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National Updates



National OPC Convention, Westmeath

We would like to extend our sincere gratitude to everyone who attended and spoke at this year's **National Older People's Council Convention**, hosted by Westmeath County Council in Athlone last week. It was a privilege to bring together representatives from our 31 Older People's Councils under this year's theme, "**Thriving Together – Age Friendly Sustainable Communities.**" The event served as a powerful reminder of how vital your voices are in driving meaningful change across Ireland.

A central focus of the convention was the critical need for stronger local coordination to

support those most at risk during emergencies. This sparked an essential dialogue on the implementation of a unified vulnerable persons register, a tool designed to help local authorities and emergency responders act with greater precision during severe weather.

Beyond the keynote speeches, our interactive workshops and site visits brought the theme of "Sustainable Communities" to life. Attendees engaged in a variety of practical and cultural sessions, including:

Focused sessions on being Storm Ready, understanding Dementia, and conducting Public Realm Walkability audits to ensure our streets are accessible for all. A wonderful Library Tour featuring the Bosca Beo, a peaceful Dún na Sí Walk, and a scenic trip on the Viking Tour Boat, showcasing the rich history and amenities of the Athlone region.

These activities highlighted how integrated community services and heritage projects play a massive role in fostering independence and social connection.

A superb couple of days were had by all and we are already in the planning for next years!

Get Involved!

If you would like to join your local OPC and have an opportunity to contribute to next year's convention, please contact your **Local Authority Age Friendly Programme Manager** to find out more.

Join your local OPC



National Age Friendly Recognition & Achievement Awards

👉 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



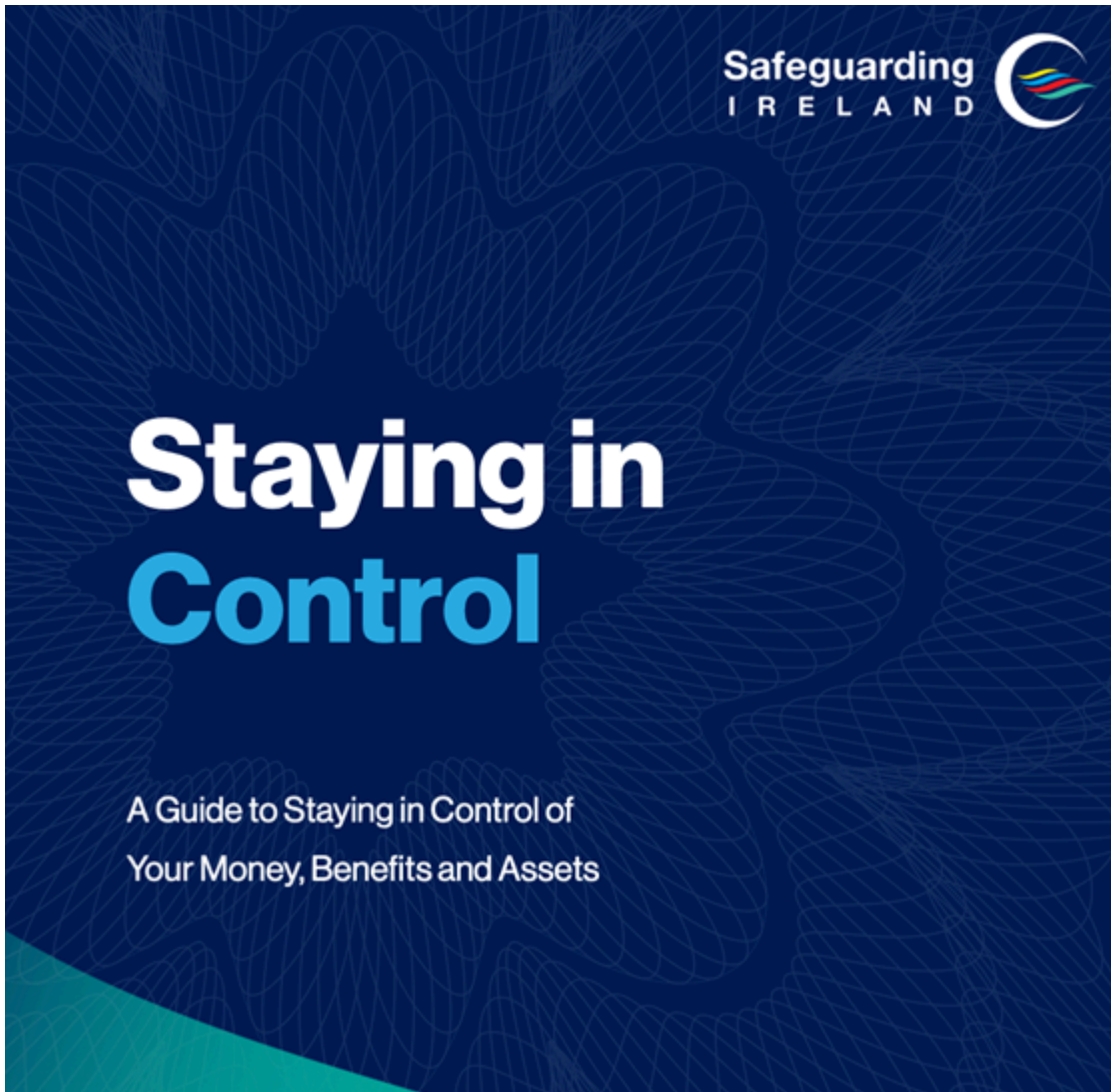
Dath an Fhómhair

Tom Curran works in the community section of Laois County Council, delivering the Age Friendly Laois programme. He is in a new TG4 television documentary, Dath an Fhómhair, that showcases incredibly active senior citizens across Ireland.

Dath an Fhómhair captures the brilliance of later life through the stories of older adults who cycle, dance, sing, drum, and work with passion. In doing so, they challenge conventional stereotypes around aging and prove that enthusiasm, creativity, and purpose do not diminish with time - they evolve.

You can watch Dath an Fhómhair on TG4, on Wednesday May 20th at 9:50pm.

Read More



REMINDER

Save the Date

Monday May 18, 11am-12.30pm

WEBINAR to launch resources on financial safeguarding.

[Register Here](#)

Local Updates





Roscommon County Council Introduces New Age Friendly Parking Spaces at County Buildings

Roscommon County Council has advanced its commitment to Roscommon being an Age Friendly county with the introduction of three new Age Friendly parking spaces at the County Buildings. This development directly supports the goals outlined in the Council's Age Friendly Strategy 2025–2030, which prioritises accessible, inclusive and supportive environments for older people.

These new spaces are designed to make Roscommon County Council's civic facilities more accessible for older residents who may not qualify for disabled parking but still benefit from shorter walking distances and safer access. The initiative reflects the Council's broader strategic aim to create Age Friendly public spaces that promote independence, participation and ease of movement for older people across the county.

Welcoming the development, the Council's Chief Executive, Shane Tiernan stated: "These new Age Friendly parking spaces demonstrate our ongoing commitment to ensuring that older people can access public services with dignity, comfort and confidence. Small, practical changes like this make a meaningful difference in people's daily lives."

The Age Friendly Programme Manager, Sheila Coyle also highlighted the significance of the initiative, noting: "The introduction of these spaces is an important step in delivering on the priorities set out in our Age Friendly Strategy. It shows how policy can translate into real, visible improvements that support older people to remain active and engaged in their communities."

By embedding these parking spaces into everyday infrastructure, Roscommon County Council is turning policy commitments into practical, visible improvements that enhance the daily lives of older people throughout the county.



South Dublin County Council OPC AGM

We were delighted to be joined by our wonderful Age Friendly Ambassador - Prof Ronan Collins for our South Dublin County Council AGM recently!



Bealtaine Festival
An Age & Opportunity arts initiative

Bealtaine through Art

Free workshop on **Art & Creativity** with **Sheila O'Callaghan**, a socially engaged artist focused on art, creativity, and well-being.

Time: 10:00 – 12:30

**Venue: Craft Maker Space,
MIC Limerick, V94 26N4**

Date: 25th May 2026

Email: age.friendly@mic.ul.ie to book

*In partnership with the office of Enterprise
and Community Engagement, MIC*

Sheila O'Callaghan (MA in Arts & Engagement, specialising
in Arts and Wellbeing and Eco-Arts Practice for
sustainability)



Celebrate Bealtaine Festival at Mary Immaculate College

This May, MIC Age Friendly Campus are delighted to mark the Bealtaine -Ireland's national festival celebrating the arts and ageing, with three exciting, free, events across both of our campuses. To book your place at any of these events please email: age.friendly@mic.ul.ie

On Monday the 25th of May, the CRAFT Maker Space at MIC Limerick will host a free workshop on Art & Creativity with Sheila O'Callaghan, a socially engaged artist focused on art, creativity, and well-being. This workshop will begin at 10am.



RIGHT SIZING
Information Sessions
Age Friendly Homes

SDCC

Session dates and venues

Wednesday 27th May
11:00 am
Lucan Library

Wednesday 27th May
6:30 pm
County Library, Tallaght

Feature Article

South Dublin County Council invites residents aged 55+ to attend an information session on Right Sizing. We have a number of new age friendly housing developments currently under construction across South Dublin County. These sessions will outline what may be available and how to express an interest. If you are considering moving to a more suitable home, come along to learn more and speak with our team.

Session dates and venues

- Wednesday 27th – Lucan Library – 11:00am
- Wednesday 27th – County Library, Tallaght – 6:30pm

Housing staff will be available on the day to answer questions from anyone aged 55+ who is interested in right sizing to a new council home and find out what supports may be available.

Tallaght

Lucan



OPC Training

A lovely day was had at our OPC training this week! Our OPCs got to learn some media and presentation skills while also getting together to catch up.

Our Place, Our Future

A Place Standard Tool
for Ireland.

Place Standard Tool Event

The Place Standard is a simple framework for discussing and assessing places. Using 14 themes with guiding questions and prompts, it helps people consider both the physical and social aspects of a place, identify strengths and challenges, and support conversations about improvement.

Gallery Room, Dundalk Sports Centre
Tom Bellew Ave, Muirhevnamore, Dundalk,
A91 X36T

21st May 2026 | 9:30 am - 3:30 pm

**Sláintecare are inviting you to join a Place Standard
Tool event to discuss the future of Muirhevnamor.**

Light Refreshments
Provided

Wear Appropriate
Clothing

FOR MORE INFORMATION:

✉ Cormac.mcgee@louthcoco.ie ☎ 086 103 5539



Riadas na hÉireann
Government of Ireland

Riadas Áitiúil Éireann
Local Government Ireland



Louth Age Friendly Strategy

The new Louth Age Friendly Strategy 2026-2031 was launched at the Louth Age Friendly Alliance meeting on 5th May 2026.

Rod Bond Chair of the Louth Age Friendly Alliance welcomed the new strategy and thanked all involved in it's preparation, including OPC members, Alliance members , community and voluntary groups and particularly older people in Co Louth who contributed to the consultation process.

The new strategy contains 28 actions across the 8 themes of the Global Network for Age Friendly Cities and Communities. Joe Grogan Chair of the Louth OPC thanked everyone for their contributions to the strategy and advised the Louth OPC were looking forward to working with the Alliance and Programme Manager to help deliver on the strategy and make Co Louth "a place where ageing is valued, life experience is celebrated and resources are directed to support wellbeing and quality of life for people of all ages".



Empowering | Collaborative | Accountable | Purposeful | Courageous

Alone/ Homeshare Information Session for the Older Person

Date: Wednesday 27th May

Time: 2:30pm - 3:30pm

Venue: AXIS Centre, Main Street, Ballymun, D09
Y9W0



Contact: pauline.hazel@dublinnorthwest.ie

Tel: 086 041 6155

To book your 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"

A promotional poster for a movie matinee event. The background is dark blue. At the top, there are illustrations of a red and white striped popcorn bucket, a red soda cup with a straw, a film strip, and a movie projector. In the top left corner, there is a logo for 'Comhairle Contae Fhine Gall Fingal County Council'. In the top right corner, there is a logo for 'SKERRIES Age Friendly Town'. The main text is in white and red on a white background. A red banner in the top left corner says 'FREE'. The title is 'AGE FRIENDLY SKERRIES MOVIE MATINEE IN THE LIBRARY'. Below the title is the tagline 'OLD MOVIES. GOOD COMPANY. GREAT MEMORIES'. The main text reads: 'IF YOU LIKE OLD MOVIES AND WOULD LIKE TO SEE SOME OF THE OLD CLASSICS, SKERRIES AGE FRIENDLY IN COLLABORATION WITH SKERRIES PUBLIC LIBRARY ARE PLEASED TO ANNOUNCE THE INTRODUCTION OF "MOVIE MATINEE IN THE LIBRARY"'. Below this, it says: 'Last Wednesday of every month starting from WEDNESDAY, 27TH MAY; 2PM-4PM'. Then, 'TO BOOK A PLACE, CONTACT SKERRIES LIBRARY AT SKERRIESLIBRARY.LIBRARY@FINGALIE'. At the bottom, it says: 'If you would like to take a trip down memory lane, this is the place to be'. In the bottom right corner, there is a yellow banner that says 'BOOKING IS ESSENTIAL' and 'SKERRIES LIBRARY SKERRIESLIBRARY.LIBRARY@FINGALIE'. There are also illustrations of popcorn on the left and right sides of the white background.

Offaly OPC/ Offaly Sports Partnership Fitness in the Park




COMUNITASPORT
**SPÓIRT
UÍBH FHAILÍ**

**FITNESS IN
THE PARK**

Come join Offaly Sports Partnership for our FREE 6 weeks fitness Classes. Open to all fitness levels 18 years +

Learn how to use the exercise equipment in:

- Camcor Park, Birr Mondays @ 2.30-3.30pm
- Town Park, Tullamore Fridays @ 2.30- 3.30 pm

Starting week of 20th of April 2026
No Pre Sign up - Just turn up
Contact: Denise 086 7912513 

Offaly Sports Partnership in conjunction with Offaly OPC and Offaly Age Friendly Programme have launched a short series of Fitness Classes in Tullamore and Birr.

The Classes will use the existing outdoor adult exercise equipment and run on Monday (Birr) and Friday (Tullamore) afternoons.

The Classes will fulfil a number of Actions included in the **Offaly Age Friendly Strategy 2024- 2029**, under the Themes of *Outdoor Spaces, Buildings and the Physical Environment, Social Participation and Community*

Supports and Health Services. Staff from Offaly Sports Partnership will provide instruction for groups of older persons on how to safely use and enjoy any outdoor adult exercise equipment installed in the parks. They will also promote a range of exercise programmes for older persons in active age groups in the community.

Pictured at the event in Tullamore, are (l-r) Denise Coghill, Offaly Sports Partnership, Gerard Bruton, Offaly AF Programme Manager, and Tim Molloy one of the participants in the event on the day.





OPC Conference Athlone Co Westmeath

Members of Louth OPC and the Age Friendly Louth team attended the OPC Conference in Athlone last week.

The theme of the Conference was "Thriving Together: Age Friendly Sustainable Communities". The Conference featured keynote addresses from national and local leaders including Minister Kieran O'Donnell TD, alongside policy updates, expert panels, and interactive workshops.

Highlights included a national update from Age Friendly Ireland , a fire side chat with representatives from An Garda Síochána , Local Authorities and Citizens Information. David Conway Chief Executive of Louth County Council took part in the fireside chat and highlighted the importance of the Age Friendly Programme to Louth County Council since 2008.



JOIN US FOR AN AGE FRIENDLY WALK TO CELEBRATE BEALTAINNE!

Time & Date: Friday 29th May at 10:30am

Meeting point: Tullyallen Mens Shed, A92 Y026

Contact: Grainne 086 8097363

In association with



Suitable for all abilities
Light refreshments served afterwards

www.walkingforall.com



A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)



JOIN US FOR AN AGE FRIENDLY WALK TO CELEBRATE BEALTAINNE!

Time & Date: Wednesday 20th May at 1pm

Meeting point: Cooley Hall, A91 DD1F

Contact: Grainne 086 8097363

In association with



Suitable for all abilities
Light refreshments served afterwards

www.walkingforall.com



A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)

Library News



Loughboy Library Weekly Online Clinic**Tuesday 19th May 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 20th May 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 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.

Movie Mornings for Bealtaine Festival in Castlecomer Library**Friday 15th of May from 11.00am – 1.00pm**

Join us every Friday morning in May for a relaxed Movie Morning as part of the Bealtaine Festival. Every Friday at 11.00am we will be screening a classic movie while highlighting Kanopy, the free streaming service available with your library card. Come along and enjoy a selection of timeless classics together with a cuppa and biscuits!!! Everyone welcome. No Booking required.

Friday 15th of May - Oklahoma starring Gordon Macrae and Shirley Jones..

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 23rd of May from 11.00 am – 12.00 pm

Our new Chess Club continues on 23rd of May from 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!

Poetry Workshop for Poetry Day Ireland in Castlecomer Library

Thursday, 28th of May from 2.30 – 4.30pm.

Celebrate Poetry Day Ireland with a Poetry Workshop led by local poet/creative writer lecturer Derek Coyle. Derek will deliver a two-hour creative hands-on session where you will leave with new poem beginnings to develop at home. Beginners, dabblers and experienced writers all welcome!!

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

Age Friendly AI Training in the Mayfair Library

Age Friendly AI Training will take place in the Mayfair Library on Thursday 11th June from 6.00 – 7.30pm. This informal training workshop has been designed with & for older adults. To book a place, call 056 7794174 or email mayfair@kilkennylibrary.ie

Shope Together - Creative Sewing Workshop in Mayfair Library

Tuesdays 9th, 16th and 23rd June, 2.00 – 5.00pm.

Workshop Callout for Senior Participants

Do you have sewing skills, craft knowledge, or a love of making that you'd like to share? Shope – Together invites you to take part in a series of creative workshops connecting with local teenagers facilitated by Susanne Horsch (Visual Artist working in textiles) and Julia MacConville (Visual Artist & Costume Designer) at Kilkenny Mayfair Libraries new Maker Space.

Across three hands-on sessions, you'll work within an intergenerational setting, sharing skills, stories, and experience while exploring sewing, garment repair, and upcycling.

Together, we will rework existing clothing, create a personal project and support each other in developing individual textile skills and projects.

Your knowledge and lived experience are at the heart of this project—helping to pass on valuable skills while also learning fresh perspectives from a younger generation. The workshops offer a relaxed and social environment, encouraging connection, creativity, and meaningful exchange.

Join us to make, mentor, learn and be inspired—while building new relationships and highlighting the value of craft, community, and sustainability.

Materials provided.

The workshop series is free but spaces are limited. To book email Julia - juliamacconville@gmail.com

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.

Ballywaltrim Library

Age Friendly Saturday Events

Saturday 23rd May



Chair Yoga **10.15am - 11.15am**
 Booking essential

How to use Online Library Services **11.15am - 12.15pm**
 Booking essential

1926 Census History Talk **1.30pm - 2.30pm**
 Booking essential

Rambling House Session **3pm - 4pm**

Bealtaine Festival
 An Age & Opportunity **arts** initiative



Comhairle Contae Chill Mhantáin
 Wicklow County Council

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: 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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