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9th May 2025

National Updates



Annual Age Friendly Ireland Convention Addresses the Merits of Preventive Healthy Ageing and Intergenerational Solidarity

Over 200 older people from across Ireland are gathering in Tallaght, for the 2025 Age Friendly Ireland National Older People's Councils (OPCs) Convention. This year's event places a national spotlight on preventive over reactive healthcare, brain health, and intergenerational solidarity as keys to ageing well.

A key highlight will be a personal fireside conversation between Brendan Courtney, the Convention's MC and broadcaster; and Professor Ronan Collins, Age Friendly South Dublin Ambassador, Consultant in Geriatric & Stroke medicine and current RCPI National Clinical Lead for Stroke. Professor Collins will reflect with Brendan on their shared experiences and discuss the urgent

need for earlier intervention, community awareness, and open conversations between generations on healthy ageing. This year's Convention theme — The Wisdom of Years: A Lifetime of Perspective — was shaped through consultations with older people across Ireland on the issues that matter most to them.

[Find out more >](#)

National Older People's Councils (OPCs) Convention 2025

We have had a very busy couple of days at our National Older People's Council Convention 2025 hosted by South Dublin County Council. This year's theme was 'The Wisdom of Years, A lifetime of Perspective'.

We are looking forward to sharing with you next week all that happened on Day 1 and Day 2 of the convention, all about our wonderful hosts and speakers.

For now here is a taster with some lovely photos taken by the very talented **Brendan Sherlock, member of Fingals Older People's Council.**





Council Reaches out to Businesses to Make Older People Welcome



Cork City Council's new Age Friendly City Strategy 2025-2029 will see the council partner with city businesses on key initiatives to make spaces more accessible for older people. The Leaside Leithreas initiative will see participating businesses located near amenity areas make their toilets available to members of the public, while restaurants and pubs joining the Take a Seat initiative will set aside some of their existing outdoor seating for use by older visitors, with no expectation of a purchase.

Cllr John Sheehan said support for older people "needs to come under a strategy, because so much of what we do as a city makes a difference in terms of people being able to live well in their communities, to a good age, and where they want to live".

[Read More Here](#)

Local Updates



Bunclody Age Friendly Library Events

The Month of May and the Coming of Summer with Michael Fortune of Folklore.ie – Thur 15th May at 7.00pm

A talk by artist and folklorist Michael Fortune about the traditions and customs surrounding the month of May and the coming of summer in Ireland. The talk will focus on the pisheogs and beliefs surrounding the month from witches stealing your profit to shape-shifting hares while the talk will look at the May Bush tradition in Ireland and its connections across Europe. Booking required. Book online at wexfordcoco.libcal.com or telephone 053 9375466.

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.



The RAMS in the Circle

On a lovely warm Monday evening, the RAMS, Retired Active Men's Social, headed off to the Naas races, and to view the runners for the Punchastown Festival.

20 of their members availed of this wonderful afternoon, and with good spirits (no alcohol) they were picked up at the Community centre at 3.30pm, by their now main man Premier coaches.

The Naas racecourse is now an Age Friendly race course, and they were treated with such dignity and respect. The staffs were wonderful to them and made them feel so welcome.

[Find out more >](#)

Bike Week Events in Dublin City



BIKE WEEK EVENTS

Join us to celebrate cycling this Bike Week!

SUN 11 MAY PedalPower Cycle Parade, 11am, Eamonn Ceannt Park
PedalPower Bike Festival, 12-4pm, Eamonn Ceannt Park

WED 14 MAY Sunset Cycle, 7.30pm, Phoenix Monument, Phoenix Park
 Free bike maintenance - Guild Street
 Free bike maintenance - Ballymun Plaza

THUR 15 MAY Scavenger Hunting Bike Challenge, Phoenix Park, 6.30-8.30pm

FRI 16 MAY Sunrise Cycle, Sails Statue, Clontarf, 6am
Singles' Cycle, 6pm, Luke Kelly statue, Guild Street
Outdoor Film Screening: Song Cycle, Meeting House Square, 9pm

SAT 17 MAY Biodiversity Cycle, 11am, Sails Statue, Clontarf
Donaghmede family cycle, 10-11am, Donaghmede Park
Food Culture Tour Cycle, 11am, Wolfe Tone Square
Active Travel Listening to the City workshop, 12pm, IMMA
Herbert Park family cycle, 2-3pm, Herbert Park

SUN 18 MAY Poppintree Park family cycle, 10-11am, Poppintree Park

 BikeWeek

Bike Week Events in South Dublin



Cycling & Walking Events in New Ross Area

To celebrate Bike Week and Climate Action Week, Wexford County Council are hosting the following events in the New Ross area:

Athurstown Coastal Walk & Underwater Photography Exhibition

Thursday 15th May

Coastal walk starts from Arthurstown at 11am, towards Duncannon (but not all the way, just to the woods and back which is 3km total)

Underwater Photography Display by Ivan Donoghue in the Kings Bay Inn from 12.30pm – 1pm (refreshments served). Free event but booking is required

[HERE](#)

Slow Roll Cycle on the Greenway

Saturday 17th May, 10am – 12pm

Join us for a leisurely cycle on the Greenway! There will be two events on the day, both geared towards enjoyment of the beautiful scenery of the South East Greenway. At 10am, a 12km cycle will start and this will be followed at

10.15am by a shorter 6km cycle. Limited number of bikes available to loan on the day. Pre-registration is essential. More details [HERE](#)

Biodiversity & Geology Family Cycle at Hook Head

Sunday 18th May, 11am – 1pm

Join us for a 12km round-trip family cycle at Hook Head. Starting at Hookless Village, the cycle will stop outside Hook Lighthouse for a talk by Jim Hurley on the geology and natural features of the area. Then after some refreshments, we return back to Hookless Village. Free event but pre-registration is essential – book [HERE](#)

The full list of Bike Week events is available [HERE](#), Biodiversity & Climate Action events [HERE](#)



IRELAND'S NATIONAL CELEBRATION
OF THE ARTS AND CREATIVITY
AS WE AGE

- Fri 25th April Daytime Movies - enjoy a movie based on a classic book, Longford Library, 2.00pm
- Tue 29th April Eating Well on a Vegetarian Diet talk, Longford Library, 11.00am
- Thur 1st May Brain Health Talk with Pauline Lee (HSE) in Granard Library, 2.00pm.
- Thur 1st May Bealtaine Concert, singing and dancing with Angela Reynolds and guests in Ballymahon Library, 6.30pm – 8.00pm.
- Fri 2nd May Musical Performance from Harp Duets, Granard Library, 7.00pm.
- Thur 8th May Flower demonstration by Mary Holmes, Lanesborough Library, 2.00pm.
- Thur 15th May Tender Mercies by Colette Cullen starring Fair City's Sorcha Furlong in a tour-de-force performance in Backstage Theatre, Longford, 8.00pm.
- Fri 16th May Musical Performance from Harp Duets, Edgeworthstown Library, 7.00pm.
- Wed 21st May Brain Health Talk with Pauline Lee (HSE) in Ballymahon Library, 2.00pm
- Fri 23rd May Flower demonstration by Mary Holmes, Drumlish Library, 2.00pm.
- Fri 23rd May A trip down memory lane with a viewing of a classical musical movie, Ballymahon Library, 2.00pm.
- Tue 27th May Nutrition for Falls Prevention and Bone Health in the Older Person talk, Longford Library, 11.00am
- Wed 28th May Brain Health Talk with Pauline Lee (HSE) in Lanesborough Library, 2.00pm.
- Fri 30th May Musical Performance from Harp Duets, Longford Library, 2.00pm.
- Fri 30th May Miss Mary by Kristyn Fontanella, Miss Mary traces the footsteps of the travelling dance masters of Ireland. The performer shares common stories through movement, BOOKING ESSENTIAL, Edgeworthstown Library, 2.00pm.

TO BOOK YOU PLACE VISIT WWW.LONGFORDLIBRARY.IE OR CONTACT THE BRANCH

LONGFORD
0433340727

EDGEWORTHSTOWN
0433343335

BALLYMAHON
0906432546

GRANARD
0436686164

LANESBORO
0433321291

DRUMLISH
0433324760



Longford Age Friendly Bealtaine Programme

Longford Age Friendly Bealtaine Programme will commence with the second annual Bealtaine Concert of song and dance hosted by Songbirds and Friends in Ballymahon Library on Thursday 1st May from 6.30-8pm. The musical theme will continue with Harp Duets performing in Granard Library on Fri 2nd May at 7pm with two other performances scheduled later in the month in Edgeworthstown Library on 16th May and Longford Library on 30th May at 2pm.

[Find out more >](#)

Hello How Are You Dún Laoghaire

HELLO HOW ARE YOU DÚN LAOGHAIRE

THURSDAY 15TH MAY 2025

Come join us in Dún Laoghaire to launch
the start of Mental Health Ireland's Hello
How Are You initiative

- Booking Required
- For any questions, please contact Kevina
- kmalone@dlrcoco.ie
- 0877586600



1.50PM Meet @ Entrance to East Pier

The day will include:

Walk & Talk on Dún Laoghaire East Pier

Informative chat on what's on in dlr

Tea/Coffee & Nice Treats



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Government of Ireland, through the Department of Rural and Community Development, and the European Union.

Bealtaine Festival in conjunction with the Library Service in Donegal



Healthy Age Friendly Homes with Age Friendly Ireland

Age Friendly Ireland will host drop-in clinics throughout Bealtaine, dedicated to supporting older individuals in living independently and with dignity in their own homes for as long as possible. Discover how to adapt your existing home, explore relevant grants, and gain access to a variety of housing, health, and social care supports to empower you to live the best life you can in your community.

Friday 9th May, 11am-12.30pm

Venue: Carndonagh Community Library

Wednesday 14th May, 11am-12.30pm

Venue: Lifford Community Library

Friday 16th May, 11am-12.30pm

Venue: Leabharlann Phobail na Rosann

Tuesday 20th May, 11am-12.30pm

Venue: Milford Community Library

Tuesday 27th May, 11am-12.30pm

Venue: Donegal Town Branch Library

Bookings: www.donegalculture.ie/en/events/ or call (074) 917 5384

Free Entry the Battle of the Boyne Visitor Centre for Senior Citizens



To celebrate the 30th Bealtaine Festival – Celebrating Creativity as We Age – the OPW - Office of Public Works and TFI - Transport for Ireland are offering free admission for senior citizens to the Battle of the Boyne Visitor Centre among 10 other sites nationwide

This special offer runs from 1–31 May 2025 and applies upon presentation of a valid free travel pass or TFI Local Link ticket at the following participating sites & routes.

[Find out more >](#)

International Updates



IFA Global Café | In Conversation with Ms. Ceilagh MacDonald

IFA Global Café | In Conversation with Ms. Ceilagh MacDonald on “A Discussion on Research of Canadian Caregivers.”
9 May 2024, 07:00 A.M. EST (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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