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27th June 2025

National Updates



Your Council Day 2025

Today is Your Council Day, which is a national event held in each of Ireland's 31 county and city councils which promotes the positive impact local authorities have on people's quality of life.

Here at Age Friendly Ireland, we too would like to showcase some of the work we have done over the past year that have had a positive impact on people's quality of life. Check out our social media pages for more information around the country that are contributing to making Ireland a great place in which to grow old.

Age Friendly University, Montana Visit



Chief Executive Kieran Kehoe of Meath County Council and Waterford Age Friendly Ambassador Ann Cusack were on a recent trip to Montana, where they had the opportunity to meet with Age Friendly University officials from Montana University. The then Cathaoirleach of Meath County Council Sharon Tolan was also in attendance.



Holidaymakers urged to be on high alert for travel scams as fraudsters ramp up activity over the summer months

Consumers advised to use scamchecker.ie to verify if websites and links are legitimate before making any bookings as the summer holiday season gets into full swing, FraudSMART, the fraud awareness initiative developed by Banking & Payments Federation Ireland (BPF), is warning consumers to be on high alert for a seasonal rise in scams linked to last-minute travel deals. Fraudsters are targeting holidaymakers with offers, particularly touting 'recent cancellations' or 'limited time offers' at discounted prices, through highly convincing fake websites, online adverts and social media links.

[Find out more >](#)

Ferbane man takes on role as Age Friendly Ambassador



National Union of Journalists
Assistant General Secretary, Offaly
Person of The Year, and Age
Friendly Ambassador Seamus
Dooley joined fellow Age Friendly
Ambassadors from across the
country to promote a clear
message: emotional, mental and
physical health must take centre
stage in how Ireland supports and
celebrates ageing.

[Find out more >](#)

Anna May McHugh urges planning for active retirement



Age Friendly Ireland ambassador
Anna May McHugh urges planning
for retirement, highlighting the
importance of physical, mental, and
emotional wellbeing. With Ireland's
over-65 population set to double by
2050, she stresses staying
connected and active in local
communities.

[Listen Below >](#)

Mayor's Official Opening of 13 units under the Capital Assistance Scheme/Charleville Care Project.



The Mayor of the County of Cork, Cllr. Joe Carroll, performed the official opening of 13 Capital Assistance Scheme (CAS) funded housing units for Older Persons at Charleville Sheltered Housing Services, Love Lane, Charleville.

[Find out more >](#)

New Ross adds two Age Friendly Parking Spaces



New Ross Municipal District unveiled two new Age-Friendly parking spaces in New Ross town on Thursday. These dedicated parking spaces are designed to promote inclusivity and accessibility, ensuring that older residents and those with mobility challenges can easily access the town's amenities and services.

[Find out more >](#)

Creative Health and Wellbeing Newsletter



Creative Ireland Programme are delighted to share news about their first Joint Strategic Action Plan for Creative Arts and Health 2025.

Exciting initiatives are underway at the Creative Ireland Programme as they continue to work with their partners in the Department of Health, the HSE and the Arts Council/An Chomhairle Ealaíon to realise the potential of arts and health in Ireland, through project funding, policy development and capacity building.

[Read More Here >](#)

Local Updates



Killarney Soccer Memories Café Hosts Free Special Sporting Memories Event

Killarney Soccer Memories Café is set to host a unique Sporting Memories event on Saturday, 28th June bringing together soccer lovers of all ages to relive cherished moments from the sport's past.

This special gathering focuses on all things soccer, is part of the wider Alzheimer Society of Ireland's Sporting Memories initiative – a programme designed to support people living with dementia and older adults by harnessing the power of sport to spark memories, create connections, and improve overall well-being.

[Find out more >](#)

Cavan Older People's Council Information Roadshow – Ballyconnell Community Centre



Cavan Older People's Council in collaboration with Cavan Age Friendly Programme hosted an Information Roadshow in Ballyconnell Community Centre on Tuesday 17th June 2025. The event was open to older people from across the county and was free to attend.

[Learn More >](#)

Age Friendly Clare at the Age Friendly Ambassadors Day



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.

Age Friendly Roscommon at the Age Friendly Ambassadors Day



Left to Right: Kieran Kehoe, CE, Meath County Council; Paddy Joe Burke, Age Friendly Ambassador, Roscommon; Majella Dodd, Vice Chair, Roscommon OPC; Catherine McGuigan, Chief Officer, AFI; Shane Tiernan, CE, Roscommon County Council; Sheila Coyle, Age Friendly Programme Manager, Roscommon

Age Friendly Monaghan, Older Persons Information Booklet



Monaghan Age Friendly Programme and Monaghan Integrated Development launched the Older Persons Information Booklet at Tydavnet Community Centre. In attendance was Cathaoirleach Cllr PJ O'Hanlon, Chief Executive Robert Burns, Monaghan Age Friendly Ambassador Seamus McDermott, Monaghan Age Friendly Homes Co-Ordinator Elizabeth Doherty Mooney together with staff from Monaghan Integrated Development, HSE and all those who attend the Tydavnet Parish Lunch Club.

The booklet is a one stop shop of information on important services and contact details for older people, their families and their carers across County Monaghan.

The booklet is available in hard copy by contacting Leona Keenan Age Friendly Program Manager by email at lmcdonal@monaghancoco.ie or is available to download online at www.monaghan.ie

Bailieborough Memory Cafe



WELCOME

Bailieborough Memory Café

Free Information Café Open to Everyone

 **Monday 30th June, 2pm-4.30pm**

Talk by Nikki from Cavan Sport's Partnership on the benefits of exercise for health and brain. Music and refreshments will be served

 **Bailieborough Courthouse
Main Street, Bailieborough
Co Cavan**

Contact : Mildred 087 259 3736

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

Positive Age Cavan, trips for August and September



LOUGH DERG
SANCTUARY OF SAINT PATRICK

 **Positive Age Cavan/Monaghan**

ONE DAY RETREAT

WEDNESDAY 3rd of SEPTEMBER 2025

COST: €80 PER PERSON INCLUDES: Return coach transfer from Cavan to Lough Derg bus park. Return boat transfer from bus park to Island. Tea and scones on arrival. Lunch of Soup and Sandwiches. Guided prayer and reflection. Celebration of the Eucharist in St. Patrick's Basilica.. quiet time, souvenir shopping.

Places will be allocated on a First come First served basis

For further information and bookings please contact the Positive Age Office in Castlemanor Community Centre, Billis, Cavan or Phone: 049 4380725



Let's all have some Mad Hatter's Craic

- Join us for a Mad Hatter's Tea Party at Positive Age Community Centre, Castlemanor, Cavan.
- Top Hats & Tea, a party fit for all Positive Age Hatters
- Thursday 7th of August from 2.30pm – 5pm with light refreshments served and music by Dessie Ronan. Call 049-4380725 to book
- Cost per person € 7

Raffle on the day, along with a prize for the best Mad Hatter Hat

Loughderg

We are running a Day trip to Lough Derg on Wednesday the 3rd of September. The cost is €80 per person, with includes Return Coach, Return Boat transfer to the Island. Tea and scones on arrival and lunch of Soup and Sandwiches. Call our office to book on **049-4380725**

Mad Hatters

Join us for some Mad Hatter's Craic here at Positive Age on Thursday 7th of August. From 2.30pm to 5pm, we are going down the rabbit hole with Top Hats & a Tea Party fit for all Positive Age Hatters. Light refreshments will be served along with entertainment by Dessie Ronan. We will have a raffle on the day along with a prize for the best Mad Hatter Hat.

Cost per person is €7 and you can call our office on 049-4380725 to book 🧐
🧐

For booking and information contact **Frances on 087-7759584 & Catherine on 087-9974943 or the office at 049-4380725**

Age Friendly Limerick



A stakeholder workshop was hosted by the Irish Physical Activity Research Collaboration (IPARC) and Active Cities Limerick on 28th May 2025 at the Moyross Community Enterprise Centre. The session brought together key stakeholders involved in the delivery of physical activity programmes for older adults across Limerick.

The purpose of the workshop was to facilitate dialogue among programme providers, explore shared experiences, and analyse a range of sample

programmes. Particular emphasis was placed on identifying the components that contribute to effective, engaging, and sustainable physical activity initiatives for older populations.

Stakeholders included Limerick Sports Partnership, Age Friendly Limerick, Slaintecare Healthy Communities, Healthy Ireland, PAUL Partnership, St Munchin's Community Centre, HSE Health Promotion, HSE Physiotherapists, Moyross Community Companions, and the University of Limerick.

Through structured discussion and collaborative analysis, participants examined factors such as accessibility, social engagement, progression pathways, and support needs. Insights gathered during the session will inform future planning and contribute to the development of a more coordinated and responsive approach to active ageing in Limerick.

The next phase of this research collaboration will involve participant focus groups, led by IPARC.

International Updates



IFA Global Café | In conversation with Dr. Rayne Stroebel

IFA Global Café | In conversation with Dr. Rayne Stroebel on "I am because we are: Ageing and the wisdom of inter-reliability in South Africa."

[Find out more >](#)

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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



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



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