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# National Updates





**Limerick City and County Council's Age Friendly team is pleased to announce the launch of the Limerick Older Persons Executive (OPE) Gratitude Card Project.**

Inspired by the "A Hug from Adam" campaign, the initiative was developed by Elizabeth Stanley, Chairperson of the Limerick Older Persons Executive.

The Gratitude Card provides a simple and respectful way for people to acknowledge and thank friends, neighbours and family members who offer informal care, support or assistance. By recognising these everyday acts of kindness, the project aims to promote positive wellbeing, strengthen community connections and help reduce social isolation among older people.

The card also serves to promote Age Friendly Limerick and raise awareness of the work of the Older Persons Executive.

The original concept behind the initiative was to create:

"a vehicle for people to express their gratitude to the friends, neighbours and family who helped them and made their lives more comfortable and their minds more at ease in the past or in the present."

The Gratitude Card is now available and will be distributed across communities throughout Limerick City and County.

Cards are available from Limerick City and County Council's Age Friendly team by contacting 061 557525 or email [agefriendly@limerick.ie](mailto:agefriendly@limerick.ie).



**APPLY NOW**

**Local Updates**





## **DLR Launch High Security Lock Scheme**

Dún Laoghaire-Rathdown County Council is pleased to announce that the Home Security Scheme is now open for applications. The scheme is available to homeowners aged 65 and over living within the Dún Laoghaire-Rathdown administrative area and supports the upgrade of existing external door lock barrels or cylinders to high-security anti-snap locks, helping to enhance home safety and peace of mind.

This scheme will cover the total cost for the replacement of lock barrels only, on up to maximum 2 locks per home – front door/back door/side door. The scheme will not cover the costs of repairing doors / locks which are already faulty and not all doors are suitable for replacement barrel locks. The scheme is not open to people living in rented accommodation (private, social or voluntary).



## View Here

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TidyTowns committees can apply for the “**Dementia Inclusive Community**” **Special Award** as part of the SuperValu TidyTowns competition, sponsored by the HSE National Dementia Services.

The award recognises communities that are creating inclusive, supportive and accessible environments for people living with dementia, their families and carers. Winning TidyTowns committees in both the large town/urban centre and village/small town categories will receive €2,000, with runner-up prizes of €500 also awarded. Examples include dementia awareness initiatives, inclusive community activities, accessible public spaces, and outdoor areas designed to stimulate the senses or encourage reminiscence.

Further information and application details are available at [here](#) (see Award No.16), with applications closing on 8 June 2026. Please share among your local town team or TidyTowns committee.



## **DLR Launches 2026 Age Friendly Magazine**

The Age-Friendly Programme of Dún Laoghaire-Rathdown (dlr) County Council and the dlr County Council Age Friendly Alliance are delighted to launch the 2026 edition of the dlr Age Friendly Magazine.

This is the sixth year of the free annual magazine aimed at our older community, funded by dlr County Council and Creative Ireland. This year's theme is "Supporting creativity, health and wellbeing in our communities".

## **Read Here**



# Friendly Fuchsia Café



**Dementia Care Coordinator Service  
in partnership with  
Clonakilty Community Care Society**

A Dementia friendly cafe where people can chat and connect in a supportive, confidential, setting over tea, coffee, and cake. With information & activities in our safe & pleasant environment, facilitated by a Community Dementia Support Worker.



**Date:** Every Friday



**Time:** 2pm – 4pm



**Location:** St Fachtna's Community Centre  
Casement Park,  
P85V327



For more information contact Martha,  
(087)4642989 or  
Martha.buckley1@hse.ie



# Managing and keeping your money safe

Free community event



**When:** Thursday 4 June 2026  
10am - 12pm  
Refreshments from 9.30am

**Where:** Radisson Hotel  
Letterkenny F92 FK15

## Do you want to learn how to manage your money and keep it safe?

Then come along to hear guest speakers at our free information event on Thursday 4 June 2026.

### We will talk about:

- Keeping your money safe from fraud
- Budgeting
- Preparing for financial emergencies
- The supports that are available locally

### How do you register to attend?

- Call Fionnuala on 086 834 2540
- Register on the day at the event

### There will be:

- A questions and answers session and
- Local organisations will have stands at the event





## Kerry OPC

Members of the Older People's Council Executive Kerry attended their second hybrid meeting of 2026 on 30th April in the beautiful setting of Tralee Bay Wetlands. We were delighted to have Francis Brennan, Kerry Age Friendly Ambassador, join us on the day.



## **Age Friendly Kilkenny's Workshops**

The event opened with an informative overview of the role and work of Kilkenny Older People's Council, delivered by a member of the Executive. Attendees then enjoyed a series of engaging and practical presentations, including advice on managing finances safely from New Ross Credit Union, followed by an excellent session on Assisted Decision Making, Advance Healthcare Directives and Planning Ahead, delivered by a Senior Social Worker from the HSE. Two members of An Garda Síochána also provided valuable guidance on staying safe at home and online.

The workshops were very well received, with many participants completing OPC membership forms and sharing feedback on the supports and services they would like to see in their communities as they grow older.

Further workshops are planned for the coming months and will take place in Moneenroe Community Hall on Monday 11th May, St Mary's Parish Hall, Slieverue on 10th June, Paulstown Community Hall on 11th June, and Galmoy Community Hall on Wednesday 24th June.



## **Tinahely Accessibility Audit**

A community led accessibility audit of Tinahely took place on Thursday 30th April, bringing together local disabled people, older residents, Wicklow County Council's Disability and Inclusion Steering Committee (DISC), and members of the Older People's Council. The event was a collaboration with KARE, Wicklow County Council Age Friendly programme and the Disability & Inclusion Steering Committee (DISC) and Cheshire Homes. The audit explored key public spaces along a pre agreed route, using checklists developed by Age

Friendly Ireland and the Irish Wheelchair Association. Participants highlighted both positive features and areas requiring attention, with a view gathering information to share with relevant Council staff, for future upgrades and for future collaborative solutions. The initiative also supports Wicklow County Council's preparations for future obligations under the National Human Rights Strategy for Disabled People (2025), which includes a commitment for Local Authorities to develop and implement walkability audits in towns with populations greater than 5,000. (Photo description: Some of the participants on the Tinahely Accessibility Audit, with staff and service users from the local KARE service, Laura O'Callaghan of Disability Federation of Ireland, members of the Older People's Council Executive Committee Bernie Foster and Ann Halpin, Sarah McElroy Access Officer & Age Friendly Programme Manager, Wicklow County Council and Tinahely Men's Shed members Ken Gavin and Pat.



## **Wicklow Older People's Council Executive Committee**

The OPC Executive Committee met on the 20th March, pictured with the Wicklow Age Friendly Programme Manager, Sarah McElroy. They are a committed, passionate and energetic group. They had a very productive meeting and are progressing on the 6 main actions in the Age Friendly Strategy, having formed 4 subgroups. Actions they are working on include a comprehensive review of the Wicklow Community Directory, and adequate disability and age friendly parking spaces in supermarkets in County Wicklow.



## **Echelon Park GAA County Grounds Walkability Audit**

A Walkability Audit took place at Echelon Park, Wicklow GAA County Grounds in Aughrim on Friday 6th March. Echelon Park was one of four successful GAA stadiums across Ireland selected to pilot this project in partnership with Age Friendly Ireland and the GAA, aimed at making facilities more accessible and age friendly. A walkability audit evaluates whether an area is safe, convenient and accessible for individuals of all ages and abilities to walk or wheel independently. Attendees included members of the Older People's Council Executive Committee, the Disability and Inclusion Steering Committee (DISC), Sunbeam House services, along with representatives from Wicklow County Council, including the Sports Inclusion Disability Officer in Wicklow Sports and Recreation Partnership and the Age Friendly Technical Advisor and Programme Manager. (photo description: Attendees of Walkability Audit, including Declan Gaffney Technical Lead Age Friendly Ireland, members of the Older People's Council Executive Committee, Sarah McElroy Wicklow Age Friendly Programme Manager, Caroline Brogan Regional Manager Age Friendly Ireland, Seán Keane Wicklow County Council Technical Advisor, Sunbeam House service users and Aisling Wynne Social Inclusion Disability Officer Wicklow Sports & Recreation Partnership



## **Launch of Reading for Wellness Programme in Kilkee**

The Reading for Wellness Programme was officially launched at Cultúrlann Sweeney Library in Kilkee, with Cathaoirleach Cllr. Paul Murphy welcoming attendees and marking the occasion.

Cllr. Murphy said he was delighted to support an initiative that placed wellbeing, connection, and community at its heart. He noted the increasing awareness of the importance of mental health and emotional wellbeing, particularly for older people, and highlighted loneliness and social isolation as significant challenges.

He explained that the Reading for Wellness Programme offered a simple yet effective response by creating a welcoming space for shared reading, conversation, and connection.

Reading together, he said, encouraged reflection, discussion, and enjoyment, whether through poetry, fiction, or reflective texts, and could foster memories, laughter, and meaningful social interaction.

The Cathaoirleach acknowledged the strong collaboration behind the programme and praised Shanelle Waring and the Clare Age Friendly Programme for their leadership and continued commitment to supporting older people across the county. He also thanked Clare Older People's Council, The Samaritans, and all partner organisations for their time, expertise, and enthusiasm. He welcomed the involvement of authors Lauretta O'Dea and Roisin Meaney, along with other speakers and advocates promoting

mental wellbeing.

Cllr. Murphy highlighted that the free, public sessions would take place every second Wednesday in the conference room of Kilkee Library from 6:00pm to 7:45pm, beginning on Wednesday, 13 May. He emphasised the role of libraries as inclusive community hubs and encouraged people of all backgrounds to take part.

He concluded by wishing the programme every success and expressing hope that it would continue to grow and flourish in Kilkee and beyond.

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## Are you caring for someone ?

*We are offering a free event for family carers  
who are looking after an older person at home.*

### ***For Carers Week***

*Thursday 11<sup>th</sup> June, Tara Hotel,  
Killybegs*

*12pm – 3pm*

*Icebreakers. Lunch and Pottery*

*Also opportunity to have your blood pressure checked*

***BOOK YOUR PLACE NOW***

*For further details or make an enquiry contact*

*Diane Donnelly, Carer's Development/Dementia*

*Officer/Programme Coordinator on: 0872770103 or email*

*[diane.donnelly@hse.ie](mailto:diane.donnelly@hse.ie)*





## Reading for Wellness Event

The Reading for Wellness programme was successfully launched on 29th April 2026 at Cultúrlann Sweeney Library, Kilkee. The event was officially opened by Mayor Paul Murphy, marking a significant milestone in promoting mental wellbeing and social connection through reading.

The launch featured a strong line-up of speakers, Cillian Keane (Mental Health Ireland), local authors Roisin Meaney and Laretta O'Dea, along with Chairperson Larry Hally from the Clare Older People's Council and the Samaritans. Their contributions highlighted the role of reading in supporting relaxation, resilience, and reducing social isolation.

Attendance and engagement at the launch were very positive, demonstrating strong community interest. The collaborative approach, involving health, community, and literary partners, has strengthened the programme's reach and credibility. Participants responded well to the inclusive and welcoming environment, with early feedback noting the value of shared reading and discussion in supporting wellbeing.

The event was supported by the Clare Age Friendly Programme in partnership with Clare Libraries and Healthy Clare



## **Celebration of the Bealtaine Festival**

The Clare Age Friendly Programme Manager, Clare Age Friendly Ambassador, Mike Hanrahan, Clare Arts Officer, Siobhan Mulcahy, attended a reception at Áras an Uachtaráin on Thursday, 30 April 2026. The event was hosted by President Catherine Connolly and Mr. Brian McEnery to celebrate the Bealtaine Festival, an Age & Opportunity arts initiative recognising the importance of arts and creativity as we age.

Their attendance represented the Clare Age Friendly Programme and supported engagement at a national level, highlighting the importance of age-friendly initiatives and the role of arts and culture in promoting positive ageing.



## **Boyle Active Age, Roscommon Hosts Bealtaine Event**

A vibrant celebration of music, song, poetry and conversation filled the Family Resource Centre in Boyle on 14th May 2026, as older members of the community gathered for a memorable Bealtaine event. The atmosphere was warm and lively, echoing the festival's spirit of creativity, connection and shared joy.

The guest of honour, Roscommon's Age Friendly Ambassador, Paddy Joe Burke, captivated the room with his thoughtful reflections and trademark humour. His stories, equal parts wisdom and wit, sparked laughter, nods of recognition and heartfelt applause from all present.

Adding a wonderful intergenerational dimension, students from the nearby secondary

school joined the celebration. Their presence brought fresh energy and meaningful exchanges, as young and older participants shared experiences, songs and conversations that bridged generations.

At the heart of the occasion was Edward Quinn, the remarkable 92 year old Chairperson of Boyle Active Age, whose dedication and organisational skill ensured the day ran seamlessly. His leadership, enthusiasm and commitment to community spirit were evident in every detail of the event.

The gathering was more than a celebration , it was a testament to the power of community, creativity, and connection across ages. A true Bealtaine moment.

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## Library News



### **Loughboy Library Weekly Online Clinic**

Tuesday 26th 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 27th 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!

### **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 22nd 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 - Dial M for Murder starring Grace Kelly and Ray Milland.

### **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!

### **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.

### **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](mailto: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](mailto:mayfair@kilkennylibrary.ie)

### **Shoppe 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? Shoppe – 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](mailto:juliamacconville@gmail.com)

### **Graigenamanagh library Community Get-Together**

Friday 29th May from 10.30 -1 1.30am

New to the area or just looking to meet a few friendly faces? Pop into Graig Library for a cuppa. We'd love to welcome you, share a chat, and help you feel at home in the community.

Join us at the library the last Friday of every month for a warm and welcoming get together. Chat with neighbours, meet new people starting on Friday 29th May 10.30 -1 1.30am.

### **Adult Book Club in Graigenamanagh 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 Graigenamanagh 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 Graigenamanagh 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 Graigenamanagh 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 Graigenamanagh Library**

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

### **Age Friendly resources available at Graigenamanagh 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.

### **The Mystery and the Man: The fascinating story of Saint Aidan with author Caroline Busher and Christopher Power - Thursday 28th May at 7.00pm**

From earliest times the month of May was celebrated by people as a time of rejuvenation and celebration. Saint Aidan, patron saint of the Diocese of Ferns, was one of several charismatic religious leaders who came to bring a radical new way of living to his adopted locality. Aidan integrated into the region and founded communities based on the Christian faith, a new way of living. Aidan's story is all the more interesting because many of these ancient pagan sites and traditions were incorporated into the new religion. Who was this man on the edge of history and what does he represent? This presentation by Caroline

Busher and Christopher Power explores the many fascinating aspects of Aidan's life, both the spiritual and the man. Booking essential, please telephone 053 9375466 or book online at [wexfordcoco.libcal.com](http://wexfordcoco.libcal.com).

### **Classic Film Club for Adults - Friday 29th May, 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.

## International Updates





## 79th World Health Assembly

Our National Technical Programme Manager, Declan Gaffney was honoured to be in Geneva today representing Age Friendly Ireland at the 79th World Health Assembly at the United Nations. It is an incredible opportunity to connect with both new and long-standing colleagues who share a vision for a more age friendly world.

This vital session was hosted by France, co-hosted by HelpAge International and the International Federation on Ageing, and proudly co-sponsored by a global coalition of nations, Brazil, Egypt, Ireland, Japan, Republic of Korea, Singapore, Thailand.

A huge thank you to all the hosts, sponsors, and attendees at the United Nations Palais for such an impactful and forward-looking discussion. We look forward to bringing these global insights back to our work at home.

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- This Newsletter is prepared and circulated by Age Friendly Ireland
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- If you wish to provide information that may be included in the Newsletter please email it to: [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie) no later than midday on the Thursday. Age Friendly Ireland retains full editorial responsibility for content of the Newsletter.

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Healthy Age Friendly Homes Programme (Referrals)

Telephone: 046 9248899

Email: [healthyagefriendlyhomes@meathcoco.ie](mailto: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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