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16th January 2026

National Updates

A promotional poster for the National Health Summit 2026. The top section has a dark background with a cluster of colorful human icons on the left, labeled 'Business Post'. To the right, the text 'NATIONAL HEALTH SUMMIT 2026' is displayed in large white letters. Below this, a purple banner contains the date and location: 'Thursday, February 5th | Croke Park, Dublin'. The middle section features a circular portrait of Catherine McGuigan on the left. To her right, the word 'SPEAKER' is written in large white letters. Below 'SPEAKER', her name 'Catherine McGuigan' is written in large pink letters, followed by her title 'Chief Officer, Age Friendly Ireland Meath County Council' in smaller pink letters. The bottom section is a dark purple banner with three icons and text: a LinkedIn icon followed by 'Health Summits Ireland', a hashtag icon followed by 'HealthSummit26', and a globe icon followed by 'healthsummit.ie'.

National Health Summit 2026

Our Chief Officer, Catherine McGuigan , is thrilled to be speaking at the National Health Summit, which takes place on the 5th of February, at Croke Park, Dublin.

The Summit will bring together leading experts, policymakers, clinicians and healthcare management professionals to discuss and address the most pressing healthcare challenges of our time and how to build a healthier future.

View the extensive agenda below -

[Find out more >](#)

New Housing In Swords



Fingal County Council and Broomfield Construction have officially started work on transforming a run down 19th century townhouse in Swords. The project will refurbish, convert and extend the old building to create 13 new homes on North Street, right in the centre of the town.

[Find out more >](#)

Microcredential Module on Ageing, Inequalities and Rights



QILSCOIL NA
GAILLIAMHE
UNIVERSITY
OF GALWAY

An Institiúid Cúrsa Saoil
& Sochaí
Institute for Lifecourse
& Society

Ageing, Inequality and Rights

Microcredential Module (EC5151)

Our new remote learning micro-credential programme explores international policy debates shaping later life.

Across three pillars — Ageing, Equality, and Rights — participants will engage with global patterns and developments, examine key frameworks, and consider how human rights approaches can address inequities experienced in older age.

A unique opportunity to deepen understanding and assess policies that foster more inclusive ageing societies and unlock their transformative potential.



Delivered by:
Dr. Nena Georgantzi
Prof. Kieran Walsh
Irish Centre for Social Gerontology

For more information, click [here](#).

[Learn More >](#)

Local Updates

Chair of Louth OPC Joe Grogan Nominated & Shortlisted for LAMA Community Volunteer of the Year Award



Huge congratulations to Joe Grogan, Chairperson of the Louth Older People's Council (OPC), who has been recognised for his outstanding leadership in advancing the Age Friendly Programme in Louth. Joe has been nominated by Louth County Council and Age Friendly Louth in the LAMA Community Volunteer of the Year category, and has been shortlisted accordingly.

Since taking up the role in 2023, Joe has championed projects tackling ageism, supported the development of the upcoming Louth Age Friendly Strategy 2026-2031, and helped establish initiatives such as the LAMA award-winning Ardee Garden Care & Repair Programme, which combats isolation among older people.

Louth was the first county in Ireland to gain Age Friendly accreditation from the World Health Organisation (WHO) in 2008 and continues to lead the way in embedding age-friendly principles across its services.

Sinead McVerry Louth Age Friendly Program Manager stated: "Joe Grogan's work with the Older People's Council (OPC) is inspiring and rooted in compassion and collaboration, ensuring that older people in Louth feel supported, valued, and included."

David Conway, Chief Executive of Louth County Council, added: "Community and inclusiveness are at the heart of everything we do at Louth County Council. Joe Grogan's leadership exemplify how local initiatives can transform lives and strengthen social connections. We are proud to see their efforts recognised on a national stage."



Age Friendly Events in Loughboy Library and Castlecomer Library, Co.Kilkenny

Loughboy Library Weekly Online Clinic

Tuesday 20th January from 2.30 - 3.30 pm

Would you like to learn more about the wealth of online resources available from Kilkenny Libraries?

Pop in to see us at our weekly online clinic and we can demonstrate to you how to use such fabulous online resources as Borrowbox, Universal Class and more!

No booking required. Just drop in!

Ciorcal Comhrá Gaeilge / Irish Conversation Group in Loughboy Library

Wednesday 21st January from 11.00 – 11.30am

This is an enthusiastic gathering, seeking to use their cúpla focail. It is open to all levels of fluency, beginners, improvers and advanced.

Just come along any Wednesday agus beidh fáilte romhat!

One-to-One Tech Support in Loughboy Library

Friday 22nd January from 11.00 am - 1.00 pm

Do you need assistance with your mobile phone, tablet or laptop, or other digital devices and services?

One-to-One Tech Support will be available in Loughboy Library on Friday 22nd January from 11.00 am -1.00 pm.

We are grateful to the Transition Year students from Presentation Secondary School Kilkenny for their support.

No booking required. Just drop in!

Morning Mug Club in Castlecomer Library

Every Friday from 10.00 am – 1.00pm

Join us every Friday from 10.00 am to 1.00 pm at Castlecomer Library for our Morning Mug Club. Relax with a hot cup of Tea or Coffee, enjoy a biscuit or

two, tackle a jigsaw or crossword, read the morning paper or simply pop in for a friendly chat. It is a cosy way to start your Friday.

St. Brigids Cross Workshop in Castlecomer Library

Friday, 30th January from 2.00 – 4.00 pm

Make your own St Brigids Cross with Monica Fleming! Using locally sourced rushes, various cross designs will be created. We will also learn about similar traditions, crafts and crosses from around Europe.

Booking is essential. Please phone 056 4440561 or email castlecomer@kilkennylibrary.ie

Age Friendly Events in Bunclody Library, Co.Wexford

Bunclody Library Knitting Group

The knitting group meets every Thursday, 10.30am to 12.30pm. All welcome, no booking required.

Board Games Evening for Adults, Thurs 22nd January at 7.00pm

Join us for a fun evening of board and card games here in the library. This event is for adults. All welcome, no booking required.

Home Energy Saving Kits

Home Energy Saving Kits are now available to borrow from Bunclody Library. The kits contain a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas. Please contact the library at 053 9375466 or email bunclodylib@wexfordcoco.ie for further details.

Age Friendly Events in Cork County Libraries

Exercise, Ageing and Bone Health at Macroom Library

Thursday 22nd January at 10am

Join Con Clifford, physiotherapist from the HSE, and discover how exercise supports healthy ageing and strong bones. All are welcome. No booking required.

Carrigaline Library

Ciorcal Cainte | Friday 30th January at 3pm

Clonakilty Library

- Ciorcal Comhrá | Friday 23rd January at 11am
- Digital Literacy Sessions* | Thursdays at 10am and 10.30am

- Boardgames | Saturdays from 10am to 5pm

Macroom Library

Felt-Making Workshops* | Every Friday from 23rd January to 27th February at 2pm

Mallow Library

- Busy Bobbins Lace Makers | Saturday 17th January at 11am
- Repair Café | Saturday 24th January from 11am to 1.30pm

Millstreet Library

- Pop-Up Volunteer Centre | Wednesday 28th January from 10.30am to 12.30pm
- Age Friendly Information Session with Col Conway | Friday 30th January at 11am

Skibbereen Library

- Creative Writing Group | Saturday 17th January at 11am
- West Cork Sketch Club | Saturdays from 2pm to 4pm

Brigid's Day Workshops, Boyle, Co.Roscommon



Celebrate St. Brigid's Traditions in Boyle!

Join local makers & artists for craft-led workshops and music as part of the St. Brigid's Day Festival 2026:

When: 30th Jan | Memory Wire Bracelet Workshop

Time and Where: 2–4pm | Boyle Craft Shop

When: 31st Jan | St. Brigid's Cross-Making

Time and Where: 11am–1pm | Boyle Craft Shop

Irish Music & Dancing

Time and Where: 11am–1pm | The Courtyard Market

When: 2nd Feb | Drawing & Painting Workshop

Time and Where: 1–3pm | Boyle Craft Shop

Booking: 071 966 3033 | marketing@unabhan.ie



Beara West

Resource Centre

Beara West Resource Centre 08.01.2026

The team at Beara West Resource Centre are there to support individuals and families in a range of ways from confidential practical and emotional supports to the various activities run at the Centre. They can be contacted by phone at 027 70998 or email info@bearawest.ie

Beara West Needs Volunteers

We are always on the look-out for relief Meals-on Wheels drivers. Meals are delivered on Thursdays from 12.30pm so, if you feel you can spare an hour or two, please give us a ring at 027 70998.

Rhythm Room - Wednesdays 2.15pm to 3.30pm

Following the Christmas break, Rhythm Room is returning on Wednesday January 14th at 2.15pm. The session costs €5 per household. Please phone 027 70998 to book your place or visit www.bearawest.ie and complete the registration form in the Events section at the end of the homepage.

Beara West Care Ring – Winter Wellbeing Programme

Recognising the challenges that the winter months can bring, Beara West Care Ring is offering a Winter Wellbeing Telephone Service. If you would like to receive regular friendly phone calls over the winter — just for a chat, a listening ear, or a bit of company — please get in touch. To start, simply phone the Centre on 027 70998.

Meals on Wheels

Dedicated volunteers deliver low-cost, nutritious meals every Thursday to homes in the Beara area. There are meat, fish, vegetarian and soft & savoury options to choose from each week. Call the Centre to order meals.

Senior Alert Scheme

If a monitored personal alarm at home, in the form of a wrist strap or pendant, would give reassurance for anyone unwell or living alone, we facilitate setting up the Senior Alert Scheme. Give us a call.

Care Ring

Our free Care Ring is as active as ever. Social phone calls are made by friendly volunteers throughout the year. The calls are a chance for a chat during the day keeping people connected with others. Please let us know if you would like to sign up for the service.

Carers Clinic Donegal Town


Féidhmeannacht na Seirbhíse Sláinte
Health Service Executive

**Are you caring for
an Older person?**

*A Carers Clinic will be held in Donegal Town
Community Hospital
Thursday 26th February*

12-2pm.

Individual appointments

**Find out about entitlements, training and
education programmes, benefits, assistive
technology and other supports available.**

Mini Health check available

Book to make an appointment

**Diane Donnelly, Carer's Development Officer/Dementia officer on:
0872770103 or email diane.donnelly@hse.ie**

Upcoming Living Well Programmes January Onwards, Dublin City



Living Well
A programme for adults with long-term health conditions

Free upcoming
6 & 7 weeks programmes
covering IHA Dublin North
County and Dublin North City &
West

REGISTER NOW

2026

To register or for further enquiries please contact:
Leah Harrington Living Well Coordinator
Email: LivingWellDNCC@hse.ie
Phone: 087 365 4392

The Living Well programme supports you to develop and enhance the skills that help you to live well with a long-term health condition.
Two trained leaders run the workshops; one of the leaders lives with a long-term health or pain conditions.

Living Well Programme	Start and Finish Date	Time	Location	FREE!
Chronic Health Conditions	Wednesday 21 st January - Wednesday 4 th March	10.30am - 1.00pm	Online via Zoom	
Chronic Health Conditions	Thursday 22 nd January - Thursday 26 th February	10.30am - 1.00pm	OMNI Primary & Integrated Care Centre Unit 302, Omni Shopping Centre, Swords Road, Santry, Dublin 9, D09 NX22	
Chronic Health Conditions	Thursday 22 nd January - Thursday 5 th March	2.30pm - 5.00pm	Online via Zoom	
Chronic Pain Self- Management	Tuesday 27 th January - Tuesday 10 th March	10.30am - 1.00pm	Online via Zoom	
Chronic Pain Self- Management	Wednesday 4 th February - Wednesday 18 th March	7.00pm - 9.30pm	Online via Zoom	
Chronic Health Conditions	Wednesday 25 th March - Wednesday 6 th May	7.00pm - 9.30pm	Online via Zoom	
Chronic Pain Self- Management	Wednesday 11 th March - Wednesday 15 th April	10.30am-1.00pm	OMNI Primary & Integrated Care Centre Unit 302, Omni Shopping Centre, Swords Road, Santry, Dublin 9, D09 NX22	
Chronic Pain Self- Management	Friday 13 th March - Friday 24 th April	2.30pm - 5.00pm	OMNI Primary & Integrated Care Centre Unit 302, Omni Shopping Centre, Swords Road, Santry, Dublin 9, D09 NX22	

International Updates



if Global Café
in conversation with experts

"WORK AND ECONOMIC PRODUCTIVITY: INTERSECTION OF AGEING, WORKFORCE AND ECONOMIC PRODUCTIVITY"

Ms. Dorothea Schmidt-Klau
Chief of the Employment, Labour Markets and Youth (GMP/LAY) Impact Department

THURSDAY, 8 JANUARY 2026

8:00 A.M. EST | 5:00 A.M. PST
1:00 P.M. GMT | 2:00 P.M. CET

Decade "healthy ageing"

IFA Global Café in Conversation with Ms. Dorothea Schmidt-Klau

IFA Global Café in Conversation with Ms. Dorothea Schmidt-Klau on "Work and Economic Productivity: Intersection of Ageing, Workforce and Economic Productivity"

8 January 2026, 8:00 a.m. EDT | 5:00 a.m. PDT | 12:00 p.m. GMT | 1:00 p.m. CET

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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