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Friday, 7th March 2025

National Updates

International Women's Day



Tomorrow, the 8th of March, is International Women's Day and we would like to acknowledge and thank all the wonderful women throughout the country who have worked or are working with Age Friendly Ireland to make Ireland a great place in which to age.

Happy Birthday 🎂

We would like to wish our Age Friendly Ambassador for Dun Laoghaire Rathdown County Council, Ronnie Delaney, a very special Happy Birthday. Ronnie turns a wonderful 90 years young today, so from all his friends here in Age Friendly Ireland, we would like to thank him for being such an inspiration to the programme and we hope he has a fantastic day 🎂🍰



Change in legislation for all Motor Policyholders

A change to the Road Traffic Act 2023 comes into effect on **31st March 2025**. This change requires all drivers in Ireland to provide to their car insurer, their driver number(s) for each driver covered on a private car insurance policy or they will not be offered a policy.

The Driver Number can be found in section 4(d) of an Irish Driver Licence or Learner Permit. Be sure to give yourself enough time to have the number to hand at renewal time, or if you are taking out motor insurance for the first time. You will need all Driver Numbers if you are changing insurer or are adding a named driver to your policy.

This data will be made available to Gardaí through the Irish Motor Insurance database to help in the detection of uninsured drivers and help improve safety on the roads.



Irish
Gerontological
Society

Adult Safeguarding: A Rights based approach for Older Persons

The Irish Gerontological Society has launched a Public Lecture Series. One of the lectures is on Enduring Power of Attorney and Advanced Healthcare Decisions. It's very important that we understand the new process for appointing tiered decision support for adults as it has replaced 'Ward of Court' in Ireland.

[Find out more >](#)



First Pilot Screening Programme for Lung Cancer Announced in North Dublin

The pilot clinical trial will focus on high-risk individuals, particularly current or former smokers. Doctors believe that it could help detect around 100 lung cancers.

The service will be based in local GAA clubs, including Croke Park, bringing convenient screening to community locations for those invited. The project involves Beaumont RCSI and is funded by the Irish Cancer Society by €4.9m.

[Find out more >](#)

Australian man whose blood protected 2.4 million babies dies

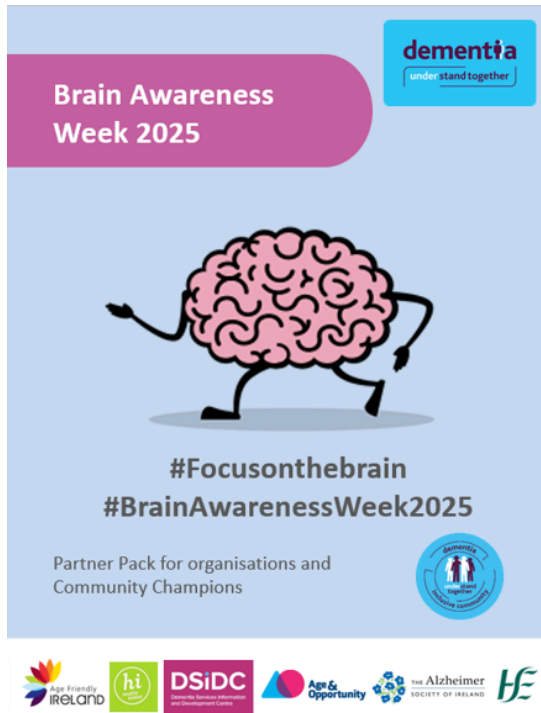


An Australian known as the "Man with the Golden Arm" for protecting 2.4 million babies with his rare, antibody-rich blood plasma, has died aged 88, health officials said. He donated blood 1,173 times over 64 years, his plasma contained a rare antibody, known as Anti-D, used to make a medication for mothers whose blood was at risk of attacking their unborn babies - known as rhesus D haemolytic disease of the fetus and newborn (HDFN).

[Find out more >](#)

Brian Awareness Week – 10th March – 16th March

The Dementia: Understand Together campaign, led by the HSE in partnership with The Alzheimer Society of Ireland, Age Friendly Ireland, Age & Opportunity, Healthy Ireland and the Dementia Services Information and Development Centre, is encouraging everyone to make simple changes to help maintain brain health and reduce the risk of developing some types of dementia.



This year's theme is Focus on the Brain, a great reminder just how amazing our brains are and how important it is to look after them.

[Find out more >](#)

explorium

Explorium: A Fun and Engaging Science Experience for Older Visitors

Explorium offers an exciting and interactive science experience for older visitors, with five engaging zones to explore: Sports, Physics, Biology, Space, and Climate. Each zone features hands-on exhibits designed to make science both fun and accessible. Visitors can test their reaction times in the Sports Zone, uncover the mysteries of the universe in the Space Zone, and explore cutting-edge discoveries in Biology, Physics, and Climate Science.

In addition to interactive exhibits, Explorium hosts scheduled shows throughout the day, including the electrifying Lightning Show, fascinating AI Robotics demonstrations, and the eye-opening Cool It Climate Experience. For those looking for an immersive adventure, Explorium also offers Augmented Reality (AR) and Virtual Reality (VR) attractions, bringing science and technology to life in an engaging way.

Whether you're a lifelong learner, visiting with family, or simply looking for a unique and stimulating day out, Explorium provides an unforgettable experience for visitors of all ages.

For more information, visit our website at <https://explorium.ie/> . For any queries, please contact info@explorium.ie

Local Updates

Age Friendly Health & Wellbeing Festival 2025, Co. Sligo



Age Friendly IRELAND
Healthy Age Friendly Homes
in partnership with Atlantic Technological University Sligo

FREE EVENT

Find out about the Healthy Age Friendly Homes Programme
Connect with Community Services
Meet the Experts
Learn something new
Have Fun Too!!

Age Friendly Ireland
SLIGO
Cavan & Monaghan Chamber of Commerce
Lettliffe County Council
ATU

Save the Date

Age Friendly Health & Wellbeing Festival 2025

at
Atlantic Technological University
Sligo, F91 YW50

Friday 28th March 11am - 3pm
Master of Ceremonies
Mr John Lynch

Refreshments and Entertainment provided
Transport available on request

Contact:
046 924 8821
healthyagefriendlyhomes@meathcoco.ie



Climate Conversation over a Cup of Tea - Free Climate Course with Jacinta Barrins

Free Climate Course will be held in Maynooth Community Church starting on 27th March.



CLIMATE CONVERSATIONS OVER A CUP OF TEA

A CLIMATE COURSE FOR AGE 60+
LED BY JACINTA BARRINS
retired UN Diplomat

VENUE:
MAYNOOTH COMMUNITY CHURCH,
DUBLIN RD, MAYNOOTH,
W23 P02A

MORE INFO:
secmaynooth@gmail.com

Session 1 Thursday 27th March 10.30AM - 12.30PM	Session 4 Thursday 15th May 10.30AM - 12.30PM
Session 2 Thursday 3rd April 10.30AM - 12.30PM	Session 5 Thursday 22nd May 10.30AM - 12.30PM
Session 3 Thursday 10th April 10.30AM - 12.30PM	Session 6 Thursday 26th June 10.30AM - 12.30PM

[Find Out More >](#)

Offaly Older Peoples Council

There was a great turnout at the Offaly Older Peoples Council evening of Ceoil agus Craic to celebrate Seachtain ns Gaeilge on Thursday evening 06/03/2025. The evening included music song and dance, stories and craic! Proceeds on the night went to Offaly Family Carers.



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 agefriendly@laoiscco.ie Page 1

LIVE WELL HEALTH & WELLBEING EXPO RETURNS TO PORTLAOISE COLLEGE

Age Friendly Laois and Healthy Laois aim to build on success of previous events in 2023 and 2024. The Laois Live Well Expo started following consultations with people in Laois. Both Age Friendly and Healthy Laois reached out to communities when preparing strategies. A common theme emerged in both consultations and that was access to knowledge.

People were either

- not aware of service and supports available
- were aware but were unsure how to access them
- were aware and knew where to access them but faced barriers such as automated answering systems, online only access or long waiting times on calls

We set out to create an in person information and awareness event and Live Well was born. We already have lots of exhibitors confirmed with more on the way! Scan QR code for more information on the Live Well event, including exhibitors, speakers and much more!!

Live Well Health and Wellbeing Expo
Wed. 23rd April, 11am-6pm
 Venue: Portlaoise College, Mountrath Road, Portlaoise R32 N795
 For Registration and more details contact us at LiveWell@laoiscco.ie 086 0363426 (Tom) or 086 0665215 (emma)
Free Admission . Refreshments Served





Logos: Age Friendly Laois, Laois County Council, hi Healthy Laois, Laois Chamber of Commerce, Laois Chamber of Agriculture, Laois Chamber of Industry, Laois Chamber of Retail, Laois Chamber of Services, Laois Chamber of Transport, Laois Chamber of Youth, Laois Chamber of Education, Laois Chamber of Health, Laois Chamber of Leisure, Laois Chamber of Arts, Laois Chamber of Culture, Laois Chamber of Music, Laois Chamber of Sport, Laois Chamber of Religion, Laois Chamber of Faith, Laois Chamber of Spirituality, Laois Chamber of Philosophy, Laois Chamber of Science, Laois Chamber of Technology, Laois Chamber of Innovation, Laois Chamber of Creativity, Laois Chamber of Entrepreneurship, Laois Chamber of Leadership, Laois Chamber of Management, Laois Chamber of Business, Laois Chamber of Industry, Laois Chamber of Commerce, Laois Chamber of Retail, Laois Chamber of Services, Laois Chamber of Transport, Laois Chamber of Education, Laois Chamber of Health, Laois Chamber of Leisure, Laois Chamber of Arts, Laois Chamber of Culture, Laois Chamber of Music, Laois Chamber of Sport, Laois Chamber of Religion, Laois Chamber of Faith, Laois Chamber of Spirituality, Laois Chamber of Philosophy, Laois Chamber of Science, Laois Chamber of Technology, Laois Chamber of Innovation, Laois Chamber of Creativity, Laois Chamber of Entrepreneurship, Laois Chamber of Leadership, Laois Chamber of Management, Laois Chamber of Business.

Age Friendly Laois Newsletter

Check out the March edition of 'Age Friendly Laois Newsletter'. Full of all the up to date information regarding anything and everything happening that is Age Friendly in Laois.

[Find out more >](#)



Waterford Older Peoples Council

Photographed is Susan O'Connor, Executive Member of Waterford's Older Peoples Council being interviewed by WLR FM's Gemma Delaney during the Connecting Communities Roadshow in Lisduggan Shopping Centre, Waterford City this week.

Susan highlighted the importance of the work of the Older Peoples Council under the Age Friendly Programme for Waterford.

International Updates



IFA Global Café in conversation with Ms. Ilenia Gheno

IFA Global Café in conversation with Ms. Ilenia Gheno on "Developing and implementing age-friendly environment training."

[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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