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28th March 2025

National Updates



Fingal County Council | Age Friendly Programme welcome their new Age Friendly Ambassador, Terry Prone

Fingal has announced media personality and communications expert Terry Prone as its new Age Friendly Ambassador. This will see her raise awareness of age friendly practices in Fingal and nationally.

[Find out more >](#)



Welcome Caroline 🙌🙌

Age Friendly Ireland would like to welcome Caroline Brogan to the Age Friendly Ireland Shared Service team. Caroline is our new South East Regional Programme Manager and we would like to wish her all the best in her new role.

Age Friendly Housing & Public Realm Training



On Wednesday 27th March Age Friendly Ireland hosted a group of Architectural Teams from across Ireland who are involved in the design and construction of Age Friendly housing. The training is a commitment to build awareness across the construction sector on the key elements of Age Friendly housing to support people to age in place.

Attendees received information on:

- + Ireland's ageing population and policy approach to the delivery of housing and public realm infrastructure.
- + The Age Friendly Ireland Shared Service and its purpose.
- + The technical elements of Age Friendly Housing and Public Realm.
- + Universal design and why it is important.
- + How Universal Design (UD) applies to age friendly homes in Ireland
- + Practical application of the UD & UD+ requirements to various housing typologies.
- + Examples of Age Friendly Housing Developments.
- + Crime Prevention Through Environmental Design for new housing developments and its importance.

Age-Friendly Futures Summit: Advancing, leading and creating city regions and communities for an age-friendly world



This week, Karen Fennesy, Regional Healthy Age Friendly Homes Coordinator attended the Age Friendly Futures Summit in Manchester.

This dynamic three-day summit brought together around 200 leaders, policymakers, practitioners and researchers, from the UK and around the globe, to advance the creation of an age-friendly world. The Age-Friendly Futures Summit aims to strengthen commitment, showcase best practice and foster collaboration through panels, workshops and networking opportunities. It featured cutting edge research, policy and practice in ageing from Greater Manchester, the UK and globally.

Karen gave a presentation and participated in very engaging panel discussions.

Age Friendly Housing by South Dublin County Council



Housing for All the government’s plan for the delivery of housing provides for the construction of Age Friendly Housing for Ireland’s ageing population. St Aongus Green in Tallaght is an example of Age Friendly Housing currently under construction by **South Dublin County Council**.

This important project forms part of South Dublin County Council’s commitment to **providing high-quality, accessible housing for older persons that supports inclusive age-friendly communities**.



Construction to commence next month on 12 Age Friendly homes in Kilrush

Custy Construction Ltd have been appointed by Clare County Council as the contractors for the new development on Black Road. The social housing development is funded by the Department of Housing, Local Government and Heritage and is scheduled for completion in 2026.

Highlighting the positive social implications of this build for the people of West Clare, Clare County Council Director of Services for Social Development Jason Murphy, said “We are delighted for this project to take this important step forward in delivering age-friendly housing in our community. These twelve new homes will ensure comfort, accessibility, and independence for their residents. This project reflects our commitment to providing high-quality housing solutions and we look forward to seeing these homes completed”.

[Find out more >](#)



Invitation from Age Action

Reflecting their value of participation, Age Actions Policy and Public Affairs team is in the process of setting up a forum of older people who can support and strengthen the advocacy and policy work of Age Action.

Currently the group has in and around 10 members. Meetings are completely online so those interested must be comfortable with zoom. Membership would not take up much of time and meetings would be around an hour. We also recognize that people participate in different ways and always try to support this.

If it is something you would be interested in joining, please contact Dave at **david.byrne@ageaction.ie** and he would be more than happy to chat about it.



Age Friendly University Update – Diary Dates

[Find out more >](#)

Local Updates



Limerick Lifelong Learning Festival Launch Event

The Limerick Age Friendly Programme Manager, Catherine Bowes Kelly is a member on the Limerick Lifelong Learning steering committee and was delighted to attend the launch of their Life Long learning Festival 2025.

[Find out more >](#)

Age Friendly Artificial Intelligence

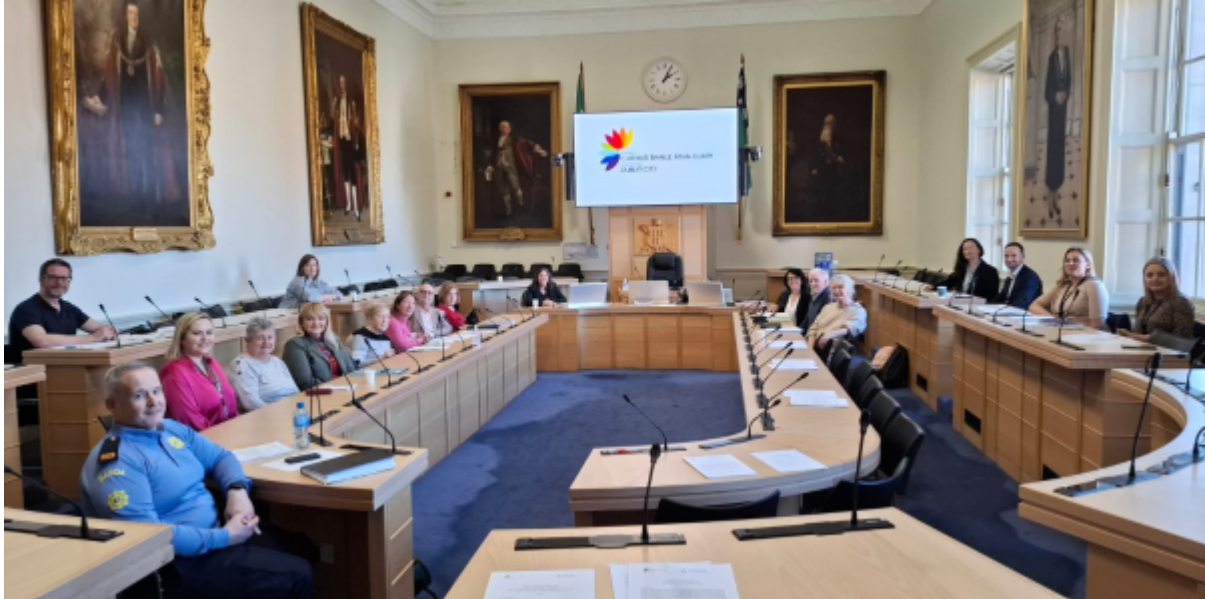


On Thursday 27th March in TU Dublin, Frances Brennan was speaking at the launch of a new research project 'Age Friendly AI' which is about increasing

older people's understanding of Artificial Intelligence.

The study led by Dr Paula Kelly will conduct research with older people about the risks and benefits of AI. It will include a roadshow in public libraries aiming to raise awareness among older people of AI and the researchers will prepare a White Paper for government with recommendations. Frances Brennan Age Friendly Ambassador was the guest speaker and spoke about his experiences with new technology.

Dublin City Age Friendly Alliance



The Dublin City Age Friendly Alliance met on Monday 24th March in the Dublin City Chambers, City Hall on Dame Street.

The alliance had a wide representation in attendance including members from Dublin City's Older Peoples Council's, Dublin City Council, Age Friendly Ireland including our Chief Officer Catherine McGuigan, the HSE, An Garda Síochana, the Centre for Excellence in Universal Design, Irish Rail and the Local Development Sector.

Mount Lucas Rig Visit to Mullingar, Co. Westmeath

On Tuesday 25th March, the Mount Lucas Rig visited Mullingar, Co. Westmeath. The rig also hosted an age friendly drop in session. Healthy Age Friendly Homes Coordinator Sam Hogan and Age Friendly Regional Programme Manager Eileen Hughes were in attendance.

The event aims to provide members of the public and business owners the opportunity to learn more about retrofitting and energy saving in the home.

The centrepiece of the event is the 'Retrofitting Rig', which is owned by Mount Lucas and the LOETB. The rig is known as a nearly zero energy building

(NZEB), being almost fully solar powered.

This is where a range of formal and informal training sessions are held to help educate people on energy saving and retrofitting. The rig contains stalls and exhibitions that showcasing different types of home energy units, modern piping, boilers, building materials and insulation.



Live Well Expo 2025

Co. Wexford, Bunclody Library Age Friendly Events



Bunclody Library Knitting Group - Every Thurs, 10.30am to 12.30pm

New members always welcome to join our knitting group which meets weekly. No booking required.

Living well with Arthritis with Arthritis Ireland - Weekly on Tuesdays from 25th March, 11.00am to 1.30pm

Arthritis Ireland are running their award-winning Living Well with Arthritis and Related Conditions course in Bunclody Library this Spring. This consists of a

weekly 2 ½ hour workshop for six weeks for people with arthritis and/or fibromyalgia who want to learn self-management skills and techniques to live healthily with their condition. Completing this programme allows you to rely less on your health professionals, manage your pain, reduce your fatigue, introduces exercise and relaxation into your daily life, increases your self-confidence to manage your conditions and improves your sense of well-being.

Book your place online at <https://lwwa.bunclody.eventbrite.ie/> or telephone 01 6470206.

Adult Book Club – Thur 3rd April at 7.30pm

The Wild Laughter by Caoilinn Hughes will be discussed at this month's meeting. Book available to borrow in library, just ask at the desk. New members always welcome!

For further information please contact Bunclody Library at 053 9375466.

**The next Meath Alzheimer Café takes place on Wednesday, April
2nd**



WELCOME

Meath Alzheimer Café

JOIN US 

Wednesday 2nd April
from 7pm to 9pm
in the Pastoral Centre, Dunshaughlin

Guest Speaker: Marie Foley, MPSI,
Supervising Pharmacist,
Abbey Pharmacy, Navan

**Topic: "How Your Local Pharmacy
Can Help You"**

 **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, National Office,
Temple Road, Blackrock, Co. Dublin Charity Number: CHY7868



Living Well Schedule 2025



Living Well is a FREE group programme for adults living with 1 or more long-term health conditions. These include but are not limited to COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.

- It takes place over **6 workshops of 2.5 hours, once a week** & is delivered by 2 trained "peer" leaders, who are also living with a long-term condition.
- Develop the self-management **skills and confidence** to live well.
- Learn how to manage things like sleep, healthy eating, physical activity, medication, communication, pain management, better breathing, decision making & falls prevention, among others.
- Meet others living with long-term health conditions & learn from each other's experiences.
- Online programmes have an extra introductory session.

Starts	Ends	Day (x6)	Time	Location
3 rd April	8 th May	Thursdays	2pm – 4:30pm	Kilmacud Parish Hall Stillorgan
7 th May	11 th June	Wednesdays	10:30am – 1pm	Shankill Primary Care Centre
13 th May	24 th June	Tuesdays (x7) (additional session)	7pm – 9:30pm	ONLINE
22 nd May	26 th June	Thursdays	10:30am – 1pm	Sallynoggin Community Centre
8 th Sept	13 th Oct	Mondays	10m – 12:30pm	Dun Laoghaire Primary Care Centre

To book your place contact

Name: Triona McNamee
 Phone: 087 405 3880
 Email: LivingWellCHEast@hse.ie
www.hse.ie/LivingWell





International Updates

if Global Café
in conversation with experts

“THE RIGHTS OF OLDER WOMEN IN AN AGEING WORLD”

Ms. Alison Marshall
Chief Executive Officer, Age International

FRIDAY, 28 MARCH 2025 | **7:00 A.M. EDT**

ifconEngo
Be part of something GREAT

Decade of Healthy Ageing

IFA Global Café | In Conversation with Ms. Allison Marshall

IFA Global Café | In Conversation with Ms. Allison Marshall on “The Rights of Older Women in an Ageing World.”

28 March 2024, 07:00 A.M. EDT (US and Canada)

[Find out more >](#)

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- 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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