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National Updates

Bealtaine Festival
An Age & Opportunity arts initiative



Big Bealtaine Tea Party:
Songs, Words & Welcome
Sunday 3rd May | 2.30pm - 4.30pm
Venue: Irish Museum of Modern Art




IMMA Irish Museum of Modern Art

SING SING Ireland

See bealtaine.ie for more



31st Bealtaine Festival

The Big Bealtaine Tea Party takes place on Sunday 3rd May at the Irish Museum of Modern Art 2pm – 4.30pm and celebrates creativity at every age - featuring debut writer Tom Dredge, storyteller Ruth Marshall and actor Bríd Ní Neachtain, and joined by Bealtaine

Dawn Chorus Flagship Choir, Hands in Harmony from Limerick and Terenure College Community Choir.



CUSTOMERS' BEST FRIEND MOST WELCOME AT THE POST OFFICE

It was a real 'paws' for celebration for An Post this week as the company announced its support for the Irish Guide Dogs (IGD) Show Your Paws for Access Rights campaign, reaffirming the legal right of Guide and Assistance Dog owners to access businesses and services across Ireland.

Marking the occasion, An Post hosted a canine-centred celebration at its flagship St Andrew's Street Post Office in Dublin, where it also unveiled a new Working Dogs Policy designed to support staff and customers and ensure consistent, welcoming access for Guide and Assistance Dogs across the post office network nationwide.

All post offices nationwide will display "Show Your Paws for Access Rights" window stickers, demonstrating An Post's commitment to accessibility and inclusion and helping raise awareness of the legal access rights of IDG clients.

The event also coincided with a significant milestone for Irish Guide Dogs, which is celebrating its 50th anniversary this year. It is Ireland's leading charity supporting people

who are vision impaired and families of children with autism through expertly trained Guide and Assistance Dogs. With almost 400 working dogs currently in service nationwide, many clients regularly rely on post office services as part of their daily independent living.

An Post's new Working Dogs Policy highlights the essential role of working dogs and provides clear guidance to staff and Postmasters, reinforcing existing accessibility commitments while ensuring customers accompanied by Guide or Assistance Dogs can confidently access services.

Welcoming the initiative, Debbie Byrne, Managing Director of An Post Retail, said: "At An Post, we are committed to creating welcoming and accessible spaces for everyone in our communities. Supporting working dogs in our post offices reflects our belief that independence, dignity and inclusion should never face barriers and we're proud to stand with Irish Guide Dogs and ensure customers accompanied by working dogs are always warmly welcomed."

Tim O'Mahony, CEO of Irish Guide Dogs for the Blind, welcomed An Post's support for the access rights campaign, saying: "We are delighted to see An Post supporting our Show Your Paws for Access Rights campaign and standing behind our clients' legal right to access businesses and services. Unfortunately, more than 85% of our clients' report experiencing access refusals on a regular basis. Our clients have a legal right of access to go about their daily lives independently with their Guide or Assistance Dogs. Visible support and engagement from trusted national organisations like An Post plays a vital role in raising awareness and improving understanding."

Under the new policy, post office staff will receive training to reinforce accessibility best practice and customer care standards, ensuring Guide and Assistance Dog partnerships are recognised and supported in every branch. Information materials highlighting the important role of Irish Guide Dogs will also be distributed throughout the An Post retail network.

Through this partnership, An Post joins organisations such as Aldi, Musgraves, Maxol, Dell and The Square Tallaght in helping to promote awareness of access rights and the life-changing impact of Guide and Assistance Dogs, supporting greater independence, inclusion and equality for individuals, their families and communities.

Access window stickers are available free of charge by emailing Access@GuideDogs.ie.



Planning and Design for quality of life and resilience in long-term residential care settings for older people in Ireland

In Ireland, the provision of Long Term Residential Care (LTRC) Settings for Older People is currently inadequate, putting pressure on the health systems and undermining the care of many older people. As the population increases and ages, the number of people requiring LTRC will increase.

In 2022, TrinityHaus was awarded a HRB grant (Investigator-led Project Health Services Research) to produce evidence-based Universal Design Guidelines for LTRC for older people in Ireland that support quality-of-life and resilience (including air-borne pandemic resilience and climate resilience). These guidelines will support resident-centred principles and standards in national policy, be applicable to new-build, retrofit, and refurbishment project, and relate to rural, suburban, and urban location.

Read More



Inclusive care for older LGBTQIA+ people

This year as part of Louth's LGBT Champions Network activities they will be holding a series of in person events around the country for Health and Social Care professionals to come together alongside local LGBT Organisations and members of the community to focus on inclusive care for older LGBTQIA+ people.

The first event will take place in [Outcomers Dundalk](#) on **April 14th from 6:30 - 8:30**.

If you want to come along you can book a space [here](#), - or join us on the night!

Improving Care for Older LGBTQIA+ People

Together with Outcomers, LGBT Ireland invites you to an evening focused on inclusive care for older LGBTQIA+ people.

As our population ages, it's vital that services are inclusive, affirming, and responsive to the needs of LGBTQIA+ communities.

This event will:

- Highlight local initiatives and supports
- Explore challenges and opportunities in inclusive care
- Share practical ways to improve visibility, dignity, and wellbeing

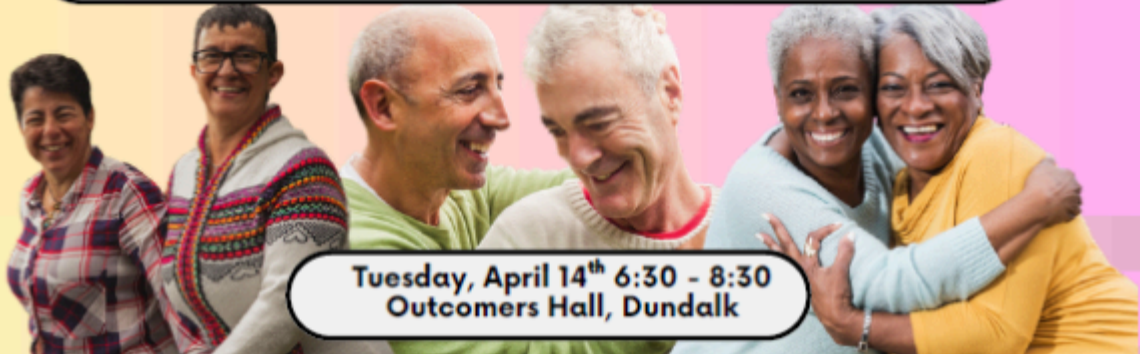
Featuring a panel with:

Health professionals • Community voices • Outcomers • LGBT Ireland

Who should attend?

Health & social care professionals, LGBTQIA+ people & allies

To secure your place email JAMES@LGBT.IE ,
or join us on the night—no booking required



Tuesday, April 14th 6:30 - 8:30
Outcomers Hall, Dundalk



Dovidá to sponsor International Dementia Conference 2026

We are proud to continue our sponsorship of Engaging Dementia's International Dementia Conference - an inspiring two-day event where attendees can connect with experts, carers, and people living with dementia in a space that values innovation, compassion, and collaboration.

This year's conference takes place in the Athlone Springs Hotel in County Roscommon on Wednesday the 13th and Thursday the 14th of May.

The conference will feature over 40 expert guest speakers from around the world who will address a wide variety of topics, including...

- Person-Centred Training and Therapeutic Interventions
- Young Onset Dementia
- Late-Stage Dementia and End of Life
- People with Intellectual Disability and Dementia


Find out more and book tickets using the link below. We look forward to seeing you there!


Find out more

Healthy Ireland Framework Consultation Webinar

DCU Age-Friendly University will host an online webinar to gather views on the new Healthy Ireland Framework, currently under public consultation by the Department of Health. This session will provide an opportunity to discuss the proposed Framework and share perspectives on the future direction of health and wellbeing policy in Ireland. Feedback gathered will inform a formal submission to the Department of Health.

 Date: Wednesday, 15 April

 Time: 10:00 – 11:30

 Location: Online (link will be shared in advance with registered participants)

 Register here: <https://forms.gle/SSopgiqzs6k89R546>

AI Demystified: Honest Answers to Your Questions about AI

Join us for an engaging and accessible session delivered by Professor Alan Smeaton, Emeritus Professor of Computing at DCU and member of the Government of Ireland's AI Advisory Council.

This presentation will explore what artificial intelligence can—and cannot—do, addressing common questions and considering its growing role in everyday life.

Part of DCU's commitment to lifelong learning and digital inclusion, this event is open to all.

 Date: Thursday, 16 April

 Time: 11:00

 Location: Room QG22, DCU Business School, Glasnevin Campus

 Register here: <https://forms.gle/twCjsZ5WQRAKRjGQ6>

Guest Lecture: Lifelong Learning in Later Life

UNESCO Learning City Festival Event


We are delighted to welcome Professor Marvin Formosa (University of Malta) for a special guest lecture:

“Lifelong learning in later life: Possibilities, limitations and future prospects”

This lecture will explore the evolving role of education in later life, highlighting both opportunities and challenges in an ageing society, and considering future directions for policy and practice.

Professor Formosa is internationally recognised in the field of lifelong learning and ageing, with extensive research and leadership experience, including his roles with the International Institute on Ageing (UN–Malta) and the National Commission for Active Ageing in Malta.

 Date: Wednesday, 22 April

 Time: 11:00 – 12:30

 Location: Business School, 2nd Floor, Room Q217, DCU Glasnevin Campus

 Register here: <https://forms.gle/RqCPI6yYyxiXWmK17>

All events are open to the public, and we warmly encourage you to share these opportunities with your networks

The government wants you to test out the new 'digital wallet'

PEOPLE ARE BEING asked to take part in the testing of Ireland's proposed digital wallet app.

The digital wallet aims to allow people to securely access documents such as birth certificates or driving licences and register for key welfare support, such as the working family payment.

It has also been suggested as an age-verification tool by Tánaiste Simon Harris, who has said children under the age of 16 should not be on social media in the wake of the Grok AI controversy.

The government is legally obliged, under EU regulations, to ensure there is a digital wallet for accessing public services by the end of the year, and for private services by the end of 2027.

The public testing phase of the wallet is to begin in early April and is seen as "critical" to ensure it is designed "to satisfy user needs and expectations", the Department said.

The first stage, for which people can opt in, gives people the chance to view the design of the wallet, understand its proposed features, provide feedback and sign up for further testing.

The second stage allows people aged 16 or older to download the wallet and test limited functions.

People can register to be part of the testing phase at gov.ie/DigitalWallet.

Minister for Public Expenditure and Public Service Reform Jack Chambers said the app would "make it simpler" for people to verify their identity, apply for support and access entitlements, as he launched the public consultation on Friday.

"The wallet is designed so that all personal data is fully protected, and the user stays in control of what information they put in the wallet and choose to share," he said.

"Only the details needed for a service will be shared, and nothing more.

"Big life events, such as having a baby, moving home, or starting a new job often require dealing with several different public service providers.

"The digital wallet aims to reduce that administrative burden, making it easier, faster and more secure to access the supports people need.

"This testing and consultation phase is an important step in building a digital wallet that genuinely works for people. We want to hear the public's ideas, concerns and expectations.

"The public's feedback will directly shape how the wallet looks, how it works, and how it supports everyday life."

For the first time this year, Tidy Towns committees have the opportunity to apply for a **"Dementia inclusive community"** Special Award as part of the SuperValu Tidy Towns

annual competition. The award is sponsored by the HSE's National Dementia Services as part of the UT campaigns' aims to inspire everyone in our communities to include and support people affected by dementia.

This award aims to recognise TidyTowns committees who are making positive changes within their community to promote and facilitate inclusivity for people living with dementia. This can include raising awareness for dementia, involving people living with dementia and their families and carers in community activities, creating physical spaces that are accessible for everyone, or developing outdoor spaces that stimulate the senses or lend themselves to reminiscing. You can view all special awards here (the campaign is featured under Nr. 16) <https://www.tidytowns.ie/the-competition/special-award-entry-forms/>

The closing date for all special award applications is June 8th



Roscommon County Council Unveils Updated Age Friendly Directory

Roscommon County Council officially launched its newly updated Age Friendly Directory on Wednesday, 8th April 2026, at Kilbride Community Centre. The event was warmly guided by MC Bernie Kearney, Chair of Roscommon's Older People's Council.

Shane Tiernan, Chief Executive and Chair of the Age Friendly Alliance, opened the proceedings by welcoming attendees and acknowledging the extensive collaboration behind the publication. He highlighted the joint efforts of Roscommon County Council, Roscommon

Leader Partnership, local service providers, the Older People's Council and the Age Friendly Alliance.

He was followed by Cathaoirleach Liam Callaghan, who spoke about the success of Roscommon's Age Friendly Programme and the many events and initiatives it delivers throughout the county.

The Directory was officially launched by Dr. Martin Daly, TD, who emphasised its value to older people across Roscommon. He praised the booklet's depth, clarity and the wide range of services for older people detailed within.

After the formal launch, Niamh Duffy from Roscommon County Council's Local Community Safety Partnership introduced herself and outlined the aims of the Safety Partnership. She encouraged attendees to complete a safety survey at her information stand, the data from which will go towards the Roscommon County Council's first Local Community Safety Partnership Strategy.

The event then moved into an afternoon of activities and entertainment. Sarah Waldron led a lively chair yoga session, with more than 200 participants enthusiastically taking part. Local storyteller Pat McGarry captivated the audience with a selection of tales, followed by music from Ger Donoghue and Fiona Sirr, who had everyone singing along and dancing. A special highlight came when a group of Ukrainian attendees performed traditional songs, receiving a warm and appreciative response from the crowd.

The memorable day concluded at lunchtime with a prize draw and refreshments, including soup, sandwiches, tea, coffee and chocolates. Every attendee left with a copy of the newly launched Age Friendly Directory to bring home. For details about this Directory please email agefriendly@roscommoncoco.ie







Community Safety Clinic

The Age Friendly Galway team were delighted to attend the Community Safety Clinic in Ballybane Library, last week. It was a super event, allowing us to continue to stay connected, and stay safe. We got to speak to the community about our Age Friendly Programme. They also had to opportunity to learn about Galway City Local Community Safety Partnership and Community Policing.

Safety for Older Road Users in Clare

Clare Older People's Council and Clare County Council's Age Friendly Programme have organised a

Safety Information & Demonstration Event

on Saturday, April 18th, 2026,

2.00 p.m. to 4.00 p.m.



at the Clare Marts premises on Quin Road in Ennis.



- The purpose of the event is to reinforce safe road usage and provide people an opportunity to ask questions in relation to all matters and good practices regarding road usage.
- Information and demonstrations of safe driving practices when negotiating motorways, dual carriageways and roundabouts. The event will include information relevant to Cyclists and Pedestrians on our roads.
- Demonstrations of safe (and unsafe) driving practices. Large and small roundabouts will be set up on the premises, as well as a two lane stretch of roadway with entry and exit.



Free checking and advice concerning car/van tyres will be available on the day.



This is a FREE event and parking will be available on the Clare Marts premises on the day.



Launch of the Reading for Wellness Programme

29th April, 2026 6:00pm - 8:00pm
in the Cultúrlann Sweeney Library,
Kilkee, Co. Clare



**Cillian Keane,
Mental Health
Ireland**

**Lauretta O'Dea,
Local Author**



**Roisin Meaney,
Author**



**Larry Hally, Clare Older
Peoples Council &
The Samaritans**



**Shanelle Waring,
Clare Age Friendly
Programme
Manager**



**Daytime
event
10:00am -
4:00pm**

**Evening
Event:
6:00pm -
8:00pm**

**BEALTAINÉ ART EXPO
16TH APRIL, 2026
TEMPLE GATE HOTEL, ENNIS**

**Admission is free of
charge**

**A COLLECTION OF ART PIECES BY CLIENTS
OF CLARECASTLE DAYCARE CENTRE,
CARRIGORAN DAYCARE CENTRE,
RAHEEN DAYCARE CENTRE AND
COMMUNITY NURSING UNIT &
ENNISTYMON COMMUNITY HOSPITAL**

**Art pieces will be
showcased for the
month of May in the
following libraries:**

- Ennis Library
- Shannon Library
- Scariff Library
- Ennistymon
Library



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL



Tulla Mini Expo - 10th March 2026

Clare Older People's Council, supported by the Clare Age Friendly Programme, held the first of their mini-information expos in the beautiful Cnoc na Gaoithe Hall in Tulla on the 10th of March 2026. The event brought together residents and a wide range of organisations to highlight supports and services available to older people in the community.

The expo featured a strong line up of speakers. Cillian Griffey from TFI Local Link Clare outlined local and regional transport options and explained how accessible services can help people stay connected. Sleep expert Roisin Foudy delivered an engaging session on the importance of sleep and shared practical steps for improving sleep quality. Garda Ger Harrington spoke about Safety in Your Community, offering advice on crime prevention, personal safety, and maintaining awareness. Representatives from Tulla Library showcased the extensive services available locally, including digital supports, reading initiatives, and lifelong learning programmes.

A diverse range of stallholders attended, providing information and one to one guidance. These included LCETB, Patient Advocacy Service, Women's Collective Clare, TASK, Clare Libraries, Clare ICA, Clare Community Safety Partnership, Mobile Medical Diagnostics, Clare County Council Housing Grants Team, and ALONE. Attendees had the opportunity to gather valuable resources and engage directly with service providers.

The event was well attended, with positive feedback highlighting its welcoming atmosphere and useful information. Exhibitors and visitors alike noted the value of bringing multiple services together under one roof. Overall, the Tulla Mini Expo successfully strengthened community connections and promoted awareness of the wide range of supports available to older people across Clare.



Carer's Appreciation Day - 13th March 2026

Clare Age Friendly Programme and the HSE collaborated to deliver a pilot Carers Appreciation Day on the 13th of March 2026, dedicated to recognising and supporting home care workers. The aim of the event was to provide home support staff with essential tools, knowledge, and wellbeing resources to strengthen their ability to care for others within their communities. The day emphasised self care, professional development, and access to local supports.

The event opened with registration and information stands, offering attendees an opportunity to meet service providers from across the county. This was followed by warm welcoming remarks from Master of Ceremonies, Ciana Campbell, and Cllr. Mary Howard, Leas Cathaoirleach, who acknowledged the invaluable contribution home care workers make every day.

A strong and varied line-up of speakers delivered engaging and practical sessions throughout the morning.

- Lourda Bermingham, Home Care Package Co ordinator, outlined supports available through Community Services for Older People.
- Emma Lynch, Career Coach specialising in burnout, spoke about maintaining balance, boundaries, and resilience in caring roles.
- John Carey and Jamie Fitzgibbon from Active Ennis highlighted the importance of physical wellbeing and demonstrated accessible movement and fitness options.
- Cillian Keane of Mental Health Ireland offered guidance on maintaining mental health and recognising early signs of stress.

- Sharon Meaney from the Clare Volunteer Centre discussed community involvement and volunteer supports available across the county.
- Mindfulness Practitioner Fergus Barrett closed the speaker sessions with calming techniques to help staff ground themselves during demanding workdays.

Home care workers enjoyed a served lunch, a performance by the choir, and time to engage with a wide range of stallholders. Exhibitors included Clare Local Safety Partnership, Cultural Companions, Croí, Samaritans, Alzheimer Society of Clare, Shannon Estuary Way Retreats, Flow Holistic Care, Mental Health Ireland, Active Ennis, and the HSE Quit Smoking and Cancer Prevention Teams. Each organisation provided information, resources, and practical advice relevant to the wellbeing of carers.

To further encourage rest and relaxation, attendees were offered taster self care sessions delivered by Anne McAuliffe (RGN, RM), Talamh Holistics, Rachel Nagle (Reflexology/Elm Wellness), Laura McAuliffe (Draíocht Healing), Gillian McMahon (Flow Holistic Care), and Samantha McCarthy (Sam's Yoga). These sessions gave carers the chance to experience holistic supports first hand.

Overall, the pilot event created a meaningful and uplifting space for home care workers to recharge, learn, and feel valued, while strengthening their capacity to support older people across their communities.



Community Engagement Events

On Wednesday, 11th March 2026, Clare Age Friendly Programme Manager Shanelle Waring met with the Fergus Probus Women's Group to deliver a presentation on Ageing in Place, available home adaptation grants, and the key priorities of the Clare Age Friendly County Strategy 2024–2030.

During the session, Shanelle outlined how the strategy aims to support older people to remain living independently in their own homes and communities for as long as possible. She highlighted measures that promote safety, accessibility, and inclusion, as well as the practical supports available to help older adults plan for ageing well.

The presentation also provided an opportunity for participants to share their experiences and ask questions, contributing valuable insights on local needs. This engagement forms part of the programme's ongoing commitment to ensuring that older people's voices guide the rollout and delivery of the Age Friendly Strategy across Clare.

Library News



Loughboy Library Weekly Online Clinic

Tuesday 14th 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 15th 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 17th March 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.

Preparing for Your Camino Journey – A Talk in Loughboy Library

Friday 17th April from 6.15 - 7.15 pm.

This talk is perfect for anyone considering the Camino, especially older adults who want practical guidance.

We'll cover how to gradually build fitness, what kind of training schedule works best, and what a typical day on the Camino actually looks like from morning starts and scenic walking segments to rest breaks, meals, and your end-of-day routine.

The session focuses on confidence, preparation, and enjoyment.

Whether planning your first Camino or simply curious, you'll leave with a clear understanding of how to get started, how to pace yourself, and how to make the most of this

unforgettable experience.

Places are limited. Phone 056 7794176 or email loughboy@kilkennylibrary.ie to book a place.

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.

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 returns Thursday 16th April from 10.30am to 12.30pm. All welcome, no booking required.

Movie Evening for Adults - Thursday 16th April at 7.00pm

Join us for a fun family friendly movie. No need to book. All welcome!

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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