

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



6th June 2025

National Updates

*** Final Call Today ***
Closing Date Ends Tonight



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 has been **extended to Friday 6th June**.

Get your applications in **today** to the National Age Friendly Recognition and Achievement Awards 2025.

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

Apply NOW

[Find out more >](#)



New Approach to Bring Community Supports to Women in Nursing Homes

A new initiative will bring volunteer befrienders and other community-based supports to women living in long-term residential care in Counties Roscommon and Leitrim. This initiative will benefit 200 nursing home residents over an 18 month period.

The Community Linkage Project is managed by Age Friendly Ireland and funded by the Women's Health Fund in the Department of Health. Participating residents will have tailored personal plans, offering them a range of activities and supports. Services will include activities to boost physical and mental health, opportunities for creative and cultural engagement, and improved access to information and local supports. The Community Linkage Project will create new opportunities for older women in nursing homes to take part in social, leisure or education opportunities.

[Find out more >](#)

**Boots Ireland in partnership
with the HSE's Dementia:
Understand Together
campaign host free Brain
Health and Dementia
Awareness Events.**

Boots has partnered with the Dementia: Understand Together campaign since 2016, working to make stores and communities more dementia inclusive through staff training and public events. Workshops will take place in in Cork, Castlebar and Portlaoise.

**Dementia; Understand
Together May Update**

Click below to see the latest Dementia: Understand Together updates as well as local and national activities and events happening.

[MORE INFO >](#)[MORE INFO >](#)

Dementia Cafes



A dementia cafe is a welcoming, once monthly meeting for anyone who is affected by dementia. People living with dementia, their families and friends, healthcare professionals, and people who are interested in supporting a dementia inclusive community, are all welcome to attend. Dementia cafes are run by local voluntary steering committees, and are always free of charge.

[Learn More >](#)

Men's Health Week 2025 – Men's Health Webinar



You are invited to attend our upcoming webinar, Men's Health Week 2025 – Men's Health Webinar, which will mark the beginning of **Men's Health Week, Monday, June 9th – Sunday June 15th**. The webinar will feature:

- Bernard Jackman - Former Irish International and Leinster Rugby Player, Coach and Sports Commentator,
- Michael Darragh Macauley - Former Dublin GAA Senior Football player, GAA/GPA Footballer of the Year and CEO Sanctuary Runners,
- Sean Blake - living with anorexia,
- Joe Grogan - BowelScreen champion.

[Register Here ›](#)

Evaluation of Ireland's Management of the Covid 19 Pandemic.



Share Your Experience

Ireland's independent COVID-19 Evaluation is examining how Ireland managed the pandemic.

It wants to hear how the pandemic impacted you, your family, work or community.

Help the COVID-19 Evaluation to:

- ✓ Understand the full impact of the pandemic
- ✓ Learn what worked – and what didn't
- ✓ Guide a strong future approach

Take part. The Public Survey is now open. ✓

 www.covid19evaluation.ie/Share-your-experience
Or scan the QR code
Need a printed survey? Email info@covid19evaluation.ie
Prefer to talk? Call 01 619 4500

Your response can help shape lessons for the future.

Survey open until 1st July 2025.

COVID-19 Evaluation

Local Updates



Bunclody Library, Age Friendly Events and Services

Yoga with CC Darlington– Thur 12th June at 7.00pm



Join CC for an introductory session to yoga for adults. Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance and body awareness.

Booking essential, book online at **wexfordcoco.libcal.com** or **telephone 053 9375466**.

Bealtaine at Offaly Libraries



We had 35 workshops this year in Offaly libraries for Bealtaine which included an evening of fashion , art exhibition, intergenerational vex robotics, intergenerational story times, craft classes, mindfulness sessions, chair yoga, cookery demonstrations, music evenings, information mornings with An Garda Síochána Altogether, the Bealtaine Festival was well attended across the county, with 387 participants availing of these free events and workshops.

Clara Library was joined by local stylist, Liz Fleming, who shared her fashion tips and tricks, pictured above. Visitors to Kilcormac Library are pictured above enjoying a peaceful Mindfulness session. Jacinta Glasgow launched her beautiful “Insights” in Birr Library on Wednesday 7th May. Jacinta’s paintings are inspired by nature, fauna, flora, angels and images that evoke memories of childhood, healing and spiritual journeys.

There was also cookery Demonstrations with Yvonne Carty, cardmaking workshop in Clara Library and crafting in Edenderry Library, all pictured below.



Roscommon Age Friendly Information Event – Kilbride Community Centre

Roscommon Older People's Council hosted a wonderful Age Friendly Information Event in Kilbride Community Centre, Roscommon on Wednesday, 28th May 2025. The day commenced with everyone visiting the many and varied information stands that were there. A warm welcome was given by the MC for the day, Roscommon Older People's Council Chair, Bernie Kearney.

[Find out more >](#)

Age Friendly Louth Hosting Challenging Ageism Drama Workshops

Age Friendly Louth is hosting a series of drama-based ageism workshops in Drogheda, Co. Louth this June, following the success of a similar event held in Dundalk, Co. Louth last year. These engaging workshops aim to challenge stereotypes around ageing and promote greater understanding between generations through interactive performance and discussion. Delivered in partnership with local artists and a professional facilitator, the initiative provides a creative and inclusive platform for participants to explore the impact of ageism in everyday life.

The project is proudly supported by Creative Ireland, reinforcing the shared commitment to fostering creativity, inclusion and wellbeing across all ages in County Louth.



CHALLENGING AGEISM IN CO LOUTH

DRAMA WORKSHOPS

10.30am - 12.30pm

**All Adults Welcome
No Experience Required**

★ Be part of the drama with Age Friendly Louth, and join us in Barlow House, Drogheda, A92 CPF9

10 Mondays from 10.30am - 12.30pm
From June - Sept
No class 4th Aug



☎ **0429324281** for more info or
✉ **agefriendly@louthcoco.ie**





Raheny Age Friendly - 10-year Anniversary Celebrations

This month marked their 10th year as a group and had a special coffee morning on Thursday to mark the occasion.

It was the largest group they have ever had, with 83 people present at Raheny GAA club to celebrate their landmark.

[Find out more >](#)

Cavan Older People's Council Information Roadshow



Comhairle Contae an Chabháin
Cavan County Council

Open to all to attend. New Members always welcome.

Cavan Older People's Council will be holding an Information Roadshow in **Ballyconnell Community Centre on 17th June 2025 from 9.30am to 1pm.**

There will be speakers on a variety of topics including HSE, An Garda Síochána & Cavan Sports Partnership. Service Providers with information stands will also be in attendance. Light Lunch will be served on the day.

Booking is Essential - If you are interested in attending please register your name by phoning: **049 4378581** or e-mail **agefriendly@cavancoco.ie** by the **13th June.**

Beara West Resource Centre, Co.Cork



Beara West Resource Centre

Beara West Family Resource Centre provide a wide range of services including printing, helping you to fill out forms and a space to talk to a friendly, supportive member of staff. If you're facing a challenge and don't know where to turn to please pop into us and we will support you as best we can.

For more info about any of these events please call into Beara West, phone 027 70998 or email info@bearawestfrc.ie

Carers Week

On Friday 13th June as part of Carers Week, Beara West Resource Centre is running an event for Family Carers.

It starts at 11am with tea/coffee on arrival. First speaker at 11.30am is Alyson O'Sullivan, Biomagnetic Practitioner, will explore the transformative power of Biomagnetic Therapy. 12.30- 1.30 – Light Lunch. 1.30-2.30 Will be a talk by Karen Ward PhD, Psychotherapist, Holistic Coach and Author, who will give a talk on 'Who Looks after Me'?

All are welcome, even if you can only pop in for a quick cuppa, it would be lovely to see you here at Beara West.

Meals on Wheels

A team of dedicated volunteers deliver low-cost nutritious meals every Thursday directly to your door. The meals change each week and offer a choice of meat, fish or vegetarian. Please contact Beara West Family Resource Centre on a Monday to order your meal.

Seniors Alert Scheme

If a monitored personal alarm at home would give reassurance for anyone unwell or living alone, we facilitate setting up the Senior Alert Scheme.

Care Ring

Friendly volunteers make social phone calls regularly keeping people connected with their community. Please let us know if you would like to receive a phone call.

Dementia Awareness Workshops - Mallow and Macroom



DEMENTIA IS NOT SIMPLY A HEALTH ISSUE BUT A SOCIAL ISSUE THAT REQUIRES A COMMUNITY RESPONSE!

A Dementia Inclusive Community is one in which people living with dementia, their families and carers can live their lives well in an understanding and supportive society.

HOW CAN YOU (AS AN INDIVIDUAL), YOUR BUSINESS, SPORTING CLUB OR COMMUNITY ORGANISATION HELP CREATE A DEMENTIA INCLUSIVE COMMUNITY IN YOUR LOCAL AREA?

Participate in one of the Dementia Awareness Workshops that will be run locally. This will give you an insight into how your organisation can help to build a Dementia Inclusive Community in your area today!

Book your place for the Dementia Awareness Workshop today!

- 📅 Wednesday, 11 June 2025
- 🕒 9:30am-11am **or** 12:30pm-2pm **or** 4:30pm-6pm **or** 7pm-8:30pm
- 📍 Macroom E-Enterprise Centre, Business Park, Macroom, P12 FV30
- 📞 Laura Curtin, Tel: 087 3736496 | Email: laura.curtin@alzheimier.ie

CONTACT US TODAY TO LEARN MORE

☎ 085 8566478 ✉ friendsofasi@alzheimier.ie 🌐 www.alzheimier.ie

RCN 20018238 | C1977868

International Updates



IFA Global Café | In Conversation with Ms. Kylie Shae

IFA Global Café | In Conversation with Ms. Kylie Shae on “Equity in Ageing: Improving Access to Assistive Technology.”
6 June 2024, 07:00 A.M. EDT (US and Canada)

[Find out more >](#)

If you would like a PDF version of the newsletter, please click [HERE](#)

- This Newsletter is prepared and circulated by Age Friendly Ireland
- The Newsletter is published weekly, every Friday
- If you wish to provide information that may be included in the Newsletter please email it to: agefriendlyireland@meathcoco.ie no later than midday on the Thursday. Age Friendly Ireland retains full editorial responsibility for content of the Newsletter.

Age Friendly Ireland Shared Service, Meath County Council



Age Friendly Ireland Shared Service Office
Telephone: 046 9032170
Email: agefriendlyireland@meathcoco.ie

Healthy Age Friendly Homes Programme (Referrals)

Telephone: 046 9248899

Email: healthyagefriendlyhomes@meathcoco.ie

HSE Advice Line: Call save 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm

Saturday and Sunday



This email was sent to {personalemail}.

[Change your subscription preferences](#)

powered by sensorpro