

To view this email in your browser, please [click here](#).



**21st March 2025**

### National Updates

 The flyer is split into two main sections. The left section features a background photo of people at a table and contains the following text:
 

- Age Friendly IRELAND logo
- 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!!
- Logos for Age Friendly Ireland, Sligo, Leitrim County Council, and ATU.

 The right section is a dark grey box with white and yellow text:
 

- 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
- A QR code is located at the bottom left of this section.



## **FraudSMART launches major new awareness campaign as majority of consumers now targeted with scam texts, emails or calls at least once a month.**

**Some Simple steps consumers can take to prevent themselves falling victim to these deception tactics:**

**Think Before You Click** – pause before engaging with unexpected messages, emails or offers.

**Verify, Don't Trust** – Always independently check websites, senders, and requests. Use scamchecker.ie.

**Protect your Financial Information** – never share banking security codes, full PINs, or passwords and remember your bank will never ask for them.

**Block & Report** – stop repeat scams by blocking and reporting fraud attempts.

**Stay One Step Ahead** – knowledge is power. Sign up for real-time scam alerts through FraudSMART.ie.

### **Help keep your family and friends safe**

Anyone can be a target of these types of scams and as new types of scams and frauds are continually emerging that are increasingly more complex and convincing. Share this alert with your family and friends so that they too can stay safe and encourage them to sign up to fraud alerts on the FraudSMART website which we issue when a new scam is in circulation.

[Find out more >](#)

---

## Local Updates

---



## Active Ageing Festival Kerry

The Age Friendly Office Kerry was delighted to attend and host information stands at the recent Kerry Recreation & Sports Partnership 'Active Ageing Festivals'. It took place at Foilmore Community Centre on Friday, February 28th, and at the Munster Technological University Sports Academy on March 7th. The goal of the festival was to promote physical activity for older people, offering attendees the opportunity to try out local activities such as Pickleball, bowls, chair yoga, Activator Pole walking, and more.

[Find out more >](#)

---

**Last Monday, on St.Patricks Day, the Older People's Council from South Dublin, proudly walked the parade in Tallaght, flying the flag for Age Friendly South Dublin's Older People's Council.**



---

**Last Thursday, our Older People's Councils in the West Region took part in training for the Chairs of the Older People's Councils. What a great turn out in Limerick.**



---

**Bunclody Library Age Friendly Events, Co.Wexford**



**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.**

**Seed Sowing Workshop with Marie Hirst of Unwind with Plants (LEAF)- Thur 20th March at 7.00pm**

Join us for a seed sowing workshop with Marie Hirst of Unwind with Plants. Marie will demonstrate how to effectively sow seeds and participants will be bringing home their own seedlings.

**Booking essential** as places limited. To book, please telephone 053 9375466 or book online at [wexfordcoco.libcal.com](http://wexfordcoco.libcal.com).

**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.

**To book your place for this event please telephone 01 6470206.**

**Music Evening with Local Musicians – Thur 27th March at 7.00pm**

Join us this evening for a performance of a variety of musical styles from some of Bunclody's finest musicians. **Booking required.**



## Join the Cavan Older Adult's Drop in Information Sessions

Cavan Older People's Drop-in Information Sessions are recommencing on Monday mornings from 10.30am to 11.30am in the Event Space in Johnston Central Library, Farnham Street, Cavan. These sessions are open to all older members of the community to join and you are welcome to attend sessions on all topics you are interested in.

To register please contact: [agefriendly@cavancoco.ie](mailto:agefriendly@cavancoco.ie) or call 049 4378581

| Date       | Topic                                  | Delivered By                             |
|------------|--|--|
| 07/04/2025 | Sports Taster Session for Older People | Dean McIlroy<br>Cavan Sports Partnership |
| 14/04/2025 | Drumming Workshop                      | <u>Kada kaBoom Arts</u>                  |

### Mount Lucas Rig visit to Meath and WestMeath

Age Friendly Ireland are delighted to support the Mount Lucas Retrofitting Rig. You can learn about energy saving, the benefits of retrofitting, see a heat pump in action, and discuss solar panels and insulation options.

- **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**.

**Meath Age Friendly programme have organised a dedicated drop-in clinic for older people on Wednesday the 2nd April form 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 31<sup>st</sup> March to Friday the 4<sup>th</sup> April 2025**

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

**Wednesday the 2<sup>nd</sup> 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](mailto: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 25<sup>th</sup> March to Thursday 27<sup>th</sup> 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](mailto:westmeathagefriendly@westmeathcoco.ie) if you would like to attend.




Positive Age has a trip coming up abroad, the details are as follows :-

Positive Age Trip to Montenegro on the Adriatic Coast for 7 nights. Departure on the 14th of October 2025

Trip Includes: Transfer from Castlemanor Community Centre to Dublin Airport and Back. Return flights from Dublin to Dubrovnik with Aer Lingus. 20kg Luggage allowance per person. 7 overnights in a 4\* Hotel Tara in Becici. 7 Breakfast and 7 Evening Meals. 1 x tasting (Ham & Cheese) on Day 4. 1 x Lunch on Day 5. Coach and English speaking guide. Music by Dessie Ronan. We will be visiting places of interest throughout the trip and taking 2 days as leisure days.



Total Cost : €1,495.00

Single Room Supplement: €30 Euro per night (€210 Euro Per Person)

Non - refundable Deposit: €500 Euro by Friday 30th of April

Balance Due by Friday 18th of July

**For booking and information contact Frances on 087-7759584 & Catherine on 087-9974943**

## Walk and Talk Programme

### Making Connections

# Walk & Talk Programme

In Partnership with the HSE | 2025

## CHURCHTOWN | AGE 65+ Wednesdays 10:30am - 12:00pm

**Programme 1:** 19 Mar - 21 May (inclusive)  
**Programme 2:** 11 June - 13 Aug (inclusive)  
**Programme 3:** 03 Sep - 05 Nov (inclusive)

**Weeks 1&10: Intro & Physio Assessment**  
Physio Room, Level 2, HSE Primary Care Centre, Churchtown between Mr Price & Harvey Norman (lift access). Free parking

**Weeks 2-9:**  
Walks in Loreto Park.  
Followed by coffee at Starbucks.

To participate in this free 10 week programme:

**A referral is required from a HSE clinician or GP**



**FOR FURTHER INFORMATION:**  
Ph: 01 295 1053  
E: [info@makingconnections.ie](mailto:info@makingconnections.ie)  
Making Connections | CHY21301  
Supporting Older People in the Community

**TO MAKE A REFERRAL**  
Complete an online form at:  
[www.makingconnections.ie](http://www.makingconnections.ie)



## International Updates



### IFA Global Café | In Conversation with Prof. Amanda Grenier

IFA Global Café | In Conversation with Prof. Amanda Grenier on “Centering the Lived Experiences and Rights of Older Adults in Public Policy.”

21 March 2024, 07:00 A.M. EDT (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



This email was sent to {personalemail}.

[Change your subscription preferences](#)

powered by sensorpro