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 A large, colorful graphic for the "National Age Friendly Recognition & Achievement Awards 2026". The background is dark purple with glowing, wavy lines in shades of red, orange, and blue. On the right side, there is a large, golden trophy with several stars on top, set on a grey base with the "Age Friendly Ireland" logo.

Age Friendly IRELAND

National Age Friendly Recognition & Achievement Awards

2026

Have you been involved in a project that has helped create an Age Friendly Ireland? If so, apply today for the National Age Friendly Recognition & Achievement Awards 2026 at agefriendlyireland.ie

Deadline
29TH MAY 2026

APPLY NOW

agefriendlyireland.ie

comhairle chontae na mí
meath county council

 **We want to hear from you!** 

Our Awards Submissions for 2026 are now OPEN!

Have you been involved in a project that has helped create an Age Friendly Ireland? If so, apply today for the National Age Friendly Recognition & Achievement Awards 2026 at agefriendlyireland.ie

We are thrilled to announce that IPB Insurance are our main event sponsor for the awards, being held in The Limerick Strand Hotel, on October 8th.

We are looking for projects that showcase age friendly initiatives from around the country that are contributing to making Ireland a great place in which to grow old.

APPLY NOW





A Lifelong Learning Event for Adult Learners

Join UCD Access and Lifelong Learning for an inspiring morning designed to spark your curiosity and connect you with our vibrant community of learners. This event offers a unique opportunity to hear from leading UCD academics, discover fresh perspectives, and engage in thought-provoking discussions.

Event Details

Date: Wednesday, 29th April

Time: 10:00 AM – 11:30 AM

Location: Room L2.03, Second Floor, O'Connor Centre for Learning

The Programme

The event will open with a keynote address from Professor Colin Scott, Deputy President and Registrar of UCD, followed by a series of engaging taster lectures:

Materials in Society: Developing Patient-specific Bio-resorbable Implants
Assoc Professor Mert Celikin, School of Mechanical and Materials Engineering

Leadership Lessons Learned from Managing a Football Team
Assoc Professor Seamus Kelly, School of Public Health, Physiotherapy and Sports Science

Moving Statues and Modern Ireland
Professor Paul Rouse, School of History

The session will conclude with a Q&A and light refreshments.

Sign Up Now

Community Organisations Survey!

Local Updates



Dublin City Central Area Older Persons Council

The Annual General Meeting of the Dublin City Central Area Older Persons Council took place in the Mansion House in Dublin City today. There was a great turnout, with over 60 people in attendance. The participants were given a great welcome by their host Lord Mayor Councillor Ray Mc Adam who gave an insightful presentation on the history of the Mansion House and Lord Mayors of Dublin.

Other speakers on the day included Rob Dinan (Arthur Cox Solicitors) who gave a presentation on the power of attorney and Bruce Mc Devitt (Age Friendly Ireland Regional Manager – Dublin City) who presented on the upcoming Dublin City Age Friendly Strategy.

Many thanks to the Local Age Friendly Programme manager Sharon Griffin and her team on the day including current Chair of the OPC Dorothy Prendergast for managing such a well-received event.

Living in a Decarbonising Zone (DZ)?

The European Spatial Planning and Observation Network (ESPON) has commissioned a review of DZs in Ireland.

We need to hear from business voices on the ground

Share what works from the bottom up!

To respond in English, please use this link
<https://ec.europa.eu/eusurvey/runner/BusinessesDZ2026> or the QR code.



Chun freagairt as Gaeilge, bain úsáid as an nasc nó an cód QR seo:
<https://ec.europa.eu/eusurvey/runner/BusinessesDZ2026?surveylanguage=GA>





 Co-funded by the European Union
Interreg









COME & JOIN US FOR OUR NEXT MEETING!

FRAUD, SCAMS, CONS & ONLINE THIEVES!

LEARN HOW TO PROTECT YOURSELF

We live in a world of sophisticated thievery where the language & tools of crime have changed, and we need to catch up now!

At our meeting on **TUESDAY 28TH APRIL** starting @ **8pm** in the Church of the Resurrection **Parish Centre**, Park Road (V93 WN32), we are delighted to be welcoming our guest speaker **GRACE MURPHY**, Fraud Investigator with the **Bank of Ireland**.

Grace will explain about Phishing, Smishing, Vishing & Quishing, and other up-to-the-minute scams, as well as the older scams that still manage to catch many people off guard!

She will provide tips and tricks on how to protect yourself from falling victim to a scam.

There will be a Question and Answer session as well at the end of the meeting, followed by refreshments & chat available after the meeting.



ALL ARE WELCOME TO ATTEND





Rights & Entitlements of Older People Information Session

Monday 11th May from 2:30pm - 4:30pm
Cabra Library, Navan Road, Dublin 7

North Dublin
Citizens Information Service



- Event will include the following
- SEAI Grants
- Grants for older people
- Grants for people with Disabilities
- Fuel Allowance
- Free Travel
- Household benefits and more

Contact: pauline.hazel@dublinnorthwest.ie
Tel: 086 041 6155

To book a place, visit www.dublinnorthwest.ie



"The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government through the Department of Rural and Community Development and the Gaeltacht, and the European Union"

**BEALTAINÉ
2026
Wexford**

Comhairle Contae Loch Garman Wexford County Council

Bealtaine Festival
An Age & Opportunity arts initiative

Age & Opportunity

Bealtaine 2026

Wexford Arts Office are delighted to be working with Wexford libraries for Bealtaine Festival 2026!

Together we have teamed up to offer Free workshops from story writing workshops to dance, across County Wexford for the month of May.

Bealtaine Festival is Ireland's national festival celebrating the arts and ageing, returns for May 2026 - The festival brings people together from across the country to inspire creativity

in those aged 50+ and to highlight the ongoing potential people have as they move through later life.

Events, dates and times are as follows:

Felting workshop with Trish Middleton

Gorey Library

Friday May 15th 11am

Dance! with Becci Whelan

Enniscorthy Library

Friday May 15th 11am

Quilting workshop with Josephine Whitmore

Wexford Library

Thursday May 21st 2pm- 4pm

Lantern Making workshop with Caoimhe Dunn

New Ross Library

Friday May 22nd 11am - 1pm

The mystery and the man: the fascinating story of Saint Aidan with Caroline Busher and Christopher Power

Bunclody Library

Thursday May 28th 7 - 8pm

Booking will be available from 27th April across all branches

Book Here



The Sligo Age Friendly Alliance

The Sligo Age Friendly Alliance met on Wednesday 22nd April 2026. One item on the agenda was a presentation from Transition Year Students, Hannah Milanzie and Izabella Lehany McGoldrick from St Mary's College in Ballysadare, Co. Sligo.

They outlined Farmlink 65+, a proposed pilot programme designed to support farmers aged 65 and over in adapting to the increasing digitalisation of farming and Department of Agriculture services.

The project aims to reduce isolation, improve confidence, and ensure older farmers are supported to remain connected, compliant, and engaged as agriculture becomes increasingly digital.

Farmlink 65+ aligns with the goals of the Sligo Age Friendly Programme by supporting independence, wellbeing, inclusion, and continued participation in rural and farming communities.



Walkability Audit in Markievicz Park, Sligo

Sligo County Council Age Friendly programme was delighted to undertake a walkability audit of Markeivicz Park last week. Working in collaboration with Sligo GAA the audit process involves understanding the visitors experience of the stadium across a range of ability ranges. The initiatives seeks to understand barriers which impacts all users experience while attending the stadium from an Age Friendly and Universal Design perspective. Ensuring all outdoor spaces and buildings are fully inclusive is a core element of the World Health Organization framework of creating Age Friendly environments with supports social participation, respect and social inclusion to support ageing demographics. A huge thanks to everyone who attended the audit and provided their invaluable feedback.



Roscommon's King and Moffatt Dr. Hyde Park

The Gaelic Athletic Association (GAA) and Age Friendly Ireland have unveiled a new national partnership focused on making GAA stadiums, clubs and match day experiences more accessible and welcoming for older people and individuals with disabilities.

As part of this initiative, Roscommon's King and Moffatt Dr. Hyde Park is proud to be one of the county grounds across all four provinces selected to participate in an accessibility improvement programme. The walkability initiative aims to identify opportunities to enhance accessibility, safety and comfort for people of all ages using the stadium.

An Age Friendly Walkability Audit took place in King and Moffatt Dr. Hyde Park, Roscommon, last Thursday (April 16th), attended by representatives from Roscommon's Older People's Council, Sacred Heart Nursing Home, Roscommon along with members of the public of varying ages and abilities.

Members of Roscommon's An Garda Síochána together with officials of Roscommon GAA County Board and ground staff of King and Moffatt Dr. Hyde Park were also in attendance to lend their support to this exciting new initiative.

Also present at the launch was Paddy Joe Burke, Roscommon's Age Friendly Ambassador, supported by staff from Roscommon County Council and Age Friendly Ireland, as well as representatives from Roscommon LEADER Partnership.

Speaking following the Walkability Audit, Paddy Joe Burke, said he was delighted to be present, in his role as Roscommon's Age Friendly Ambassador, adding: "Roscommon GAA in collaboration with Croke Park, Roscommon County Council and Age Friendly Ireland are doing amazing work in The Hyde Park GAA Stadium, Roscommon.

"All of the participating organisations are endeavouring to improve accessibility for older people and anyone with any kind of disability, to enhance their enjoyment of our GAA

games. Going forward, when they come to our great Stadium, they will be able to see the matches from all angles which will make it easier and more comfortable for all to enjoy our games.

“Accessibility and access is very important and Roscommon’s Age Friendly Programme and Roscommon GAA are doing tremendous work on this. Dr. Hyde Park is going to be one of the greatest stadiums in the country, where everyone can come and enjoy our great games on display.”

Shane Tiernan, Chief Executive, Roscommon County Council and Chairperson of Roscommon County Council’s Age Friendly Alliance said the delivery of a walkability audit at Dr Hyde Park “meant a great deal to Roscommon County Council and the people it serves.

“Having spaces that are truly accessible to everyone, especially our older people, it’s a practical step towards delivering on Roscommon’s Age Friendly Strategy 2025-2030. It’s about making sure one of the county’s most cherished places can be enjoyed with ease and confidence by everyone, whether they’re lifelong supporters, families coming to a match or older members of our community.

Creating spaces that are safe, welcoming and comfortable for all ages and abilities is at the heart of what we do. The voices of older people, people with disabilities and our partner organisations are central to this Walkability Audit. Their input will help improve the experience for all who walk through the gates of Dr Hyde Park, a place that means so much to Roscommon people.”

Chairperson of Roscommon GAA County Board Thomas Murray hailed the new initiative as a significant initiative, promoting health, safety and wellbeing across all communities in county Roscommon.

“The Age Friendly Walkability initiative at King and Moffatt Dr. Hyde Park is an important step in ensuring that our grounds remain a welcoming space for everyone in our community. Roscommon GAA is proud to support a project that promotes safety, accessibility and wellbeing for older people, who are the backbone of our clubs and our county.

“This work reflects our commitment to making Dr. Hyde Park not just a venue for games, but a place where people of all ages can stay active, connected and included. We look forward to building on this progress and continuing to make our facilities accessible and available to everyone.”

In support of this work, Roscommon GAA, in collaboration with Roscommon County Council, is inviting members of the public to share their experiences of visiting King and Moffatt Dr. Hyde Park. The public’s feedback will play an important role in identifying opportunities to enhance accessibility and improve the overall visitor experience at the stadium.

Whether one attends matches regularly or have visited only once, the perspective of everyone matters. All insights provided will be carefully considered as part of ongoing efforts to make King and Moffatt Dr. Hyde Park as inclusive and enjoyable as possible for everyone.

Please use the QR code on the campaign poster below or email agefriendly@roscommoncoco.ie if you would like a printable version.



Cooley Farming Community Club

Calling all farmers over 65+ in Cooley, come along and join us every Friday morning in Cooley Kickhams GFC from Friday 24th April to Friday 12th June from 10.00am -12.00pm

Cooley Farming Community Club aims to provide a social space for farmers to meet up and interact. Weekly guest speakers on farming & health related topics. Light refreshments provided.

Entry is free but booking is required. Contact 042 9389824 to book a place







Cooley Farming Community Club

Age Friendly Louth are collaborating with the HSE & Louth Sports Partnership to help deliver a pilot project for farmers in Cooley.

Farmers in rural areas can experience heightened risk of social isolation due to working long hours, geographical distance, seasonal workload and limited opportunities for social participation. Community based social interventions are increasingly used to reduce isolation and strengthen social connectedness.

The aim of the project is to link farmers over 65 with maintaining their health and well being as they get older and continue to farm. The project will have a strong social aspect to it with elements of health and well being, farming information, community information and a physical exercise element.

The HSE are leading on the project but it is being supported by Age Friendly Louth & Louth Sports Partnership. Funding has also been secured to carry out an evidenced based research and evaluation of the project with the Netwell centre in DKIT.

The pilot programme starts on Friday 24th April and will run for 8 weeks until 12th June 2026. Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem

Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged. It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages, and more recently with desktop publishing software like Aldus PageMaker including versions of Lorem Ipsum.



Strength & Balance Classes

Age Friendly Louth have partnered with Dundalk Sports Centre Staff and Louth Sports Partnership to fund and deliver Strength & Balance classes for 11 weeks in Castlebellingham. The classes are suitable for older people of all fitness levels and will take place every Wednesday between 15th April and 10th June 2026.

Under the theme of Community Support & Health Services this supports Action 8.1 of the new Louth Age Friendly Strategy 2026-2031 Action 8.1 Support Community initiatives to help older people in Louth stay healthy & Action 8.2 Support Initiatives to improve mental health in Louth.



Community Talk & OPC Meeting

On the 10th April the Age Friendly Louth team gave a talk at the Dunleer Senior Citizens Club, the Dunleer Senior Citizens are located in the Market House in Dunleer. The aim of the talk was to provide information to the older people on some of the projects and activities being supported by Age Friendly Louth in Dunleer & Mid Louth. These projects and activities include strength & balance classes in Castlebellingham, Digital skills in Dunleer library and Creative Drama Classes for all ages in Dunleer Library. They were also informed about Garden Care & Repair in Dunleer & Ardee and how to access the project. The team also consulted with the older people on safety and security issues and emergency packs for older people.

The Louth Older People's Council held their latest meeting in Dunleer Library. Prior to the meeting commencing the Librarian gave the OPC members a tour around the new library and explained about the many library services and community supports available in the library. This was followed by an OPC meeting where the new Age Friendly Strategy was presented to the OPC members and members discussed the updated Directory of Services for Co Louth and concerns around cost of Shingles vaccine.

Library News



Loughboy Library Weekly Online Clinic

Tuesday 28th April 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 29th April 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 1st May 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 17th March from

11.00 am -1.00 pm.

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

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.

Morning Mug Club in Castlecomer Library

Every Friday from 10.00 am – 1.00 pm

Join us every Friday from 10am to 1pm 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.

Nattering Knitters in Castlecomer Library

Every Thursday from 10.00 am – 12.00 pm

Join this talented bunch of knitters for a knit and a cuppa every Thursday morning 10am to 12pm. No need to book, everyone welcome.

New Chess Club in Castlecomer Library

Saturday 25th of April from 11.00 am – 12.00 pm

Our new Chess Club continues on Saturday 25th of April, 11.00am to 12.00pm. This is a self-led, everyone welcome, beginners and seasoned players Chess Club. Come along and share skills or learn from one another and enjoy chess at any level.

No Booking Required!

Watercolour Painting Workshop for Bealtaine Festival in Castlecomer Library

Tuesday, 12th of May from 10.00am – 12.00pm

Join artist Rachel Burke for a Watercolour Painting Workshop. Participants will be painting Irish May flowers using watercolours, and will be guided in how to draw and paint native flowers. All materials will be provided and all abilities are welcome.

Booking is essential as places are limited. Please phone 056 4440561 or email castlecomer@kilkennylibrary.ie

Age Action Computer classes in Mayfair Library

Classes are held on Wednesdays, lasting 2 hours each, over a period of five weeks. Each learner is matched with a dedicated tutor and receives personalised, one-on-one instruction tailored to their specific needs and the device they use, i.e. iPhone/Android/tablet/laptop.

Age Action's Getting Started programme provides classes to anyone seeking support with using their smart devices. This includes topics like setting up an email, downloading an app or using video to connect with loved ones.

To register for future classes, email Niamh Budds at info@ageaction.ie

Adult Book Club in Graiguenamanagh Library

meets on the first Tuesday of every month at 7.00 pm. New members are always welcome.

Ciorcal Comhrá Gaeilge / Irish Conversation Group in Graiguenamanagh Library

Every Wednesday, 11.00am – 12.00pm If you're looking to use your cúpla focal, this is a great group to meet up with. It's open to all levels of fluency — beginners, improvers, and advanced speakers are all welcome. Just drop in any Wednesday agus beidh fáilte romhat!

Crafty Crew in Graiguenamanagh Library

Every Wednesday from 10.00am – 12.00pm Enjoy meeting up with like minded crafters? Drop into the library any Wednesday morning to share tips, have a chat, and enjoy a cuppa while you work on your projects. All are welcome — no booking required.

Word Searches & Sudoku in Graiguenamanagh Library

Every Friday from 11.30am–12.30pm Drop into the library for an hour of quiet time and enjoy our weekly word searches and sudoku. A lovely way to unwind at the end of the week.

Film & Book Club in Graiguenamanagh Library

meets on the second Tuesday of every month at 6.00 pm.

Age Friendly resources available at Graiguenamanagh Library

include hearing loops, magnifiers, C Pens, and a book trolley for use within the library. Reading glasses If you forget your glasses, fear not — we have a selection of reading glasses available to use in the library.

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 30th April, 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 pm and 8:00 pm. This event is for adults only and it is also an Age Friendly event.

International Updates





International Conference on Integrated Care 2026

Alison Lynch from our Women’s Health Community Linkage Programme attended the International Conference on Integrated Care 2026 in Birmingham, recently. She had the opportunity to attend many interesting talks across the conference. The highlight being a workshop about Edinburgh Fringe Care Fest. It brings arts and music into nursing homes in Scotland. This shared many similarities with activities she is currently doing with the Community Linkage Project.

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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