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11th July 2025

National Updates



Medically led Exercise Programmes for Older People Rolled Out Across Meath

This first of its kind partnership between Meath County Council, Age Friendly Ireland, the GAA and ExWell aims to boost the health and wellbeing of older people.

The medically led exercise programme for older people, ExWell, has been rolled out across Meath this week in collaboration with Meath County Council and Age Friendly Ireland, the national organisation delivering the Government's vision of an Age Friendly Ireland.

[Find out more >](#)

HSE Shines a Light on Men's Health: "Shoulder to Shoulder: Connecting for Health"



Men's Health Week (MHW) 2025, focused on championing the vital role that social connection plays in engaging and supporting men under the theme of 'Shoulder to Shoulder, Connecting for Health'.

MHW runs annually in June, leading up to Father's Day.

HSE Health and Wellbeing, in partnership with the Men's Health Forum in Ireland (MHFI), drives this important awareness campaign, highlighting how men can significantly improve their health by engaging in healthier lifestyle choices and seeking early detection and treatment for health difficulties.

[Find out more >](#)

Siel Bleu Job Opportunities



We are hiring in South Dublin and Wicklow at the moment. We are looking for 2-3 trainers in these areas so If you know anyone who would be suitable for a role with us please let them know.

Siel Bleu Physical Trainers (PT) are highly educated and skilled in the delivery of physical activity programmes in a variety of settings. Our physical trainers are empathetic and driven to make a change in the lives of older adults, people with chronic conditions and with physical or intellectual disabilities through exercise.

[Find out more >](#)

Research Study Survey for Age Friendly University

We are conducting a research study on the experiences of adults aged 55 and older who take part in lifelong learning activities at any stage of their lives. This survey explores your motivations, the challenges you may face, and the impact that learning has on your daily life and well-being. It also includes a few questions about gender and how it may shape learning experiences. The survey takes about 20-25 minutes to complete, and there are no right or wrong answers. Please answer as honestly as possible based on your own experience. Your responses are anonymous and confidential. Data may be used in academic publications and presentations on the value of the AFU programme.

Your insights will help inform research on how to make lifelong learning more inclusive, supportive, and meaningful for all older adults.

The survey will close on July 22nd.

[Link to Survey ›](#)

Age Action Garden Blitz



AGE ACTION NORTHSIDE GARDEN BLITZ 2025

IS YOUR GARDEN VERY OVERGROWN?

Age Action are looking for older people who need a lot of work done in their garden to take part in our Garden Blitz in this area.

This is a one-day event where volunteers from our corporate partners will come out to your garden and help with weeding, strimming, clearing and general tidying up.

This is a free service with limited availability!

Please call 014756989 to enquire about getting on the list.

AGE ACTION CONTACT



AGE ACTION PROGRAMMES TEAM
01 4756989

Age Action
Age Equality

📞 014756989

✉️ info@ageaction.ie

📍 30/31 Lower Camden St, Dublin 2, D02 EC96



July and September Recovery Education Programme

ARCHES Recovery College, are launching their July and September Recovery Education Programme. This offers a wide range of once off sessions, courses, and social events designed to support mental health, personal growth, and wellbeing.

[Find out more >](#)

Local Updates

Cork County Council and Emergency Services to Host Event for Older People in Mallow

The Mayor of the County of Cork, Cllr Mary Linehan Foley, is encouraging older people, their carers and families to attend a unique event with the emergency services in Mallow this month. 'Safe and Connected' will provide an opportunity to speak to local Gardai, Fire Service and ambulance personnel in a non-emergency situation.

The event takes place at the Hibernian Hotel, Mallow on Thursday the 17th of July from 10.00am to 1.00pm. There will be talks from An Garda Síochána, the National Ambulance Service and the Cork County Fire Service, as well as the Healthy Age Friendly Homes programme and AIB.

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Safe and Connected Event

Hibernian Hotel, Mallow. 17th July from 10am to 1pm.

Are you an Older Person or caring for an Older Person?

Would you like to hear from the Emergency Services to find out about how they can work with Older People?

Come along and hear from An Garda Síochána, the National Ambulance Service and the Cork County Fire Service.

Allied Irish Bank and the Healthy Age Friendly Homes programme will also be there to give advice.

Refreshments will be provided.

To register please email agefriendly@corkcoco.ie or text 087-4153059.





Mallow Community Health Project, in association with
Visually Impaired/Blind Community of North Cork,
Le Cheile Family Resource Centre,
Mallow Active Retirementinvites you to a,

Social Café Morning:

MUSIC/SONG/DANCE/STORY TELLING



Date : Tuesday 15th July

Mercy Centre, Mallow

Time: 11am- 1 pm

Music: Marian & Michael
Quirk.

To Register:

Contact:

**Pauline O Grady-Noonan, Mallow Community Health
Worker: 087-4335047.**

**Gretta Hickey: Chairperson, Active Retirement, Mallow:
087-9029479**

Community Linkage Programme



**Age Friendly
IRELAND**

If you wish to Volunteer

Contact National Healthy Age Friendly
Homes Office
Tel: 046-9248899

Email Project Coordinator
alison.lynn@meathcoco.ie

Express your interest online through the
Volunteer Centres
[Volunteer Opportunity - I-VOI Roscommon](#)
[Volunteer Opportunity - I-VOI Leitrim](#)

**Announcing a new
Community Linkage Project**

A Pilot project is being set
up in Roscommon and
Leitrim to improve the
health and wellbeing of
women living in long-term
residential care.
The project will increase
access to social and
leisure activities,
information and services
available to women in
nursing homes.

The Project
Coordinator will
recruit
befriending
volunteers and
complete
individual
support plans
with nursing
home residents.






International Updates



Global Café
in conversation with experts

We will be right back!



ifconfango
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 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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