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24th February 2025

National Updates

Storm Éowyn



We hope everyone is safe and well after storm Éowyn. Here is some useful information to keep in mind.

Aftermath of the storm:

Watch for flying debris. Tree branches and street signs may become loose during strong wind gusts. Be aware of the potential of loose slates from roof tops.

In the event of a downed power line:

- Call for help. Report downed lines. Do not try to free lines or to remove debris yourself.
- Avoid anything that may be touching downed lines, including vehicles or tree branches.

- If you see someone who has been shocked who may be in direct or indirect contact with a power line, do not try to touch them. Get medical attention as quickly as possible.
- If a line falls on your car, stay inside the vehicle. Take care not to touch any of the metal frame of your vehicle. Beep your horn, roll down the window and warn anyone who may approach of the danger. Call the Gardai. Do not exit the car until help arrives.

If you are driving:

- Avoid flooded roads, where possible use an alternative route. Be mindful of currents where a river has burst its bank. They may be strong enough to sweep your vehicle away.
- Surface Water – may be deeper than it appears. Beware of hidden objects, such as dislodged manhole covers, which may cause vehicle damage.
- Aqua-planing (grip is lost as tyres are unable to disperse water and steering feels light). - Keep the wheels straight, ease off accelerator and don't brake.

In the event of an emergency call **999 or 112** to request Fire, Ambulance, Gardaí or Irish Coastguard as is appropriate. Please do not assume others will handle this; take the initiative yourself to ensure action can be taken.

The electricity network is expected to be severely impacted; the public is advised to prepare for the arrival of the storm including ensuring their mobile phone is fully charged to enable communication. If you are impacted, **ESB Emergency Services can be contacted at 1800 372 999**. The public can monitor www.PowerCheck.ie with regard to power restoration times.

In terms of water outages and other related issues, Uisce Éireann customers can get in touch with them via their 24/7 customer care centre at **1800 278 278**.

For all weather updates and information from Met Éireann go to www.met.ie.



Welcome Dara 🙌🙌

Age Friendly Ireland would like to welcome Dara McGuigan to the Age Friendly Ireland Shared Service. Dara is our new West Regional Programme Manager and we wish him all the best in his new role.

Age Friendly Regional Team Meeting



This week our Regional Team met to set out our strategic priorities for this year. Lots of exciting work on the cards for 2025 😊😊

Be Grief Aware. Show Your Care.

**National Grief Awareness Week:
January 27 – February 2 2025**



The Irish Hospice Foundation two half-day online workshops we are running on 'Grief in the Family: A Holistic Approach to Supporting Families in Bereavement' on 27th February 2025 and

'Disenfranchised, Ambiguous & Anticipatory Grief' on 28th February 2025 which may be of interest to you.

[Find out more >](#)

The 50 Plus Show

The 50 Plus Show is Ireland's only dedicated national consumer event for older people. Launched in 1999 to coincide with the International Year Of Older Persons – the event is now run in Cork, Dublin, Galway and Limerick every year



2025 Calendar of Events

- RDS, Dublin 13th & 14th March
- Salthill Hotel, Galway 13th & 14th May
- Radisson Blu Hotel, Sligo 2nd and 3rd July
- Radisson Blu Hotel, Cork 26th & 27th Sept
- Greenhills Hotel, Limerick 12th & 13th Nov



Craft Workshops

What people said about our 2024 Events..

Thank you Senior Times for an amazing day of learning for all of us that are struggling to believe that we are getting older - Breda Campbell

Thank you for (and congratulations on) a great event in Cork - Jan, Goldcore

A really fantastic event at the Radisson Hotel Little Island. Specially loved the cookery demonstrations. Great stands with lots of useful information and very helpful people on hand to answer any query. - Norma

A very good show! Extremely busy both days - Peter Roberts, Select Hotels

I just wanted to say a big thank you for all your help and support at the 50 Plus show, the team that attended were really busy and enjoyed the event so much. - Sarah Cox, Revenue

The Cork 50 Plus Show was fantastic! - Jackie O'Brien, Diamond Coast Hotel

The Galway show was a tremendous success and we look forward to next year! - Susan Browne, Dept of Social Protection

A great event - James Hanley, Specsavers Galway

I had a great day at the Senior Times event in Salthill Hotel last Wednesday. Everything was so well organized and very informative, especially the cooking demonstrations!! - Tom Browne

I would like to thank you for the lovely day on the 22nd of May at Salthill Hotel. It was very interesting and enjoyed the workshops - Geraldine O'Leary

Dublin was a fantastic 2 days - Ciara Faherty, Westport Hotel Group

Attending the 50's Plus Show at the RDS in Dublin, organized by S&L Promotions, was an exceptional experience - Donal, Solarcraft

What a great event the 50 Plus show in the RDS was last Thursday and Friday! - Mary Gowing - HSE

We were very happy with the Dublin event, very professional and ran smoothly - Cara, Laser Medical

Just to drop you a note to say a big thank you for the Dublin show last week, it was a brilliant success and so well organised and attended, so well done - Joanne, Pamex



Crowds at the 50 Plus Show, RDS, Dublin



Crowds at the 50 Plus Show, Cork

Interested in reaching this market on a one to one basis? Get in touch!



Sports & Leisure Promotions Ltd., PO Box 13215, Rathmines, Dublin 6, Ireland. T: 087 231 2640 • E: john@slp.ie
www.seniortimes.ie

[Learn More >](#)

Local Updates

PALs (Physical Activity Leader) initiative in Co.Meath

Starting this February Age & Opportunity is running out their PALs initiative in Co.Meath in partnership with the Meath Local Sports Partnership.



Physical Activity Leaders (PALs)

Are you over 50 and interested in leading physical activity in your group/community?

The PALs initiative is designed to get more older people more active, more often. Physical Activity Leaders (known as PALs) are trained to lead members of their own groups or communities in short exercise routines, simple dances, fun games, and recreational sports.

- PALs is an initiative carried out through a series of 6 workshops.
- Each workshop runs one day a week, from 10am to 3pm across six weeks.
- All workshops are social, interactive, and fun and you gain all the skills and confidence it takes to become a physical activity leader in your group.

Take part in PALs with us:

Dates- 12th 19th 26th of February and the 5th 12th and 19th of March 2025. (All Wednesdays).

Location – Simonstown Gaels GAA Centre, Proudstown Rd, Batterstown, Navan, Co.Meath

Contact: Register with Paula Cunningham
pcunningham@meathcoco.ie **Booking is essential.**



[Learn More >](#)

The Health Fair has been rescheduled to next Friday 31st January at 12pm in Adamstown Youth and Community Centre, Station Road,

Adamstown, Lucan.

HEALTH FAIR

FRIDAY JANUARY 31, 2025

**AT
ADAMSTOWN
YOUTH &
COMMUNITY
CENTER**

**OVER 35 SERVICES
ATTENDING INCL:**
 IHF HEALTH CHECKS
 CHILD HEALTH
 IRISH CANCER
 SOCIETY
 JIGSAW
 HEALTHY IRELAND
 PIETA
 MY MIND
 ACTIVE SOUTH
 DUBLIN
 BEREAVEMENT
 SUPPORTS
 MARIE KEATING
 FOUNDATION

**TIME
12PM-3PM**

MORE INFO:
 087 662 7996
 marsha.williams@hse.ie

Healthy Ireland Fair - North Clondalkin Library

On Thursday 30th January, from 9.30am to 8pm, Healthy Ireland and Sláintecare Healthy Communities have partnered with North Clondalkin

Library for a Health Fair.

There will be loads happening on the day, along with information on housing and energy use in the home.

Our South Dublin Healthy Age Friendly Homes Coordinator, Mary Gillan will be there in the afternoon to tell you all about the Healthy Age Friendly Homes programme and answer any questions you might have about the programme.



Healthy Ireland Fair - Tallaght Library

Tallaght Library are hosting their first Healthy Ireland Fair on Wednesday 29th January. This event is happening ALL DAY, there will be taster Yoga & Tai Chi sessions, mobile health units, information talks such as 'Energy Use in the Home' and First Aid and lots more.

HEALTHY IRELAND FAIR



Tallaght Library

29TH JANUARY









Healthy
South Dublin



International Updates





“SUPPORTING HEALTHY AGEING THROUGH SOCIAL PRESCRIBING”





FRIDAY, 24 JANUARY 2025



7:00 A.M. EDT



IFA Global Café | In Conversation with Ms. Sonia Hsiung

IFA Global Café | In Conversation with Ms. Sonia Hsiung on “Supporting Healthy Ageing Through Social Prescribing.”

24th January 2024, 07:00 A.M. EST (US and Canada)

[Find out more >](#)

If you would like a PDF version of the newsletter, please click [HERE](#)

- This Newsletter is prepared and circulated by Age Friendly Ireland
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- If you wish to provide information that may be included in the Newsletter please email it to: agefriendlyireland@meathcoco.ie no later than midday on the Thursday. Age Friendly Ireland retains full editorial responsibility for content of the Newsletter.

Age Friendly Ireland Shared Service, Meath County Council



Age Friendly Ireland Shared Service Office

Telephone: 046 9032170

Email: agefriendlyireland@meathcoco.ie

Healthy Age Friendly Homes Programme (Referrals)

Telephone: 046 9248899

Email: healthyagefriendlyhomes@meathcoco.ie

HSE Advice Line: Call save 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm

Saturday and Sunday



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