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**23rd May 2025**

## National Updates



**Celebrate Summer with the Meath Women in Biz & Tech Network.**

**Guest Speakers: Catherine McGuigan, Chief Officer Age Friendly Ireland and Jackie Maguire, Former CE Meath County Council**

The aim of the Meath Women in Business & Technology network is to foster and encourage business women to grow in enterprise and to share their experiences. The initiative seeks to bring business women together, whether they own their own company or play a leading role in one. The Meath Women in Biz & Tech network is proudly sponsored by Meta.

[Find out more >](#)

**Closing Date is Next Friday, 30th May.  
Get your Applications in Before It's Too Late....**



## **2025 National Age Friendly Recognition and Achievement Awards**

The call for submissions to the 2025 National Age Friendly Recognition and Achievement awards is now live and the closing date is 30th May 2025.

Age Friendly Ireland is thrilled to announce that we are now open for applications to the National Age Friendly Recognition and Achievement Awards 2025. Each year a local authority hosts the awards event, and we are excited to reveal that Galway City Council and Galway County Council are jointly hosting this year's event in The Galmont Hotel, Galway, on Thursday, October 23rd, 2025.

We are seeking innovative projects from across this range of areas that have real impact on the lives of older people and have the potential to be

showcased and replicated. We will be welcoming initiatives at both local and national level.

Shortlisted projects will be visited by the judging panel across the month of September and will be invited to Ireland's Age Friendly Recognition and Achievements Awards ceremony in Galway in October.

[Find out more >](#)



## Unique Limerick housing scheme is a 'step in the right direction'

A MAJOR step towards meeting housing demand in Limerick has been marked with the delivery of a new housing project.

The new development is part of a significant partnership between Focus Housing Association (FHA) in partnership with Limerick City and County Council at Bru na Gruadan, Castletroy.

This is one of the first housing projects in the region to reflect Limerick Council's new 'mixed tenure' policy, blending social housing with affordable purchase and rightsizing opportunities.

[Find out more >](#)

## Expressway Announces Improved Timetables for Route 32



Expressway, Bus Éireann's premium coach service, is pleased to announce an improved timetable for its Route 32 service, which will come into effect on 25th May 2025. The updated timetable will also ensure a more frequent and reliable service, with an increase from 10 to 12 daily return services on Route 32 which serves key stops at Busáras, Dublin Airport, Ardee, Monaghan, Omagh and Lifford before arriving at Letterkenny Bus Station.

[Find out more >](#)

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## Local Updates



### Monaghan Libraries Age Friendly Events

#### Carrickmacross Library:

- **Monday 11am-12.30pm Crosswords and croissants**

Puzzles and cake every Monday. All welcome.

- **Tuesday: Techknow 10am -1pm**

Help with all your IT problems (booking required, call 0429661148)

- **Thursday: 12.30-1.30 Poetry circle.**

A relaxed poetry club that analyses one by poem a week. Friendly and social. All welcome.

#### Castleblayney Library:

- **Blayney Bloomers (Last Monday of the month) 6.30-7.30pm**

A social club for the green fingered.

**Clones Library:**

- **Monday 11am-12pm, Puzzle club**

- **Techknow 2-5pm**

Help with all your IT problems (booking required, call 04774712)

- **Thursday 2.30-3.30pm Beginners Ukelele**

Learn the Ukelele in a friendly atmosphere.

**Monaghan Town Branch Library:**

- **Every Monday morning at 11am - 12.30pm- Crosswords & Croissants**

- **Every Tuesday 2.30pm - 4pm - Adult Mindful colouring**

- **Every Wednesday 10am - 12.00 - Knit and Chat group**

- **Every Wednesday 5.30pm - 7.30pm Yarney Army**

- **Every Friday 2pm to 3pm - Adult scrabble club**

## **Killorglin Library Offers One-to-One Digital Support for Older Adults in Celebration of Bealtaine**

Age Friendly Kerry Office is proud to support the Killorglin Library Initiative in celebration of Bealtaine. During the month of May, Killorglin Library is offering one-to-one assistance for older people who wish to learn more about using smartphones and tablets. The initiative reflects the library's ongoing commitment to digital inclusion and lifelong learning for people of all ages.

**Every Thursday during May**, older members of the community are invited to book individual session with Killorglin Library staff, who will provide practical support tailored to each person's needs. Whether it is sending messages, using apps, browsing the internet or setting up email the sessions are designed to build confidence and help older people make the most of their digital services.

If demand continues, the service may be extended into June.

To learn more or to book a session, **contact Killorglin Library at (0696) 9761272.**

## **Healthy Age Friendly Homes Library Clinic**





Pictured is Healthy Age Friendly Homes (HAFH) Local Coordinator Donegal; Clodagh Murray in Milford Community Library Service at HAFH Library Clinic

Come visit the upcoming Healthy Age Friendly Homes Library Clinic in conjunction with the Donegal Library Service and the Bealtaine Festival on **Tuesday 27th May – 11am – 12.30pm** – Donegal Town Branch Library

## Fingal Volunteer Expo in the Grand Hotel, Malahide



Some lovely photos from the Fingal Volunteer Expo took place in the Grand Hotel, Malahide, on Monday 19th May 2025.

1st pic taken by Natalya: L to R - Brendan Sherlock, Paul Walsh, Mary Conway

2nd pic attached taken by Ruth: L to R - Fingal Mayor Brian McDonagh, BS, PW, MC

## Dún Laoghaire–Rathdown Older People's Council AGM

The Dún Laoghaire–Rathdown Older People's Council held their Annual General Meeting on 20th May and it was a truly positive and productive meeting. We were delighted by the excellent turnout, demonstrating the strong engagement of our community.

The enthusiastic support from local councilors also played a significant role, highlighting the collaborative spirit between residents and local government. It was wonderful to see so many familiar faces, all contributing to a vibrant discussion about the future of our area.



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### **Dún Laoghaire–Rathdown Sports Day**

“What a day!! Dún Laoghaire–Rathdown held their Sports Day on 22nd June in St. Laurence Parish Hall, Stillorgan.

The atmosphere was buzzing with energy and camaraderie as older people enthusiastically embraced new activities like Zumba, Chair Yoga and Tai Chi. It was a truly a well-attended and incredibly success event, proving that age is just a number when it comes to fun and fitness!



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### **Age Friendly Kerry Presentation to Coláiste na Sceilge Cahersiveen**





On Thursday, May 15th, 2025, Cllr Tommy Cahill, Cathaoirleach of the Kenmare Municipal District, presented Coláiste na Sceilge Cahersiveen with a special plaque in recognition of the school's outstanding project, "Intergenerational Connection: Youth Action Addressing IT Poverty." The award was presented on behalf of Kerry County Council and Age Friendly Office Kerry.

[Learn More >](#)



## Age Friendly Clinic Launched at Longford Citizens' Information Centre 6th May 2025

Longford Citizen's Information Centre recently extended their current service offer to include a dedicated older persons clinic. Paddy Mahon chair of the Longford Age Friendly Alliance and Chief Executive of Longford County Council



launched the service at an event in the Citizens Information Centre Offices on Tuesday 6th May 2025.

[Find out more >](#)

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## Back to the 60s

Bookings can be made by contacting Tara at [culture@muintircork.com](mailto:culture@muintircork.com) or by phone at **085 8670744**



**Back to the 60s**

**THE BEATLES**  
IRISH CONCERTS

**BEATLES**

PEACE  
LOVE

Nostalgia trip to the 60s as Cultural Companions presents a Beatles tribute with acclaimed performer **Girish Paul**

- 🎤 Sing along to the biggest Beatles hits!
- 🕺 Enjoy an evening of music, dancing & sixties fun!
- ❓ Test your knowledge with a 60s trivia challenge!
- 🌈 Dress up in sixties style (optional but encouraged!)

Prizes and refreshments

**Friday 30<sup>th</sup> May 5pm**  
**The Gallery Mallow**

Booking Required

## Dementia Inclusive County



# A DEMENTIA INCLUSIVE COMMUNITY



**What is A Dementia Inclusive Community?**

A Dementia Inclusive Community is one in which People living with Dementia and their families fully participate in society and is one in which the people in the community are aware of and understand Dementia.

**YOU ARE INVITED TO JOIN US AND HELP MAKE A DIFFERENCE**

**Venue:** VIRGINIA SHOW CENTRE, THE SHOWGROUNDS, VIRGINIA, CO. CAVAN A82 A9X2

**Date:** TUESDAY, MAY 27th, 2025

**Time:** 7PM

**RSVP:** [friendsofasi@alzheimer.ie](mailto:friendsofasi@alzheimer.ie)

[www.alzheimer.ie](http://www.alzheimer.ie)

[f](#) [v](#) [in](#) [@](#) [x](#)

Working alongside the Dementia: Understand Together campaign



## Bealtaine Afternoon Tea



## Brain Health Tours in the Gallery

## Brain Health Tours in the Gallery



### When?

Tuesday 27 May and  
Saturday 14 June  
11am – 12.30pm

### Where?

Level 3,  
dlr LexIcon,  
Dún Laoghaire.  
Eircode: A96 H283

Enjoy a seated, informal tour of the exhibition 'A rock can hurt you, a rock can open a nut' by artist Vanessa Donoso López. As part of this experience enjoy a cup of tea and a chance to chat and meet new people.

These tours are designed for anyone who is interested in promoting their brain health, anyone who notices changes in their memory and anyone living with dementia. Julie Merriman and Órla Goodwin are trained to support people living with dementia. They will facilitate these sessions to ensure an inclusive experience.

Free, please book your space.

Email [arts@dlrcoco.ie](mailto:arts@dlrcoco.ie) or

Phone and ask for Pia or Máire on (01) 236 2759

Funded by the HSE/Dún Laoghaire-Rathdown Arts and Health Partnership and supported by the Azure network.

Image credit: 'A rock can hurt you, a rock can open a nut' by Vanessa Donoso López

dlrLexicon



## International Updates



**Prof. Jolene Skordis**  
Professor of Economics, Vice Dean International and Advancement, Faculty of Population Health Sciences, Head of the Research Department for Environmental and Community Health, UCL, Institute for Global Health



**if Global Café**  
in conversation with experts



ifconLngo  
Be part of something @Kilbr

**"HEALTH EQUITY AMONG OLDER ADULTS"**

FRIDAY, 23 MAY 2025

7:00 A.M. EDT

Decade of healthy ageing



## IFA Global Café | In Conversation with Prof. Jolene Skordis

IFA Global Café | In Conversation with Prof. Jolene Skordis on “Health Equity Among Older Adults.”

23 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](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



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