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**4th July 2025**

## National Updates

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### **PhD Position in Data Governance Best Practices and Open Data Space - Project: Data Governance and Evidence based Policy Making-Partnership for Research on Ageing and Older People**

Offering an exciting opportunity to join a project on Data Governance and Evidence based Policy Making-Partnership for Research on Ageing and Older People funded by Lero, the Research Ireland Centre for Software and industry partner, Age Friendly Ireland, a Local Government led service. The project aims to combine insights into age-friendly policy making with advancing best practices in data governance, allowing for an efficient data gathering, sharing, and exploitation approach within Age Friendly Ireland.

[Find out more >](#)

## Guidelines on Home Ventilation



Ventilation is the exchange of air with harmful pollutants and moisture from the inside of the building with fresh and clean air. Good ventilation improves indoor air quality and creates healthy homes.

This guide on ventilation will help you understand the ventilation in a house what you need to know if you own or rent your home and if you are planning renovations.

[Find out more >](#)

## parkrun Dementia Manual Launched



parkrun Ireland, in partnership with the HSE, launched a Dementia Manual to help make parkruns more inclusive for people living with dementia, their families, and carers. Read more about this inspiring initiative and how to access the free manual.

[Find out more >](#)

## Local Updates



## Monaghan Libraries Age Friendly Events

### Carrickmacross Library

**Monday 7th July: 11am Crosswords and Crossiants.** A range of crosswords and word searches, a mug of tea and a slice of cake.

**Thursday 10th at 11am Knit and Knatter.** All levels of ability are welcome.

**Friday 11th July: 2pm Carrickmacross 'Our Stories' club.** A relaxed informal setting for older people to get together, have a cuppa and reminisce. The theme for this month is 'Dances'

### Castleblayney Library

**Thursday 10th July - Castleblayney Local History** talk Michael Burns delivers another fascinating lecture on the history of Castleblayney. This month's topic is 'Famous crimes in Castleblayney.' Not to be missed.

### Clones Library

**Monday 7th July: 11am - Puzzle Club.**

**Wednesday 9th July: 1.30pm - Craft Class.**

**Thursday 10th July: 2.30pm - Beginners Ukuele.**

### Monaghan Library

**Monday 7th July: 11am Crosswords & Croissants** – Puzzles from national publications and treat.

**Tuesday 8th July: 2.30pm Adult Mindful colouring.**

**Wednesday 9th July: 11am - Knit and Chat group**  
**5.30pm - 7.30pm Yarney Army**

**Friday 11th July: 2pm - Adult scrabble club. Have a dabble at scrabble.**

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## Age Friendly Ireland Local Updates

Check out some of the Age Friendly news stories that made local headlines last week.

[Find out more >](#)

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## Updates from Age Friendly Roscommon Older Persons Council Meeting June 2025

At Roscommon's June 2025 OPC meeting Aoife Guckian, Roscommon Leader Partnership outlined a new 'Be a Buddy' initiative to the group. They are looking for volunteers to help them support and integrate young refugees and migrants in the community. They will set up & host regular Buddy Schemes through informal meetups e.g. chats, coffee & walks. There was a great discussion around this, Roscommon's OPC are keen to support it. For full details see attached poster.



**actin**  
ACT and connect for integration:  
language learning & cultural awareness



**Be a Buddy in Roscommon**

**We're looking for  
Enthusiastic Volunteers!**

**About us:**

The ACTIN Buddy Scheme is a community-focused initiative designed to support and integrate young refugees and migrants in our community. It is a place of welcome. We will set up and host regular Buddy Schemes of enriching cultural exchanges through informal meetups like chats, coffee, walks.

The **Buddy Scheme** will convene on a weekly basis in Roscommon Town. We are seeking dedicated volunteers to join our team. We accommodate various availability schedules to make volunteering with us accessible to all.

**Why Volunteer with us?**

- Make a difference and gain valuable experience in intercultural communication, leadership, and community service.
- Receive Training: Benefit from comprehensive onboarding and ongoing training in cultural sensitivity, and more.
- Connect with like-minded individuals from diverse backgrounds.
- Certificate of Participation: Receive recognition for your contribution, which can enhance your CV.

**Join Us:**

To apply, please send your application form and a cover letter explaining why you would be a great fit for our team to

[actin@ridc.ie](mailto:actin@ridc.ie)

Or by contacting: 086 047 1176

Feel free to contact us with any questions or queries.

Or visit [www.actintegration.eu](http://www.actintegration.eu) for more information.



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Co-funded by  
the European Union

This project has received funding from the European Union's  
AMF programme under the grant agreement No 101141078.

Ronan Bilbow, Social Prescriber also gave a presentation. He explained his role and the service he provides. The aim of Social Prescribing is to empower people with social, emotional & practical needs to find practical solutions. He outlined who the service is for and how to refer someone to him. There was huge interest in this service, a Q&A session with Ronan followed his presentation.

For full details see attached poster.





## The Aim Of SOCIAL PRESCRIBING

Empowers people with social, emotional or practical needs to find practical solutions with the support of a Link Worker.

### Who is the SERVICE USER?

**Social prescribing is for adults over the age of 18 years, including (but not exclusively) people:**

- With one or more long-term conditions.
- Who has complex social needs which affect their health and wellbeing.
- Who are lonely or isolated.
- Who need support with their mental health.
- Who frequently attend GP/ED and may benefit from other social support outside of clinical services.

### WHO REFERS THE SERVICE USER TO THE LINK WORKER?

Referrals to a social prescribing Link Worker come from various sources, including:

- GPs, nurses, community mental health teams, and health and social care professionals.
- Older people services and the community and voluntary sector.
- Self-referral and referral by a friend or family member.
- Permission to refer MUST be obtained from the person you wish to refer!

Where a referrer is unsure of the appropriateness of a referral to social prescribing, this can be discussed with the social prescribing Link Worker beforehand. Likewise, the social prescribing Link Worker can revert to the referrer if the referral is inappropriate.

### ROLL OF THE LINK WORKER

The social prescribing Link Worker aims to connect people with community groups, organisations, and statutory services for practical and emotional support to improve their health and wellbeing. They may also link people back into HSE programmes and services where appropriate, e.g. diabetes support courses, Living Well programmes, stress prevention programmes, smoking cessation services, etc.

Link Workers focus on what matters to the person and work in true collaboration with an individual over a period of time.

One of the key tasks of a Link Worker is to co-produce a personalised health and wellbeing plan with the client.

This may include:

- What matters to the person.
- Establishing attainable goals.
- Signposting professional support that someone may require.
- Connecting to the local community and voluntary organisations, activities and social groups.

### What Our Participants Say:

It is great to know I am cared about

I didn't realise how much I missed a cup of tea & a chat with others.

I would recommend it to anyone.

I was scared to get out and about after Covid, but it has brought so much joy to my life.

### What Would I Be Linked To?

**A HOBBY, SOCIAL GROUP, PHYSICAL ACTIVITY, CRAFT GROUP, WHATEVER MATTERS TO YOU!**

### THE SOCIAL PRESCRIBING JOURNEY

- 1 Referral submitted to link worker
- 2 Meet with link worker to discuss your needs & link you with activities, supports & resources in your community.
- 3 Begin to engage in chosen activity with support.
- 4 Communication with link worker stays open to review your progress. We repeat the journey if needed.

**Refer & Information:** **Link Worker**  
Ronan Bilbow

086 1765381  
ronanbilbow@ridc.ie  
rosleaderpartnership.ie

## International Updates

**if Global Café**  
in conversation with experts

**We will be right back!**

ifaconfango  
Be part of something greater

Decade of healthy ageing

**We're taking a short break, but the conversations continue soon!**

Thank you for your interest in the IFA Global Café.  
Our next series of sessions will begin in the fall/2025, with more inspiring conversations from around the world.

[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](mailto:agefriendlyireland@meathcoco.ie) no later than midday on the Thursday. Age Friendly Ireland retains full editorial responsibility for content of the Newsletter.

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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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