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**25th July 2025**

## National Updates



### **Age Friendly Ireland's Ambition for Inclusivity: A Place for Everybody**

**As ageing populations become more prevalent around the world, local government must adapt and innovate, so that the world we build today meets our future needs.**

**Local Government Information Unit (LGIU) Future Local Lab's first-ever documentary!**

The significance of integrating age friendly design in future planning takes centre stage in our new documentary. Hosted by Meath County Council, Age Friendly Ireland stands as an exemplary model for creating inclusive environments that promote well-being and quality of life for all. The documentary explores Dublin's Croke Park, the world's first age friendly stadium, showcasing the successful collaboration between Age Friendly Ireland, Croke Park and the Gaelic Athletic Association and spotlighting the best practice approach to delivering an age friendly transformation.

[Find out more >](#)

## Age Friendly Ambassadors 2025

Meet some of our Age Friendly Ambassadors and hear how they feel about the importance of their role in the Age Friendly Ireland.

[Watch Here >](#)

## **Interviews from Community Radio Kilkenny City at Kilkenny Older People's Council Meeting**

We have uploaded some interesting interviews recently to our Age Friendly Ireland YouTube Channel, courtesy of our Age Friendly Ambassador Nickey Brennan, and his Community Radio Kilkenny City radio show.

At a recent Older People's Council meeting, Rob O'Connor from the HSE Safeguarding Team, Kate Dillon HSE Health Promotion Officer and Linda Kirwan Kilkenny Healthy Age Friendly Homes Coordinator, shared some wonderful information and insights on 'Minding Ourselves', 'Safeguarding', 'Thinking Ahead' and the Healthy Age Friendly Homes Programme.

To listen to the four interviews, click below to our Age Friendly Ireland YouTube Channel

[View Videos Here >](#)

## **HSE - Get the Right Care from the Right Place**

|  <b>Get the right care, from the right place.</b> |                        |  |  |
|--|------------------------|--|--|
|   | <b>Self care</b>       | Colds or sore throats                      | Take care of minor ailments at home with a first aid kit and a well-stocked medicine cabinet         |
|   | <b>Pharmacy</b>        | Headaches, tummy aches or coughs           | Ask your local pharmacist for advice on common minor illnesses                                       |
|   | <b>GP Surgery</b>      | Feeling ill, back pains or ear aches       | Make an appointment with your GP if you're feeling unwell and it is not an emergency                 |
|   | <b>Injury Unit</b>     | Broken bones, sprains or burns             | Get treatment for injuries like broken bones, dislocations and minor burns                           |
|    | <b>Out of hours GP</b> | GP Service outside normal clinic hours     | If you urgently need to see a GP outside of normal hours, contact your local GP out of hours service |
|   | <b>ED or 999/112</b>   | Choking, chest pains or breathing problems | Visit an ED or call 999 or 112 if someone is seriously ill or injured and their life is at risk      |

## Age Friendly University Updates



### 1. Get Involved with Culture Night!

We're excited to be part of Culture Night again this September! We've sent a proposal to the DCU Cultural Office, and now we need your creative energy. Want to help us plan the event and make it a success? Please let us know by completing [this brief form](#).

### 2. A Must-See on Channel 4.

Be sure to catch 'Secrets of the SuperAgers' on Channel 4! It's a fantastic show that supports the work we do. If you miss it, you can find it on the Channel 4

catch-up service or look for the repeat showing later in the week.

### 3. Get Ready for Autumn Learning.

Thinking about classes? Audit module listings will go live in early August, so you can start picking your favourites. The official timetable won't be out until closer to the September 8th start date.

For our popular 'Love of Lifelong Learning' modules, those kick off in October, and you can sign up for them after September 8th.

### 4. Taste of DCU September 3rd.

Registration is open for the Taste of DCU - an opportunity to "taste" being a student in the AFU programme. [Register here as places are limited](#).

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## The Commission for Regulation of Utilities (CRU)



An Coimisiún  
um Rialáil Fónais

Commission for  
Regulation of Utilities

The Commission for Regulation of Utilities (CRU) is Ireland's independent energy and water regulator. They offer two services that may be helpful for you to know about:

- An information service. If you have any questions about your rights when engaging with your energy supplier, energy network operator or Uisce Éireann (formerly Irish Water), you can contact the team for information.
- A dispute resolution service. If you have submitted a complaint to your energy supplier, network operator or Uisce Éireann and are unhappy with the outcome, you can refer it to the CRU for an independent investigation. More information on this process is available at <https://www.cru.ie/make-a-complaint/complain-to-the-cru/>.

Both services are free of charge. You can contact the CRU's Customer Care Team in any of these ways:

- By phone, on 1800 404 404 (9am-5.30pm weekdays).
- By email at [customercare@cru.ie](mailto:customercare@cru.ie).
- By writing to CRU Customer Care Team, PO Box 11934, D24 PXW0.
- Via the online contact form at <https://www.cru.ie/contact-us/>.

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## Local Updates



## Monaghan County Libraries Age Friendly Events



### Cultural companions at Monaghan County Libraries

Monaghan County Libraries recently launched an exciting new initiative called Cultural Companions – designed to break down barriers to cultural participation and foster community connections. The programme welcomes individuals who want to attend cultural events but prefer not to go alone, connecting them with like-minded people to form a supportive group experience.

Whether you're interested in art exhibitions, theatre performances, literary readings, or music events, Cultural Companions ensures that no one has to miss out on enriching cultural experiences due to lack of company. Participants can attend as individuals and join in with others who share similar interests, creating new friendships while exploring the vibrant cultural landscape of Monaghan and beyond.

This inclusive initiative reflects Monaghan County Libraries' commitment to making culture accessible to everyone, regardless of their circumstances. By facilitating these connections, Cultural Companions transforms what might feel like a solitary experience into an opportunity for community building and shared discovery.

### Castleblayney Library

#### **Blaney Bloomers Present, Monday 28th July at 6.30pm**

Castleblayney Library's monthly gardening club, host a talk by Monaghan native, Úna Treanor, Head Gardener at Dunvegan Castle and Garden, Isle of

Skye on "A year in the gardens at Dunvegan Castle."

There will also be an opportunity for members to swap seeds, plants, and gardening tips.



### **Safe and Connected Event Held by the Cork County Age Friendly Programme**

On the 17th of July the Cork County Age Friendly programme hosted the Safe and Connected event in the Hibernian Hotel, Mallow. This event was aimed at older people and carers of older people. It created the space and opportunity to engage with and talk to the emergency services in a non-emergency situation.

[Find out more >](#)



## Age Friendly Cavan Older People's Council

On Friday 11th July 2025 Members of Cavan Older People's Council took part in a focus group to help with the co-design of a new HSE programme on Ageing Well/ Healthy Ageing, facilitated by Deirdre Lang, Director of Nursing Older Persons Services with the HSE National Clinical Programme for Older People.

[Find out more >](#)

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## 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





**KILLARNEY SOCCER MEMORIES CAFE**

Sporting Memories uses the power of sport to bring together people, young & old, especially those living with dementia and their families.

**Join Us For:**

- A morning of great soccer memories
- Chat over a cuppa & biscuits
- Old soccer videos, photos & memorabilia
- Meeting up with old friends

**FOR MORE INFO:**

Email: [soccermemoriescafe@gmail.com](mailto:soccermemoriescafe@gmail.com)  
 Facebook: <https://www.facebook.com/profile.php?id=61577344970323>

Event starts on:  
**SATURDAY**  
 28 JUNE 2025  
 11AM TO 1PM  
 Clann Housing  
 Coill na Darrach  
 Killarney  
 V93 VXY8

lovers of all ages to relive cherished moments from the sport's past.

This special gathering, which 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 >](#)

## Activator Pole Workshops at Killarney Library and Killorglin Library



There was a fantastic turn out for the pop up Activator Pole Workshops at Killarney Library on July 21st and Killorglin Library on July 23rd, organised by Kerry Sports Recreation Partnership.

The Age Friendly Office Kerry was delighted to promote and support the events and attend the Killorglin workshop, which saw 35 participants in

attendance. Local instructors gave an informative presentation on the benefits of Activator Poles and provided instructions on their use. Following the indoor information session, the group moved outdoors to practice what they had learned.

Activator Poles are available to borrow from any of the nine Kerry Library branches. Adult members of Kerry Library can borrow the poles for a period of 35 days.

## Activator Pole Pop Up Workshops

### Killorglin



Páirtíocht Spóirt & Áineasa Chiarraí  
Kerry Recreation & Sports Partnership  
SPORT EIREANN



Páirtíocht Spóirt & Áineasa Chiarraí  
Kerry Recreation & Sports Partnership  
SPORT EIREANN





Páirtíocht Spóirt & Áineasa Chiarraí  
OGE-FRIENDLY KERRY



Páirtíocht Spóirt & Áineasa Chiarraí  
OGE-FRIENDLY KERRY



OGE-FRIENDLY KERRY



Leabharlann Chiarraí Kerry Library  
www.killorglinlibrary.ie




Páirtíocht Spóirt & Áineasa Chiarraí  
Kerry Recreation & Sports Partnership  
SPORT EIREANN



hi at Your Library



## The Alzheimer Society of Ireland - Coffee 'n' Chat





THE Alzheimer  
SOCIETY OF IRELAND

## Coffee 'n' Chat



Coffee 'n' Chat offers a welcoming space for connection, creativity, and fun for those with Younger Onset Dementia or Early Stage Dementia. It is a wonderful opportunity to build friendships in a supportive and uplifting environment.

**Coffee 'n' Chat in Albert College Park**  
 Date: 1st Wednesday of each month  
 Time: 10:30 am to 12:00 noon  
 Location: The Tram Café, Albert College Park, Ballymun Road, Glasnevin

**Coffee 'n' Chat in St Anne's Park**  
 Date: 2nd Wednesday of each month  
 Time: 10:30 am to 12:00 noon  
 Location: Olive's Room, The Red Stables, St Anne's Park, Raheny


 **Coffee 'n' Chat in Herbert Park**   
 Date: 4th Wednesday of each month  
 Time: 10:30 am to 12:00 noon  
 Location: Lolly and Cooks, Herbert Park, Ballsbridge, Dublin 4

**To book your place, please contact Iliyana Boykova on 087 372 4569 or email [iliyana.boykova@alzheimer.ie](mailto:iliyana.boykova@alzheimer.ie)**

## Dublin Activity Clubs for Younger Onset and Early Stage Dementia





**THE Alzheimer SOCIETY OF IRELAND**

## Younger Onset (Under 65) & Early Stage Dementia Activity Clubs

**Harold's Cross Activity Club**

- ASi Centre, Our Lady's Hospice, Harold's Cross Dublin 6W, D6W RY72
- Marta Gorska
- 085 856 6468
- marta.wolczyk@alzheimer.ie
- Every Thursday 10.15am to 12noon

**Bloomfield Activity Club**

- 16 Stocking Lane, Rathfarnham, Dublin, 16, D16 F9Y1
- Adrienne McAvinue
- 086 838 1215
- adrienne.mcavinue@alzheimer.ie
- Every Tuesday 10.30am to 12.30pm

**Ringsend Activity Club**


- Ringsend & Irishtown Community Centre, D04 P4F3
- Iliyana Boykova
- 087 372 4569
- iliyana.boykova@alzheimer.ie
- Every Thursday morning – Starts Sept 2025

**West Dublin Activity Club**

- Bawnogue Youth & Community Centre Bawnogue Road, Clondalkin, Dublin 22, D22 DY68
- Debbie Kenny
- 087 655 1173
- debbie.kenny@alzheimer.ie
- Every Tuesday 2pm-4pm

**Clonskeagh Activity Club**

- Clonskeagh Hospital Campus, Dublin 6, D06 EY15
- Iliyana Boykova
- 087 372 4569
- iliyana.boykova@alzheimer.ie
- Every Friday morning - Starts Sept 2025




**THE Alzheimer**  
SOCIETY OF IRELAND

## Alzheimer Society of Ireland Upcoming Services

Click below to check out a list of services from The Alzheimer Society of Ireland around Dublin.

[Find out more >](#)



## International Updates



**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 >](#)

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- 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.

Age Friendly Ireland Shared Service, Meath County Council



Age Friendly Ireland Shared Service Office

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Healthy Age Friendly Homes Programme (Referrals)

Telephone: 046 9248899

Email: [healthyagefriendlyhomes@meathcoco.ie](mailto: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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