

To view this email in your browser, please [click here](#).



**7th February 2025**

## National Updates



### **Monaghan Hospital Awarded “Age Friendly” Status by Age Friendly Ireland**

Today, Friday 7th February 2025, Monaghan Hospital has been awarded “Age Friendly” status by Age Friendly Ireland – the national organisation delivering the government vision of an Age Friendly Ireland – recognising the hospital’s commitment to improving accessibility, comfort, and inclusivity, particularly for older adults and people with disabilities.

[Find out more >](#)

---

## Winners of Cork County Age Friendly Housing Competition Announced



Mayor of the County of Cork, Cllr. Joe Carroll has announced the winners of the 2024 Age Friendly Housing Design Competition, a collaboration between Cork County Council’s Architects Department, Planning Department and Cork County Age Friendly Programme, in conjunction with Cork Centre for Architectural Education (UCC and MTU).

[Find out more >](#)



---

## Dementia: Understand Together Updates

The Dementia Inclusive Community has lots happening this February. Click below to see whats happening near you.

[Find out more >](#)

---

## ‘Understanding Age-Related Variations in Nostalgia: Emotional Valence, Mood, and Their Well-Being Implications.’

# Call for Participants!

**Understanding Age-Related Variations in Nostalgia: Emotional Valence, Mood, and Their Implication for Psychological Well-Being**

**We're seeking anyone over 18 years to complete a 10 minute anonymous survey on Nostalgia, Mood and Wellbeing.**

**Help us investigate how age influences the level of pleasantness associated with nostalgia and its effects on mood.**



**Scan here to participate**

**School of Psychology  
BPY Final Year Project**

For more information please contact the student researcher [ellen.browne34@mail.dcu.ie](mailto:ellen.browne34@mail.dcu.ie) or the academic supervisor [liz.mcloughlin@dcu.ie](mailto:liz.mcloughlin@dcu.ie)  
DCUPEC\_2025\_424



[Click Here for Survey Link >](#)

## Local Updates

### Valentines Vibes at Age Friendly Raheny



On Thursday 6th of February, Raheny Age Friendly had their February coffee morning and there was plenty of love in the air with the Rose Garden Singers providing music and song.

It was a busy morning, with 78 people inside the Raheny GAA hall enjoying some fantastic singing and music. The attendees were not only singing along, the more adventurous ones were happy to belt out a tune or two themselves!



### Bunclody Library, Wexford, Age Friendly Events



**Breathwork & Sound Workshop with Bernadette from Sundara Self Care –  
Thurs 13th Feb at 7.00pm**



Join Bernadette for an evening of Breathwork and Sound. In this class Bernadette will prepare you, guide you through and back out of a complete Breathwork session.

Breathwork will induce calmness into your body and mind. Learning to breathe properly will completely change your life and help to keep you illness free.

Suitable for over 18s only. Please bring a pillow and blanket to the event. Places limited, booking essential. Book online at [wexfordcoco.libcal.com](http://wexfordcoco.libcal.com) or telephone 053 9375466.

---

**Mount Lucas Training Rig Site Visits 2025 - Galway City Feb 2025**

**AFI are delighted to support the Mount Lucas Retrofitting Rig visit to Galway City**

**The Rig will be parked at St Joseph's Community Centre, Shantalla, Galway**

**Monday 17<sup>th</sup> to Friday the 21<sup>st</sup> February 2025**




**Older people are invited to visit the Rig during a dedicated Drop-in Clinic on:**

**Monday the 17<sup>th</sup> February from 2pm to 4pm**

- Learn more about energy saving
- The benefits of retrofitting
- See firsthand a heat pump in action
- Discuss different types of solar panels & insulation options

**Tutors will also be on hand to discuss what grants and supports are available for such projects.**

**Please contact Evan Carney on 087 189 5879 or email: [evan.carney@galwaycity.ie](mailto:evan.carney@galwaycity.ie) if you would like to attend.**

### Ordinary People - Exploring Ageism Film



Well done to the Louth County Council Age Friendly programme, An Táin Arts Centre & Creative Ireland on the creation of this beautiful video 🙌❤️🙌.

A short film that depicts a group of extraordinary people introducing themselves and making a personal statement in relation to ageism and ageing.

This is the first initiative that the Louth Age Friendly Programme has delivered as part of an ongoing suite of ageism awareness initiatives.

[Click Here to View the Video ›](#)

---



Introducing the CommUnity Connect 2025 Calendar for Louth, a new initiative designed to keep our communities informed and connected throughout the year.

This calendar will serve as a central resource for sharing details of upcoming events, training sessions, and funding opportunities across Louth. While it already includes key national events, we will continue to update it with local planned activities as they arise.

The CommUnity Connect 2025 Calendar has been made possible through the support of Age Friendly Louth, Louth PPN, and Healthy Louth, and will be maintained by the Community Team to ensure it remains a valuable and up-to-date resource.

We encourage you to check the calendar regularly to stay up to date on upcoming opportunities.



<https://www.louthcoco.ie/en/services/community/programmes/healthy-louth/community-connect-2025-calendar-for-louth/>

---

## **Launch of Crowdfunding Round Spring 2025**



**Got an idea to make your community better?**

Join us at one of our next Crowdfund Dublin City workshops to find out more - 25th and 27th of February.



€300,000 fund for projects in Dublin

Up to €5,000 available for your project

85% of projects hit their fundraising target

**spacehive**



Dublin City Council are working with community fundraising platform Spacehive, and have launched an exciting opportunity for local residents to fundraise and deliver projects that matter to them called Crowdfund Dublin City.

**Funding:** Dublin City Council has a fund of €300,000 and is looking to invest in projects that will enhance green spaces, create colourful, vibrant and inclusive public spaces, or support sustainable communities and environmental initiatives.

Through the fund, community groups, social enterprises, local charities and individuals with community support could potentially receive a pledge of up to 50% of their crowdfunding target, capped at €5,000. This contribution from Dublin City Council is pledged directly into your crowdfunding campaign alongside contributions from the community.

**Current funding round:** open with a deadline of 30th April to have your project fully costed, any relevant permissions in place and your project page created on Spacehive. You must also have pitched to the Crowdfund Dublin City fund by this date.

**Register for one of our upcoming workshops to find out more.**

1. Online - Tuesday 25th February 3-4pm
2. In-person – Thursday 27th February 6.30-7.30pm

For a full overview of the process and the criteria of the funding, visit

<https://www.spacehive.com/movement/dublincity/about>



# Active Ageing Festival, Co.Kerry



# Active Ageing FESTIVAL 2025 Foilmore



Friday, 28th February  
 10:30 am - 2:00 pm  
 Foilmore Community Centre

**FREE EVENT**

- TASTER ACTIVITIES
- GUEST SPEAKER
- INFORMATION STANDS

JOIN US FOR A SOCIAL & FUN EVENT WITH LUNCH PROVIDED!

**REGISTRATION IS ESSENTIAL**  
BOOK YOUR PLACE ONLINE AT  
[WWW.EVENTBRITE.IE](http://WWW.EVENTBRITE.IE)

For more information contact Fayth: 066 718 4817  
✉ [info@kerryrecreationandsports.ie](mailto:info@kerryrecreationandsports.ie)

## International Updates



**if** Global Café  
in conversation with experts

**if**conf.ngo  
The part of something @Global

**“PERSON-CENTERED AND FAMILY-CENTERED TRAINING APPROACHES FOR CAREGIVERS”**

**Dr. Christine Jensen**  
Director, Health Services Research, Medical UP, Cleveland Clinic, Evidence-based health

FRIDAY, 7 FEBRUARY 2025 7:00 A.M. EST

Decade healthy ageing

### IFA Global Café | In Conversation with Dr. Christine Jensen

IFA Global Café | In Conversation with Dr. Christine Jensen on “Person-centered and family-centered training approaches for caregivers.”  
7 February 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](mailto: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](mailto:agefriendlyireland@meathcoco.ie)

Healthy Age Friendly Homes Programme (Referrals)

Telephone: 046 9248899

Email: [healthyagefriendlyhomes@meathcoco.ie](mailto: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



This email was sent to {personalemail}.  
[Change your subscription preferences](#)

powered by sensorpro