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23rd January 2026

National Updates



Housing Activation Conference

Our Chief Officer, Catherine McGuigan, was delighted to attend the Housing Activation Conference hosted by the Department of Housing, Local Government and Heritage along with Kieran Kehoe, Chief Executive, Meath County Council, and Declan Gaffney, National Technical Programme Manager. The key topic was the Government's roadmap to deliver 300,000 new homes. Catherine McGuigan also got to meet with Kieran O'Donnell TD and discuss how Age Friendly Ireland can support the delivery of age friendly housing under the new housing plan, 'Delivering Homes, Building Communities'. A core area of our work is to support the delivery of and access to age friendly

homes for older people in Ireland, ensuring they have access to housing options that meet their needs as they age.

A positive morning meeting colleagues from across the sector!



Sod Turned on 18 New Homes in Cork Town

The sod has been turned on an €8.5m housing development in mid-Cork that will deliver 18 new homes and a specialist facility for people who have acquired brain injury.

Work on the development, at Clós an tSuláin in Masseytown, Macroom, began on Tuesday with a sod-turning ceremony led by Mayor of the County of Cork Mary Linehan Foley.

Ms Linehan Foley was joined at the ceremony by representatives from Tuath Housing Association, Cork County Council, the Department of Housing, Local Government and Heritage, and Acquired Brain Injury Ireland (ABI Ireland).

[Find out more >](#)

Applications are now open for the Ageing is Living Leadership Course 2026 edition



Save the Date

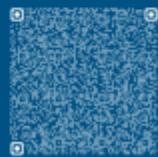
Leadership Course on Ageing is Living:

Unlocking the Potential of Population Ageing

13-15 MAY 2026

BILBAO

SCAN THE QR CODE FOR MORE INFO.



The Applications are now open for the Ageing is Living Leadership Course (2026 edition), a flagship WHO/Europe programme focused on strengthening leadership and decision-making for healthy ageing across the European Region.

The course is designed for leaders in decision-making positions across sectors and all levels of government (national, regional and local). It supports participants to lead and influence policy and system change related to population ageing, including prevention for lifelong health, age-friendly environments, transforming long-term care, and challenging ageism, using systems thinking and multisectoral approaches.

This leadership course is part of the upcoming WHO European Strategy on Ageing is Living, and aims to strengthen leadership capacity to translate the strategy into concrete action.

The course is free of charge

Places are limited to 40 participants.

Application deadline: 16 February 2026.

Location: Bilbao, Spain

Language of the course: English only

For More Information and Application Form [Click Here](#) ›

Local Updates

Fingal's Age Friendly Strategy (2026-2030) Launch



"Fingal's Age Friendly Strategy (2026-2030) was launched by Major of Fingal Cllr Tom O'Leary in County Hall, Swords on 16th Jan 2026.

Developed by the Age Friendly Alliance, the strategy is the culmination of the extensive engagement with the older people, stakeholders, and sectoral partners.

[View Strategy Here >](#)



Age Friendly Road Safety Roadshow 2025 - TV Ireland Programme

Age Friendly Mayo, in collaboration with Mayo Road Safety and the newly formed Local Community Safety Partnership, hosted a road safety roadshow in October 2025 for the older population in Mayo, entitled “Active Living, Safe Driving: A Community Event.” The event, held in Breaffy House Resort, was very well attended and greatly enjoyed. We were delighted to feature a range of speakers, presentations, and information stands representing numerous groups and organisations, all sharing valuable road safety and general safety advice.

Our MC for the day, Henry McGlade, along with his team, produced a programme on the event for TV Ireland. This programme was broadcast last Tuesday evening 13th January 2026. Please find the link below to view it on the TV Ireland YouTube channel.

[View Video Here >](#)



Waterford Older People's Council Blue Monday

On so-called Blue Monday, the Waterford Older People's Council flipped the script entirely.

We began with a shared breath, grounding ourselves before launching into a powerful “blue sky” planning day filled with energy, ideas and ambition. Through lively discussion, creativity and big thinking, we imagined the year ahead and set clear priorities for what we want to achieve.

[Find out more >](#)

Age Friendly Events, Kilkenny Libraries

Loughboy Library Weekly Online Clinic

Tuesday 27th 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 28th 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 30th 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 30th 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!

Word Games in Ferrybank Library**Every Friday from 2.30 - 3.30 pm**

Are you a fan of wordle, crosswords and scrabble? Indulge your passion by dropping in to our Friday afternoon word game group.

A good exercise for the brain cells but lots of laughter guaranteed.

Knitting and Crafting Group in Ferrybank Library**Every Tuesday from 10.00 am – 12.30pm**

Do you enjoy getting creative with crafts Meet fellow craft lovers at our weekly get together, where you can share tips, swap inspiration, and work on your own projects in great company.

All are welcome - no booking required.

Age Friendly Events, Wexford Libraries**Bunclody Library Knitting Group**

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

Skills for Life: Digital Ambassador Clinic, Thursday 29th January, 7.00 to 8.00pm

Drop in and learn how to familiarise yourself with your digital device (phone, tablet, laptop etc.). Learn about the range of online resources accessible through Bunclody Library and become more confident using your device. No need to book, just come along between 7.00 and 8.00pm. This event is for adults only and it is also an Age Friendly event.

Classic Film Club – Friday 30th January, 11.00am to 1.00pm

Join us for a classic film (some golden oldies as well as more modern classics) for adults. This movie is for adults only. No booking required.

Upcoming Wexford Age Friendly Events



AFTERNOON TEA DANCE

WITH LIVE MUSIC
NO PARTNER NEEDED



14:30 - 16:30 TUESDAY 3RD
FEBRUARY

IFA CENTRE FARM CENTRE
MILL ROAD ENNISCORTHY
Y21 N9F5



Over 55s Climate Course



Join us for a cuppa and chat

**Wednesdays 10.30am - 12.30pm
Enniscorthy Library
Y21 AD92**



FREE 6 step Course with Jacinta Barrins

Jacinta Barrins is a retired UN Diplomat and former University of Galway staff member with a lifelong career focused on the Environment and Climate Change

Week 1 - Wednesday 25th February 2026

Understanding Basics - Learn Basic Climate terms and discover how simple tasks like making a cup of tea relate to Climate Change

Week 2 - Wednesday 4th March 2026

Changing Behaviour - Discuss the challenges to taking Climate Action

Week 3 - Wednesday 11th March 2026

Carbon Footprint - Find out how to measure the impact of daily activities such as energy use, transportation, food waste etc.

Week 4- Wednesday 18th March 2026

One Action - Choose ONE Action to do to help the planet and get expert support

Week 5 - Wednesday 25th March 2026

Challenges - Discuss the barriers that might hold you back from implementing the ONE Action

-BREAK-

Week 6 - Wednesday 6th May 2026

Share Progress - Share Progress with the group on the ONE Action and talk to your family & friends about Climate Change

Booking Essential - To Register:

Email: climateaction@wexfordcoco.ie or Phone: 053 9196029



Sporting Memories : Friday 6th February 2026 @ 11am

Cork City Sports and Age Friendly, The Alzheimer's Society of Ireland an St Finbarrs Football & Hurling Club Present a 'Sporting Memories' morning in St Finbarrs Hurling & Football Club, Neenan Park, Togher, Cork. This is a free welcoming Dementia Friendly Event designed to encourage people with a

dementia diagnosis to enjoy memories of sporting events gone by with special guest Charlie Mc Carthy.

All are welcome !

To book contact : 086 0678950 catherine_foley@corkcity.ie

SPORTING MEMORIES



FRIDAY 6TH FEBRUARY 2026 @ 11 AM

Join us in 'the Barrs' for a relaxed morning
Chat, Craic, Cups, in conversation with
Charlie McCarthy.



St Finbarrs Hurling & Football Club, Neenan Park, Togher, Cork

DEMENITIA FRIENDLY EVENT

ALL ARE WELCOME !

To book contact : 086 0678950 catherine_foley@corkcity.ie



Drop-In Digital Skills in Roscommon Libraries



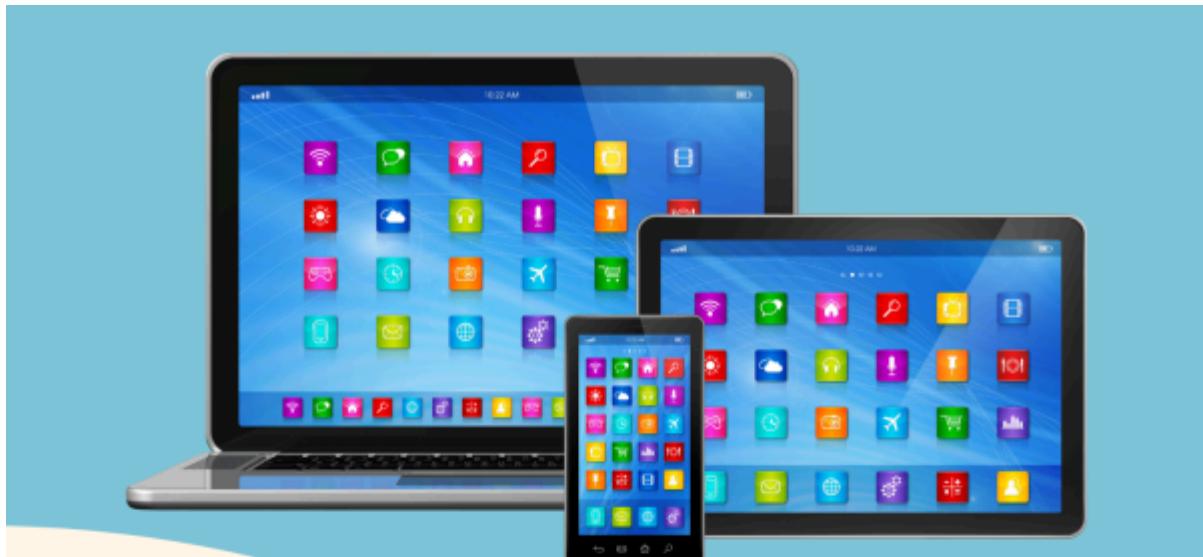
Drop-In Digital Skills Sessions for Adults

Do you need help with your smartphone, tablet or laptop?

Come along to Ballaghaderreen Library every Wednesday 2-4pm from 18th February for help and advice from a tutor from the GRETB

For more info contact the library: 09066 32537





gretb

Drop-In Digital Skills Sessions for Adults

Do you need help with your smartphone, tablet or laptop?

Come along to **Roscommon Library** from **Tuesday 20th January** where you can get help and advice from a tutor from Galway Roscommon Education and Training Board (GRETB).

 **Every Tuesday**

 **1pm – 3pm**

 **Roscommon Library IT Suite**

 **Adult Literacy for Life**

 Conchúrla Contae Ros Comáin Roscommon County Council

Age Friendly Events in Monaghan

WHAT'S ON IN MONAGHAN

26-31ST JANURAY 2026

MONAGHAN
COUNTY
LIBRARIES



Carrickmacross Library

Monday 26th @ 11am - Crosswords and croissants

Thursday 29th @ 11.30am - Knit N Knatter knitting group

Thursday 29th @12.30pm - Poetry group

Castleblayney Library

Monday 26th - Library – Gate Lodge 2

11am -1pm – Memory Café

6.30pm-7.30pm – Blayney Bloomers Gardening Club

Monday 26th Jan - Gate Lodge 1

11am -1pm – Knitflix & Chill Knitting Group

Clones Library

Clones Library is closed until 3rd Feburary for essential maintenance

Monaghan Town Library

Monday 26th - Crosswords and Croissants - 11am

Tuesday 27th - Mindful Colouring 2-4:30pm

Wednesday 28th - Knit and Chat 11am + Yarney Army 5:30pm

Ballybay Library

Ballybay Library is open Monday 2-5pm & 6-8pm

Wednesday -Friday 11am - 1pm & 2 - 5pm



The Health Promotion team in Cork County Council organised 'Lets Talk – the Fair Deal Scheme and Enduring Power of Attorney' for staff this week.

Guest speaker Tom Murray of Fairdealadvice.ie provided information on the nursing home support scheme and on the topic of enduring power of attorney.

The event was also available online and staff members were given the opportunity to submit questions in advance of the webinar which were answered in a Q&A session at the end.

The Fair Deal Scheme was explained, and different examples explored how it would work in different scenarios. The importance of having an enduring power of attorney was also outlined as well as how to go about putting one in place.

The talk received unanimously positive feedback and was valuable to all staff, both for future planning, and for informing discussions they may need to have with relatives.

International Updates

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: healthyfriendlyhomes@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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