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25th April 2025

National Updates



3rd Laois Live Well expo

The third edition of Laois Live Well Expo was hosted on Wednesday, 23rd April in Portlaoise College.

[Find out more >](#)

Road Safety Awards closing date 16th May



Applications now open for the Excellence in Road Safety Awards 2025

The European Road Safety Charter, the largest civil society platform dedicated to road safety and led by the European Commission, has officially opened applications for the 2025 Excellence in Road Safety Awards.

These prestigious awards recognise outstanding contributions from organisations, authorities, and companies within the Charter community that make Europe's roads safer.

The award categories for 2025 are:

- Driving under the influence and distraction
- Education
- Older people
- Technology
- Urban

Applicants must demonstrate how their initiative has effectively addressed a road safety challenge. Eligible entries include actions, projects, strategies, campaigns, methods, or approaches that have delivered tangible, measurable results.

Does your road safety initiative deserve EU-wide recognition? Become part of the European Road Safety Charter and apply for the Excellence in Road Safety Awards by clicking on the button below.

Apply now - <https://road-safety-charter.ec.europa.eu/content/excellence-road-safety-awards>

Application deadline: **Friday, 16 May 2025** (midnight CET)

Winners announced: **Thursday, 16 October 2025**, in Brussels and online.

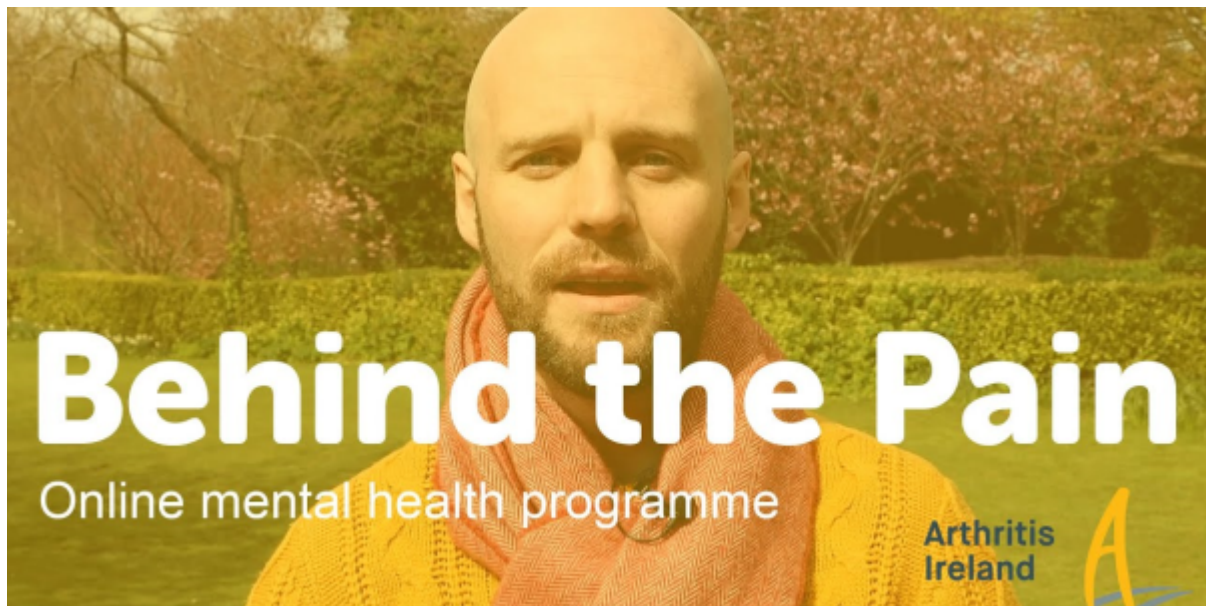
LGIU

What can local government learn from Japan's approach to providing for an ageing population?

Local Government Information Unit staff have put together a great article about what can the local government learn from Japan. The article is available for all to read by just signing up for a free LGIU account.

[Read the article >](#)

Behind the Pain Online Programme



This is Arthritis Ireland's online mental health programme called Behind the Pain. This six-week course will explore the emotional relationship and reactions to living with arthritis.

This course will be led by an accredited psychotherapist.

The structure of this course allows you to connect with other people living with arthritis in a confidential forum to explore your thoughts and emotions under professional guidance. Discussion topics will include coping with an

invisible illness, the grief cycle, dealing with fatigue and asking for help. In each session we will provide a range of self-care tools and strategies for taking care of your mental well-being.

This course is part of Arthritis Ireland's suite of services to help manage your conditions.

Click below to learn more or register.

[Learn More >](#)

Dementia Care: Lessons from Economics and Policy

Dementia Care: Lessons from Economics and Policy

You are invited to attend a series of public sessions on dementia care, which is being organised as part of the HOMEDEM training school at the University of Galway.

What is HOMEDEM?
HOMEDEM is a Marie Skłodowska-Curie Actions doctoral network funded by the European Commission, which provides an innovative education and training program in design and dementia care.

About the Event
HOMEDEM is hosting a series of public sessions at the Institute for Lifecourse and Society at the University of Galway. The sessions will consider important issues related to dementia care, through the lens of economics, policy and lived experience.

Online and in-person attendance will be facilitated.

Local Organisers: Dr Sharon Walsh, Professor Eamon O'Shea and Mr Vamsi Krishna Boyanagari

Location: ILAS, University of Galway

Dates: 21-22 May 2025

**Spaces Limited
Last Date to Register
01 May 2025**

Scan this QR code to Register

May 21 13:20-15:00	Opening Address: Prof Caroline McGregor, Director of Institute for Lifecourse and Society Lecture: Reimagining Home Care for Older People Dr Brendan Walsh, Economic and Social Research Institute Discussant: Helen Rochford-Brennan, Global Dementia Ambassador <i>LCI- G018 Auditorium</i>
May 21 15:30-17:00	Plenary: Technology and Dementia Prof. Martin Orrell, University of Nottingham <i>LCI- G018 Auditorium</i>
May 22 9:00-10:30	Online Plenary: Dementia Care: Lessons from Australia Prof. Brenda Gannon, University of Queensland Prof. Kaarin Anstey, University of New South Wales Mr. Bill Yeates, Lived Experience Advocate <i>LCI- G018 Auditorium</i>
May 22 11:00-13:00	Plenary: Home, Universal Design and Dementia Mr. Thomas Grey, Trinity Haus Discussant: Prof. Suzanne Cahill <i>LCI- G018 Auditorium</i>
May 22 14:00-15:30	Panel Discussion: The Future of Care for People with Dementia Chair: Prof. Eamon O'Shea Panel: Prof. Michelle Canavan, Prof. Kieran Walsh, Mr Andy Heffernan, Dr. Fiona Keogh and Dr. Duygu Sezgin <i>LCI- G018 Auditorium</i>

For more information
Visit: www.homedem.eu
Email: v.boyanagari1@universityofgalway.ie

HOMEDEM Project are hosting two days of public sessions featuring expert lectures, plenaries, and thought-provoking discussions on reimagining dementia care, innovative home design, and the evolving role of technology.

The Training Week will be held on the 21-22 May 2025 at ILAS, University of Galway and it can be attended in person or online.

Registration closes on the 1st May 2025.

To register your spot, please click below.

[Learn More >](#)

Be Active With Arthritis Online



This program will help to reduce pain and stiffness and maintain or improve mobility, muscle strength and functional ability.

Two essential components to the program will be included in every session.

Regular exercise is proven to be one of the most effective treatments for arthritis. It reduces pain, keeps joints moving, restores flexibility and strength and protects joints against further damage. However, only 30% of people with arthritis in Ireland get enough exercise, as overcoming fears about exercise can be very difficult – especially when in pain.

To attend these classes, participants will have to be independently mobile and a basic general health screening will be performed in advance of the class.

Click below to learn more or register.

[Learn More >](#)

Save the Date! Upcoming Webinar 28th May



HE

Save the Date!

The National Safeguarding Office and The Disability Umbrella Groups Safeguarding Reference Group invite you to save the date for our joint webinar on Financial Autonomy

When?
28th May 2025 | 10:00 - 12:30

Further details and how to register will be circulated in due course

WEBINAR

 **National Disability Services Association**
Equality Through Quality



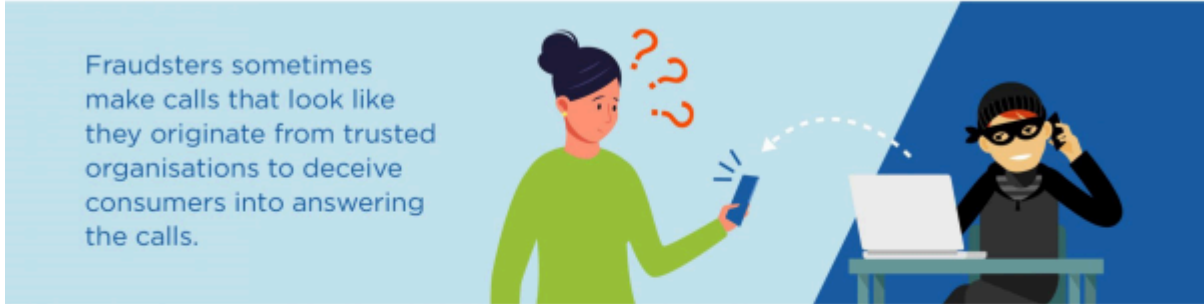
 **National Federation of Voluntary Service Providers**
Supporting people with intellectual disability (ID)

ComReg's Do Not Originate List now open

What is the Do Not Originate List?



The Do Not Originate (DNO) List is a simple and effective measure to protect consumers and organisations from phone scams.



Fraudsters sometimes make calls that look like they originate from trusted organisations to deceive consumers into answering the calls.



Many organisations have phone numbers that are never used for making calls to customers. These are typically phone numbers that consumers call for information or to report a problem. They are known as inbound-only phone numbers.



- DNO LIST**
- 01 XXX XXXX ❌
 - 021 XXX XXXX ❌
 - 0818 XXX XXX ❌

Businesses can add their inbound-only numbers to the DNO List to block scam calls using their numbers.

By introducing and implementing the DNO List on networks, telecoms operators will block scam calls on the numbers.

Such calls will therefore not be routed to consumers, protecting them from attempted fraud.



For more information, see www.comreg.ie/dno




Age Friendly University upcoming events

Find out more >

Local Updates

Irish Conversation Groups in Douglas Library, Cork





CIORCAL COMHRÁ

Douglas Library
Wednesdays at 1.30pm on:


- 7th of May**
- 4th of June**
- 2nd of July**
- 6th of August**

Looking for an opportunity to talk to others in Irish, come along and be part of our new informal Irish conversation group.

Suitable for adults of all levels of fluency who wish to use their cúpla focal. So join us, on the 1st Wednesday of the month, where you will be welcomed with a céad míle fáilte.

  **Douglas Library**

T: 021 4924932 E: douglas_library@corkcity.ie

 We are Cork.



Age Friendly Meath Business/Service Recognition Event

The three Meath branches of the Citizens Information Service (Navan, Trim and Ashbourne) were presented with their Age Friendly Business/Service Recognition charters on Wednesday 23rd April in Buvinda House by Meath County Council Chief Executive Kieran Kehoe.

The Meath Citizens Information Service Age Friendly Champions began their training in October of last year and since then have worked in collaboration with the Meath Age Friendly Programme to become a recognised Age Friendly Service. The chairperson of the Meath Age Friendly Alliance, Michael Finnegan and executive members of the Meath OPC were in attendance.

Congratulations to the three new Age Friendly Champions and many thanks to everybody in attendance at the presentation.

[Find out more >](#)

New Dementia Cafe in Donegal



Caife & Cineáltas

An bhfuil cara nó ball teaghlaigh agat atá ina chónaí le néaltrú?

Bigí linn le haghaidh tráthnóna comhrá, ceoil, imeachtaí spraoi, comhroinnt eolais agus sólaistí éadroma

Spás sábháilte inar féidir le daoine bualadh le daoine eile a bhfuil eispéiris den chineál céanna acu.

Dé Luain 12ú Bealtaine
12 i.n. - 1.30 i.n.
CDP na Rosann CTR,
An Clochán Liath
F94 PX82



Caife & Cineáltas

Do you have a friend or family member who is living with dementia/Alzheimers?

Come along and join us for an afternoon of chat, music, information sharing and light refreshments

A safe space where people can meet up with others with similar experiences.

Monday 12th May
12 p.m. - 1.30 p.m.
CDP na Rosann CTR,
Dungloe
F94 PX82



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**. 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.

- **Lawn bowls at Cavan Sports Complex** on **28th April 2025** delivered by Cavan Sports Complex.
- **A Walking History Tour of Cavan Town** on **12th May 2025** delivered by Fiona Duffy.

To register please contact: agefriendly@cavancoco.ie or call **049 4378581**



Limerick Lifelong Learning Festival

The Limerick Age Friendly Programme Manager, pictured above at the “All Literacies Change Lives Seminar” which took place on Thursday the 10th of April at the UL Access Campus. This event was part of Limerick Lifelong Learning Festival 2025. The seminar featured talks from a host of speakers on all different types of adult literacy including health literacy, financial literacy & climate literacy. The Lifelong Learning festival hosted over 120 free events. Among them were “Hi-Digital-Improving your online skills”, “Age with independence at home” & “Thriving After 55” all aimed at older people along with a wide range of other online & in person events.

Bealtaine events in Kilkenny Libraries



[Find out more >](#)

Invitation

Health & Wellbeing Expo 2025

The Clare Older People's Council and the Clare Age Friendly Programme are hosting a "Health & Wellbeing" Expo during Positive Ageing Week to showcase the supports and services available for older people living in County Clare. We would like to invite your organisation to host an information stand at the event. It is an opportunity for you to network and raise awareness of your services while engaging directly with attendees.



**space
is
limited**

Date: Thursday, 2nd October 2025.
Location: Treacy's West County, Ennis, V95 CPCT
Time: 11am to 4pm

Register your interest in hosting a stand by completing the form in the link below:-
[Registration Form](#)
before 29th August 2025



**space
is
limited**





Scan Me



Celebrate Positive Ageing Week with Us!

The Clare Older People's Council, in collaboration with the Clare Age Friendly Programme, is thrilled to present the "Health & Wellbeing" Expo, a cornerstone event of Positive Ageing Week! This exciting expo aims to shine a spotlight on the incredible supports and services available for older adults throughout County Clare.

We are delighted to invite your organisation to host an information stand at this event. It's a unique chance to:

- Showcase your services and resources to an engaged audience.
- Network with other organisations and build meaningful connections.
 - Raise awareness of the impact you make in the community.
- Engage directly with attendees who could benefit from your support.

Join us in making this day an unforgettable celebration of health, happiness, and community spirit. Let's work together to empower the older generation in County Clare!

If you are interested in hosting a stand at the Expo please register below.

[Register Here >](#)



Offaly Libraries celebrate Bealtaine 2025

Bealtaine is Ireland's national festival which celebrates the arts and creativity as we age. This year marks the 30th anniversary of Bealtaine and the theme of the programme is Lust for Life. The festival is run by Age & Opportunity, the leading national development organisation working to enable the best possible quality of life for us all as we age.

Age & Opportunity Arts provides opportunities for older people to be more creative more often, to create meaningful participation and representation for all older people in cultural and creative life and to demonstrate and celebrate how our creative potential can improve with age.

To enhance digital skills, Offaly County Council and Offaly Local Development Company in collaboration with Offaly Libraries recently launched an Age-Friendly digital skills programme using Acorn tablets. The aim of this programme is to empower older adults to confidently navigate the digital world by offering tailored training sessions on how to use tablets for online communication, everyday tasks, and browsing.

During the month of May, Offaly Libraries will celebrate Bealtaine with the following events. All events are free. To book your space, please contact your local library.

[Events >](#)

International Updates



IFA Global Café | In Conversation with Dr. Anna Taddio

IFA Global Café | In Conversation with Dr. Anna Taddio on “Exploring Pain Management During Vaccination for Older Adults.”
25 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](#)

- 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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