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International Updates 



3rd World Congress of Age Friendly Cities and Communities in San Sebastián

Members of our Age Friendly Ireland team are delighted to be in attendance at the 3rd World Congress of Age Friendly Cities and Communities in San Sebastián, this week.

Our National Programme Manager, Emer Coveney and our National Technical Programme Manager were thrilled to take part in the Housing Breakout Session on Tuesday. Speaking

on how Age Friendly Ireland is a national organisation that is bringing about a transformational change in how Irish society prepares for population ageing.

Our Regional Programme Manager for the West, Dara McGuigan then had the opportunity to speak at Plenary 4 - Strengthening peer support and collaboration.

Across the few days, Age Friendly Ireland also had the opportunity to showcase posters on various projects and initiatives around Ireland. Our National Network of Older People's Councils Chair and Vice Chair, Catherine Lenihan and Liz Downes supported with these, with Catherine presenting on the Older People's Councils, and Liz presenting on Intergeneration Connections through the Hi Digital Programme. Declan, Dara, and Claudia Roessing from our Research section presented on Age Friendly Housing, Universities, Transport and Closing the Loop for Age Friendly Futures. These posters proved a fantastic chance to outline the work being done across communities around Ireland.

An inciteful few days, with fresh ideas to bring home!

National Updates

FraudSMART warning – Beware of courier card scams

Scam Warning

How the scam starts

The scam usually begins with a text message claiming there has been suspicious activity on your bank account. The message can look genuine and may even appear to come from your bank.

You may be asked to reply to the message or to click a link. If you do, the fraudsters then have a way to continue the scam.

The follow-up call

Shortly afterwards, you may receive a phone call from someone claiming to be from your

bank's security or fraud team. The caller sounds professional and reassuring but creates a strong sense of urgency.

They may tell you that your card is at immediate risk and mention convincing (but false) transaction details. The aim is to stop you from taking the time to check independently.

Card collection at the door

You might be told that, for security reasons, your bank card must be collected immediately. The caller may say that a courier or taxi has been arranged by your bank.

During the call, the fraudster may ask you to disclose your full PIN or to enter it in on the phone. Some people are told to delete their banking app as part of what is described as a "security process".

No bank will ever send someone to your home to collect your card. Once the card is handed over, it is immediately used to withdraw cash or make purchases.

Why this scam works

These scams are designed to be extremely convincing. Victims often report that they genuinely believed they were speaking to their own bank. The messages look authentic, the caller sounds professional and appears knowledgeable, and the pressure to act quickly can make it hard to stop and think. Fraudsters use tried and tested tricks that can catch anyone off guard especially when they make it seem like your money is at risk.

How to protect yourself if you suspect a scam

1. Your bank will never ask you for your full PIN, either verbally or by asking you to key it into your phone.
2. Your bank will never ask you to delete your banking app.
3. Your bank will never send a courier or taxi to collect your bank card.
4. If you receive an unexpected call or text about suspicious activity, do not respond. Contact your bank using the number on the back of your credit or debit card or listed on the official bank website.
5. If you believe you may have been targeted, contact your bank immediately and report the incident to your local Garda station.

Learn More



Creating connected places for health and well-being:

A conversation on cities and communities for social connection across the life-course

25 June 2026 | 12:00–13:30 CEST

Online webinar (Zoom)

With interpretation into all UN languages



Join the WHO on 25 June for an online Connection Conversation on social connection in cities and communities

Registration is open for the next Connection Conversation, and it brings two communities into one conversation: those building age-friendly cities and communities, and those working to strengthen social connection and reduce loneliness.

Creating connected places for health and well-being: A conversation on cities and communities for social connection across the life-course

Thursday, 25 June 2026

11:00–12:30 CEST – find your timezone

Online webinar (Zoom) - with interpretation into all UN languages

The session also soft-launches a new living guide from the WHO Commission on Social Connection and the WHO Global Network for Age-friendly Cities and Communities,

translating the Commission's findings into practical action for cities and communities.

The online conversation will feature a contribution from Minister Hitoshi Kikawada, Minister of State for Measures for Loneliness and Isolation, Japan, and Commissioner on Social Connection, alongside city and academic leadership.

Register Here

COUNTRYLIVING

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55's

Reach Ireland's Most Loyal, Engaged and Influential Readers

The *Over 55's Irish Country Living* special with the *Irish Farmers Journal* will connect your brand directly with one of Ireland's most established and financially secure audiences.

Today's over-55 reader is active, experience-driven and investing in quality living — from travel and health to home, gardening, leisure and wellbeing.

They are planning hotel breaks, attending festivals, improving their homes, prioritising wellness and enjoying more freedom than ever before.

THIS PREMIUM LIFESTYLE FEATURE IS IDEAL TO SHOWCASE:

- Irish hotel escapes and travel inspiration
- Health and wellbeing advice
- Gardening and outdoor living
- Festivals and experiences around Ireland
- Food, lifestyle and leisure
- Smart living and planning for the years ahead

WHY ADVERTISE?

This trusted editorial environment gives advertisers the opportunity to:

- Reach a highly engaged national audience
- Connect with readers who have strong spending power
- Align with positive, aspirational lifestyle content
- Showcase products and services in a brand safe environment
- Benefit from the trusted reputation of the *Irish Farmers Journal* brand with dedicated print promotion and digital options through www.farmersjournal.ie, this feature offers an excellent platform to position your business in front of a valuable and loyal Irish audience.

BOOKING OPPORTUNITIES AVAILABLE NOW

ON SALE: JUNE 25TH

COPY DEADLINE: JUNE 18TH

In case you haven't already booked your holidays this year, why not join Marty in Spain for a Marty Party

The Marty Party

What's included ?

1ST OF OCTOBER - 8TH OF OCTOBER 2026

- Return flights from Ireland to Alicante+20kg Bag pp.
- Return Coach Transfers from Airport to the Hotel.
- 7 Nights stay in 4R Diamante Hotel and Spa on Dinner, Bed and Breakfast basis.
- Entertainment each afternoon + six of the seven evenings in the Hotel.

**For more information contact
Deirdre 0857539038**

4* 4R Diamante Hotel and Spa

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Local Updates



Introduction to Artificial Intelligence (AI) for Older Adults

An “Introduction to Artificial Intelligence (AI) for Older Adults” course started on 18th June 2026 at the Listowel Family Resource Centre. The course is being delivered by the Academy for Good at Maynooth University in partnership with Kerry PPN and Kerry Age Friendly. Older people from across the county are attending along with members of the Kerry Older People’s Council Executive. Over three mornings, the course explores what AI

is, how it is already affecting everyday life and how to use technology in a more informed way.



Roscommon's Older People's Council Visits Leinster House

On Wednesday, 17th June 2026, a group of thirty members from Roscommon Older People's Council and Roscommon County Council's Age Friendly Programme visited Leinster House at the kind invitation of Dr. Martin Daly, TD.

Upon arrival, the group was warmly welcomed by Dr. Daly and a commemorative photograph was taken at the Plinth. This was followed by a highly informative and engaging guided tour led by Deborah. The visit began with a trip to the public viewing gallery, where attendees had the unique opportunity to observe proceedings live in the Dáil Chamber, an experience that was both fascinating and memorable.

The tour continued with an overview of the rich history of Leinster House before the group proceeded to the Seanad chamber. Here, a special welcome was extended to Roscommon Older People's Council and to Roscommon's Age Friendly Ambassador, Paddy Joe Burke. Sincere thanks are due to Roscommon Senator Gareth Scahill for arranging this thoughtful and memorable gesture.

The visit concluded in the main entrance hall of Leinster House, where the group was greeted by Frank Feighan, TD, alongside Dr. Martin Daly, TD and Senator Gareth Scahill. A second group photograph was taken to mark the occasion.

Following the tour, the group crossed the road to Buswells Hotel, where they enjoyed a delightful lunch and had the opportunity to reflect on the day's events. They were pleased to be joined there by Roscommon Councillor, Larry Brennan.

This visit was a truly special and memorable experience for the members of Roscommon

Older People's Council, who constantly give their time and knowledge to support initiatives that make Roscommon one of the best places in Ireland to grow older.

Sincere thanks are extended to Dr. Martin Daly for the invitation, which was greatly appreciated. Gratitude also to Roscommon Civil Defence and Kilbride Community Centre for providing the transport. Special thanks to the drivers, Andrew Fox and Tom Garvey, for their kindness and accommodation throughout the day.



World Elder Abuse Awareness Day

Monday 15th June was World Elder Abuse Awareness Day - Bob Gilbert, Cavan Age Friendly Ambassador requested that the day was marked by Cavan County Council.

There was a photocall at 3.30pm on Monday 15th June 2026 at the Courthouse, Farnham Street, Cavan. Cathaoirleach Cllr Carmel Brady was present as was Eoin Doyle, Chief Executive of Cavan County Council and representatives from Cavan Age Friendly Alliance and Cavan Older People's Council.

Press Release below from Cavan Age Friendly Ambassador Bob Gilbert

The United Nations and The World Health Organisation have designated June 15th as the Annual International Elder Abuse Awareness Day. When two such august bodies come together to create an awareness day it is surely a recognition of how insidious and widespread this crime is. It is also a recognition that Elder Abuse is under recognized and under reported. It is an acknowledgement and recognition that Elder Abuse is a public

health and human rights issue.

This Awareness Day is a reminder that the conversation must be continued until society decides what needs to be in place to effectively prevent, identify and respond to Elder Abuse. This is not an issue that one organisation can tackle on its own but must have a whole of society solution.

Someone must start the conversation! I attempted to start the discussion by writing a short play on the subject, which was read at the AGM of Cavan Older People’s Council last year. I am encouraging all older people’s organizations to take up the conversation and to put pressure on the country’s decision makers to take whatever action is deemed necessary to eliminate this poison from our midst. Society must be educated to be aware that Elder Abuse is any action, word or omission that causes pain, stress or anxiety to an older person.

Our silence gives succour to the perpetrators of abuse. Let us bring the subject out into the public arena, and maybe, just maybe an abuser will be shamed into abandoning their heinous practice. Let us please do it today – tomorrow may be too late for some victim, or victims of abuse.



Clare Older People Volunter Recognition Awards 2027

National Volunteer Recognition Awards Marked 11 Years of Celebrating Community Champions

The National Volunteer Recognition Awards were held recently, marking the 11th year of the event, and bringing together community members, organisations, and supporters to

celebrate the outstanding dedication and contributions of volunteers. The event was organised by the Clare Older People's Council (OPC) and supported by the Clare Age Friendly Programme.

The awards recognised the vital role that volunteers played in strengthening communities, supporting older people, and enhancing wellbeing across the region. The evening provided an opportunity not only to honour individual achievements, but also to reflect on the collective impact of volunteerism.

Guests were welcomed and seated by members of the Clare Older People's Council, with the event opened through an engaging introduction by master of ceremonies, Mike Hanrahan, Clare's Age Friendly Ambassador, who also presented the work of the Music Network's "Making Music in Clare for over 60's" participants. Musical performances from participants added a vibrant and inclusive start to the evening.

Opening addresses were delivered by:

- Cllr. Paul Murphy, Cathaoirleach
- Jason Murphy, Director of Services

Both speakers highlighted the importance of volunteerism and acknowledged the immense contribution volunteers make to communities across Clare.

The evening was expertly compered by Larry Hally, Chairperson of Clare Older People's Council, who guided attendees through the awards programme and introduced the nominees across two segments of the ceremony.

A key feature of the event was a series of nominee videos, which provided insight into the dedication and community impact of those being recognised. These were central to the celebration and offered a meaningful reflection on the work of volunteers.

Entertainment throughout the evening was provided by musicians:

- Aidan McMahan
- Mike Butler
- Michael Landers

Their performances during the interval and post-ceremony created a warm and celebratory atmosphere for all in attendance.

On the night, the following nominees were honoured for their exceptional service:

- Agatha Morgan
- Pat O'Brien
- Gabriella Hanrahan
- Gerard Fahy
- Mary McMahan
- Owen O'Mahony
- Rose Greene
- Parmajitt Noete
- Rosemary Tully
- James Lafferty
- Pat White

Each nominee was recognised for their commitment, generosity, and lasting contribution to community life.

In a special moment, all nominees were invited to the front of the stage where they were

presented with certificates and gifts by Cathaoirleach Cllr. Paul Murphy, Leas Cathaoirleach Cllr. Mary Howard assisted by Larry Hally and Mike Cusack, followed by a group photograph to mark the occasion.

The evening concluded with refreshments and further music in the foyer, allowing guests to come together in a relaxed and celebratory environment.

The continued success of the awards, now in their 11th year, reflects the strength of community spirit in Clare and highlights the ongoing importance of recognising those who give so generously of their time. The Clare OPC, supported by the Clare Age Friendly Programme, remains committed to promoting and celebrating volunteerism into the future.



**World Elder Abuse Awareness Day Monday
15th of June, 12 - 15pm, in Moyross
Enterprise Centre Limerick**

Limerick HAFH coordinators Jillian Robinson and Helen Creed were delighted to have a stand at the WEAD event held in Limericks Moyross Enterprise Centre. The theme for the WEAAD this year is:

'How we support Older people with Eating, Hydration and Mealtime Experience. Food and nutrition are not only essential for health and well-being, they are central to dignity, autonomy and quality of life. They are also areas where abuse and neglect occur,

sometimes subtly and at times with significant impact'.

There were numerous stands at the event centred on food and nutrition including meals and wheels service in the region . Other agencies present who support older people in the community included:

- SAGE, ADAPT, Healthy Age friendly homes, TASK, Mens Aid
- Ryan Meany Chronic Pain management
- Limerick Sports partnership
- Safeguarding
- Social Prescriber
- Food Bank Information (Simon Community)

The event was well attended and raised awareness and support for older people in the community.

Six conversations on different climate issues over a cup of tea

Over 55s Climate Course

Free 6 weeks climate course with Jacinta Barrins, Former UN Diplomat and Climate Mentor

Each Wednesday 11am - 1pm
Old Courthouse, Lifford

To book this FREE course please:
Email: rmahony@donegalcoco.ie
Phone: 087 251 0128

Why take climate action?

- Week 1: 16th September 2026**
Understanding Basics
- Week 2: 23rd September 2026**
Changing Behaviour
- Week 3: 30th September 2026**
Carbon Footprint

Which action to take?

- Week 4: 7th October 2026**
Choose one action
- Week 5: 14th October 2026**
Examine the action
- Week 6: 2nd December 2026**
Share progress

Tea/Coffee and refreshments provided.



Climate Action Course – Old Courthouse, Lifford

Interested in learning more about climate change in a relaxed and welcoming setting? Join our free six week course in the Old Courthouse, Lifford, specially designed for older persons. Each session uses simple, practical examples and allows plenty of time for chat, questions and sharing experiences over a cup of tea.

It's a great opportunity to learn something new, meet others in the community, and enjoy a supportive, social environment.

To book your place, contact Rosita at rmahony@donegalcoco.ie or call 087 2510128. Places are limited, so early booking is recommended.



Past traditions spark lively memories in Roscommon

Visit from local museum brings music, storytelling and rural history to life for nursing home residents

Residents at Sacred Heart Nursing Home were taken on a heartfelt journey through Ireland's rural past during a recent visit from Charlie Finneran of Derryglad Folk & Heritage Museum, as part of the Community Linkage Project.

Bringing with him a carefully selected collection of artefacts, Charlie offered residents a rare opportunity to reconnect with the everyday objects and traditions that shaped their younger years. From the outset, the items sparked recognition, conversation and, in many cases, cherished memories.

The afternoon began in relaxed fashion with tea, coffee and apple tart, accompanied by music from a vintage record player. A standout moment followed when a 90-year-old resident delivered a touching rendition of Danny Boy. Her performance was met with warm appreciation, and she later spoke with pride about her involvement in a musical group in her youth.

As the artefacts were introduced, residents eagerly shared their own knowledge and experiences. The process of butter-making prompted particular interest, with one resident describing in detail how it was once carried out weekly in her home — from separating the cream to churning and working the butter by hand using wooden spades.

The display of a turf spade brought further stories to the fore, with residents recalling long days spent on the bog, cutting and footing turf and leaving it to dry over several weeks. The hard physical work was a common theme, as too were memories of midges on summer evenings.

Other items, including rush lights, lanterns, delph ware and traditional soaps, encouraged further reflection. The familiar scent of Lifebuoy soap, passed around the room, drew smiles and sparked lively discussion among the group.

The visit highlighted the strong connection older generations still have to Ireland's rural traditions and way of life. It also underlined the importance of creating opportunities for those stories to be shared and preserved. Staff at the nursing home were commended for their support in facilitating the event, which was enjoyed by all who attended.

For those wishing to explore Ireland's past at their own pace, Derryglad Folk & Heritage Museum offers a rich collection of artefacts and insights into the lives of earlier generations — a worthwhile visit for families and heritage enthusiasts alike.



Assisted Decision Making

Dublin Northwest Partnership in collaboration with the Ballymun Law Centre and the North Dublin Citizen Information Centre are delighted to offer the following workshops

Assisted Decision Making (Capacity)

Tuesday 30th June

2:30pm - 3:30pm

AXIS Centre, Main Street, Ballymun, Dublin 9

The Assisted Decision-Making Act came into effect in April 2023. It is there to deal with situations where a person may have difficulties with making certain types of decision and to provide for ways to plan ahead for a time when that might happen in the future.

Come along if you would like to learn more about the how the Assisted Decision Making Act works in practice.

Delivered By:

Peadar Browne, Legal Aid Board

Peadar Browne is Managing Solicitor of the Dublin Assisted Decision-Making Service of the Legal Aid Board and has been dealing with applications under the 2015 Act since its commencement. Peadar has extensive experience of the process in the Circuit Court in Dublin, working closely with Judges, the HSE, the DSS and other stakeholders.



HSE Age Strong, Live Long Islands Event

The Healthy Age Friendly Homes team in Mayo and Galway attended the 'HSE Age Strong, Live Long Islands Event' which was successfully delivered across four offshore island

communities last week, with support from partner organisations including University of Galway, National Broadband Ireland (NBI), RISE, and local community stakeholders. Held simultaneously on Clare Island, Inishturk, Inis Meáin, and Inishbofin, the HSE-led initiative focused on promoting healthy ageing, community wellbeing, and social connection for older people living in rural and island communities.

The event welcomed Island residents, carers, healthcare professionals, community groups, and local service providers, providing opportunities for engagement, information sharing, and access to practical supports designed to help people remain active, independent, and connected within their communities.

The programme included information stands, round table discussions, panel discussions with expert speakers, and opportunities for island residents to engage directly with HSE health and wellbeing services and partner organisations. Islanders also had the option to participate online, supporting accessibility across all participating locations.

Attendees received guidance and support in areas including:

Healthy ageing at home, home safety and independent living supports
Preventative healthcare' nutrition, mobility, and physical wellbeing
Digital inclusion and community connectivity

The initiative reflects the HSE's ongoing commitment to delivering equitable, community-based health and wellbeing supports to island and rural populations.

Speaking following the event, Marie Alexander HSE Integrated Care Programme for Older Persons (ICPOP) Operational Lead, Mayo said, "This programme was about empowering our older population with the knowledge, confidence, and connections they need to remain independent and engaged within their communities.



TWO CARE AND REPAIR PROJECTS BENEFIT FROM COMMUNITY RECOGNITION FUNDING

Wicklow County Council is delighted to announce that funding received under the Community Recognition Fund 2024 has been used to provide two vehicles each for two Care and Repair projects in the county; one run by the County Wicklow Partnership and the other by the Bray and North Wicklow Area Partnership. The provision of dedicated vehicles funded through the Community Recognition Fund is a significant step; enabling additional supports such as transport for medical appointments and prescription collection, ensuring that even the most isolated residents in rural Wicklow are not forgotten, but seen, supported, and reached.

County Wicklow Partnership's Helping Hands Care and Repair Project, while in its infancy, is becoming an important asset in the local community and facilitates older people being able to have small repairs carried out and transport needs facilitated, where public transport may not be an option, such as for medical appointments. The acquisition of the car and the van are already proving invaluable in providing assistance to older people in the area.

Bray & North Wicklow Area Partnership's Care and Repair Project has proved very successful over the past five years in providing much needed small repairs to older adults in the community. The vehicles will allow the team members to provide an enhanced service now that their vans are in action. The new vehicles purchased with the grants received enable the CARA social enterprise service provide enhanced support to older people living in Bray and North Wicklow area communities.

Commenting on the projects, Cathaoirleach of Wicklow County Council, Cllr. Melanie Corrigan stated that, "What makes this initiative so special is that it goes beyond repairs. It is built on dignity, security, and trust. It recognises that social connection is just as important as practical support, and that a friendly face at the door can mean as much as the work itself."

Chief Executive of Wicklow County Council, Emer O'Gorman welcomed both initiatives stating that, "These projects are both truly valuable social inclusion initiatives that support older and vulnerable people to live safely, independently, and with dignity in their own homes."

Director of Services, Wicklow County Council, Michael Nicholson commented that, "The service offers a friendly, reliable solution for small but essential home maintenance tasks that are often too minor for professional tradespeople but critical for safety and wellbeing."

Department of Social Protection funding enables the provision of personnel for the projects via the Rural Social Scheme for County Wicklow Partnership and the Community Employment Scheme and TÚS for Bray & North Wicklow Partnership.



Digital Skills Workshops at ATU Mayo Campus

Mayo Age Friendly, in collaboration with ATU Mayo Campus and Re-Think Ireland, successfully delivered a series of Digital Skills Workshops for older people earlier this year.

The first workshop took place on 11th March 2026, with a total of six sessions held on Wednesdays throughout March and April. The programme will resume in September, when ATU students return to campus.

This intergenerational initiative pairs volunteer ATU students with older participants, providing one-to-one support in using mobile phones, tablets and laptops. Delivered in a relaxed and welcoming environment, with refreshments provided, the workshops encourage both learning and social connection.

The sessions have been very well attended, with valuable knowledge exchange and meaningful conversations taking place between students and participants. The benefits have been clear for everyone involved, and there is great enthusiasm for the workshops to recommence in September.

Library News

Bunclody Library Knitting Group

The knitting group meets every Thursday, 10.30am to 12.30pm. All welcome, no booking required.

Classic Film Club for Adults – Friday 26th June, 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.

Loughboy Library Weekly Online Clinic

Tuesday 23rd 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 24th 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!

A Talk on Healthy Living for Older Adults in Loughboy Library

Thursday 25th June from 10.30 – 11.30am

A talk on healthy living for older adults, exploring ways to support wellbeing and maintain a good quality of life. The session will offer practical tips and helpful insights to encourage healthy and positive ageing.

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.

New Chess Club in Castlecomer Library

Saturday 20th of June from 11.00 am – 12.00 pm

Our Chess Club continues every second Saturday, 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

New Poetry Group in Castlecomer Library

Thursday 2nd of July from 2.00 – 3.00pm

Join Lori for a brand-new monthly Poetry Group, where we'll read, write, chat and enjoy poetry together in a relaxed, friendly space. All levels are welcome - whether you're a complete beginner, a curious dabbler, or someone who already loves putting words on a page.

Each session will include gentle writing prompts, shared reading, and time to explore your own voice. Bring a notebook, bring a friend, or just bring yourself.

Tea and coffee provided.

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.

Changing Gears Course in Mayfair Library

Starting Thursday 16th July, 11.00am – 1.30pm

This is a 5 week course and participants are asked only to book a place if they can commit to all sessions.

Changing Gears is a course provided by Age & Opportunity which is designed to boost wellbeing and resilience for those aged 50+ years. It supports people to manage transitions/change in mid to later life.

The change may be to do with: retirement, having more free time, bereavement, job-loss, ill health, becoming a carer or relationship breakdown.

Changing Gears runs over 5 weeks with weekly sessions of 2 ½ hours.

To book your place please contact Fiona on

engage@ageandopportunity.ie or call on 01 9133922. You can also book with the Mayfair Library by phoning 056 7794174 or emailing mayfair@kilkennylibrary.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.

Monaghan Libraries

PEACEPLUS
Northern Ireland - Ireland
Co-funded by the European Union and UK Government

Innovation Insight
Digital Fabrication Lab Workshop with DS3 Mobile Labs
Not just for techies! Learn how 3D printers work, try your hand at CAD Design and fabricate your own Laser-cut item to take home. (Full day workshop, 10am-3pm)

Innovation Insight
Multimedia Workshop with DS3 Mobile Labs
Discover Drone technology, 360 degree camera Podcasting equipment, editing software & more!

Workshop dates:
Clones Library - 12th June @ 10am
Monaghan Library - 12th June @ 2:30pm
Castleblayney Library - 26th June @ 10am
Carrickmacross Library - 26th June @ 2:30pm
Register your interest at Library desk or email libraryactivities@monaghancoco.ie

Workshop dates:
Castleblayney Library - 10th June @ 10am
Carrickmacross Library - 24th June @ 10am
Register your interest at Library desk or email libraryactivities@monaghancoco.ie

FREE BUT BOOKING REQUIRED

Logos: DS3, MONAGHAN COUNTY LIBRARIES, Leathobanna Clonrea, ICBAN, PEACEPLUS, European Union, UK Government, Monaghan County Council, Northern Ireland Executive.

If you would like a PDF version of the newsletter, please click [HERE](#)

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- 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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