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14th March 2025

National Updates



MAY YOUR TROUBLES
BE LESS
and your
Blessings
be MORE
AND NOTHING BUT
HAPPINESS
come through your
door

Age Friendly Housing & Public Realm Training



This week we hosted a workshop on Age Friendly Housing & Public Realm with Architectural Design Firms working with Local Authorities in the delivery of social housing. Huge thanks to The Centre for Excellence in Universal Design (CEUD) National Disability Authority and An Garda Síochána on supporting the session and their invaluable knowledge and expertise.

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.

If you would like to avail of training or support on the delivery of Age Friendly Housing or Public Realm projects - please contact us at: agefriendlyireland@meathcoco.ie

**Members from the Age Friendly Ireland Older People's Council
West Region took part in training for the Older People's
Councils**



Our Healthy Age Friendly Homes National Manager, Eimear McCormack attended the Céile Care Annual Education Conference this week. There was a great discussion panel with Dr Siobhan Kennelly, Dr John Travers, Dr Colm Henry and CEO of Céile Care Margaret Wafer.



This week Professor Niall Moyna took a visit to the Community Wellness Programme ran by Dublin City Council and the HSE in St.Catherine's Sports Centre in Dublin 8



Brain Awareness Week 2025

dementia
understand together

#Focusonthebrain
#BrainAwarenessWeek2025

Partner Pack for organisations and
Community Champions

dementia
understand together
inclusive community



Brain 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 >

Age Friendly University Updates



Intergenerational Activities

DCU AFU is delighted to be the national lead for Global Intergenerational Week 2025. We will be hosting the following events over the coming weeks and all are welcome:

* **March 25th**—Ms. Alison Bough, AGE Platform Europe and Active Retirement Network, will make a presentation on "Raising International Awareness " from 2 to 3.30 in Room H136 at the School of Nursing. Alison is the Irish representative of AGE Platform Europe, the largest European network of non-profit organisations of and for older people. Please register [here](#)

* **March 25th Digital Clinic** - Drop in and meet with our DCU students who will help resolve your technical issues with mobile phones, laptops, notebooks and other electronic devices. This will take place in KA201A (second floor of the U Building) on the Glasnevin Campus. Register [here](#)

* **March 26th Games Night**— Come along to our board games event supported by Hasbro Games. Bring along your friends, family, grandchildren,

etc. Light refreshments will be served. The event will be held from 6 to 8 p.m. in Room KA201A, U Building (located on the second floor of the U Building), Glasnevin Campus. Register here. All are welcome. Register [here](#)

*** March 27th** - Writing for Young Minds: Crafting Stories That Inspire and Delight - an eight-week programme focusing on writing for children aged 6-9 and 8 - 12. The programme will be delivered by author and illustrator Ms. Ciara Galvin. It will be held in Room HG13, the School of Nursing, from 10 - 12, Thursday mornings. The cost for the programme is €50.00. Read more about the module and register [here](#)

Lifting Weights Helps Older People



Lifting weights helps older people tackle insomnia, research suggests. This study, published in the journal Family Medicine And Community Health, told how “sleep quality declines with age”. Experts found that resistance or muscle-strengthening exercises helped cut sleeplessness.

Read more below.

[Find out more >](#)

Local Updates



RAMS in Rhythm

The Retired Active Men's Social & the RAMS in Rhythm were so pleased to receive a surprise visit to our group, from the Dublin Simon Community.

[Find out more >](#)

Magic Table in Tallaght Library, Ballyroan Library, North Clondalkin Library and Lucan Library



MAGIC TABLE

TRY OUR NEW MAGIC TABLE ESPECIALLY FOR PEOPLE WITH DEMENTIA OR ADULTS WITH A LEARNING DISABILITY



The Magic Table is an interactive light projector which projects colourful images on to a table surface. These images can be played with by touching the surface. The Magic Table is suitable for people with dementia or adults with a learning disability.

If you have a family member who might benefit from such a service, please enquire at the libraries listed below.

**Available at the following libraries -
Tallaght Library, Ballyroan Library, North Clondalkin Library and
Lucan Library**



Cavan Age Friendly trip to the Wayfinding Centre

On Monday 10th March 2025 representatives from Cavan Older People's Council Executive Committee and Cavan Age Friendly programme visited the Wayfinding Centre in Glasnevin. The Wayfinding Centre is an innovative, multi-functional centre which is driven by the need to make transport accessible for everyone.

[Find out more >](#)

Mount Lucas Rig visit to Meath and WestMeath

Age Friendly Ireland are delighted to support the Mount Lucas Retrofitting Rig.

- Visiting Westmeath County Council, the rig will be parked in Blackhall Carpark of Westmeath County Council Offices in Mullingar, Co Westmeath N91 FH 4N, from Tuesday 25th March to Thursday 27th March 2025.
- Visiting Meath County Council, the rig will be parked in the carpark of Buvinda House, Dublin Road, Navan, Co. Meath, C15 Y291, from Monday 31st March to Friday the 4th April 2025. There will be a dedicated drop-in clinic for older people on Wednesday the 2nd April from 2pm to 4pm.



AFI are delighted to support the Mount Lucas Retrofitting Rig visit to Meath County Council.

The Rig will be parked in the carpark of Buvinda House, Dublin Road, Navan, Co. Meath, C15 Y291

Monday 31st March to Friday the 4th April 2025

Older people are invited to visit the Rig during a dedicated Drop-in Clinic on:

Wednesday the 2nd April from 2pm to 4pm

- **Learn more about energy saving**
- **The benefits of retrofitting**
- **See firsthand a heat pump in action**
- **Discuss different types of solar panels & insulation options**

Tutors will also be on hand to discuss what grants and supports are available for such projects.

Please contact Meath Age Friendly on 046 9097 400 or email:

community@meathcoco.ie if you would like to attend.





AFI are delighted to support the Mount Lucas Retrofitting Rig visit to Westmeath County Council.

The Rig will be parked in Blackhall Carpark of Westmeath County Council Offices in Mullingar, Co Westmeath N91 FH 4N
Tuesday 25th March to Thursday 27th March 2025

Older people are invited to visit the Rig during a dedicated Drop-in Clinic on:

Tuesday 12.00 to 2pm
Thursday 4pm to 6pm

- Learn more about energy saving
- The benefits of retrofitting
- See firsthand a heat pump in action
- Discuss different types of solar panels & insulation options

Tutors will also be on hand to discuss what grants and supports are available for such projects.

Please contact 044 933 2051/044 933 2215 or email:
westmeathagefriendly@westmeathcoco.ie if you would like to attend.



Information Night, Skerries

**Comhairle Contae
Fhine Gall**
Fingal County
Council



Information Event for Over 55's

Tuesday 1st April 2025

10:30 - 12:30

Skerries Harps, Dublin Road, Skerries K34 HC89

- **Do you know our rights and entitlements?**
- **Will your home meet your needs as you grow older?**
- **What grants are available to you?**
- **Do you need advice on budgeting?**
- **Do you need help with small jobs in your home?**
- **Would you like to volunteer?**
- **Do you know what services are available in the library?**

Call in and have a chat with

**Citizens Information, Healthy Age Friendly Homes,
Fingal Leader Partnership (Care & Repair),
ALONE, An Garda Siochana, Fingal Community Team,
Libraries, Money Advice & Budgeting Services,
Dublin Fire Brigade, Fingal Volunteer Centre, and more.**

Contact: cathrina.murphy@fingal.ie

International Updates



IFA Global Café | In conversation with Dr. Silke Metzelthin

IFA Global Café | In conversation with Dr. Silke Metzelthin on “Advocating for the Adoption of Reablement in Dementia Care.”

[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: healthyfriendlyhomes@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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