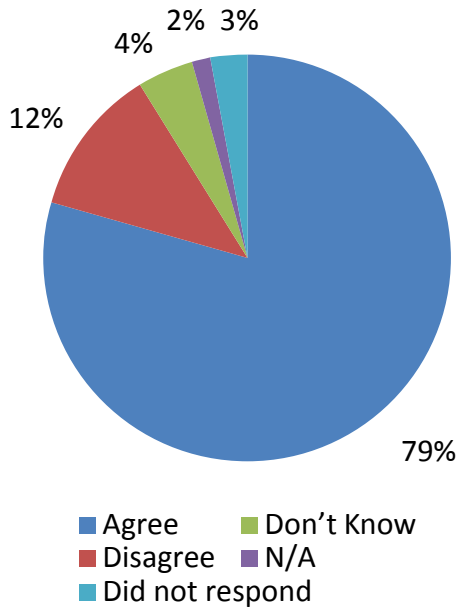
I use the internet to find out information.



Comments: The lack of internet access was highlighted by respondents and its need now with most things being done on line. The need for some form of Citizens advice and information was also highlighted.

RESPECT AND SOCIAL INCLUSION

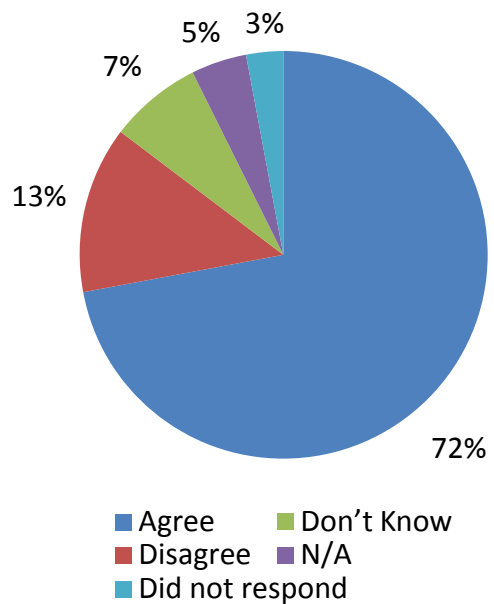
I think businesses in town make an effort to make older people feel welcome.



Comment Expressed: Businesses are indifferent to older people (2 comments). 1/8 do not agree that business are accommodating of older people.

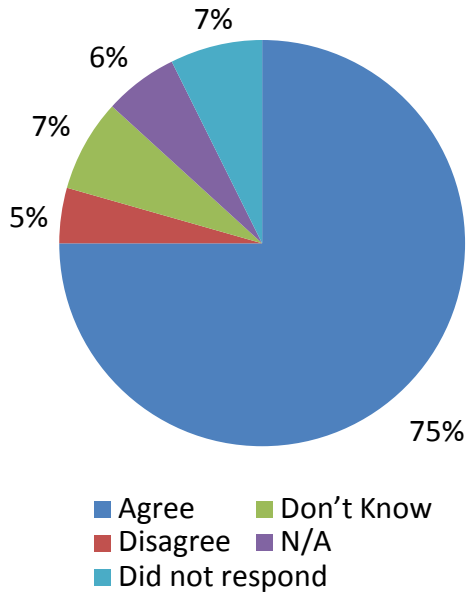
SOCIAL PARTICIPATION

Older people are given opportunities to contribute to the community.

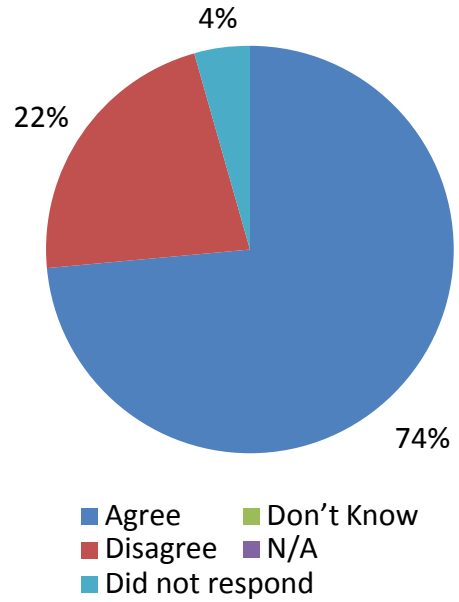


Comment Made: Age friendly, Senior Citizens, ICA and Thomastown Helpers are very helpful.

There are opportunities for me to volunteer if I wanted to.

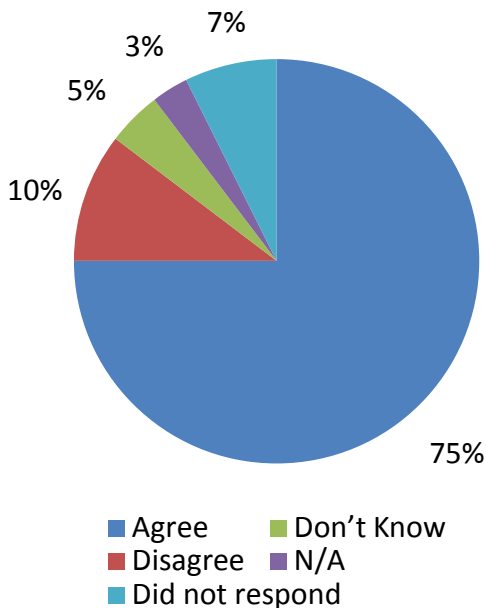


The town has most of the shops and services I need.

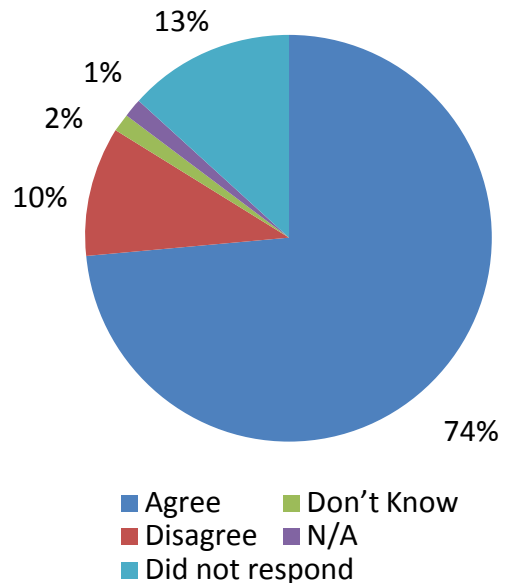


Comments Made: Post office outside town is difficult to access. Post box needed on Market Street.

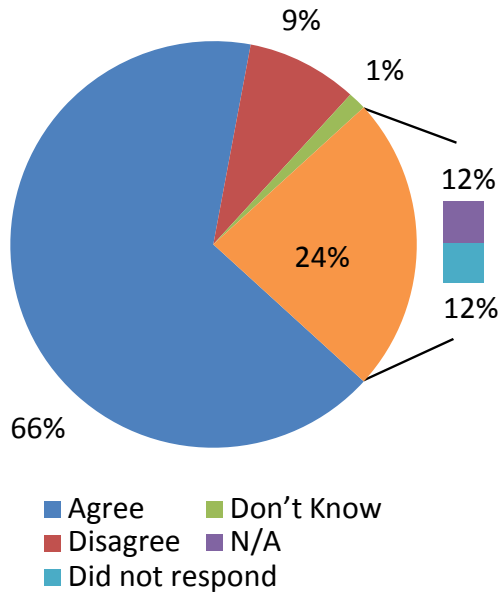
This area has enough clubs and societies to participate in.



There are plenty of opportunities to be able to mix with other people in this town.



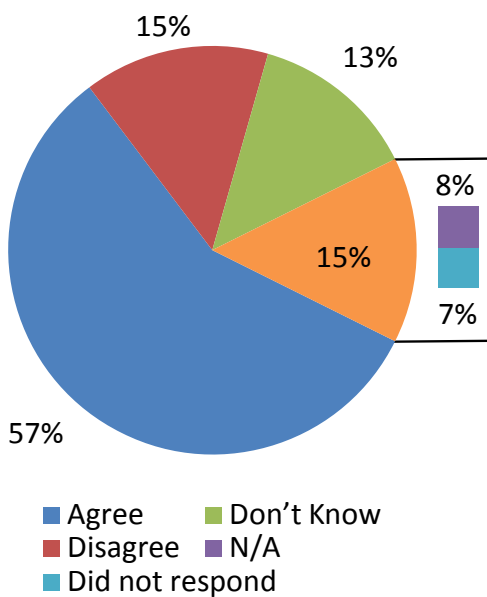
It would be of benefit to me if there was a drop-in centre for older people to socialise in.



Comments Made: Need decent cafe near graveyard, Older people cannot go to pub - prisoner in own home - fear of been attacked, A drop in centre for all ages is a brilliant idea - Thomastown Helpers are already providing this to many older people.

CIVIC PARTICIPATION AND EMPLOYMENT

If I wanted to continue learning, there are courses available to me.



Can you tell me what you think the town does best for older people?

In response to this question the respondents highlighted the following:

- Community Spirit,
- Senior Citizens Group-day trips/outings, holidays and dinner.
- Supervalu delivering my shopping,
- Bank and Post Office available,
- Shops open late,
- Men's Shed,
- Church,
- Community Centre
- Very Good Day Care Centre in local Hospital,
- Excellent Library
- Senior Citizens Shop is the social outing for the week,
- Safe areas to walk,
- Thomastown is a good place to visit,
- Meals at Christmas,
- Thomastown Helpers,
- Transport and Seats,
- Friendly Town
- Plays/Events at Community Centre
- Active Retirement Group
- Not involved in any facilities but am aware there's no shortage of support.

Could you now tell me what the town could do better for older people?

In response to this question respondents provided the following:

- Repair footpaths-very uneven,
- Provide benches,
- Make more doctors/nurses available in health centre,
- Improve safety at O Hara's T-Junction,
- Provide Post box in Market Street,
- Better access to train station,
- Home visitations
- More outings at a small fee,
- Better bus service,
- Better Age Friendly Parking
- More access to information,
- Better transport to travel,
- Make dog owners responsible for their dogs and cleaning up after their dog,
- A similar facility to the Men's Shed but for women,
- Better/more car parking spaces,
- Transport from rural areas such as Ring-a-Link
- Improved public lighting,
- Improved walking pathways,
- A meeting place once a week for a chat and a coffee,
- More seating on Dublin Rd
- Better parking in Market Street-lack of preventing me shopping
- Drop in Centre
- Wider footpaths,
- A disabled parking space in Logan Street,
- Benches on way to Railway Station,
- A grass bowling green at community centre
- Pedestrianise Market Street,
- Better shopping service to older people,
- A railed seating bay at the bridge
- Improve bus service to Kilkenny City
- Young volunteers to assist older people with on line business such as Motor Tax, bookings etc
- Bus Shelter and Bus stop
- Meals on Wheels
- Remove high step outside Doctors Surgery,
- More courses
- More social activities,
- More accessible evening events
- Easier shopping
- An indoor facility during wet weather
- A coffee shop near SUPERVALU/Lidl
- Safer playground (when with grandchildren)
- Pedestrian crossing at SUPERVALU,
- Marked walkway in SUPERVALU through car park.

APPENDIX IV

Kilkenny Age Friendly Alliance membership (31st December 2018)

Name	Organisation
Colette Byrne	<i>Chief Executive, Kilkenny County Council</i>
John Coonan	<i>Chairperson, Kilkenny Seniors Forum</i>
Murty Brennan	<i>PRO, Kilkenny Seniors Forum</i>
Dominic Hayes	<i>Chief Superintendent, An Garda Síochána</i>
Anthony Farrell	<i>Inspector, An Garda Síochána</i>
John Hurley	<i>CEO, Kilkenny Chamber of Commerce</i>
Moira Duggan	<i>Kilkenny Leader Partnership</i>
Stephanie Lynch	<i>Health Service Executive</i>
Tara Hunt	<i>HSE Manager of Older Person Services Carlow/Kilkenny</i>
Teresa Hennessy	<i>HSE Health Promotion</i>
Deirdre Dunne	<i>St.Lukes Hospital, Kilkenny</i>
Nicola Keeshan	<i>Kilkenny Recreation and Sports Partnership</i>
Margaret Whelan	<i>PPN Development Officer</i>
Siobhan O' Brien	<i>Kilkenny Carlow ETB</i>
Seamus Nugent	<i>Kilkenny Recreation and Sports Partnership</i>
Amy Granville	<i>Kilkenny County Council</i>
Josephine Coyne	<i>Kilkenny County Council</i>
Michael Delahunty	<i>Programme Coordinator, Kilkenny County Council</i>
SUPPORTED BY	
Teresa Mahon	<i>Kilkenny County Council</i>



Weir Pool Thomastown