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20th June 2025

National Updates



Age Friendly Ambassadors Spotlight Emotional, Mental and Physical Health in Ageing

Age Friendly Ireland's Ambassadors' Day returned on Wednesday 18th June with a clear message: emotional, mental and physical health must take centre stage in how Ireland supports and celebrates ageing.

New insights gathered from Age Friendly Ireland's network of 30 high-profile Ambassadors from the worlds of entertainment, business, sport and public service — including Francis Brennan, Gavin Duffy, Sandy Kelly, Geraldine Plunkett and Celia Holman Lee — reveal that nearly 80% fear cognitive or mental decline more than any other aspect of ageing. When asked what gives them hope, over half pointed to the growing commitment to an inclusive, supportive society that values older people and being able to remain active and independent.

[Find out more >](#)





Age Friendly Ireland would like to say a special thank you to Sarah McCormack, National Healthy Ireland Lead, on the occasion of her retirement from the HSE.

Sarah has been an amazing supporter of Age Friendly principles and initiatives and we have enjoyed many years of positive and fruitful collaboration, particularly on projects such as Healthy Islands, the Covid Legacy report that documents and evaluates health and wellbeing initiatives for older people delivered during the pandemic, and more recently on the roll out of Minding Your wellbeing.

We wish you the best of luck Sarah in whatever new opportunities are on your horizon.



Cycling Without Age (CWA)

Cycling Without Age (CWA) is an Irish charity. It's a nationwide award-winning, volunteer-led, social initiative. Its purpose is to take people unable to walk or cycle for themselves due to illness or disability, for free, slow-cycling spins in their community on specially designed trishaw bicycles piloted by volunteer cyclists.

We move gently, at walking pace, on a comfy bench seat, with seat belts, and warm blankets. Our passengers may be residents in care homes, community hospitals, day-care centres, or those living at home. CWA gives them the opportunity to get out and feel the wind in their hair. We let people know how to obtain these bikes, how to train to be a volunteer pilot, and we promote the concept of enjoying cycling for all ages and abilities.

[Find out more >](#)

Work to start on €3.4 million Age Friendly housing scheme in Daingean



Work will start on a €3.4 million Age Friendly housing scheme in Daingean at the end of June. Located on Circular Road, the 'Beechwood Court' development will comprise 10 single storey houses and be designed to Age Friendly and accessibility requirements. The new houses will be arranged in two terraces with paved accessible paths facing onsite parking.

[Find out more >](#)

Local Updates



Raising Awareness of Elder Abuse

In recognition of World Elder Abuse Awareness Day, Cathaoirleach of Cavan County Council Cllr John Paul Feeley joined Age Friendly Ambassador Bob Gilbert, Co-chair of Cavan Older People's Council Brian McDermott, fellow elected representatives, Cavan County Council staff and members of Cavan Age Friendly Alliance and Cavan Older People's Council at Courthouse Cavan last week to do help draw attention to this serious issue

June 15th was World Elder Abuse Awareness Day, and this year's campaign focuses on the abuse of older adults in long-term care facilities, with a recent WHO study revealing that nearly 64% of institutional staff admitted to abusive behaviour in the previous year, highlighting the urgent need for systemic change.

[Find out more >](#)



Galway City and County OPC Summer Newsletter

If you want to know all about the Age friendly Hospital Project, Dementia Cafes and Social Clubs and an updated Directory of

Services please click on the button below!

Find out more >



Sligo Central Library

Sligo Central Library

FUEL FOR LIFE: MIND, BODY, STRENGTH

Stories to Change Men's Lives: The Life-Changing Books That Inspired a New Author

BOOK NOW!

Phone 0719111675 or email sligolib@sligococo.ie to reserve your place.

FRIDAY JUNE 20TH 12.30PM

DR. KENNETH MONAGHAN

Light, Mirrors, Action

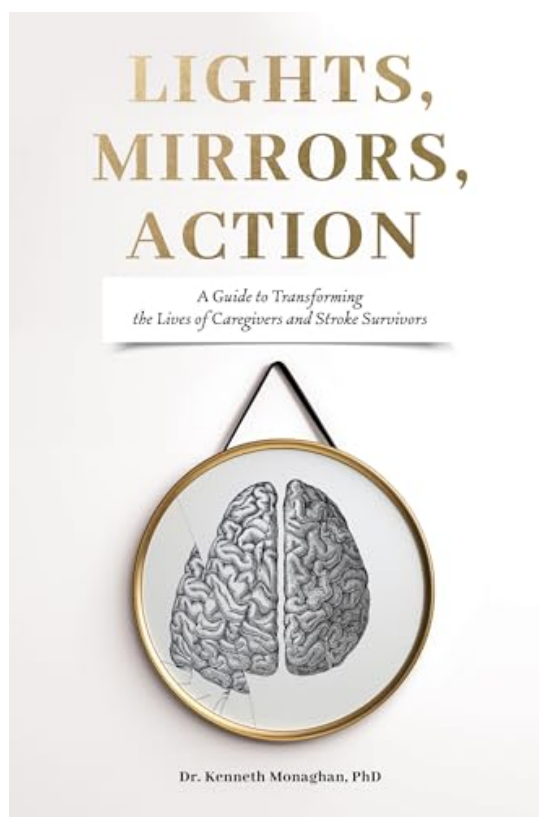
A Guide to Transforming the Lives of Caregivers and Stroke Survivors

MEN'S HEALTH WEEK 2025

Find out more at www.mhbb.org #menstheathweek

Shoulder to Shoulder

Men's Health Week



Dr. Kenneth Monaghan will be our guest at SLIGO CENTRAL LIBRARY on Friday 20th of June at 12.30PM


Author of **Light, Mirrors, Action: A Guide to Transforming the Lives of Caregivers and Stroke Survivors**

Ken will be talking about the life-changing stories that inspired him to become an author and will answer questions on how to improve your health.

FREE EVENT. Phone 071111975 or email sligolib@sligococo.ie to book your place.

<https://sligolibrary.ie/stories-to-change-mens-lives-with-dr-kenneth-monaghan/>

Dementia Training for Families Dungloe



Feadhmeannacht na Seirbhíse Sláinte
Health Service Executive

Are you caring for someone with Dementia ?

*We are offering dementia training which will last
for approx. 1.5 hrs.
This training covers the different types of
dementia, symptoms, stages and validation as a
form of communication.*

*Wednesday 25th June, Rosses CDP,
Dungloe
6pm – 7.30pm*

BOOK YOUR PLACE NOW
Limited numbers

*For further details or make an enquiry contact
Diane Donnelly, Carer's Development/Dementia Officer/Programme
Coordinator on: 0872770103 or email diane.donnelly@hse.ie*

Fingal Healthy Age Friendly Homes Programme



Last week on Monday 6th June, Danielle Monahan, Fingal Healthy Age Friendly Homes Coordinator, attended a Fingal Mens Shed event in Newbridge House.

Clare's representation at the Age Friendly Ambassadors Day in Carlow



The event was attended by Clare's Age Friendly Ambassador, Mike Hanrahan; Chairperson of the Clare Older People's Council, Mary O'Callaghan; and Clare Age Friendly Programme Manager, Shanelle Waring. All Age Friendly Ambassadors were invited, and their voluntary work was warmly acknowledged and commended. Hosted by Carlow County Council in their stunning VISUAL Theatre, the event saw the launch of "Supporting Creativity in Older Age" — a collaborative project between Age Friendly Ireland and Creative Ireland. Catherine McGuigan, Chief Officer of the Age Friendly Ireland Shared Service, officially launched the initiative. The project features a toolkit designed to scale up creative initiatives that support the wellbeing of older people.

**A rock can hurt you, A rock
can open a nut**



Runs until June 22 - Municipal Gallery, Level 3, dlr LexIcon, Dún Laoghaire

Free admission

An exhibition of new work by Vanessa Donoso Lopez. Over recent years working across Ireland and Spain, Vanessa Donoso López has shaped her latest installation - a gathering of works deeply rooted in the land, its people and their shared cultural heritage. This collection includes over 1,000 pieces of archaeological artefacts

[Find out more >](#)

International Updates

IFA Global Café | In Conversation with Ms. Tu-Anh Hoang

IFA Global Café | In Conversation with Ms. Tu-Anh Hoang on “Challenges and Hope: Healthy Ageing in South-East Asia.”

20 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
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- 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



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Healthy Age Friendly Homes Programme (Referrals)

Telephone: 046 9248899

Email: healthyagefriendlyhomes@meathcoco.ie

HSE Advice Line: Call save 1850 24 1850

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

Saturday and Sunday



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