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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.



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

[MORE INFO >](#)



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

[MORE INFO >](#)

**HSE hi**  
**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

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: <https://bit.ly/3CUqD64>

Spotify: <https://bit.ly/4i7K0aA>

Apple: <https://bit.ly/4gUF5sC>

YouTube: <https://youtu.be/EYrB6DsQxvA>

## 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.

Find out more >

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## 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). <https://www.eventbrite.ie/e/planning-for-the-future-understanding-wills-enduring-power-of-attorney-tickets-1261071772619?aff=oddtcreator>

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## 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.

[Find out more >](#)



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## 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 [www.wexfordcoco/libraries-home](http://www.wexfordcoco/libraries-home)

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

Comhairle Contae Chorcaí  
Cork County Council

Seirbhís Leabharlainne agus Ealaíon Chomhairle Contae Chorcaí  
Cork County Council Library and Arts Service

My Open Library

My Open Library



Age Friendly  
**IRELAND**  
Healthy Age Friendly Homes

### Healthy Age Friendly Homes Information Session

**Bandon Library | Tuesday 4th March  
2.00pm**

Aisling O'Sullivan - **Healthy Age Friendly Homes Programme Coordinator**, will speak on how the HAFH programme can help you to live independently for longer, link with your local support network & services, as well as the available grants to help you adapt your home.

The **Healthy Age Friendly Homes Programme** aims to 'support people to live in their own home, with dignity, and independence for as long as possible'.

**This is a free event. All are welcome to attend.**

Contact Details | T: 023-8844830 | E: [bandon.library@corkcoco.ie](mailto:bandon.library@corkcoco.ie)

 @corkcollibrary  @corkcocolibrary [www.corkcoco.ie/en/resident/libraries](http://www.corkcoco.ie/en/resident/libraries)

## Meath Alzheimer Café





**WELCOME**

# Meath Alzheimer Café

 **Wednesday 5<sup>th</sup> March**  
**from 7pm to 9pm**  
in the Pastoral Centre, Dunshaughlin

**Guest Speaker: Kim Tully,**  
**CEO of Engaging Dementia**

**Topic: “Engaging Dementia**  
**- What We Do”**

 **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](http://www.alzheimer.ie)

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



## 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!**

 **046 907 4830**



## FINGAL COMMUNITY CAR

**1** **What is the 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.

**2** **What kind of trips does it cover?**  
The Community Car will help get you to all types of local appointments, whether it's the shops, medical appointments, chemist, mass or a social gathering, just ask and we'll do our best to help.

**3** **How do I book a trip?**  
TFI Local Link handle all the bookings, simply email [lmf@locallink.ie](mailto:lmf@locallink.ie) or phone us on 046 9074830 or 1800 303707 with your trip details.

**4** **Interested in Volunteering?**  
We are always on the lookout for additional drivers. If you're interested, email [lmf@locallink.ie](mailto:lmf@locallink.ie) or phone us with your details and your training can be arranged.

**5** **Contact Us**  
If you have any queries or would like further information, please email [active.travel@fingal.ie](mailto:active.travel@fingal.ie) or [lmf@locallink.ie](mailto:lmf@locallink.ie)







## 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



7th March 10:30 - 14:30

**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  
Refreshments 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)

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



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