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4th April 2025

National Updates



Major Age Friendly Ireland Health & Wellbeing Festival on ATU Campus

On March 28th, 2025, more than 250 older people from Sligo, Leitrim and across the region attended the first-ever Age Friendly Health and Wellbeing Festival at ATU Sligo. The event was a resounding success, providing attendees with valuable information, resources, and opportunities to connect with services that support healthy and independent living. The festival was organised by Age Friendly Ireland, in partnership with Atlantic Technological University (ATU) Sligo.

[Find out more >](#)

Mount Lucas Retrofitting Rig visits Meath County Council



This week the Mount Lucas Retrofitting Rig visited Meath County Council and on Wednesday there was a dedicated Drop-In Clinic for older people where they learned about energy saving, the benefits of retrofitting, see firsthand a heat pump in action and discuss different types of solar panels & insulation options.

LMFM radio were also there promoting the service and interviewed our Chief Officer Catherine McGuigan on the day.





Age-Friendly AI: Ireland's National Artificial Intelligence Literacy Initiative

TU Dublin, in partnership with the Research Ireland ADAPT Centre, is proud to launch Age-Friendly AI: A National Conversation on Artificial Intelligence!

Funded by Taighde Éireann – Research Ireland under the Discover programme.

This two-year initiative will equip older adults with the knowledge and confidence to engage with AI, ensuring their voices shape its future. Through workshops, an online portal, and community events, we're making AI more accessible and inclusive.

[Find out more >](#)





Bowel Cancer Awareness Month 2025

From 1 April 2025, BowelScreen will be available to everyone aged 59 to 70. Just one test can help reduce the risk of developing bowel cancer over your lifetime.

This change is part of the ongoing planned expansion of our bowel cancer screening programme. The HSE's National Service Plan 2025 commits to further expansion of the screening programme to include people aged 58.

This will be completed in 2026.

Inviting people aged 70 will mean approximately 48,000* more invitations being sent over the next 2 years, offering people another opportunity to reduce their risk of developing bowel cancer. We are encouraging everyone to consider taking part – even if they haven't before.

[Find out more >](#)

DCU Research - Creativity and Ageing

PARTICIPANTS NEEDED!

Creativity, Cognition & Confidence in Older Adults

A study on how education, work experience, leisure activity, and confidence affect creative thinking

Who Can Participate?

Aged **60+** No history of dementia or brain disorders

What Will You Do?

Complete a short online creative thinking task and questionnaire.



BE A PART OF HEALTHY AGEING RESEARCH!

For more Information and to access the study

Scan the code or go to

bit.ly/CreativeThinkingResearch

You can ask family or a friend to help.

DCU

Ollscoil Chathair
Bhaile Átha Cliath
Dublin City University

Contact: Jenna O'Brien jenna.obrien225@mail.dcu.ie
Supervisor: Aoife McNicholl aoife.mcnicholl@dcu.ie

DCU School of Psychology
A Learning Activity - PSY1088
Ethics Approval: DCUPEC_2025_042



**HIQA welcomes significant change in nursing home regulations
which take effect from 31st March**



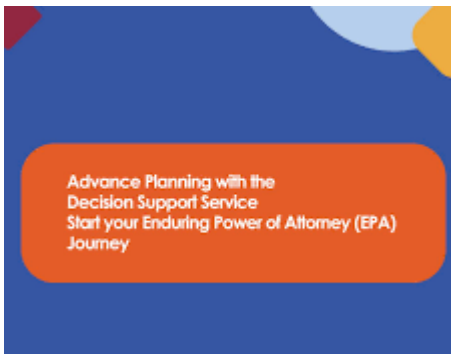
The Health Information and Quality Authority (HIQA) has welcomed changes to the regulations that will support nursing home residents and ensure better governance in nursing homes which take effect today, 31 March 2025.



These changes to the regulations have been introduced by the Department of Health following recommendations proposed by the COVID-19 Nursing Homes Expert Panel and extensive engagement with HIQA and other key stakeholders.

[Find out more >](#)

Advance Planning event in Portlaoise



The Decision Support Service are hosting an event in Portlaoise on Tuesday and Wednesday 8th and 9th April designed to support people to plan ahead. The event is in conjunction with Portlaoise Lions Club.

The event will focus on the practical steps required to create an Enduring Power of Attorney (EPA), including one-to-one sessions with staff from the Decision Support Service.

[Find out more >](#)

Local Updates



Loais Age Friendly Newsletter for April

Check out April Edition of Loais Age Friendly Newlster. This month features :

- Live Well Expo 2025
- Ballybrophy- Age Friendly Train Station
- Decision Support Service event in Portlaoise

and much much more!!

[Find out more >](#)

Age Friendly Roscommon Updates

The Age Friendly Programme in Roscommon has been very busy the last couple of days. An excellent six step Climate Action Course aimed at the over 60's in Roscommon has just finished. Also members of Roscommon Age Friendly Hospital's Steering Group



visited Monaghan Age Friendly Hospital on Monday 31st March 2025.

Read more below.

[Find out more >](#)

Raheny Age Friendly



This month, for our Easter-themed morning, Marie Keegan of Age Action spoke to our group about the wide range of services available to the elderly in our community, many of which are free of charge. There were many questions for her post-presentation, always a good indicator of a captive audience!

Separately, everyone in Raheny Age Friendly would like to wish Community Guard Rachael Cassidy the very best for her upcoming wedding. Rachael is a vital part of our service and is a popular presence in our monthly coffee morning. We got her something small to mark the big day. We have allowed her to miss next month's coffee morning, but we hope she resumes service soon after 😊





Age Friendly Events and Services, Bunclody Library. Co.Wexford

Finding Magic & Medicine In Your Garden with Feebee Foran – Thur 10th April at 7.00pm

Join Feebee Foran, Herbalist, owner of Forager Skincare & resident Forager on Ireland AM for a morning/evening of plant magic and medicine.

Discover the beauty hidden in your garden or daily walk and deep dive the natural medicine of wild Irish weeds. You will learn the secret stories and folklore of the plants that grow in abundance in Ireland and leave with a new appreciation for wild weeds, together with practical tips, remedies and recipes to try at home for better health and wellness.

Booking essential. To book, please telephone **053 9375466** or **book online at wexfordcoco.libcal.com**

Home Energy Saving Kits

Home Energy Saving Kits are now available to borrow from Bunclody Library. The kits contain a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas. Please contact the library at **053 9375466** or email **bunclodylib@wexfordcoco.ie** for further details.

Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks from Bunclody Library, all you need is your library card!.

For more information, please contact the library.

International Updates



IFA Global Café | In Conversation with Prof. Dawn Skelton

IFA Global Café | In Conversation with Prof. Dawn Skelton on “Falls are preventable, but we can do better. A discussion about evidence, implementation and behaviour change support.”

4 April 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](#)

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- 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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