

To view this email in your browser, please [click here](#).



29th August 2025

National Updates



Council Delegation Visit Greenhill's Grange Age Friendly Development

Upon completion the scheme will deliver 45 high-quality two-bed age-friendly bungalows and a five-bed assisted living bungalow, which will be allocated to people aged 55 years and over. The development will enable older people to live independently, safely, and actively within their community. It features housing and public open spaces that are inclusive, accessible, and thoughtfully designed to meet the needs of an ageing population.

[Find out more >](#)



FraudSMART Warning – Increase in phone scams asking for remote access to your laptop

FraudSMART is warning consumers and businesses to be on alert for a new type of phone scam where fraudsters claim to be from your bank, 'alerting' you to a suspicious payment on your account and requesting remote access to your laptop or desktop computer in order to cancel it.

How does the scam work?

- 1 – You receive scam call and are directed to a fake website
- 2 – The Scammer gains remote access to your device
- 3 – You are directed to 'cancel' a suspicious payment but instead this moves money to the fraudster's account
- 4 – Fraudster will use pressure tactics

Warning Signs

Your bank will:

- 1 - Never request remote access to your laptop, desktop computer or phone and will never ask you to download an app for a live chat.
- 2 - Not ask you to cancel a 'suspicious payment.'
- 3 - Never ask you to delete your banking app or to avoid logging into your online banking.

[Find out more >](#)

HRCI-HRB Joint Funding Scheme with The Alzheimer Society of Ireland 2025/2026

Only 2 weeks to go until we close our call for Expression of Interest Phase for participating in



Are you a dementia researcher?

We want to hear from you!

Our Expression of Interest stage for the HRCI-HRB Joint Funding Scheme
2025/2026 closes on September 12th!



2025/2026 HRCI Health Research Board (HRB) Joint Funding Scheme!
Funding projects up to €240,000.
The Alzheimer Society of Ireland is pleased to announce its participation in the Joint Funding Scheme 2025/2026 between the Health Research Board and Health Research Charities Ireland. We are inviting applications that are in line with our mission and vision, and focused on improving outcomes for people living with dementia and/or their families.

[Find out more >](#)

Sligo residents and families enjoy Wise Roots Age Friendly Festival



There was fun indoors and outdoors in recent weeks at St John's Community Hospital Sligo, as the second Wise Roots Age Friendly Festival took place.

Residents, their families and friends were all treated to a day of entertainment, music and laughter at the community hospital. Music was also provided by Buncrana group Revival as well as many local talents such as Bridget and Tabby Callaghan, and the Sligo Filippino Community.

[Find out more >](#)

Understand Together August update



Click below to read the recent Dementia: Understand Together updates as well as local and national activities and events that are happening.

[Find out more >](#)

Local Updates



Loughboy Library's Event

Come along to our weekly online clinic and we can demonstrate to you how to use our Library online resources like Transparent Languages, Borrowbox, Universal Class and more!
No booking required. Just drop in!

**Loughboy Library
Weekly Online Clinic**
Tuesdays 2nd, 9th, 16th,
23rd, 30th
September 2:30-3:30pm

**Marie Keating
Foundation: Mobile
Unit Visit (Healthy
Ireland)**
Thursday 4th
September
10:30-11:30am

The Marie Keating Foundation will be bringing its mobile unit to Loughboy Library on the 4th of September between 10:30am - 11:30am. Anyone is welcome to come to the unit on the day and speak with one of our specialist trained nurses. The aim of the Marie Keating Foundation is to bring life-saving messages on cancer prevention and early detection to as many people as possible. We will be providing information on the day in relation cancer prevention and what steps you can take to help reduce your risk. We will also have information on the most common cancers in Ireland and signs and symptoms to look out for. This is a free service, and we are happy to speak to individuals or small groups and answer questions they may have. Please note there is no cancer screening provided.
No booking required, just drop in.

**Cleaner Greener
Home & Garden with
Aislinn Moran (2025
Week)**
Thursday 25th
September
10-11am

Discover how to make your own home cleaners and how to deal with pests and weeds without causing harm to biodiversity. These eco-friendly cleaners are better for your health too!

Each attendee will receive a recipe sheet to take home and if you bring your own clean containers, a small sample of cleaners. Places are limited. Phone 056 779476 or email loughboy@kilkennylibrary.ie to book a place.

To support our membership figures, please register to be a library member when you book.

Adult Book Club
10:30-11:30
Sept 4th

The Adult Book Club will be discussing *Black Venus* by James Machanus. Come along and join the discussion on the first Thursday of the month at 10.30am.

**LOUGHBOY LIBRARY
MONTHLY NEWSLETTER**

www.loughboy.ie
loughboy@kilkennylibrary.ie

**Cancer Awareness & Symptom Prevention
Session (Healthy Ireland) 11-12pm**
Wednesday 3rd September

There are lots of things we can do to reduce our risk of cancer. Finding cancer early by knowing the signs and getting them checked - This is the key to good outcomes! Find out more by joining us for our Cancer prevention and Symptom awareness session at Loughboy Library on Wednesday 3rd September 2025 from 11.00am-12.00pm. Hosted by Ann Bray, Health Promotion Department, HSE South.

Places are limited. Phone 056 779476 or email loughboy@kilkennylibrary.ie to book a place. To support our membership figures, please register to be a library member when you book.

**Straw Craft – A
Workshop with Monica
Fleming (National Public
Libraries Open Day)**
Friday 26th September
2:30-4:30pm

It is a tradition all over the world to craft house blessings and good luck symbols from straw. Join Monica Fleming and make Harvest Knots and other straw items.

For ages 55 years upwards.

Places are limited. Phone 056 779476 or email loughboy@kilkennylibrary.ie to book a place.

To support our membership figures, please register to be a library member when you book.

Monaghan County Libraries Events



WHAT'S ON
MONAGHAN
SEPTEMBER 1 - 5TH

MONAGHAN COUNTY LIBRARIES

Age Friendly LIBRARY

CARRICKMACROSS LIBRARY
 Wednesday 3rd : 6.30am A talk on bone health by Ann Marie Orr founder of AMO Health
 Thursday 4th : 11am Knit and knattter

CASTLEBLAYNEY LIBRARY
 Wednesday 3rd : 6pm Ciorcal Comhra
 Thursday 4th : Crosswords and croissants. Tea and coffee provided.

CLONES LIBRARY
 Monday 1st: 11am Puzzle club
 Thursday 4th: 11am - Mindful colouring. Tea and coffee provided.

MONAGHAN TOWN LIBRARY
 Tuesday 2ns: 11am Mindful Adult Colouring
 Friday 5th : 2.30pm Adult scrabble Club.

BALLYBAY LIBRARY
 Ballybay library is open Mon 2-5pm & 6-8pm
 Wed-Fri 11am-1.30pm & 2.30-5pm

Celebrate Positive Ageing Week with Us!

The Clare Older People's Council, in collaboration with the Clare Age Friendly Programme, is thrilled to present the "Health & Wellbeing" Expo, a cornerstone event of Positive Ageing Week! This exciting expo aims to shine a spotlight on the incredible supports and services available for older adults

throughout County Clare.

We are delighted to invite your organisation to host an information stand at this event. It's a unique chance to:

- Showcase your services and resources to an engaged audience.
- Network with other organisations and build meaningful connections.
- Raise awareness of the impact you make in the community.
- Engage directly with attendees who could benefit from your support.

Join us in making this day an unforgettable celebration of health, happiness, and community spirit. Let's work together to empower the older generation in County Clare!

If you are interested in hosting a stand at the Expo please [register here](#).

Invitation

Health & Wellbeing Expo 2025

The Clare Older People's Council and the Clare Age Friendly Programme are hosting a "Health & Wellbeing" Expo during Positive Ageing Week to showcase the supports and services available for older people living in County Clare. We would like to invite your organisation to host an information stand at the event. It is an opportunity for you to network and raise awareness of your services while engaging directly with attendees.

Date: Thursday, 2nd October 2025.
Location: Treacy's West County, Ennis, V95 CPCT
Time: 11am to 4pm

Register your interest in hosting a stand by completing the form in the link below:-
[Registration Form](#)
before 29th August 2025

space is limited

space is limited

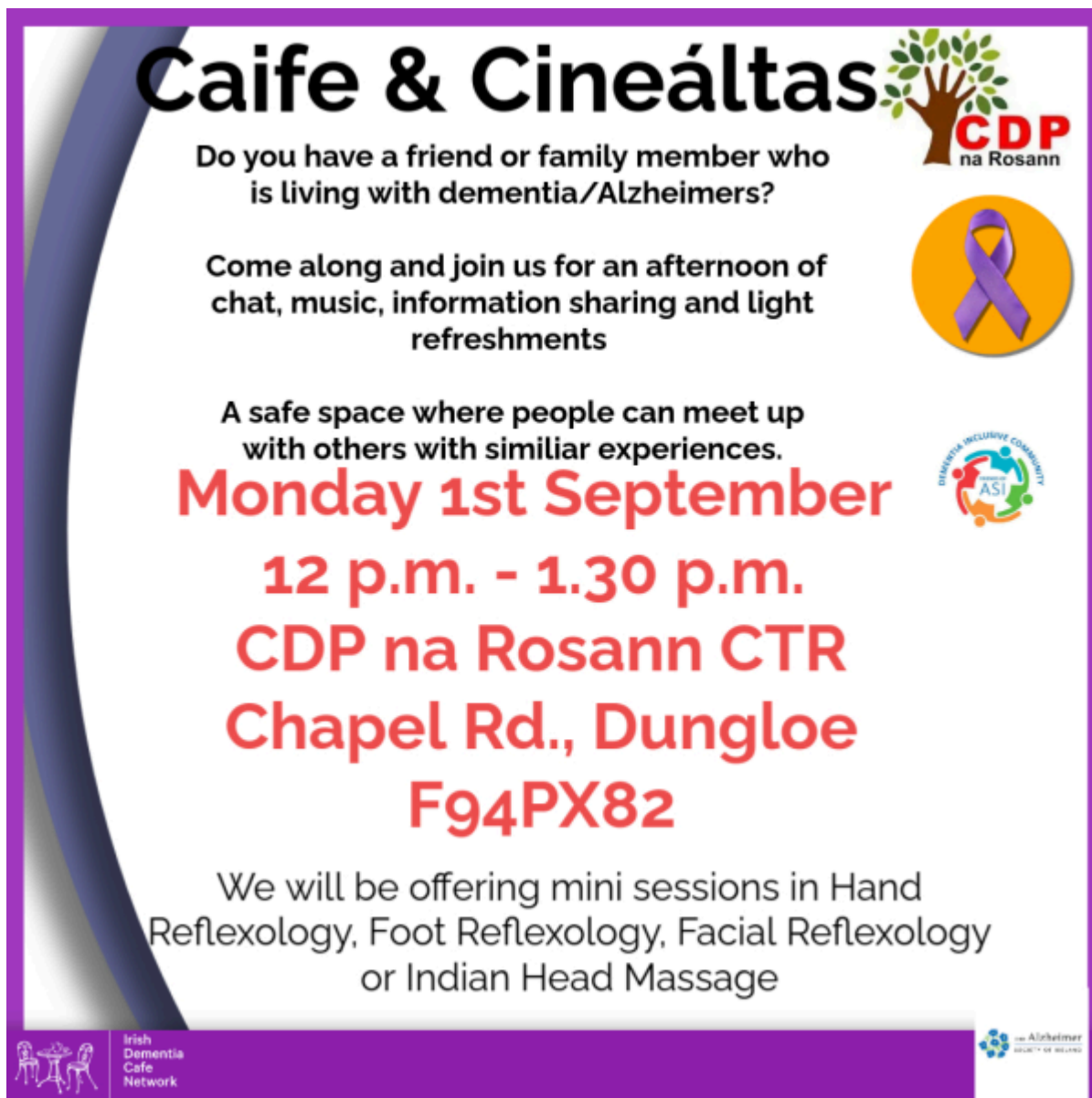


Scan Me





Dementia Cafe - Dungloe



Caife & Cineáltas

Do you have a friend or family member who is living with dementia/Alzheimers?

Come along and join us for an afternoon of chat, music, information sharing and light refreshments

A safe space where people can meet up with others with similar experiences.

Monday 1st September
12 p.m. - 1.30 p.m.
CDP na Rosann CTR
Chapel Rd., Dungloe
F94PX82

We will be offering mini sessions in Hand Reflexology, Foot Reflexology, Facial Reflexology or Indian Head Massage





 Irish Dementia Cafe Network 

AgeWell Europe - A Free Online and On-Demand 8-Week Multimodal Exercise and Health Education Programme

A free online and on-demand 8-week multimodal exercise and health education programme for men and women aged 40-80 years across Europe. The programme is completely free, and users have access to:

- A total of 16 * 25-30-minute evidence-based multimodal exercise (each class contains aerobic, strength, flexibility and balance exercises) classes. These are suitable for adults aged 40-80 years of all functional abilities (beginner, intermediate and advanced levels and chair-based options available) and for those living with one or more clinical conditions.
- A total of 10 * 10-30-minute evidence-based health education workshops on topics such as nutrition for healthy ageing, arthritis, osteoporosis, type 2 diabetes, mindfulness and more!

Engaging in this 8-week programme will help to improve aerobic fitness,

muscle strength and endurance (upper- and lower-body), balance, mobility, flexibility, cardiometabolic health, wellbeing, physical self-efficacy, and physical activity participation.

AgeWell Europe is funded by the European Union under the Erasmus+ programme as a KA2 cooperation project, awarded and supported in Ireland by Leargás. AgeWell Europe is a collaboration of multidisciplinary experts from EduFIT (Ireland), Anitech Solutions (Ireland), Universität Münster (Germany), Institut "Jožef Stefan" (Slovenia), and Istituto per Servizi di Ricovero ed Assistenza agli Anziani (ISRAA, Italy). This includes clinical and/or exercise physiologists, a registered associate nutritionist, sports scientists, kinesiologists, clinical and community psychologists, sport and movement gerontology specialists, researchers, experienced exercise instructors, and technology and website developers.

AgeWell Europe is available in English, German, Slovene and Italian. If you would like to sign-up to the AgeWell Europe programme, please click here: <https://login.agewelleurope.eu/auth/login>



FREE ONLINE AND ON-DEMAND 8-WEEK MULTIMODAL EXERCISE AND HEALTH EDUCATION PROGRAMME

FOR MEN AND WOMEN AGED 40-80 YEARS ACROSS EUROPE.

Users have access to:

- A total of 16 * 25-30-minute online and on-demand evidence-based **multimodal exercise** (each class contains aerobic, strength, balance and flexibility) classes.
 - We recommend performing 2 classes per week for 8 weeks. The use of equipment is optional.
 - Suitable for adults of various functional abilities (beginner, intermediate and advanced levels and chair-based options are provided).
 - Suitable for adults living with or without clinical conditions.
- A total of 10 * 10-30-minute evidence-based **health education** workshops on topics such as nutrition for healthy ageing, arthritis, osteoporosis, healthy habits, mindfulness and more!



To sign-up, please visit www.agewelleurope.eu or scan this QR code to be directed to the AgeWell Europe website. **This programme is completely FREE!**

The AgeWell Europe programme was co-designed and developed by a multidisciplinary team of professionals from Ireland (represented by us at EduFIT), Italy, Germany, and Slovenia who are working together to support healthy ageing across Europe!

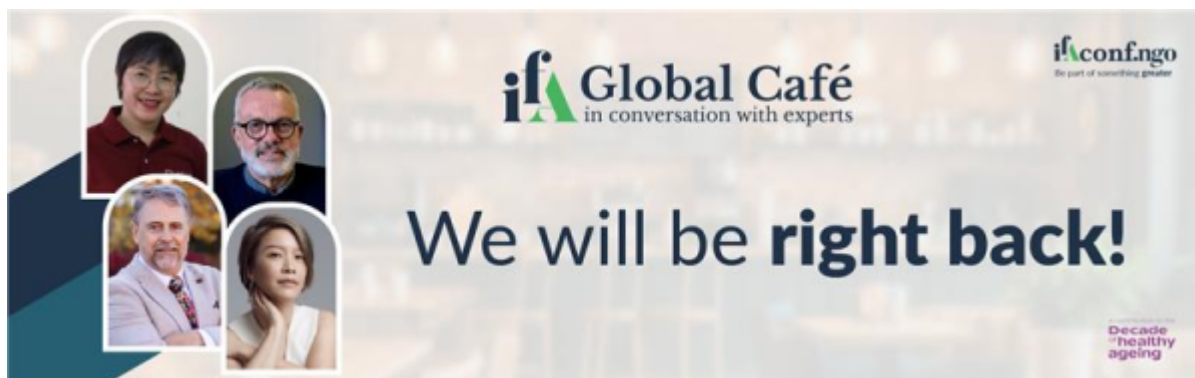
SCAN ME



Funded by
the European Union

Erasmus+
Enriching lives, opening minds.

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 >](#)

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



This email was sent to {personalemail}.

[Change your subscription preferences](#)

powered by sensorpro