

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



2nd May 2025

National Updates



Ballybrophy Train Station Awarded “Age Friendly” Status by Age Friendly Ireland

Ballybrophy Train Station in Laois has officially been awarded “Age Friendly” status by Age Friendly Ireland, recognising Iarnród Éireann’s commitment to making public transport more accessible, inclusive, and welcoming, particularly for older adults and people with disabilities.

This significant recognition follows an extensive process aligned with the principles of the World Health Organization’s (WHO) Global Network of Age Friendly Cities and Communities. The initiative was led by Age Friendly Ireland, the national organisation delivering the Government’s vision of an Age Friendly Ireland, in collaboration with the Laois Age Friendly Programme, Laois County Council and Iarnród Éireann.

The recognition of Ballybrophy Station with Age Friendly status also marks the official launch of Iarnród Éireann's Age Friendly Stations Initiative, an initiative which ultimately intends for all of the 146 stations nationwide to attain Age Friendly Status. Phase one of Iarnród Éireann's Age Friendly Station Initiative will see a group of ten carefully selected stations from across the rail network go through the audit and recognition process.

[Find out more >](#)



Live Well Health & Wellbeing Expo 2025 Welcomed Over 2,000 Attendees in Portlaoise

The Live Well Health & Wellbeing Expo, delivered for free through a collaboration between Age Friendly Laois and Healthy Laois, returned for another year to Portlaoise on Wednesday, 23 April 2025. Following a successful 2024 event, which saw an attendance of 2,000 people, this year's expo at Portlaoise College is set to be even bigger, more inclusive, and completely barrier-free — no entry fee or online pre-registration required.

The Expo is to empower attendees to age well by taking preventative health measures, promote healthy, active, creative and social living and increase awareness of available supports. Launched by Anna May McHugh, Managing Director of the National Ploughing Championships and Laois Age Friendly Ambassador, this fun, interactive and social event, running from 12.30pm to

6pm, offers a mix of free health checks, a tech zone powered by Google, and a dedicated social and adult play areas featuring music, exercise classes, and refreshments.

[Find out more >](#)

WARNING! New type of text and phone scam pretending to be from your bank.

A dark blue rectangular graphic with white and red text. At the top center is the 'FraudSMART' logo, with 'Informed. Alert. Secure.' written below it. To the right of the logo is a white thought bubble containing a red exclamation mark. Below the logo, the word 'Warning' is written in large, bold, white letters, followed by a large red exclamation mark. Underneath this, the text 'New text message and phone call scams claiming to be from your bank' is written in white. At the bottom, there are two white speech bubbles with blue borders. The left bubble contains the text: 'You have an urgent appointment with Nathan from our online security department regarding the security of your account. Please note that calls may appear from a landline or private ID.' The right bubble contains the text: 'You are speaking with David O'Sullivan from your bank card services department. Reference code (121-232)'

FraudSMART.
Informed. Alert. Secure.

Warning !

New text message and phone call
scams claiming to be from your bank

You have an urgent appointment with Nathan from our online security department regarding the security of your account. Please note that calls may appear from a landline or private ID.

You are speaking with David O'Sullivan from your bank card services department.
Reference code (121-232)

FraudSMART is advising consumers to be on alert for a new type of text message and phone scam currently in circulation claiming to be from your bank.

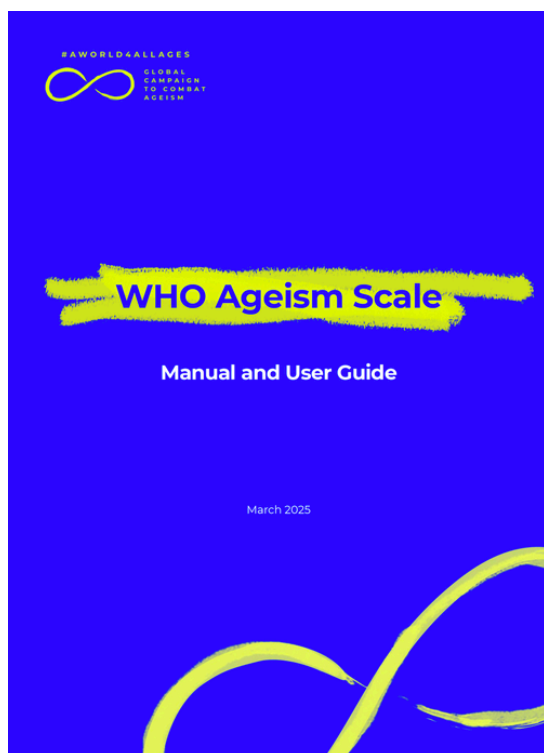
The fraudster may even advise you to delete your mobile banking app or ask

you not to log into your bank accounts for a period of time. In order to make you believe this instruction is genuine you may receive multiple calls advising there is a delay in receiving your 'new' online banking log in details to keep you away from your account. While you are waiting to hear back from the caller, who you believe to be your bank, the fraudsters may be moving money out of your account.

These are very convincing scams so please ensure you read the information below in order to protect your personal information and bank account.

[Learn More >](#)

The WHO Ageism Scale



Ageism is everywhere, widespread, and harmful. To know if we're making progress in creating #AWorld4AllAges, we need a reliable tool to measure ageism.

But we didn't have that tool... Until now.

Explore this regularly updated page below to learn more about the WHO Ageism Scale: an extensively tested tool designed to help you evaluate the impact of interventions aimed at reducing ageism.

[Find out more >](#)

AIB Press Photographer of The Year Award 2025 Exhibition to visit Waterford in May



*DARKNESS INTO LIGHT - James Crombie INPHO
AIB Press Photographer of the Year 2025*

Ireland's stories in images for 2024 will continue its nationwide tour at Waterford Central Library in May.

The Press Photographers Ireland CLG (PPAI) exhibition will be on display in the library for visitors to enjoy from May 1st to May 17th, with the official launch event taking place on Wednesday, May 7th at 6.30pm. All are welcome to attend.

Local Updates



Bunclody Library, Co.Wexford, Age Friendly Events

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.

Movie Evening for Adults – Thur 8th May at 7.00pm

Join us for a relaxing movie evening in the library. This event is for adults only and it is also an Age Friendly event.

No need to book - all welcome!

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.

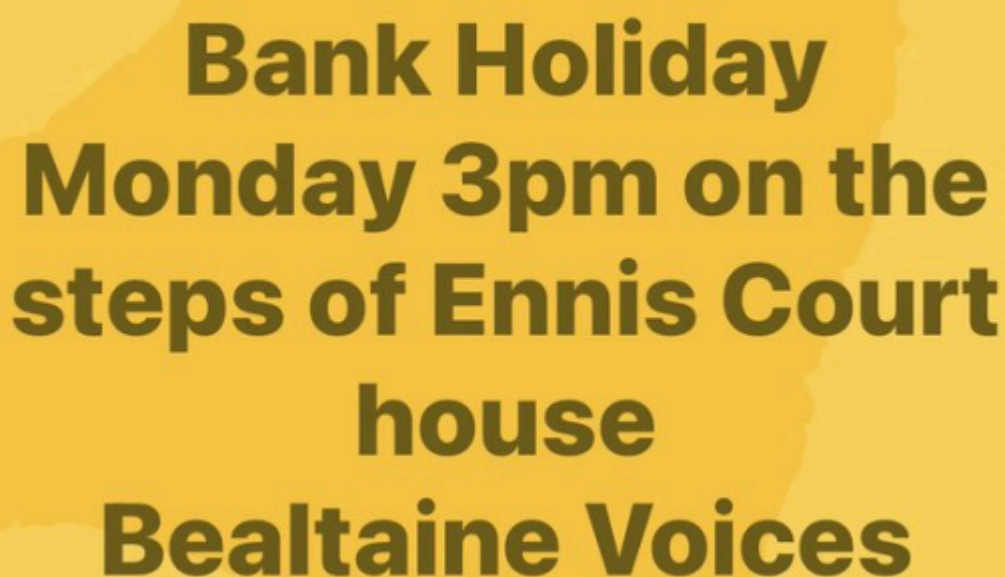
Please contact the library at **053 9375466** or email **bunclodylib@wexfordcoco.ie** for further details.

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.

Bealtaine Voices at Ennis Courthouse



**Bank Holiday
Monday 3pm on the
steps of Ennis Court
house
Bealtaine Voices**

Bealtaine Voices, a community choir event, on the steps of the Ennis Courthouse on Monday, May 5th at 3pm. Clare County Council invites everyone to this family-friendly event with singer, and Age Friendly Ambassador Mike Hanrahan of Stockton's Wing.

With local choirs, Mike will be hosting this free community event for all generations to join in and sing along. This event is one of a number from Clare Arts Office that is happening as part of the Bealtaine Festival, Celebrating Creativity in Older Age.

The St. Michaels Villas Choir, Ennis Gospel Choir, Clarecastle Community Choir and the Forever Young Choir, will all join forces to perform songs and a singalong with Mike Hanrahan at the end of the concert.

Mike Hanrahan was the 2024 Bealtaine Festival Ambassador as well as being the Clare Age Friendly Ambassador working with Age Friendly Ireland in ensuring that Ireland is a place where people can be proud to age in.

Limerick's Age Friendly Programme



On Friday 25th of April, Limerick's Age Friendly Programme Manager hosted a "Talk on the role of Artificial intelligence in the future for people as they age". This was ran in conjunction with the Adare branch of Limerick City & County Councils library service.

A presentation was given by Caroline and Aisling from CramdenTech Ltd followed by a very engaging questions and answers session, and a chat and a cuppa. This event was fully subscribed & attended by 40 older people from within the local community including the Men's shed and Active retirement group.

Among the attendees was local Author & TikTok star 89 year old Dorothy Teskey. Dorothy is pictured with the Limerick Age Friendly Programme Manager & Older Person's executive member Mary Dundon, representative from the Adare Rathkeale municipal district.



In celebration of Bealtaine Festival 2025 with Cavan Library Service

You are cordially invited to a

Tues 6 May Tea Party

at Cavan Library branches

Johnston Central Library	3.00pm – 4.30pm	Tel: 049 4378500
Virginia Library	11.15am – 12.30pm	Tel: 049 8548456
Cootehill Library	2.30pm – 4.00pm	Tel: 049 5559873
Bailieborough Library	10.30am – 12.30pm	Tel: 042 9665779
Belturbet Library	10.15am – 12.00pm	Tel: 049 952 2683
Arva Library	3.00pm – 4.00pm	Tel: 049 4335905

All welcome! Please book ahead though. Ring numbers listed above.






www.cavanlibrary.ie
www.bealtaine.ie

Cavan Library Service - Bealtaine Festival

In recognition of the ongoing and unwavering support we enjoy from older people in our libraries we are hosting TEA PARTIES!

Join us on **Tuesday 6th May** for our celebration of 30 years of Bealtaine Festival. Contact the library of your choosing - Johnston Central Library, Virginia Library, Cootehill Library, Bailieborough Library, Belturbet Library and Arva Library.

BOOKING ESSENTIAL!

Swords Vintage Picnic 2025



Vintage Picnic 2025
*MUSIC Festival
for over 55s*
Swords Castle
Thursday 5th June at 2pm
Starring
The Swings Cats
Who's Eddie
and more!
Limited Seating

Prizes for best dressed

Tickets are free and limited to 2 per order.

Booking for the event and transport will open
on **Wednesday 7th May 2025 at 10.00am**

Use the link <https://bit.ly/VintagePicnic-2025> or QR code



Bring a picnic

**Tea and coffee
available**

Information Event for People over 55



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

Community Showcase: Information Event for Over 55's

Are you over 55 and interested in:

- Understanding your rights and entitlements?
- Accessing available support services?
- Connecting with local groups and activities?
- Getting advice on various aspects of life as an older person?
- How to stay active and engaged in the community?

Meet the following services, agencies & organisations:

Age Action, Alone, Alzheimer Society of Ireland, An Garda Síochána, Kare Social Services, Northside Partnership, Trinity Adult Resource Group Education & Training, Healthy Age Friendly Homes, Community Law & Mediation Service, Dublin City Council Library Service, Sage Advocacy, Dublin City Council Housing Adaptation Grants, HSE Older Person's & Mental Health Services, Citizens Information, Dublin City Council Sports and Wellbeing Partnership, Money Advice & Budgeting Service, Vantastic & more...

Wednesday, May 7th 2025

**St. Benedict's Resource Centre, Swan's Nest
Rd, Kilbarrack, Dublin 5, D05 V1F6**

10:00am - 12:00pm

Refreshments available

No booking required

This event is accessible by public transport

For queries, please contact 01 222 8870




**Celebrate Creativity and
Connection with Cork
Cultural Companions this
Bealtaine 2025**



Cork Cultural Companions are pleased to share their programme of events for Bealtaine 2025, part of the national festival that celebrates creativity as we age. Throughout May, a range of workshops, music sessions, and cultural activities will take place across Cork City and County.

[Find out more >](#)

Meath Alzheimer Café



WELCOME

Meath Alzheimer Café

JOIN US →


Wednesday 7th May
from 7pm to 9pm
in the Pastoral Centre, Dunshaughlin

Guest Speaker: Maryrose Buckley,
Social Care Worker/Sound Therapist/
Mindfulness Teacher (MTAI)


**Topic: "The Benefits of Music & Sound
Therapy for the Mind & Body"**


For more information contact John at
Meath Alzheimer Café on 087 188 8178

The cafe provides a warm welcoming place for people to meet others
also living with dementia/cognitive impairment, their carers, and
health & social care professionals.

For more info:  www.alzheimer.ie

The Alzheimer Society of Ireland, National Office,
Temple Road, Blackrock, Co. Dublin Charity Number: CHY7868

 THE ALZHEIMER
SOCIETY OF IRELAND

 40
YEARS OF CARING

International Updates



IFA Global Café | In Conversation with Mr. Antonio Leitão

IFA Global Café | In Conversation with Mr. Antonio Leitão on “Reflecting on the Ageing Reality in Brazil.”

2 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



This email was sent to {personalemail}.

[Change your subscription preferences](#)

powered by sensorpro