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20th February 2025

National Updates

Age Friendly Ireland
Episode #89 HSE Talking Health & Wellbeing
with Catherine McGuigan

This episode covers:

- Promoting positivity around aging
- Creating age-friendly communities
- Designing accessible environments
- Importance of preventing falls
- Initiatives to support independent living
- Collaboration with local authorities

HSE Podcast, Talking Health & Wellbeing - Age Friendly Ireland

This week on the HSE podcast is our very own Chief Officer Catherine McGuigan, passionately discussing the importance of collaborating with local authorities and creating age friendly communities, as well as promoting positivity around ageing.

[Click Here to Listen >](#)

Ireland Reads Campaign February 2025



Throughout February we're calling on people across Ireland to get lost in a good book. It doesn't matter what you read, where you read or how well you read, as long as you read.

Some of our Age Friendly Ambassadors and Older People's Council members shared with us their feelings towards reading and the importance of their local libraries, along with some of their book recommendations.

Ireland Reads Day is on this Saturday, February 22nd.

Find out what's happening in your local library at www.irelandreads.ie



Age Action - Focus groups, Survey and Consultation Opportunities

The National Safeguarding Office in the HSE is largely tasked with implementing the National Safeguarding Policy and delivering training.

They also have a web page to help members of the public access information about safeguarding



THE HomeShare
Together Helping Eachother

The HomeShare Annual Report 2024 "Together We Thrive"

Since their older service users began Homesharing, they have enjoyed the following incredible benefits, although many more included in the report!

- 94% feel more comfortable at home
- 61% experience more mental stimulation

and have just commenced an online portal for both professionals and the public to notify them of any safeguarding concerns.

- 50% reduction in falls
- 41% reduction in hospital admissions

Click below for full report

[MORE INFO >](#)

[MORE INFO >](#)

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

Call for participants to complete a 10 minute anonymous survey on Nostalgia, Mood and Wellbeing – you must be 18yrs or over to participate.

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 or the academic supervisor liz.mcloughlin@dcu.ie
DCUPEC_2025_424



[Survey Link >](#)

Open Calls for Bealtaine Festival 2025



- Open Call for applications from artists and arts workers for the Creative Ageing Writing Bursary 2025.
- Open call for Volunteers for Bealtaine Festival 2025

Find out more >



Engaging Dementia

As a big thank you to all who volunteer at Engaging Dementia Network Cafés and to all our Community Champions around the country, Engaging Dementia are offering a special rate for the **Annual International Dementia Conference** which takes place in the **Athlone Springs Hotel, Athlone, Co. Roscommon, on the 7th and 8th of May.**

They are offering a special day rate of €50 and a special 2-day rate of €100 to all Dementia Café Volunteers and Community Champions and would love to welcome as many as possible at the conference in Athlone this May.

Tickets are available from here: [17th International Dementia Conference 2025 - Engaging Dementia](#)

Local Updates



Bunclody Library, Co. Wexford Events

WLD International Women's Day - Thur 27th Feb, 2.00 to 4.00pm

Organised by Wexford Local Development and hosted by Bunclody Library, the theme for this year's event is 'Celebrating Women in the Community'. All are welcome, no booking required.

Yoga with CC -Thurs 27th Feb at 7.00pm

Join CC for an introductory session to yoga for adults. Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance and body awareness. Limited places, booking required.

Classic Film Club - Fri 28th Feb, 11.00am to 1.00pm.

Join us every month for a classic film for adults. Library staff will select the perfect movie to take you back in time to some of Hollywood's greatest moments. This movie is for adults only. No booking required.

To book events, please telephone **053 9375466** or book online at **www.wexfordcoco.libcal.com**

Trim Library, Co. Meath Events

Free Living Well Programme for the Trim area is scheduled to take place on: **Wednesday 5th March 2025 to Wednesday 9th April from 11am – 1.30pm.**

There are still some places available for this course.

If people want to attend, please contact Aine McNamee or Elaine Duffy and register for it.

Living Well

A programme for adults with long-term health conditions



Living Well is a free group programme for adults living with any long-term or chronic condition. It takes place over six weekly workshops (6 x 2.5 hours) – either online or in-person. It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management skills and confidence to live well with your health conditions. You will also meet other people who live with long-term health conditions and learn from each other's experiences.

Upcoming Living Well Programmes

Venue	Date	Time
Trim Library, Co. Meath	Wednesday 5 th March to Wednesday 9 th April 2025	11:00am – 1:30pm

To book your place contact

❖ Aine McNamee – Living Well Co-ordinator
aine.mcnamee@hse.ie / 041 6850676 or 087 1140371

❖ Elaine Duffy – Living Well Administrator
elaine.duffy5@hse.ie / 041 6860710 or 087 4308735

www.hse.ie/LivingWell



*Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



Self-management Support

Sláintecare.

Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.

Mount Lucas Training Rig Visits Galway City



This week the Mount Lucas Training Rig arrived in Galway City. Chief Executive of Galway City Council, Leonard Cleary and the Deputy Mayor Cllr Niall McNeils were present on the day to support Midlands Regional Programme Manager Eileen Hughes and the team of Mount Lucas Training Rig. There was huge interest in the rig with plenty of visitors on the day.



Active Ageing Festival 2025

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

For more information contact Fayth: 066 718 4817

info@kerryrecreationandsports.ie

Public Consultation for the County Meath Outdoor Recreation Plan 2025-2029



Please let us know what you think is good about the outdoors in Meath; where we can improve or what do we need to change. Perhaps you have an idea for a new or innovative project or initiative which you would like to share with us. This is a good opportunity for Older Persons in Meath and surrounding counties to contribute to the plan.



Whether you are a paddler, walker, swimmer, biker, hiker, or none of the above if you are active in nature we want to hear from you. The survey takes about 10 minutes to fill out. Closing date is 26th February '25 for submissions.

[Click Here for Survey >](#)

Cork City - Complete Community Newsletter



Check out the latest Complete Community Monthly Newsletter from Cork City, packed full of up to date upcoming events, news, stories and opportunities across Cork City.

[Find out more >](#)

International Updates



IFA Global Café | In Conversation with Dr. Yuka Sumi

IFA Global Café | In Conversation with Dr. Yuka Sumi on “Exploring continuum of integrated care: WHO Integrated Care for older people handbook 2nd Ed.”
21 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 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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