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28th February 2025

National Updates

All Ireland Community and Council Awards, organised by the Local Authority Members Association (LAMA). LAMA Awards 2025



Age Friendly Ireland and Meath County Council had two projects that were shortlisted for the National Impact Award, the Healthy Age Friendly Homes Programme in Meath and the National Age Friendly Library Recognition Programme in Meath. 28/02/2025, 13:03

Newsletter



Congratulations to Louth County Council who won 'Best Green Sustainable Initiative' Award at the LAMA Awards 2025



Congratulations Roscommon Older People's Council Chair on 'Community Volunteer of the Year' at the LAMA Awards 2025





Age Friendly Ireland

Episode #89 HSE Talking Health & Wellbeing

with Catherine McGuigan

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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

Incase you missed it, last week on the HSE podcast, Talking Health & Wellbeing, Age Friendly Ireland's very own Chief Officer Catherine McGuigan, passionately discussed the importance of collaborating with local authorities and creating age friendly communities, as well as promoting positivity around ageing.

Have a listen on any of the following platforms. Podbean: <u>https://bit.ly/3CUqD64</u> Spotify: <u>https://bit.ly/4i7K0aA</u> Apple: <u>https://bit.ly/4gUF5sC</u> YouTube: <u>https://youtu.be/EYrB6DsQxvA</u>

Irish Gerontological Society 2025 Public Lecture Series - Adult Safeguarding: A Rights based approach for Older Persons



Irish Gerontological Society This was a public lecture online presented by the Irish Gerontological Society, which took place last week. It addressed issues such as Advance Healthcare Directives, Deprivation of Liberty (Place of Care), decision-making arrangements under the Assisted Decision-Making (Capacity) legislation and the role and obligations of those interacting with persons who may be at risk. Click below to view the lecture.

Click Here to View >



St. Joseph's House on Manor Hill on Nationwide

In case you missed it, The Nationwide team visited St. Joseph's House on Manor Hill. A converted convent right in the heart of Waterford city, where the once derelict site has now been transformed into a state of the art age-friendly housing development, that is now home to almost 100 residents.



They talked to members of Waterford City and County Council and residents about bringing the former convent back into use as a fully modernised, energy-efficient housing development in the heart of Waterford city. Click below to watch on the RTÉ Player.



Invitation to Free Event: Planning for the Future – Wills & Power of Attorney





Core Credit Union are hosting an event on **Monday, 24th March at 6:30 PM.** The event, "Planning for the Future: Understanding Wills & Power of Attorney," will feature a speaker from Amorys Solicitors and a presentation from Decision Support Services on the Assisted Decision-Making Act.

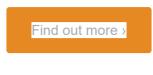
This free event will take place at the Evangelical Church in Glenageary and will also be streamed live for those unable to attend in person.

For those interested, we've set up Eventbrite ticketing (registration is free). <u>https://www.eventbrite.ie/e/planning-for-the-future-understanding-wills-</u> <u>enduring-power-of-attorney-tickets-1261071772619?aff=oddtdtcreator</u>



Open Calls for Bealtaine Festival 2025

Applications are now open for the Age & Opportunity Creative Ageing Writing Bursary and for volunteers for Bealtaine Festival 2025.



Local Updates



Rush Social Club

AGE-FRIENDLY SOCIAL CLUB AT RUSH LIBRARY

EVERY SECOND THURSDAY NEXT GATHERING: 27th FEBRUARY 2025 11.00AM TO 1.00PM



PLAY OUR BOARD GAMES, SOLVE THE CROSSWORD OR SIMPLY HAVE A CHAT WITH OTHERS. WHATEVER YOUR PREFERENCE, WHY NOT JOIN IN THE BANTER AND LAUGHS.

ALL WELCOME.

Gorey Library, County Wexford Events

Gorey Gardening Club Talk - Tuesday 25th March at 7pm

All are welcome to join us and the Gorey Gardening Club for their monthly talk series at 7pm on the fourth Tuesday of the month from September- June.

North Wexford Historical Society - Thursday 27th March at 7pm

Join us for the monthly series of talks hosted by the North Wexford Historical Society.

Seed sowing workshop with Marie Hirst - Friday 28th March at 3.30pm

Join Marie Hirst, a Horticulturalist from 'Unwind with Plants', for this hands on seed sowing workshop in which she will explain how a seed germinates, along with best methods, correct watering, choosing your compost and how to recycle food containers for use as seed trays, propagators, water trays and paper pots.

This event is part of the LEAF programme at Wexford Libraries, empowering everyone to look forward to nurturing plants and producing edible crops

Retro Movie Matinée - Saturday 29th March at 3.30pm

Join us for a revival of the Saturday Movie Matinée here in Gorey Library. We have a quiet room for screening and hundreds of films in our collection.

For more information or to book a place, or if you require additional supports to participate please **call us on 053 9483820**

Bunclody Library, Co. Wexford Events

Irish Astronomy Week Talk "The Ocean Moons of our Solar System: Europa, Ganymede, Callisto, Enceladus, Titan & Triton" with John Hackett - Thur 6th March at 7.00pm

Join John Hackett from South East Astronomy for a very interesting talk to celebrate Irish Astronomy Week 2025. Booking required.

Chair Yoga Taster Session with Sports Active Wexford – Fri 7th March, 11.00am to 12.00pm

Join us for a Chair Yoga Taster Session with Sports Active Wexford. This session is part of the Active Adults for over 55's programme. Chair yoga was created to provide the benefits of traditional yoga to individuals with limited mobility, chronic pain, or those who find it difficult to get down on the floor. Chair yoga maintains the essence of traditional yoga emphasizing breathing, alignment, and mindfulness—while making it accessible to a wider audience. Booking required.

To book events, please telephone **053 9375466** or book online at <u>www.wexfordcoco/libraries-home</u>

Healthy Age Friendly Homes Information Session, Bandon Library, Co.Cork



Meath Alzheimer Café



Fingal Community Car

The Fingal Community Car is a volunteer-led initiative that provides people with limited access to public transport, with a safe and reliable form of door-to-door transport for their appointments in the locality.

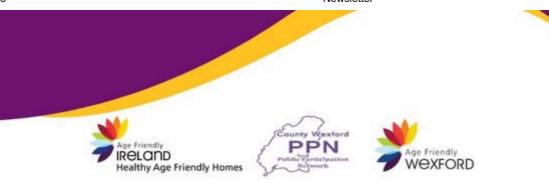
We are always on the lookout for additional volunteers, join our team of dedicated volunteer drivers and help us create a positive impact in the community!

Contact us for more information!



Wexford Living Well Ageing Smart Expo





Living Well Ageing Smart Expo

Over 30 information stands including HSE supports, Local Authority Grants, digital training, libraries, Wexford PPN, Fraud Smart, Healthy Homes & much more



Youth Centre, Nunnery Lane New Ross Y34A065



Energy Advice Clinic: Energy Advisors will provide a one-to-one service on home energy upgrades Find out about the SEAI Grants available

Information stands: Digital Hub (bring your phones or tablets), Libraries, Local Link Credit Union and much more

All are welcome to this free event Refreshements served





Check out this weeks round up of all Age Friendly news highlights.

Find out more >

International Updates



IFA Global Café | In Conversation with Dr. Carrie Nieman

IFA Global Café | In Conversation with Dr. Carrie Nieman on "Celebrating World Health Day: A focus on healthy hearing as we age."28 February 2024, 07:00 A.M. EST (US and Canada)



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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