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31st January 2025

National Updates

New Minister for Older People & Housing



Congratulations to Minister Kieran O'Donnell who has been appointed Minister for Older People & Housing. We wish him all the best in his new role and we look forward to working with him.



We would like to introduce you to Mary 😊😊

Age Friendly Ireland would like to introduce you to Mary Fitzsimons, our new East Regional Programme Manager. Mary has been in the role now for a couple of weeks and she has certainly hit the ground running. We would like to wish her all the best in her new role.

Take a look back at ‘Brigid’ film launched 1st February 2023



‘Brigid’ film by older people from Cavan, Donegal, Leitrim, Mayo, Monaghan & Sligo with artist Marie Brett launched 1st February 2023

A new film created by older people from Cavan, Donegal, Leitrim, Mayo, Monaghan and Sligo, with artist Marie Brett, launched February 1st, 2023. ‘Brigid, Our Spirit Stirring’ captures the creative outputs of an Age & Opportunity art project carried out in these six counties in partnership with Age Friendly Ireland and funded by the Creative Ireland Programme.

[Learn More >](#)



Age Friendly Ireland Projects shortlisted for the LAMA Awards

We are delighted that two of Age Friendly Ireland and Meath County Council projects have been shortlisted for the Local Authority Members Association (LAMA) Awards, under the category ‘National Impact Award’.

[Find out more >](#)

Community Led Housing Webinar Series

Join our webinar series on community-led housing!

WEBINAR
 An Ghníomhaireacht Tithíochta
 The Housing Agency

COMMUNITY-LED HOUSING WEBINAR SERIES

<p>1 INTRODUCING COMMUNITY-LED HOUSING 12th February 12 - 1pm</p> <p>SPEAKERS:</p> <ul style="list-style-type: none"> • Dr Sara Brysch - Co-author of Together: Towards Collaborative Living • Tom O'Donnell - Self Organised Architecture 	<p>2 COMMUNITY-LED HOUSING AS AFFORDABLE HOUSING 25th February 12 - 1pm</p> <p>SPEAKERS:</p> <ul style="list-style-type: none"> • Eduard Cabré Romans - Barcelona Municipal Institute for Housing and Renovation • Ailbhe Cunningham - Cork Community Land Trust • Eve Olney - Cork Community Land Trust
<p>3 COMMUNITY-LED HOUSING FOR AGE FRIENDLY LIVING 11th March 12 - 1pm</p> <p>SPEAKERS:</p> <ul style="list-style-type: none"> • Maria Brenton - UK Cohousing Network • Anne Connolly - Cohousing Communities Ireland 	<p>4 STATE SUPPORT FOR COMMUNITY-LED HOUSING 26th March 11.30 - 1pm</p> <p>SPEAKERS:</p> <ul style="list-style-type: none"> • Elke Seipp - Hamburg Baugemeinschaften Agency • Éadaoin Ní Chléirigh - Irish Council for Social Housing • TBC

Community-led housing encompasses a wide range of approaches to housing, but they all share a common goal – to meet a local housing need via collaboration, empowerment and mutual support. Our webinar series aims to raise awareness of community-led housing as a new form of affordable housing in Ireland, to showcase examples of it in other countries and reflect on the future of community-led housing in Ireland.

[Find out more >](#)

National Advocacy Service for People with Disabilities (NAS) & the Patient Advocacy Service Casebook Launch



The Casebook has grown and developed in the last three years, giving voice to the lived experiences of those supported by NAS and the Patient Advocacy Service. This year's Casebook includes 17 case examples from NAS and 9 from the Patient Advocacy Service. The publication details the complex case work carried out by Advocates in both services in 2024, highlighting the vital role independent, professional advocacy can play in supporting people to have their human rights protected and promoted.

[Learn More >](#)



Advance Planning with the Decision Support Service – Start your Enduring Power of Attorney (EPA) Journey

Click below for information on the following upcoming events:

* Public Information Evening

- * One-to-one EPA Helpdesk
- * EPA Step-by-Step Videos

[Find out more >](#)



Let's Talk Dementia Webinar

On Wednesday, January 22nd the Let's Talk Dementia Webinar took place with over 750 participants.

The webinar was organised by HSE Healthy Ireland Office and the HSE National Dementia Services.

If you would like to revisit the content, or were unable to join, the recorded webinar is now available and you can access the full recording here.

During this webinar, there was information on the signs and symptoms of various types of dementia and the importance of understanding these, supports and services that are available, the Dementia Model of Care in the HSE, the impact and importance of social inclusion on people living with dementia, and the experiences and stories of people affected by dementia.

Sarah McCormack, Healthy Ireland Lead, was the wonderful MC of the event, Paul Maloney, National Dementia Services Programme Manager conducted the Q&A and speakers were

- Dr Sean O'Dowd, Consultant Neurologist, Tallaght University Hospital; and Clinical Lead, National Dementia Services
- Ken Gearney, co-founder of Lewybody Ireland
- Matthew Gibb, Director of Dementia Services Information and Development Centre
- Majella O'Donnell, Clinical Nurse Specialist, Sligo/Leitrim Memory Assessment & Support Service

- Emma O'Brien, Senior Occupational Therapist, Memory Technology Resource Room

[Full Recording Here >](#)

Cohousing Creates Community



Last week the AARP, formerly the American Association of Retired Persons, featured a key insight video from their webinar exploring cohousing and present global insights and innovations, that can help expand the reach of cohousing to all people of all ages.

Click below to view the video.

[View Video Here >](#)

Advice from the HSE this Bank Holiday Weekend

If you or your family feel unwell, consider all healthcare options so you can get the right care, from the right place this Bank Holiday weekend.

 Get the right care, from the right place.		
	Self care	<p>Colds or sore throats</p> <p>Take care of minor ailments at home with a first aid kit and a well-stocked medicine cabinet</p>
	Pharmacy	<p>Headaches, tummy aches or coughs</p> <p>Ask your local pharmacist for advice on common minor illnesses</p>
	GP Surgery	<p>Feeling ill, back pains or ear aches</p> <p>Make an appointment with your GP if you're feeling unwell and it is not an emergency</p>
	Injury Unit	<p>Broken bones, sprains or burns</p> <p>Get treatment for injuries like broken bones, dislocations and minor burns</p>
	Out of hours GP	<p>GP Service outside normal clinic hours</p> <p>If you urgently need to see a GP outside of normal hours, contact your local GP out of hours service</p>
	ED or 999/112	<p>Choking, chest pains or breathing problems</p> <p>Visit an ED or call 999 or 112 if someone is seriously ill or injured and their life is at risk</p>

Participate in the Maynooth University Study: Old and Alone: Analysing Ireland's growing 'elder orphan' population.



Researchers at Maynooth University's Department of Geography are seeking to explore older adults' experiences of aging alone in Ireland and seeks to understand the importance of health and wellness in older age.

[Find out more >](#)

Local Updates



Age Friendly Events at Bunclody Library

Bunclody Library Adult Book Club: Thur 6th Feb, 7.30 to 8.15pm

Join us to discuss Elif Shafak's 'The Architect's Apprentice'. New members are always welcome. Just pop in!

Breathwork & Sound Workshop with Bernadette of Sundara Self Care: Thur 13th Feb, 7-8.30pm

In this class Bernadette will prepare and guide you through & back out of a complete Breathwork Session. Breathwork will induce calmness into your body & mind. Learning to breathe properly will completely change your life & help to keep you illness free. Suitable for over 18s only. Please bring a pillow and blanket to the event.

Laois Live Well Health and Wellbeing Expo

The Live Well Health and Wellbeing Expo returns for a third year to Portlaoise College. Last year saw around 2000 attendees visit our 100 + exhibitor stands, listen to the talks, attend the demos with LOETB and Google or have their health screened by a HSE team. This year will see the return of our popular exhibitors and some exciting new ones.

More information to follow as the event is developed. See our facebook page <https://www.facebook.com/LaoisCountyCouncil> and our event webpage for updates. If you have any enquiries, email us or call us at the details on the poster below.

SAVE THE DATE



Live Well Health and Wellbeing Expo

Wed. 23rd April, 11am-6pm

Venue:

Portlaoise college , Mountrath Road ,
Portlaoise R32 N795

For Registration and more details contact us at
LiveWell@laoiscoco.ie
086 0363426 (Tom) or 086 0665215 (Emma)

Free Admission . Refreshments Served



Comhairle Chontae
Laoise | Laois
County Council



Age Friendly AI Workshop



Age Friendly Louth were delighted to hold their first Age Friendly event of 2025.

The event took place in the Gallery Meeting Room, Louth County Council Civic Offices, Fair St, Drogheda. The event was an opportunity for older people in the area to have a gentle introduction to the topic of AI (Artificial Intelligence).

The introduction to AI for beginners included, what AI is, outlined how we are already interfacing with AI in our everyday lives, through our smartphones and through social media. The introduction also outlined some of the benefits associated with AI and discussed some of the challenges around AI.

[Learn More >](#)

Meath Alzheimer Cafe



WELCOME

Meath Alzheimer Café

JOIN US → **Wednesday 5th February**
from 7pm to 9pm
 in the Pastoral Centre, Dunshaughlin




Guest Speaker: Barbara Scally,
Librarian, Dunshaughlin Library

Topic: "Meath Library Service
– A Space for All"

📍 **For more information contact John at**
Meath Alzheimer Café on 087 188 8178

📞

The cafe provides a warm welcoming place for people to meet others also living with dementia/cognitive impairment, their carers, and health & social care professionals.

For more info:  www.alzheimer.ie  **THE ALZHEIMER SOCIETY OF IRELAND** 

The Alzheimer Society of Ireland, National Office,
 Temple Road, Blackrock, Co. Dublin Charity Number: CHY7868



Round Up of Age Friendly News Highlights

Click below to see some of the highlights from Age Friendly Programmes throughout the country.

[Find out more >](#)

Healthy Eating as We Age

South Dublin County Partnership are running a cooking classes for 55+ years.



HEALTHY EATING AS WE AGE

55+ YEARS

The 4-week programme will include preparing and cooking healthy meals while discussing the additional needs that arise as we age, helping to prevent health implications and age-related illnesses, and how to meal plan and prep on a budget.

FOR MORE INFORMATION OR TO SIGN UP TO A FREE PROGRAMME PLEASE CONTACT SINEAD AT SINEAD.HUGHES@SDCPARTNERSHIP.IE OR 086-049 0866.


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 South Dublin County Partnership
 Páirtíocht Chontae Átha Cliath Theas


 Santecare Healthy Communities

International Updates



if Global Café
in conversation with experts

“EQUITABLE PLACES FOR OLDER PERSONS TO LIVE: RECENT ADVANCES IN EVIDENCE-BASED ARCHITECTURE”

Dr. Stephen Verderber
ACIA Distinguished Professor
 Director/Center for Design + Health Innovation
 John W. Dinsdale Faculty of Architecture, Landscape and Design, Adjunct Professor/Dalla Lana School of Public Health, University of Toronto

FRIDAY, 31 JANUARY 2025 **7:00 A.M. EDT**

ifaconfngo
Be part of something greater

Decade healthy ageing

IFA Global Café | In Conversation with Dr. Stephen Verderber

IFA Global Café | In Conversation with Dr. Stephen Verderber on “Equitable places for older persons to live: Recent advances in evidence-based architecture.”

31 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
- The Newsletter is published weekly, every Friday
- 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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