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5th June 2026

National Updates

A promotional poster for the National Age Friendly Recognition & Achievement Awards. The background is dark purple with glowing green and blue wavy lines. On the left, a white circle contains the 'Age Friendly IRELAND' logo and the text 'National Age Friendly Recognition & Achievement Awards Apply Now!'. Below this, it says 'Sponsored By ipb insurance' with the ipb logo. At the bottom left, there are three small icons and the text 'comhairle chontae na mí meath county council'. On the right, a large golden trophy with multiple stars is shown on a grey base with the 'Age Friendly IRELAND' logo.

Final Call for Submissions

The call for submissions to the 2026 National Age Friendly Recognition and Achievement awards is now live and the **Closing Date is Today 5th June 2026.**



Advancing Age Friendly Futures: Designing Inclusive Futures – Challenges and Innovations Workshop

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INSTITUTE

Advancing Age Friendly Futures: Designing Inclusive Futures – Challenges and Innovations Workshop

Maynooth University
National University
of Ireland Maynooth

Join us for an engaging workshop exploring innovative approaches to creating inclusive, Age Friendly futures.
10 June 2026 – 2pm

Chair


Dr Emer Coveney
National Programme Manager
Age Friendly Ireland


Annie O'Shea
Chair of the Kildare
Older People's Council


Patricia Lucha
Project Coordinator
Age Friendly AI


Dr Donal Fitzpatrick
Senior Advisor for the
European Accessibility
Act


Dr Bruno Giesteira
SMARTAgeCARE

OAPs are
welcome to
attend for
free

Location: TSI Building, Maynooth University, Co. Kildare **Contact: claudia.roessing@mu.ie**



Closing date approaching for Tidy Towns Competition

TidyTown committees can apply for the “Dementia Inclusive Community” Special Award as part of the SuperValu TidyTown 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 TidyTown 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 <https://www.tidytowns.ie/the-competition/special-award-entry-forms/> (see Award No.16), with **applications closing on 8th June 2026**. Please share among your local town team or TidyTown committee.

Recruitment for AHEAD Study Focus Group

SEEKING RESEARCH PARTICIPANTS

We are looking to speak with persons who have experience working with, or in the area of, **older adults with disabilities who are experiencing homelessness or housing insecurity** to take part in focus group discussions.



What participation involves:

- Taking part in **one online** focus group discussion (via Zoom/Teams)
- Approximately 1 hour
- Happening in June/July
- Data will be anonymised

About the research: We want to better understand the challenges adults with disabilities over the age of 55 face with:

- Finding and keeping a safe home
- How easy or hard it is to use housing and homelessness services
- What needs to change to improve support.

This research is being conducted by the University of Galway in conjunction with the Simon Communities of Ireland. It is funded by the National Disability Authority.

If you are interested in taking part, please email Julia Corey at julia.corey@simoncommunity.com.



OLLSCOIL NA
GAILLIMHE
UNIVERSITY
OF GALWAY



World Elder Abuse Awareness Day: South East HSE Safeguarding Team and local pharmacies information and drop-in stands



Are you Worried About an Older Person?



If you are an older person, or are worried about an older person who is experiencing abuse or mistreatment, call in to the **HSE Adult Safeguarding Team Information and Drop-In stand** at any of the participating pharmacies listed below in the South-East to confidentially receive advice, information and support

WHEN
Friday 12th June
9am - 4pm

WHERE

- Corless Pharmacy, Dublin Rd, Carlow Town
- Boots Pharmacy, High Street, Kilkenny City
- Mulligans Pharmacy, Gladstone Street, Clonmel
- Mulligans Pharmacy, Lisduggan Shopping Centre, Waterford City
- Grants Pharmacy, Rafter St, Enniscorthy

Contact HSE Safeguarding Team 0818 101 101 or safeguarding.cho5@hse.ie

This year, to mark World Elder Abuse Awareness Day on Friday 12th June, the HSE Adult Safeguarding Team are partnering with local pharmacies in counties Carlow, Kilkenny, Waterford, Wexford and South Tipperary to host information and drop-in stands.

The message is that every older person has a right to live a life free of any form of abuse. If you are an older person, or if you are worried about an older person who may be experiencing abuse, mistreatment or not being cared for adequately, there is help and support available.

On Friday 12th June, you can call in to the South East HSE Safeguarding Team information and drop-in stand in the participating pharmacy in your county for advice, support, information and guidance. There will also be a private

consultation space available on the day for anyone who wants to confidentially talk to a member of the team about any worries that they may have and seek specific support.

South East HSE Safeguarding Team members will be available at information and drop in stands in the pharmacies listed below from 9am – 4pm on Friday 12th June 2026



How to Cope with Uncertainty and Fear Webinar

Join us for our free June webinar (Wed, June 10th, 12-1pm) where we'll explore why uncertainty can feel so overwhelming and how we can better support our mental wellbeing during challenging times.

In this session, we'll discuss the impact that fear, worry, and uncertainty can have on our thoughts, emotions, and daily lives, along with practical ways to manage anxious thinking, feel more grounded, and build resilience.

Whether you're navigating a difficult period, supporting someone else, or simply looking to better understand how to cope with uncertainty, this webinar will offer supportive insights and practical strategies for everyday life.

The discussion will be moderated by Aware's Clinical Director, Dr Susan Brannick, and will feature clinical expert Dr David Shannon, Senior Psychologist at St. Luke's Radiation Oncology Network.

Can't make it live? Sign up anyway and we'll send you the recording.

Register Here >

Webinar: **Dental Health is Whole Health**



Wednesday, 10th June, 11 am-12:30



Teeth and oral health are often seen by people as standalone issues to be engaged with or ignored. The reality is your mouth mirrors your general health, both reflecting and impacting on your overall wellness. We will show in this webinar how these effects play out over time, with relevance to ageing.

The impact of dentistry in its provision and materials on the environment will also be explored. We will show that dentistry and dental health also reflect broader societal issues.

Discussion on how to effectively care for your teeth and associated tissues will empower you to make the most of the mouth you have and benefit your overall health.

With: Dr David McReynolds, Academic Prosthodontist and PhD student, Dublin Dental Hospital; additional material by Rod Crichton, retired general dentist and BOLD member.

Presented by [BOLD Climate Action](#) a group for those 60+ who care about what is happening to our planet. Presented in partnership with [Irish Doctors for the Environment](#) as part of the "Healthy Ageing, Healthy Planet" series. Supported by Friends of the Earth.

Contact bold.climate.action@gmail.com.

Future webinar topic in July: Sustainable Diets – For You, For the Planet

Feel free to share this webinar link! [Register here.](#)

* [previous](#) episodes on Active Travel, Health and Nature and Microplastics available to view online

Register Here ›

Local Updates



Age Friendly Walk in Tullyallen, Co Louth



Age Friendly Louth were delighted to attend an age friendly walk hosted by Tullyallen Men's Shed on Friday 29th May 2026 to celebrate Bealtaine. Participants of all ages took part in the walk and afterwards were treated to wonderful hospitality by the Tullyallen shed members.

Cooley Community Farming Club, Co Louth



There was a great turnout for the Cooley Community Framing Club last week as the members were treated to an interactive demonstration of a fire and emergency rescue.

The skill, dedication and community spirit of the Louth Fire Service was clear to see. This was followed by a talk by the HSE on mental health and the importance of minding your mental health.

Next week we are planning a farm walk around a farm in the beautiful Cooley Peninsula. And on 26th June for our final week of the pilot project we have multi-award-winning author, film producer, investigative journalist, and farmer John Connell joining us for a chat.

For more information contact agefriendly@louthcoco.ie

Farming and Mental Health



Join us for a talk by
Renowned author
John Connell

Cooley Kickhams GFC



June 19th
10.30am



Nurturing the land starts with nurturing the mind

Creative Drama Classes in Dunleer Library, Co Louth






CREATIVE DRAMA WORKSHOP

Be part of the drama with Age Friendly Louth, come along and join us, all ages over 18 welcome, no experience necessary.

Every Thursday,
 June 11TH to August 13TH
 10.30am to 12.30pm


Dunleer Library.


Challenging Ageism in Co.Louth

More Information
 Contact 042 9324281
Agefriendly@louthcoco.ie






Age Friendly Louth and An Táin Arts Centre are inviting adults across Co Louth to take part in free drama workshops this Summer. The workshops will take place in Dunleer Library every Thursday from 11th June – 13 August from 10.30am -12.30pm and will provide a fun welcoming space to explore ageing through creativity and drama.

The free workshops are open to adults over 18 and you don't need any prior drama experience to take part. This initiative is supported by Creative Ireland,

Creative Communities Funding. If you would like to register phone 042 9324281 or email agefriendly@louthcoco.ie

Rights and Entitlements of Older People Event



Rights & Entitlements of Older People Information Session

Wednesday 24th June 2:30pm - 4:30pm Finglas Library
Finglas Village D11 C603

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"

Please feel free to register by clicking on the link below

<https://lp.constantcontactpages.com/ev/reg/er3vzej>

Library Events



Age Friendly Events at Kilkenny Library

Loughboy Library Weekly Online Clinic

Tuesday 9th June 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 10th June 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!

1926 Census Talk in Loughboy Library

Thursday 18th of June from 11.00 – 12.00pm

Noreen Maher will deliver a talk on the newly released 1926 Irish Census and how it can be used to deepen and expand your family history research. A dedicated Q&A session will follow the presentation. To book your place please contact 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.

1926 Census Talk in Castlecomer Library

Tuesday 16th of June from 6.00 – 7.00pm

Noreen Maher will deliver a talk on the newly released 1926 Irish Census and how it can be used to deepen and expand your family history research. A dedicated Q&A session will follow the presentation. To book your place please contact 056 4440561 or castlecomer@kilkennylibrary.ie

New Chess Club in Castlecomer Library

Saturday 6th of June from 11.00 am – 12.00 pm

Our new Chess Club continues on 6th of June 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.

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

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

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

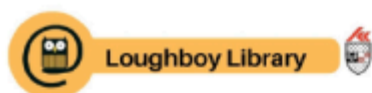
meets on the second Tuesday of every month at 6.00 pm.

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.

Loughboy Library Events, Co.Kilkenny



Coiled Grass Baskets

Workshop
Thursdays 4th, 11th, 18th and 25th June
2pm to 5pm

Coiled Baskets have been made for centuries all over the world using all kinds of native plants.

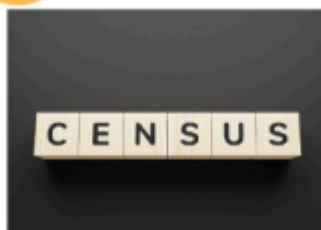
In Ireland, grasses or straw bundles were bound with bramble bark to make baskets - in this short course, participants will use straw, grass and strong string to make a coiled basket or placemat.

All materials provided.

The workshop has the same content each week, it is not a series. So you only need to attend one workshop.

These workshops are provided by the ETB.

Places are limited. Phone 056 7794176 or email loughboy@kilkennylibrary.ie



Professional genealogist Noreen Maher will provide a talk about the recently released 1926 Irish Census and how it can help expand your family research.

There will be time for questions after the talk. Places are limited. Phone 056 7794176 or email loughboy@kilkennylibrary.ie to book a place.



The Handy Helps collection was launched in Loughboy Library on Wednesday 27th May. The collection consists of a range of aids and gadgets that assist older members of the community with everyday activities.

Handy Helps packs will be available to borrow from Mayfair, Loughboy, Thomastown and Castlecomer Libraries.



Animation workshop with Cartoon Saloon's Fabian Erlinghäuser (Cruinniú na nÓg), Friday 5th June 6.15 pm to 7.30 pm

Come and join Cartoon Saloon animator Fabian Erlinghäuser for an inspiring hands-on workshop designed for budding animators. Participants will explore the basic principles of animation, learning how characters are created and brought to life through design, movement, and visual storytelling. For 11-15 years.

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

LOUGHBOY LIBRARY OPENING HOURS

Monday: Closed
Tuesday: 10am - 5pm
Wednesday: 10am - 5pm
Thursday: 10am - 5pm
Friday: 10am - 8pm
Saturday: Closed

Please contact us to book events:
0567794176 or loughboy@kilkennylibrary.ie

ADULT EVENTS...

WEEKLY | Ciorcal Comhrá Gaeilge/Irish Conversation Group | Wednesdays | 11am to 12pm
 Buailéann an Ciorcal gach maidin Dé Céadaoin, ar a haon déag a chlog. Bíonn comhrá, ceol agus craic acu. Open to all levels of fluency: beginners, improvers and advanced.
 Come along any Wednesday, beidh fáilte romhat!
No Booking Required.

MONTHLY | Irish Creative Writing Group | Last Friday of Each Month | 11am to 12pm
 The Irish Creative Writing Group meet on the last Friday morning of each month in Loughboy Library.
No Booking Required

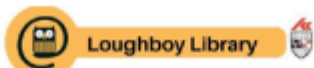
WEEKLY | Loughboy Library Weekly Online Clinic | Tuesdays | 2:30pm to 3:30pm
 Would you like to learn more about the wealth of online resources available from Kilkenny Libraries such as Borrowbox & Universal Class?
No Booking Required.

WEEKLY | Games Group | Fridays | 6:10pm to 8pm
 The Games Group meet every Friday evening in Loughboy Library for board and card games.
Booking Required.



WEEKLY | Knitting Circle | Wednesdays | 10am to 12pm
 The Knitting Circle meet every Wednesday morning in Loughboy Library. Contact the group for more details.
Booking Required.

WEEKLY | Creative Writing Group | Tuesdays | 11am to 12:30pm
 The Creative Writing Group meet every Tuesday morning in Loughboy Library.
Booking Required.



Why not become a member of Loughboy Library?
Help us to reach our Library Membership Target for 2025!

Loughboy Library is hoping to reach its library membership target for this year and we need your help! Did you know that a library membership only lasts for a year? So, if you or your family haven't visited Loughboy Library recently, please do pop in or give us a call and we can let help you to renew your membership for another year. Or to join as a new member, if you're not already with us. If you wish, you can also receive our monthly newsletter with details of upcoming events and our latest news! Please help us, so we can continue to help you.

MONTHLY | Adult Book Club | First Thursday of every month | 10am to 11am
 The Adult Book Club will be discussing Persuasion by Jane Austen . Come along to the meeting to join in with the discussion.
No Booking Required



CHILDREN'S EVENTS

WEEKLY | Toddler Storytime and Magic Table | Fridays | 10am to 10:30am
 Join us for storytime and interactive magic table - no need to book, just come along and enjoy. All are welcome.
No Booking Required.

MONTHLY | Junior Book Club | First Wednesday of every month | 3:30pm to 4pm
 The Junior Book Club is for children aged 10 to 12 years and meets in Loughboy Library. The next club meeting will discuss Stitch Head by Guy Bass.
Booking Required.

Interactive Magic Table
 The Magic Table is ideal for children, young people and adults living with dementia, autism, neurodivergence, social or learning differences. Groups of up to 6 can comfortably sit or stand around the table. Children must be accompanied by an adult. the table is not available from 3:30pm during school terms.
Booking is recommended



Regular Events for Children



Offaly Libraries



Offaly Libraries celebrated Bealtaine during the month of May and a wonderful time was had by all. Over 50 events were hosted with over 700 attendees. Participants enjoyed crafts sessions, storytelling, poetry readings, choir recitals, art exhibitions and connecting with each other over a cuppa. Offaly Libraries were very proud to partner with LOETB's Community Education service in the delivery of our Needle Felting Workshops across the county. We look forward to celebrating Bealtaine again next year.



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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