



The Wisdom of Years A Lifetime of Perspective

National Older People's Council Convention
South Dublin County Council 2025



Comhairle Contae
Átha Cliath Theas
South Dublin County Council



Age Friendly
SOUTH DUBLIN



Age Friendly
IRELAND

8th and 9th May, 2025 | Maldron Hotel, Tallaght, Dublin



Foreword



As Chief Executive of Meath County Council, it is a privilege to host the national Age Friendly office which supports all local authorities, and multi agency collaborators, in their strategic programmes of work to improve our communities and our environments for older

people. The voice of older people, represented through the Older People's Council structures, is the driving force behind all of this work at local and national level. Your ideas help to influence and shape how we plan our services and prepare the infrastructure necessary to accommodate the different needs experienced by ageing communities. This Convention is a unique opportunity to hear issues from the ground up, and to engage as a nationally representative forum with key decision makers. Year on year, we can accredit many successes to this approach which is based on listening to older people and designing practical and sustainable solutions with your expertise. I am very much looking forward to the energetic debate, creative ideas and positive attitudes that are now embedded as the distinctive characteristics of this annual national event.

Kieran Kehoe

Chief Executive Meath County Council

Welcome



On behalf of South Dublin County Council, I am delighted to welcome you all to the National Older People's Convention. It is an honour to host this important event, bringing together passionate advocates, community leaders, and citizens from across the country to celebrate the vibrancy and value of our older generations.

Under our new corporate plan, SDCC's purpose is to provide greater opportunity for all in South Dublin and this is particularly reflected in our continued progression towards being a truly age friendly county—a place that not only recognises but actively supports older people to live well, independently, and with dignity. Through a wide range of initiatives, we have worked to make our communities more accessible, inclusive, and responsive to the needs of older people. The success of these efforts is due in no small part to the invaluable contributions of the South Dublin Older People's Council. Their insights and experience (aptly captured in the convention's theme "The Wisdom of Years – A Lifetime of Perspective") along with their ongoing and ever willing collaboration with us in SDCC have been instrumental in shaping policies and projects under our age friendly strategy that make a real difference in people's lives here. In addition, the key contributions of our Age Friendly Alliance together with the leadership and guidance of the national Age Friendly Ireland team demonstrate the value of cohesive and collaborative focus to progress age friendly initiatives.

I trust that you find the convention informative and inspiring and I also hope that you will be able to avail of some of the interesting tours and engaging workshops that have been arranged to showcase some of our initiatives, particularly our pioneering age friendly housing developments which are a particular source of local pride. Beyond that, I hope you enjoy your stay in Tallaght and South Dublin during the convention as we all contribute to the ongoing advancement of the age friendly agenda both locally and nationally.

Colm Ward

Chief Executive
South Dublin County Council



Céad míle fáilte!



On behalf of the South Dublin Older People's Council, we are pleased to welcome you to the 2025 National Convention. Firstly, let us give you a glimpse of South Dublin!

According to the 2022 census it is home to 301,075 people residing in 100,364 households. These numbers continue to increase year on year. The area of South Dublin lies 10 miles south west of the city. It stretches

from the River Liffey at Lucan through Palmerston, Clondalkin, south to Newcastle, Rathcoole and Saggart as far as the Dublin Mountains to the south. It includes Tallaght West, South and Central and stretches east to Templeogue and Rathfarnham.

This year's venue, the Maldron Hotel, is conveniently located; within walking distance of Tallaght Stadium, the Luas Red Line, Tallaght University Hospital, the Square Shopping Centre, South Dublin County Council Offices, Tallaght Library and Technological University Dublin (TUD).

The theme of this year's convention is *'The Wisdom of Years: A Lifetime of Perspectives,'* highlighting the invaluable insights that come with age and experience. Life's challenges teach us valuable lessons in resilience and adaptability. We gain a better understanding of what is important: health, meaningful relationships, mental well-being, housing, caring for the environment etc. This wisdom enables us to make sound decisions, benefiting both ourselves and our communities.

Much effort has gone into the planning of the OPC Convention and we have endeavoured to create a programme that is engaging for all participants, ensuring time for interaction and fun! We extend a warm welcome to you all and in particular to those attending the convention for the first time. Members of the OPC and staff from South Dublin County Council are here to help you and wearing a different coloured lanyard they are easily recognisable.

Tá súil againn go mbainfidh sibh taitneamh as an gComhdháil Náisiúnta seo i mBaile Átha Cliath Theas.

Mary Lyons

Chairperson

South Dublin Older People's Council

Agenda

Wednesday 7th May

- 6.00pm Registration at the Maldron Hotel (Foyer)
- 8.00pm Meet and Networking for all | Maldron Hotel Lounge
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Thursday 8th May Day 1

8.45 - 9.45am Registration – Tea/Coffee/fruit on arrival

- 9.15am Registration
- 9.45am Master of Ceremonies | **Brendan Courtney**
- 9.55am **Deputy Mayor, Cllr Alan Hayes**, South Dublin County Council
[Official Opening of the 2025 National OPC Convention](#)
- 10.00am **Elaine Leech**, Director of Housing, Social and Community Development
- 10.10am **Kieran Kehoe**, Chief Executive Meath County Council
- 10.20am **Mary Lyons**, Chair of South Dublin Older People's Council (OPC)
[Welcome on behalf of South Dublin OPC](#)

10.30am **Comfort Break** Tea/Coffee Visit information stands

- 11.15am **Kieran O'Donnell TD**, Minister of State at the Department of Health and at the Department of Housing, Local Government and Heritage
- 11.30am **Catherine McGuigan**, Chief Officer, Age Friendly Ireland Shared Service | [National Update](#)
- 11.50pm **Professor Ronan Collins**, SDCC Age Friendly Ambassador, Consultant in Geriatric & Stroke medicine, Clinical Associate Professor Trinity College Dublin and Tallaght University Hospital, Clinical Lead National Stroke Program [Stroke Prevention and Awareness](#) | [Brain Health](#)
- 12.10pm Fireside chat with **Prof Collins & Brendan Courtney** with questions and comments from the floor

1.00pm Lunch

- 1.50pm Depart for Tallaght Stadium for Group Photo

2.00pm Meet in Tallaght Stadium for Workshops

Age Friendly Housing Tour @ The Weir
Walking Tour of Tallaght
Walkability Audit @ Tallaght Stadium
Our Rural Future Consultation

Brú Chrónáin -The Round Tower Visitor Centre
Pearse Museum Tour
Active Aging Exercise Class with Active South Dublin
Personal Downtime Option

4.30pm Return to the Hotel | Free time

6.30pm Drinks Reception Barbican suite

7pm Dinner

9.30pm Entertainment, Music and Dancing **The Keeley Brothers**

Friday 9th May Day 2

9.30am **Colm Ward**, Chief Executive, South Dublin County Council

9.45am **Catherine McGuigan MC** | [Panel Discussion](#)

Colm Ward, CE, South Dublin County Council

Dr Graham Hughes, Clinical Lead for NCPOP

Moyah Murdoch, CE Insurance Ireland

Mike Hanrahan, Age Friendly Ambassador Clare, Musician & Author (Stockton's Wing)

10.15am Open discussion Q & A

11.00am ****Comfort Break**** Teas/Coffees

11.30am Table discussions | [OPC priorities for the year ahead](#)

12.00pm Feedback to the room

12.45pm **Ita Healy**, Chair of the National Network of Older People's Councils

12.55pm **Kieran Kehoe**, Chief Executive, Meath County Council | [Closing of Convention](#)

1.05pm **Mary Lyons**, Chairperson, South Dublin OPC | [Handing over of Gavel](#)

1.15pm Lunch

A Lifetime of Perspective Workshops



Age Friendly Housing Tour @ The Weir

Age Friendly housing recognises the diverse needs of older persons, including that few older people currently live in a home that supports both ageing in place and independent living for longer.

South Dublin County Council has increased its provision of Age Friendly housing in recent times. The Weir development consists of four purpose built apartment blocks, comprised of 81 one- and two-bedroom homes. The complex has a large communal space and facilities, promoting active engagement and positive aging for residents and the local community.

The scheme is located near all shops and services that Tallaght has to offer, with excellent Luas and bus transport links.

This Age Friendly housing workshop focuses on the development of The Weir. Participants will initially enjoy a presentation on Age Friendly housing in the conference room in Tallaght Stadium, followed by a visit to the development which is approximately a twominute walk from the stadium.



Walking Tour of Tallaght

This interactive and informative walk and talk tour of Tallaght will be rich in local history and folklore. The guided tour provided by local historians, will take participants through Sean Walsh Park. The walk will include St Maelruains churchyard where participants will visit the graves of some prominent citizens, including artists, soldiers and clergy who are buried on the site.

The Tour will also include, Tallaght Village and the grounds of the St Mary's Priory which includes the private gardens.



Walkability Audit @ Tallaght Stadium

This walkability audit workshop delivered by the national Age Friendly technical advisor Declan Gaffney, will initially focus on the theory underpinning the audit, and will be followed by a walkability audit of Tallaght Stadium and the surrounding area.



Our Rural Future

The Department of Rural and Community Development has a public consultation open on the development of a new Rural Development Policy. The new policy will build on the 2021-2025 policy Our Rural Futures which provided a blueprint for a thriving and inclusive rural Ireland under a whole-of-government approach. The forthcoming iteration of the policy will address new issues of importance for people in rural Ireland.

This workshop will enable Older People's Council members to contribute their views towards this consultation process. A facilitated discussion will consider the challenges and opportunities facing rural Ireland, and issues such as what services are needed in rural areas, how to develop inclusive and sustainable communities, economic development, and recommendations for making rural villages and communities 'Age Friendly'. The workshop will inform a written submission to the Department to be drafted by Age Friendly Ireland based on points raised by Older People's Councils at the workshop. This workshop is one part of an extensive public and stakeholder consultation process led by the Department which will continue throughout the year.



Brú Chrónáin -The Round Tower Visitor Centre

The Round Tower Visitor Centre is a distinctive themed spaces of the refurbished 19th century Mill Cottages and brings to life the monastic setting, the Viking legacy, the 19th and early 20th-century setting of Clondalkin, a busy Dublin village, as well as exploring the role that round towers performed both socially and politically in Ireland. The Round Tower experience incorporates an interactive visitor centre, gardens, café, terraced dining area, exhibition and gallery spaces and shop.

The duration of tour is about 1hr including the tour of gardens, which can be reduced if needed.

Visitors can opt to take a self-guided tour, and can download an app to assist (various languages).

The Round Tower Visitor Centre is completely accessible with availability of lift, accessible toilets, wheelchair on site and ramps.



Pearse Museum Tour

Pearse Museum is situated in 20 hectares of attractive parkland in Rathfarnham, Dublin. The museum narrates the story of Patrick Pearse. Visitors can enjoy a fascinating exhibition on Pearse's life and wander through the historic rooms.

The scenic landscape surrounding the museum contains a wild river valley, forested areas and some enchanting eighteenth- and nineteenth-century follies.

The duration of the tour is approximately 50-60 minutes and can be enjoyed with a guide or via the self-guided tour method.

Most part of the Museum is accessible and there is a lift on site. The historic rooms on the first floor and the exhibitions spaces are accessible, with the exception of one area which can only be accessed by using steps.

A café is available onsite with indoor and outdoor sitting arrangements. The café is completely accessible.



Personal Downtime Option

If you choose not to participate in the workshops, you may prefer to take some personal time to yourself.

Active Aging Exercise Class with Active South Dublin

Enjoy an outdoor Active Aging exercise class delivered by our Active South Dublin team.

Master of Ceremonies



Brendan Courtney

Brendan Courtney is one of Ireland's best-known and well-loved TV and radio broadcasters, as well as a renowned designer. His award-winning documentaries on inclusive housing, ageism, and healthcare have not only raised

public awareness but also led to policy reforms within the Irish healthcare system. His impact was recognised with a Ministerial appointment to the Department of Health's Executive Advisory Board.

Last year, Brendan hosted Ireland's first forum on Human Rights and Equality. Invited by the Irish Human Rights and Equality Commission, he fronted the movement for greater recognition and protection of unpaid carers. He recently addressed the Irish Government, calling for a commitment to support the future of unpaid workers. A prominent advocate for equality, Brendan was a leading voice in the 2015 Marriage Equality Referendum. He consistently leverages his profile to campaign for human rights and equality.

Brendan's professional journey began as Ireland's first openly gay TV presenter. His personal story and dedication to Equality, Diversity, and Inclusion (EDI) have made him an inspirational figure in the field. Last year, he was awarded a first-class honour Master of Business in Equality, Diversity & Inclusion. His unique approach, engaging voice, and personal narrative make Brendan a sought-after TV presenter, speaker, and consultant, inspiring awareness and driving positive change. A serial entrepreneur, Brendan has started four businesses: two failed, and two succeeded. His business story is a fascinating rollercoaster of how to fail well and succeed better.

Brendan has co-authored two no.1 best-selling books on confidence with business partner Sonya Lennon. Together, they co-founded the international womenswear label, Lennon Courtney.

Currently Brendan is in production on Season 5 of his hit TV show, Keys to My Life for RTÉ One. He divides his time between his homes in Dublin and Wicklow, with his dog, Nancy-Drew. Brendan is also a practitioner of transcendental meditation and a qualified Animal Flow Instructor.

Panel Speakers



Mike Hanrahan

Mike Hanrahan is a songwriter/ musician and author born in Ennis, Co. Clare. His music career has spanned four decades performing and writing with Stocktons Wing, Ronnie Drew, Leslie Dowdall and Eleanor

Shanley. He is a senior Atlantic Fellow at The Global Brain Health Institute Trinity College where he devotes his time exploring meaningful ways of collaboration and connection between Science and The Arts in Dementia care. Mike Hanrahan is also the Age Friendly Ambassador for County Clare.



Moyagh Murdock, *CEO of Insurance Ireland*

Moyagh Murdock is the Chief Executive Officer of Insurance Ireland. Since taking over in April 2020, Moyagh has navigated Insurance Ireland through a crucial phase of its growth. She has implemented a new

5-year strategy for the Organisation and its members who make up over 90% of the insurers in Ireland. The key pillars of her new strategy are anchored around advocating on behalf of members with policymakers and regulators to promote the value that Insurance Ireland members create for individuals, the economy, and society. Her focus is also to ensure customers

understand insurance products and services so that they can make informed choices. As a member of the Steering Group for the Women in Finance Charter, Moyagh is particularly focused on diversity and inclusion through the identification and promotion of good practices in the insurance industry.

Previously she was the CEO of the Road Safety Authority. During her tenure, Ireland saw a 25% reduction in road fatalities and was the 2nd safest Member State in the EU recording the lowest number of deaths since records began in 1959. Originally from Newry, Co. Down, Moyagh graduated from Queen's University Belfast in Engineering. She also holds an MBA from Dublin City University.



Prof Graham Hughes, *National Clinical Programme for Older People (NCPOP) - Clinical Lead BIO*

Prof Graham Hughes is a Consultant Geriatrician and Associate Professor in Clinical Medicine, UCD. Graham has been a consultant in the UK & Ireland with special interest in

movement disorders since 2007 and was appointed as a Consultant Physician in Geriatric & General Medicine in St. Vincent's University Hospital, Dublin in 2009. Graham is a member of the European Parkinson's Disease Association Expert Review Panel and was a

board director with the Irish Parkinson's advocacy group Move4Parkinsons between 2014 and 2020. He is a Board Director with Dance Theatre Ireland which amongst its activities supports older adult engagement in communities through dance. Since 2023, Graham has been the Clinical Lead with the National Clinical Programme for Older People. The overall aim of the NCPOP is to improve and standardise the quality of care for older people in Ireland and is a joint initiative between HSE Clinical Design and Innovation and the Royal College of Physicians of Ireland.



Professor Ronan Collins, *Consultant, Physician & Age Friendly South Dublin Ambassador*

Professor Ronan Collins is a Consultant Physician and a dedicated Age Friendly Ambassador for South Dublin County Council. A passionate advocate for positive ageing,

he is deeply committed to fostering inclusive, Age Friendly communities across Ireland. His work focuses on improving the quality of life for older adults, shaping health and social policies that promote active, healthy ageing.

Professor Collins leads a range of public engagement

initiatives aimed at raising awareness around healthy ageing and upholding dignity in later life. He is a strong supporter of intergenerational collaboration, recognising its role in strengthening community bonds and reducing age-related stigma.

A regular contributor to national conversations on ageing, healthcare, and advocacy for older people, Professor Collins lends his expertise through media, conferences, and advisory roles. His involvement in initiatives such as hospitals becoming Age Friendly accredited reflects his leadership in transforming Ireland's approach to ageing.

Ireland's Age Friendly Older People's Councils



Carlow

This year, Carlow Older People's Council (OPC) has focused on strengthening its structures and ensuring inclusive representation across the county. Key priorities have included reviewing the Council's governance to align with national guidelines and recruiting new members to both the OPC and its Executive Committee. This work aims to ensure the group reflects the diverse demographics of older people in County Carlow and remains a strong, effective voice for the community.

As part of its annual activities, members of the OPC selected the Living Well Expo as the highlight of the year. Held on Tuesday, 22nd October at the Woodford Dolmen Hotel, the event was organised in partnership with Age Friendly Carlow, Healthy Carlow, Carlow County Development Partnership, and UPMC.

The Expo brought together over 40 local organisations, including the HSE, An Garda Síochána, SETU Lifelong Learning, Carlow Sports Partnership, and the Alzheimer's Society of Ireland. Attendees accessed free health checks, information on grants, recreational opportunities, community supports and enjoyed engaging with the Dementia Bus.

Guest speakers included Faith Amond, Carlow's Age Friendly Ambassador, and Majella Cunningham of the HSE. The day opened with refreshments, included a light lunch, and concluded with a lively Tea Dance, offering a warm and welcoming space for connection.

The event not only showcased available supports but also reflected the OPC's ongoing commitment to promoting healthy, active ageing and fostering a more age-friendly Carlow.



Cavan County

It has been another busy year for Cavan OPC organising and participating in many events. Drop-in information sessions continued with topics including Craft Workshops, Healthy Eating/Cooking, Healthy Homes, Citizens Information, Digital Technologies, Falls Prevention, Sports Tasters and more. Cavan OPC supported the Cavan Branch of the Alzheimer Society project aiming to make Cavan 'Dementia Inclusive'.

Additional funding from Creative Ireland enabled the 'Ages & Stages' show to be performed in nursing homes & isolated areas during Spring 2024. The project won a runner up prize in the IPB Pride of Place awards and was also a finalist in the Age Friendly National Recognition awards.

Students from Loreto College Cavan facilitated workshops on Tablets and Smartphones and assisted older people with using their devices – an intergenerational project enjoyed by all.

Creative Cavan and Cavan Library Services were supported on a new Shared Island project 'The Art of Life' and with numerous other events including assisting with planning the programme for Cavan Monaghan Science Festival in November 2024.

The AGM was held in October 2024 with a new Executive Committee elected. This new committee has lots of plans made for 2025 including more drop-in information sessions, walkability audit at Cavan Hospital, PEACEPLUS funded project and an information roadshow for West Cavan in June.

The OPC's work has resulted in tangible benefits and it is hoped to continue this work to make a positive impact by ensuring that older people are valued, respected and empowered members of society.



Clare

Clare OPC met once a month and hosted many speakers e.g. Road Safety Authority, Healthy Age Friendly Homes Programme, Patient Advocacy Service, Climate Action, Clare Sports Partnership, Samaritans & Healthy Clare. Secured monthly Ageing Well Radio slot on Clare FM highlighting the ageing well ethos.

The Clare OPC and Clare Age Friendly Programme hosted the Health and Wellbeing Age Expo. Highlights included speakers, taster sessions, tech support, and the launch of the Age Friendly County Strategy by Cllr. Alan O'Callaghan.

Members of the Clare OPC researched and developed a cookbook. The cookbook was produced with the support of Healthy Clare and includes easy to follow nutritious recipes.

The Clare Age Friendly Programme and Climate Action Team, with support from the Clare Creative Arts Fund, organised an intergenerational climate

action workshop at the Common Knowledge Centre in Kilfenora. Clare OPC and Clare Youth Service's UBU programme members attended. The workshop featured activities focused on permaculture, food growing, and foraging.

The Clare Age Friendly Programme hosted Dementia Awareness training "Virtual Dementia Tour". The training provided an opportunity for attendees to gain an understanding of how simple changes to practice and environment can improve lives of people with dementia.

An Intergenerational Book Launched "Broadford's Myths & Legends" – collection of illustrated stories by children from Broadford & Kilbane National School. Research was undertaken by UL



Cork City

The Cork Age Friendly City Strategy 2025-2029 is now complete and comprises 42 actions to support ageing in place in Cork City. As part of the process, consultations and research focusing on the population of older people in Cork city were undertaken between April to November 2024 forming the basis for the strategy. There are 67 KPI's embedded in the Cork City Age Friendly Strategy to track the progress over the next 4 years. This document is part of the legacy of the original Cork City Age Friendly Forum comprising four elected members Finbarr Coughlan, Nora O'Donovan, Noel Dempsey and Phil Ui Mhurchú. Thanks to their commitment to the programme and they were acknowledged for their years of service by Lord Mayor Cllr Dan Boyle in his Chambers in Cork City Hall on the first of April 2025. The Lord Mayor expressed his gratitude to the group and presented the forum members present with gifts in recognition of their years of service. Cork City Older Persons Council now comprises a group of twenty who will represent communities across the city for the next two-year term. The OPC will be key drivers in the delivery of the actions presented in the Age Friendly Strategy.

In April 2025 Cork City Age Friendly launched an innovative pilot project with EnergyCloud Ireland which will benefit 40 older people in Cork city by enabling them to receive free tanks of hot water from surplus renewable energy which would otherwise have been wasted.



Cork County

Cork County Older Peoples Council have had a busy year, represented the Older People of Cork County, and attending networking events to increase the Council membership.

The annual age friendly housing competition was held where students from UCC and MIT were challenged to design an age friendly house with special emphasis on disability awareness. The Mayor presented the prizes at a ceremony which was also attended by members of the Older People's Council.

Cork County Older People's Council contributed to the creation of the next Cork Arts Plan, advocating for Older People. In a similar vein, they were also shortlisted for and award on the HiDigital intergenerational project with Vodafone. The launch of Gas Network Ireland's AF helpline was also attended, and Liz and Charlie officially opened Mowlam Nursing Home who are aiming to be Age Friendly.

Members were on the programme '10 Things to Know' when they covered Cybercrime in work carried out with students in MTU. The Council were also on the radio during the cold spell encouraging older people to stay healthy active, well and connected.

Members took part in lots of training, including a workshop on the Cork County AF Strategy as well as training for OPC Chairs. As well as attending AFI events and meetings the Council also contributed to the National Older Adults Health and Wellbeing profile steering group as well as sessions on Health Care for Older people hosted by the HSE South.

Overall, a busy year with much more to come!



DLR Older People's Council

During 2024 Dún Laoghaire-Rathdown Older People's Council (dlr OPC) held 7 meetings and our AGM in May 2024. We received updates from Mary Fitzsimons, Eastern Regional Manager, Age Friendly Ireland and; Aoife McGrath, Southeast Regional Manager Healthy Age Friendly Homes and Active Travel. We submitted a submission regarding Living Street Proposals for Dún Laoghaire to Active Travel Section, Dún Laoghaire-Rathdown County Council. 2 of our dlr OPC member groups received €100 Bealtaine Grants.

Members of the dlr OPC attended quarterly dlr Age-Friendly Alliance Meetings and members took part in the National Network of Older Persons Meetings.

We took part in a walkability audit of Dalkey Train Station as part of making Dalkey an Age Friendly Train Station.

Foxrock Village took a huge step towards becoming Dun Laoghaire-Rathdown's first Age Friendly Village with 15 businesses in the village being

awarded Age Friendly Ireland Business Recognition Certificates in December 2024. As part of this process Age Friendly parking spaces were introduced in the village along with upgrading works to footpaths, installing Age Friendly seating and removing unnecessary street clutter such as old post boxes no longer in use to make the village more accessible.

We held a Variety Show in the Royal Marine Hotel, Dun Laoghaire on 9th October 2024 which was opened by Dun Laoghaire-Rathdown County Council's An Leas Cathaoirleach Councillor Kazi Ahmed and was attended by over 200 people.

Every year, we run a small Transport Grant Scheme for our registered member groups which helps cover the cost of transport for these groups during the year.

Our member groups also receive regular updates on events, activities, surveys and funding opportunities throughout the year.



Donegal

The Donegal Older Persons Council AGM was held in Ionad Naomh Pdraig, Community Centre in Dobhair, Bunbeg, Gweedore on 2nd of October 2024. Inspirational speakers on the day included Jim Mc Guinness Donegal GAA coach and Mairéad Ní Mhaonaigh a founding member of Altan. Presentations included an Overview of the Donegal five-year Age Friendly strategy currently being developed, An introduction to the Age friendly homes service and a presentation by the Patient Advocacy Service. Age friendly Ambassador Moya Brennan was the special Guest at the event. Research was carried out on the day with attendees through a questionnaire and comments box.

The OPE are currently undertaking an intergenerational project called "Smart Aging in Donegal – Embracing technology for a connected future" with TY students in secondary schools throughout Donegal. The project is part of a wider exploration by the Donegal OPE of "Smart aging" which included an Open Day Event on the 12Th of April at Divers Garage in Letterkenny to inform older people on EVs and smart mobility options.



Dublin Central Area

Central area OPC have had 5 meetings since last June. The AGM was held on 01st April and there is now a 15-member committee with a good representation from the areas covered within the central area. The chair and vice chair have attended Age Friendly Ireland training and look forward to making the coming year a productive one. One of the items we have chosen to focus on for the coming year as an OPC is to encourage more Age Friendly businesses in the Central Area.



Dublin North Central Area

The North Central Area, Dublin City's Older Persons Council continues to meet on a regular basis. We have had a busy year meeting with local organisations who work with older adults within our community. We've attended events such as annual Age Friendly national conference in Kilkenny, the annual national Age Friendly awards ceremony, the Dublin City Age Friendly Alliance and the National Older Persons Sports Day. We continue to support the local older adult transport initiative Vantastic that provides a health and shop route within our community. We also conducted a walkability audit of an area of Donaghmede.



Dublin Northwest

The OPC Northwest Area has introduced an innovative age-friendly initiative to enhance safety and accessibility for older residents. They have created a fridge magnet emergency contact list designed to be both practical and easily visible. The magnet includes primary emergency services, healthcare providers and support lines, alongside a dedicated space to write the resident's Eircode for quick reference. This simple yet effective tool ensures critical information is always within reach, promoting peace of mind and swift assistance in emergencies.



Dublin Southeast Area

Dublin's Southeast Area OPC is undergoing an exciting renaissance having re-formed this year after a period of inactivity.

The newly elected chair, Mr Philip Daly, already has Age-Friendly and Community at the heart of all the extensive work he does across the area. Leading our newly formed committee, along with our vice chair, Ms Wendy Whelan, they will meet later this month to streamline their priorities and actions going forward. Foremost is a focus on making our villages more accessible and looking at what the barriers are in preventing easy navigation. Preliminary walkability audits are being proposed as a foundation to this.

While still conscious of people emerging from a post-covid environment, social inclusion and engagement is another area of focus that this OPC considers critical.

While the Southeast Area of Dublin City's OPC has started out on its new journey, they are enthusiastic to learn from others and to share their vision of how our villages can be made more Age Friendly and better places for everyone to live.



Dublin South Central

The Age Friendly Programme of events for the Ballyfermot area began on the 28th of January and will run every week until 25th March. Activities range from Bingo, Line Dancing, Health talks and two tea dances. Having consulted with participants we decided to introduce a Thai Chi session to the program which was extremely well attended, and requests were made for this to be a staple of the program. To celebrate International Women's Day, we will be holding a Sound bath and meditation workshop as part of the program.



Fingal Older People's Council

Fingal OPC has had a busy and productive year, holding 10 Executive meetings and their AGM. Representatives participated in training sessions organised by Age Friendly Ireland. Members engaged in several consultations such as the Irish Bank Culture Board, Beaumont Hospital, and working groups including the Advisory Group of the Evaluation of Healthy Age Friendly Homes Programme, the Transport Working Group, and Older Persons Reference Group. The OPC is actively involved in the Alliance contributing to the development of the Age Friendly Strategy and Action Plan. Additionally, the OPC attended stands at two information sessions/expos for older people in Fingal, offering an opportunity to inform residents about the work of the OPC, gather feedback on local issues and challenges, and expand the membership database. The Heads of Services for Older People and Primary Care in CHO9 gave a presentation to the OPC, outlining available services and upcoming changes in HSE. The HSE Confidential Recipient also attended an OPC meeting to offer advice on reporting issues. The annual OPC Conference in 2024, held in Swords, was both informative and interactive, with presentations and discussions on Housing in Fingal, Rightsizing, and Decision Supports in the HSE. The Winter Harvest Social was a great success with 130 representatives from various groups enjoying an afternoon tea and dance in Portmarnock. The OPC were delighted to welcome representatives from across the country to the National Age Friendly Awards in November. Fingal OPC is now busy preparing for their Summer Social and Annual Conference later this year.



Galway City

The Galway City Older Person's Council (OPC) held its Annual General Meeting and Executive Committee elections in February 2025. Joan Kavanagh stepped down as Chairperson and was succeeded by Eavan Schmidt-Bleek.

Throughout 2024, the Galway City OPC actively participated in a range of initiatives and events aimed at enhancing the quality of life for older residents of the city. Quarterly meeting of the Galway City Community Night-Time Economy Consultation Forum, multiple musical performances

in local nursing homes were held. Galway City OPC attended the National Older Person's Convention in May 2024 and the National Age Friendly Awards in Dublin, where Galway City Council was shortlisted for a housing award. Galway OPC engaged with other initiatives in 2024, such as the "Make Way Day" with Access for All and collaboration with the Galway Sports Partnership for the "Come & Try" event at Leisureland, Salthill.

In 2025, Galway City OPC is looking to continue their engagement with the development and launch of the Galway City and County Age Friendly Strategy 2025 – 2030. Other events that the OPC are looking forward to are the OPC National Convention, the Bealtaine Festival, co-hosting the National Age Friendly Recognition Awards with Galway County Council, a local heroes photo project and exhibition as part of Positive Age Week and the continued advocacy for the establishment of an Age Friendly Hospital in Galway City

The Galway City OPC remains committed to promoting inclusivity, accessibility, and wellbeing for all older people in the community.



Galway County

Galway County OPC have worked throughout 2024 to assist with identifying priorities for the Galway Age Friendly Strategy 2025-2030, as well as the Galway County Local Economic Community Plan (LECP) 2024-2030.

Galway County OPC held joint consultation meetings, in conjunction with their counterparts in the Galway City OPC, to give their thoughts and opinions on developing the Age Friendly Strategy. These consultations formed the basis of initial discussions at the Age Friendly Alliance Meetings and helped identify the priorities for the Age Friendly Strategy 2025-2030. As part of these events, the OPC also completed training delivered by the Regional Age Friendly Programme Manager on the role of the OPC.

During 2024, Galway County OPC were also invited to participate in the consultation process for the development of the Galway County Local Economic and Community Plan (LECP) 2024 - 2030. The Galway County LECP is a six-year plan whose aim is to promote sustainable economic and community development across Galway County. To ensure that the plan reflected the needs and aspirations of the older community, the Galway County OPC gave their feedback and views on how to ensure Galway is a great place for older adults to live, across all the High-Level Goals identified in the LECP. This consultation was a valuable opportunity for the OPC to have their say on the future of Galway.



Kerry

The Kerry OPC AGM was held in June 2024 where the OPC Executive was voted in. Ms. Catherine Lenihan was elected Chair, and Ms. Brenda Hughes, Vice Chair, at the September 2024 OPC Executive meeting.

Kerry County Council and Kerry OPC, in collaboration with An Garda Síochána and the Road Safety Authority hosted the 'Older Drivers' Road Safety Conference in October. The conference provided older drivers with an insight into continuing to drive and staying safe on the road.

The Kerry project "Halloween Safety Door Hanger Initiative An Garda Síochána – Tralee Community Policing Unit" was the overall winner in the category Age Friendly Safety & Security Award. The two-sided door hanger is based on the traffic light system. Red is for Stop (no Trick or Treaters) and Green is for Go (Welcome Trick or Treaters) - a simple and practical solution for ensuring that Halloween is an enjoyable experience.

A range of Accessible Equipment at Kerry Libraries was launched by the Chair of the OPC and the Cathaoirleach of Kerry County Council, Cllr. Breandán Fitzgerald, in December. The equipment includes ACORN Tablets, Looky 5 Digital Magnifier, OPTIMA trackball and C-Pen Readers.

The Age Friendly Office Kerry collaborated with the Kerry Recreation & Sports Partnership in organising an 'Active Ageing Festival' in February 2025. The festival promoted physical activity for older people, offering attendees the opportunity to try out activities such as Pickleball, bowls, chair yoga and more.

Kildare



The Kildare Older Persons Council (OPC) with the Kildare Age Friendly Programme had a very productive year.

One of the main achievements of the Kildare OPC this year was ensuring Naas Racecourse became Ireland's first Age Friendly Racecourse. A walkability audit was completed along with a report on the findings. Naas Racecourse Management implemented recommendations from the Kildare OPC along with others on their public facilities. This resulted in the venue being recognised by Age Friendly Ireland as the First "Age Friendly Racecourse" in Ireland, and possibly in Europe for ensuring access for all ages and abilities. Some of the recommendations resulted in Age Friendly parking spaces being created. Wayfinding signage was improved with larger font and a meeting point also created. Seating was enhanced with armrests, betting counters were lowered, painting of steps in public areas in yellow and white, ensured their visibility. Kildare's Age Friendly Ambassador Mr. Ted Walsh was present on the day to officially launch it.

Other significant events are the Roadshows. This year the focus was 'Hear my Voice'. The day comprised of facilitated sessions with over 250 guests on the eight domains from the World Health Organisation. Each table gave local feedback on the issues that affect their area but also potential solutions. A report was completed following this and the Older Persons council annual plan is based on this feedback.



Kilkenny

Kilkenny Older Peoples Council (OPC) were delighted to be involved in hosting the National OPC Conference in Kilkenny in May 2024.

Since this, they have held monthly meetings of the OPC. They have worked in collaboration with the Age Friendly Programme, Kilkenny Mayfair Library, HSE, ETB and KRSP to deliver a series of information sessions over 8 weeks in Autumn 2024. These were well attended with up to 80 people attending each event. The feedback was very positive and based on that the OPC has worked on delivering similar outreach workshops in smaller centres of population throughout Kilkenny. It is planned to run 9 of these events, with 3 completed to date in 2025.

As part of the Adult Literacy for life Coalition engagement with the ETB and other agencies Kilkenny OPC have embarked on a pilot intergenerational one to one smart phone and laptop training with young people from Ossory Youth. We are also involved in a further initiative with the PPN, Kilkenny County Council and Comhairle na nOg in establishing an Intergenerational Café in Kilkenny.

Before Christmas the OPC put together Wellness Care packs for older people based on the five senses. A total of 100 of these were distributed to older people throughout Kilkenny. Some of the packs were designed having regard to the needs of early onset Dementia patients and older patients with learning needs. These were delivered to those who did not have many families living nearby and to those more isolated older people throughout the county.

Their AGM will take place on 1st July and our Annual Conference on 16th October 2025.



Laois

Laois OPC has a new Chair and Vice Chair- Trudy Nealon and Sr Barbara Raftery. They have just delivered the 3rd annual Live Well Expo in Portlaoise College which is going from strength to strength, and which attracts around 2000 people to this health and Wellbeing Expo.

Last week saw Laois OPC announce the launch of Laois' first Age Friendly Train Station and only the second in Ireland. Age Friendly Laois were at the ploughing in Laois in 2024 and even managed to get speaking on Raidio na Gaeltachta live from the event.

Laois OPC are at the outset of developing a framework of consultation for an Age Friendly Hospital in Portlaoise and will support our regional hospital to become as accessible as possible for all users. More to follow!

Bosca Beo, which is a collaboration with our Age Friendly, Libraries, Creative and Healthy counterparts in Co Longford is nearing its final stages.



Leitrim

Leitrim Older Peoples Council Executive continue to meet regularly to share information on new services and programmes for older people across the county, to raise local and national issues affecting older people across the seven Age Friendly themes and to provide support and feedback to Leitrim Age Friendly Alliance in achieving the actions set out in Leitrim's Age Friendly Strategy. Leitrim OPC has fourteen members, including five new members in the last 12 months. The Chairperson and Vice-Chairperson of Leitrim Older Peoples Council attended regional training in March. Leitrim Older People Council had an information stand, showcasing the work of Leitrim Age Friendly Programme at the first ever Age Friendly Health & Wellbeing Festival at ATU Sligo. The OPC have welcomed a range of speakers to their meetings in recent months, including Retrofit Ready, HSE Falls Prevention, Tusla, Age Friendly Healthy Homes Coordinator, Social Prescribing Service & the Patient Advocacy Service.



Limerick

On the 10th of October, members of the Limerick Older Persons Reference Group met with the National Ambulance Service to contribute their views towards making their service more Age Friendly. In July 2024, Age Friendly Limerick, in partnership with the Broadband Officer of LCCC donated several Lenovo tablets to various initiatives around the City & County for the benefit of older people. On the 17th October, Age Friendly Limerick welcomed the Dementia Bus Tour to Merchants Quay.

Dromcollogher Respite & Care Centre and Housing for Older Persons took the runner up spot in the Age Friendly Communities Category having been nominated by Limerick City & County Council. Members of the Age Friendly team were delighted to attend the Halloween Party at St Munchin's Community Centre Wednesday 30th October.

A Walkability Audit of Rathkeale Town Centre First took place. The Audit will be used to capture the existing conditions of specific walking routes in Rathkeale, in terms of walkability and to inform the preparation of the Town Centre First Plan for the town. A walkability audit of Colbert Bus & Rail Station will be used to inform the process of the station obtaining Age Friendly status under the WHO Charter. Throughout 2024 Age Friendly provided grant funding for the following projects – Healthy Limerick - Not Around Us Campaign, Limerick Sports Partnership to assist towards Positive Ageing Week and St Munchin's Community Centre in respect of their new Care & Repair Scheme.



Longford

Presentation from Mary Murphy, Development Officer, Longford Citizens Information Centre on the free confidential service including advice and advocacy on social welfare, housing, health, employment, family matters.

Orla Dempsey, Community Resource Officer Midlands area with Chime was invited to present to OPC in February. Orla delivered an overview on the CHIME audiology service.

Work continued on the Bosca Beo project in partnership with Laois Age Friendly/CI/Hi Teams. Both OPC's attended a consultation workshop to inform the objectives and format of the project.

Kitty Burkhill attended the inaugural meeting of the Commission on Care for Older People Reference Group on 18th June to examine the provision of health and social care services for older people

OPC members participated in Walkability Surveys in Ballymahon and Granard during the year.

Digital Support Hub One-To-One sessions continued in all Library Branches following a request from OPC members during the year.

Longford OPC members continue to support the 'Move Well for Balance' Exercise Classes. The programme was shortlisted for a National Age Friendly Recognition and Achievement Award with Longford OPC Chair Kitty Burkhill attending the Awards Ceremony.

Longford Age Friendly Programme hosted a successful Information Day on 30th Sep. There was an EXPO element to the day with many local community organisations present. Over 150 attendees were treated to some fun chair exercises led by Tutor Mags Cummins.

Eimear Hickey, Physiotherapist HSE attended Nov OPC meeting to speak on the range of services available for older persons in Longford.

Louth



The Louth Older People's Council (OPC) and Age Friendly Louth team have had an active and impactful year, championing the voices of older people through meaningful initiatives, events, and collaboration.

The OPC played a key role in the Louth Age Friendly Expo, helping coordinate the event which welcomed over 250 attendees and featured 35 stakeholder stands.

OPC members attended a successful AI Awareness Event in Drogheda, promoting digital inclusion in conjunction with TU Dublin.

OPC members participated in Dementia Bus Training and supported the Community Connect Champions initiative to combat isolation.

They conducted a walkability study in Drogheda, took part in Climate Action

Week, and attended the Positive Ageing Project in Drogheda. Their advocacy training and attendance at a Visit Louth presentation further supported their leadership and community engagement.

The Ardee Garden Care & Repair Project, backed by OPC members, won a 2024 LAMA Award for its outstanding contribution to independence and wellbeing.

The Age Friendly Louth team aided with the delivery of over 200 Christmas gift bags to isolated older people across the county. The Age Friendly Louth team participated in a Disability Awareness Event and represented Louth at the Age Friendly Sports Day in Blanchardstown, supporting active ageing and inclusion.

Leadership within the OPC was further strengthened through in-person Chair and Vice-Chair training held in Dún Laoghaire, ensuring confident and informed representation.

The OPC continues to engage in regular OPC and Alliance meetings, actively shaping the new Louth Age Friendly Strategy.



Mayo

Activator poles programme was funded by the HSE and supported by Mayo Sports Partnership. Age Friendly Mayo established a new group of walkers to participate in the programme. There was an inter-island event held with a walking group from Achill Island joining Clare Island to take part in activator pole walk followed by talk on Age Friendly Mayo. Mayo Sports Partnership brought the activator pole programme to Inisturk in October.

A series of free library talks open to all aged 55+ were held in the Castlebar and Westport libraries. Themes for these talks were developed by MOPC and included Nutrition, Entitlements, Education, Genealogy, Home & Personal Safety etc.

Mayo OPC assisted Trinity College Dublin students in their research on Nursing Home Units and Universal Design. The Programme Manager consulted with the students. A walkability study was undertaken by Mayo OPC members from St. Brendan's Community Care Home in Mulranny to the village.

The OPC/HI Valentine's Vitality event was short listed in the Age Friendly Active and Healthy Ageing Award at the Age Friendly Awards ceremony in November. Climate talks for over 60's coordinated by AF Mayo and Climate Action Officer were held in Mayo County Library.

'Think Ahead' two-hour information session on advance healthcare planning delivered by Irish Hospice foundation held in Castlebar and Ballina Libraries. This was in collaboration with Age Friendly Mayo, County Library and OPC.

Members of the OPC attended the Mayo County Council Arts Plan 2025-2030 Public Consultation and gave the views of older people living in Mayo to inform this Plan.



Meath

The Meath Older Person's Council (OPC) meets on average once every two months in Buvinda House, in Meath County Council in Navan. There are 15 members regularly attending.

The chairperson of Meath OPC is currently Ita Healy, and the vice chairperson is currently Barbara Makula. Both Ita and Barbara also attend the Meath Age Friendly Alliance meetings.

Meath OPC will partake in the Healthy Food Made Easy Programme in May/June in the Kells Family Resource Centre, following a visit by the Senior Community Health Promotion and Improvement Dietician at the April OPC meeting. Healthy eating for over 65 year olds was discussed at the meeting and the programme will give practical advice with hands on experience for healthy eating and nutrition for older people.

With the help of Meath OPC, the Meath Age Friendly programme successfully presented Age Friendly Business Recognition Programme charters to the three Citizens Information branches in Meath.

The Meath OPC have also been presented to by the Director of the Decision Support Service, the Age Friendly National Technical Programme Manager, the Meath Healthy Age Friendly Homes Co-Ordinator and the Community Climate Action Officer.

In April, Meath OPC attended a dedicated older person's drop-in clinic on the NZEB Retrofit Truck, in Meath County Council.

Meath OPC supported three walkability audits (in Dunshaughlin, Old Johnstown Village and Ratoath) carried out in Meath in 2024.

Meath OPC supported (by signed letter by the chairperson) the Variation to the Meath County Development Plan following an informative presentation.



Monaghan

The Monaghan Age Friendly Programme and Monaghan Integrated Development collaborated on a "Directory of Services for Older People". This booklet contains a range of useful information on many topics including GP services, transport, crime prevention/safety advice and hospital services.

The Monaghan Age Friendly Programme hosted the Mount Lucas Retrofitting Rig in September 2024. Older people were invited to visit the Rig during a Drop-in Clinic where they learned about energy saving and the benefits of retrofitting. SEAI members were available to discuss what grants and supports are available for such projects.

Monaghan Age Friendly Programme and Monaghan County Council hosted the Older People's Council's AGM In November 2024. The event was attended by older people from throughout Monaghan.

The key speaker for the event was Minister for Social Protection and Rural

and Community Development Heather Humphreys. It was her last official engagement in Monaghan, and she was warmly welcomed by all in attendance. The Minister outlined her role in advancing many issues which had affected our older people and said that she was particularly proud of the introduction of the “Universal Companion Pass”. This initiative allows people over 70 to bring a companion on public transport.

A local speaker was Clones native Catherine McGuigan, Chief Executive of Age Friendly Ireland, who provided members with an update on all the National Initiatives some currently in operation and others to be launched in 2025. She assured members Older People are high on her team and the Local Authority agenda.



Offaly

Members of Offaly Age Friendly Alliance at the launch of the Offaly Age Friendly Strategy 2024-29 on 27th September 2024.

Members of Offaly Older Peoples Council were delighted to attend the launch of the Offaly Age Friendly Strategy 2024 -2029 that was launched at a meeting of the Offaly Age Friendly Alliance on Friday 27th September 2024 by Anna Marie Delaney, Chief Executive of Offaly County Council and Chair of Offaly Age Friendly Alliance, The strategy was produced under the guidance of the members of the Age Friendly Alliance (AFA), which includes key community/voluntary, public and private sector service providers in the county.

Among the key Age Friendly actions progressed in 2024 was the plan to make Tullamore train station an Age Friendly Train Station in accordance with the recognised WHO process. A walkability audit was completed on 11th October 2024 attended by members of Offaly Older Persons Council, Offaly Age Friendly Alliance, Offaly Disability and Equality Network, and by staff from Iarnród Éireann, AFI and Offaly County Council.

In February 2024, the Creative Ireland Programme invited applications from Local Authorities for grant funding for projects supporting Health and Wellbeing through Creativity across 2024 and 2025. The Creative Health and Wellbeing in the Community call encouraged collaboration with neighbouring Local Authorities. Led by Kildare County Council in partnership with Offaly and Westmeath County Councils, “Did I Ever Tell You” was chosen as one of 15 successful initiatives under this scheme.



Roscommon

Since the last OPC Convention, Roscommon OPC has progressed significantly. The committee meets monthly, prioritising the voices of members to address diverse needs for the older population. The Chairperson and AF Programme Manager attended the AF Ambassador Day at Slane Castle with Ambassador Paddy Joe Burke. In June, the OPC organised a ‘Men’s Health Event’ at Roscommon Library, featuring chair

yoga, a health talk led by Laura Tully from 'Fit Farmers,' and health checks by the Irish Heart Foundation's Mobile Health Unit, lunch was provided.

In September, fourteen members participated in a Sports Taster Day in Dublin, where Paddy Joe Burke discussed the importance of physical activity and combating loneliness. October saw a Walkability Audit at Carrick on Shannon Train Station for Age Friendly accreditation, with a report submitted to Iainród Éireann. November marked Roscommon's debut at the AF Awards, where Roscommon Fit Farmers were shortlisted in the 'Active Age & Healthy Ageing' category.

December featured a successful Christmas Festival at Kilbride Community Centre, with speakers, health screenings, and festive entertainment. In January 2025, a Climate Course for the over 60s kicked off in Hannon's Hotel, engaging participants actively. The Age Friendly Alliance initiated roadshows on various topics, stemming from OPC requests. In March, an Age Friendly Hospital Steering Committee was formed to guide Roscommon Hospital toward accreditation. Roscommon's OPC successfully secured funding for a 'Culture Night' in September 2025. Membership has increased notably, supported by active community engagement.



South Dublin

Since January 2025, our programme has been focused on the planning of the National Older People's Council Convention which is being held in South Dublin.

Notwithstanding that, the OPC have continued updating the Directory of Activities and Services for older people in South Dublin. Volume 2 will be available for circulation in early May. The Dementia Inclusive community pilot has continued to go from strength to strength and the OPC have been canvassing for the roll out of the scheme in other areas.

One of the programme's colleagues was elected to the South Dublin Partnership (PPN) and we have been represented at the Commission on Care meetings.

Community Car: Progress has been made, and the work has involved the distribution and analysis of questionnaires. Issues relating to the operation of the scheme and the question of insurance are yet to be resolved. The OPC will be meeting with the South Dublin Partnership in the coming weeks to explore feasibility of support for the scheme.

South Dublin OPC have also met the executive in Tallaght University Hospital to explore collaboration aimed at improving service delivery and customer experience for individuals aged fifty-five and older. The hospital agreed to invite two members of the Older People's Council to join the Patient Community Advocacy Council and "Age Friendly" would be a permanent agenda item, allowing OPC members to present Age Friendly initiatives to the forum.

Lastly, the OPC took immense pride in participating in the St. Patrick's Day parade in Tallaght. The OPC have taken part in a walkability study at the integrated Care Hub initiative in Clondalkin and participated in the St. Patrick's Day parade in Tallaght. The OPC have been introduced to the world of AI (input) and have attended surveys and webinars on the Census Pilot Survey.



Sligo

Sligo OPC held its AGM on 7th of May 2024, which was styled as a breakfast meeting. With over 60 people in attendance, presentations were delivered on SEAI home grants & ways to reduce energy and information of the Fair Deal Scheme & Age Friendly Healthy Homes Programme. The event received positive feedback from members of the Sligo OPC.

The Sligo Town Walkability Audit took place on the 7th June 2024. It involved Members of Sligo OPC, Area Engineers, LEO Office, Age Friendly Programme Manager and HSE Disability Services. The route chosen by OPC was a central town route an assessment of some of the buildings participating in the WC Sligo Public Toilet initiative was also included. Feedback was collated & presented to Council Engineers to review and consider. A 2nd walkability occurred with ATU Sligo as part of its Age Friendly status award which was granted to the ATU on 28th March, 2025.

The Age Friendly Health and Wellbeing Festival was held on March 28th, 2025, more than 250 older people from Sligo, Leitrim and across the NW region attended. The event was a resounding success, providing attendees with information, resources, and opportunities to connect with services that support healthy and independent living. It was organised by Age Friendly Ireland, in partnership with Atlantic Technological University (ATU) Sligo. It included 40 exhibitor stands from a variety of sectors providing information on health, housing, community connectivity, climate change, energy sustainability, technology, financial entitlements, pensions, and fraud prevention with over 26 workshops.



Tipperary

Tipperary Age Friendly enjoyed a busy year in 2024, with public meetings including Road Safety & Local Transport Workshop in March, our annual EXPO in June, our AGM in August and a series of community events for Positive Ageing Week in 2024. This involved the regional Southeast HSE information event showcasing the range of supports across the HSE and the launch of the Ageism Campaign with Tipperary Ambassador John Lonergan in Slane in May.

The Executive OPC led a variety of initiatives, which included the Trusted Tradesmen where they have produced a Trusted Tradesmen Guide to encourage those within to engage positively with older people, with distribution to builders' providers countywide. There was a promotion of the rollout of Cycle without Age in Roscrea and Support of the PPN & Healthy

Ireland Age Friendly Health and Wellbeing Roadshows and review of Tipperary PPN Wellbeing Vision.

Tipperary Age Friendly continues to collaborate with Understand Together and the Alzheimer Society of Ireland in promotion of dementia awareness, encouraging participation in training within the community and supporting the dementia cafe network in County Tipperary. The OPC has engaged in a partnership project with TUS Clonmel on Day Care Centres, storytelling in Back in My Day and members attended the Virtual Dementia Tour in October 2024.

2025 plans include showcases on Housing Supports, Positive Ageing, EXPO, Health and Wellbeing. The OPC looks forward to another engaging year, participating in our Executive and Alliance and building the strength and participation of Tipperary Age Friendly.



Waterford

The Waterford Older People's Council (WOPC) is a vital organisation dedicated to enhancing the lives of older adults in Waterford City and County. The Council continues its work to ensure that older people are active participants in community decision-making processes and have access to essential services and supports.

The WOPC has been involved in several events aimed at promoting the wellbeing and engagement of older adults. One notable event was the Age Well Expo, organised in collaboration with Healthy Waterford, UPMC Whitfield & Waterford City & County Council, showcased a wide range of services and activities available to older people. Attendees had the opportunity to engage with healthcare professionals, learn about fraud prevention, and explore recreational activities tailored for older adults.

Another significant initiative was the launch of the Directory of Services for Older People which is available in libraries and through Citizens Information Centres. The directory aims to empower older adults by ensuring they have access to the resources needed to live securely, healthily, and actively participate in society.

The Council continues its work to ensure that Waterford is the best place to grow older. Upcoming events will include the continued promotion of the Age Friendly Programme, walkability audits and the rollout of the Age Friendly Business Recognition Programme.

These events and initiatives reflect the ongoing commitment of the Waterford Older People's Council to fostering a supportive and inclusive environment for older adults in the community.



Westmeath

In 2024 Westmeath Older Persons Council supported the Castlepollard Town Centre First Plan by engaging and carrying out a Walkability Study and Dementia audit in the town to feed into this plan. The studies looked at the accessibility in the town to older people, people with disabilities, parents with buggies and any obstacles that may affect someone using the town. In 2025 Westmeath Older Persons Council will carry out similar walkability studies in Kilbeggan, Kinnegad and Rochfortbridge.

The Westmeath OPC is working on a Trishaw bikes project, a Free Digital Skills Training for older persons, a live longer & Prosper Programme and an ICPOP directory of services.

Climate Action Training for groups to focus on practicable changes that be done in the home and community, topics covered were reduce your waste through meal planning, preserving & growing your own, food storage, best before dates, composting, planting for change, the best pollinators, creating a perfect habitat, how & what to plant.

Creative Health and Wellbeing project "Did I Ever Tell You?" very successful. Additionally, there has been a purchase of an Age Friendly Garda Minibus, a visitation service launched by Westmeath Community Development and they have hosted an AGM and a consultation for their strategy/

Westmeath Age Friendly Group Rosemount GAA Social initiative was shortlisted for the National Age Friendly Achievement Awards. The group won the Age Friendly Active & Healthy Ageing Award category on 7th November 2024.



Wexford

The Age Friendly Programme in Wexford works to improve the quality of life for older people through key initiatives and partnerships. The Wexford Older Person's Council advocates for older residents, ensuring their needs shape local policies.

The recent Age Friendly Expo in New Ross connected older people with services, businesses, and community groups, promoting available supports.

Walkability audits in Wexford and New Ross have identified ways to improve accessibility and safety in public spaces.

Collaboration with Wexford Gardaí is progressing, with Wexford Garda Headquarters set to become an Age Friendly Garda Station, making policing services more accessible and inclusive. Similarly, Wexford General Hospital is working towards becoming more age-friendly, ensuring older patients experience a more supportive healthcare environment.

Looking ahead, the programme is developing a range of social activities to encourage connection, participation, and well-being for older people across the county.



Wicklow

In June 2024, the OPC Chair submitted a report to the Chair of the Age Friendly Alliance that summarized feedback from OPC Executive and insights from “Ear to the Ground” meetings held in the five MD’s. These meetings, attended by various groups like Bray Active Retirement and Wicklow Active Retirement, included presentations on the OPC’s role and the Age Friendly Programme.

OPC collaborated with the Public Participation Network and Wicklow Volunteer Centre to host “Community Roadshow’s” and organized online “Meet the Candidates” events for local and General Elections, with support from OPC Executive Members. The OPC Executive Sub-Group successfully organised the OPC AGM on November 1, 2024, Responsible for all aspects of the event, which attracted over 200 attendees. Feedback was gathered post-event for future improvements.

The OPC also organized Central Bank speakers and showcasing leading agencies stands for the AGM, while working with Kathleen Kelleher on the HSE’s “Review of Integrating Older Persons’ Services” during workshops. The Executive held five meetings one included Age Friendly Ambassador Mr. Pat Casey. They also represent Wicklow in various committees, including the National Clinical Reference Group and the Transport Committee.

The OPC is involved in the County Wicklow Partnership Group, which aims to establish a Care and Repair Service for Older People in Arklow, seeking funding and contributing to project specifications. The OPC has provided feedback on Wicklow County Council’s draft Downsizing Policy and communicated twice with the CEO about the status of the actions listed in the Age Friendly Strategy.





Why You Should Visit South Dublin County

South Dublin County is where the appeal of the countryside meets the call of vibrant city life. Nestled between the Dublin Mountains and the River Liffey, this area offers a unique blend of natural beauty, historic landmarks, and modern convenience.

Outdoor lovers will be drawn to the scenic trails of the Dublin Mountains, such as the Dublin Mountains Way, 43kms of mountain trails, country paths, and rural roads in easy reach of the city, or maybe hike, cycle, or simply take in panoramic views of the city below. For something more relaxed, escape to nature on the city's edge by visiting the tranquil settings of parks like Corkagh and Tymon providing peaceful escapes and family-friendly fun.

History buffs can explore heritage sites like Rathfarnham Castle, Brú Chrónáin Round Tower Visitor Centre in Clondalkin, or step back in time

at the Pearse Museum. Meanwhile, shoppers and foodies will feel right at home in the bustling centres of The Square Tallaght or Liffey Valley, where stylish boutiques, cozy cafés, and international cuisine await.

If activity is your thing, then South Dublin County has you covered. Cycle the greenways, zipline through a forest, kayak on the Liffey, try your hand at an indoor climbing wall, or catch a Friday night League of Ireland game at Tallaght Stadium. The Women's National Team play here too! With golf courses, our free heritage trail app, and cultural festivals throughout the year, there's never a dull moment.

Whether you're into culture, nature, or a bit of both, South Dublin County is full of hidden gems that make it well worth the visit.









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