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National Updates



GAA X HSE Dementia: Understand Together

Yesterday marked the launch of an exciting collaboration between HSE Dementia: Understand Together and the GAA to encourage clubs across Ireland to become more dementia inclusive. Standing together on and off the pitch.

A big thank you to the McCague family for sharing former GAA president Seán McCague's story, to the GAA and GAA President Jarlath Burns, players John and Niamh Hetherington, and to Colin Regan at GBHI, for their support. Thanks also to our panel today for sharing your

experience, and to Scotstown Football Club for bringing our campaign video to life.

They come together again on 12 July for their activation day, to show that the GAA is somewhere we all belong.

[Seán's Story](#)

[Learn More](#)



Annual Report

S i e l B l e u A n n u a l R e p o r t

Siel Bleu are pleased to share with you the 2025 Annual Report of Siel Bleu Ireland, highlighting an important year of growth and impact for the organisation.

Over the past year, they have continued expanding access to adapted physical activity programmes for older adults and people living with chronic conditions, helping more people across Ireland improve their mobility, independence, confidence, and overall wellbeing.

This report reflects not only the progress of the organisation, but also the collective impact created through collaborations with organisations that share the commitment to healthier communities and meaningful social impact.

Access the Full Report



*Better research.
Stronger communities.
Healthier lives.*

Invitation to participate

in a pilot study exploring
resistance exercise snacks
in older adults.

We are conducting a research study at University College Dublin (UCD) exploring the feasibility and acceptability of short bouts of resistance exercise (called 'exercise snacks') to older adults. If you are interested in a flexible and time-efficient approach to increase your strength and fitness, **exercise snacks** might be for you.



Participation involves:



Pre- and post-intervention fitness testing at UCD's High-Performance Gym.



Performing two 5-minute resistance exercise sessions at home per day, 6 days per week, for 4 weeks.



Participating in a post-intervention interview so researchers can understand your experiences of doing exercise snacks at home.



All exercises are designed to be performed in the comfort of your own home and require no previous experience.



If you are interested in participating or would like to learn more, please contact:

James Murray
james.murray4@ucdconnect.ie



We appreciate you taking the time to consider participating in this important research.

James Murray

Chartered Physiotherapist | PhD Researcher
UCD School of Public Health, Physiotherapy, and Sports Science



Collaborative
Working together to improve research and health.



Inclusive
Every perspective helps build better, more relevant studies.



Impactful
Your voice helps create research that makes a real difference.

Local Updates



Midland's Sports Taster Day

The team in the Westmeath County Council were delighted to welcome Minister of State for Older People and Housing, Kieran O'Donnell TD, to officially open the Age Friendly Ireland Midland's Sports Taster Day, celebrating Active Ageing in the Region in the International Sports Arena at Technological University of the Shannon, Athlone Campus.

The staff surpassed themselves again in organising a super event and everything went swimmingly. Everyone present really enjoyed the day, the variety of events, the lovely packed lunch and the venue was excellent. Of course, it was great to also welcome, Minister Boxer Moran present and Cllrs Tom Farrell and John Dolan. CE of Westmeath County Council, Barry Kehoe spoke and it was great to have him and Cllr Farrell present as members of Westmeath Age Friendly Alliance.

The event welcomed representatives from Older People's Councils and older people's groups from across the Midlands region, including Longford, Laois, Offaly, Roscommon and Westmeath, and highlighted the importance of physical activity, social connection and wellbeing in later life, showcasing a range of activities that cater for all abilities and interests.

Regular physical activity helps older people maintain their independence, improve their physical and mental wellbeing and reduce social isolation.

Events like the Age Friendly Midlands' Sports Taster Day are a great resource to showcase local initiatives for older people to stay active, try something new and make new connections.

By creating more opportunities for older people to engage in physical activity, we can better support healthy ageing with independence.

Activities included:

- ◆ Walking Football, offering a fun, low-impact team sport
- ◆ Activator Poles sessions, promoting balance and mobility
- ◆ Tai Chi, supporting relaxation and coordination
- ◆ Seated Yoga, encouraging gentle movement and flexibility
- ◆ Dancing, bringing energy and enjoyment to the day
- ◆ STEM-based games, adding a creative and engaging dimension



Tullamore & Edenderry

Tullamore Library

July – Tullamore Library

- Fibre Crafting Group takes place fortnightly, Tuesday at 18.00
- Wordsmiths Writing Group every Thursday @ 18.00
- OurKidsCode – Intergenerational Family Event - Tuesday 28th July @ 5pm – 6pm
- Tullamore Gramophone Society lunchtime session – Friday 31st July @ 13.00

Edenderry Library

July - Edenderry Library

- Wednesday, July 22 at 18:00 - Wednesday Evening Book Club. New members welcome.

- Every Thursday at 10:00 - adult crochet group

Offaly libraries hosted an Age Friendly AI literacy training workshop this morning Thursday, July 9th. There was strong interest in the topic, and the event was very well attended.

WANT TO TRY SINGING?

Kerry in Harmony

Join a free community singing project where everyone is welcome. Meet new people, celebrate diversity and explore songs from different cultures!



**9 weeks
from
July 21st**



**Anam Centre
Killarney
V93 D628**



**Tuesdays
7pm-8pm**







**Creative
Communities**

Activities
Subgroup
Initiative



Rialtas Áitiúil Éireann
Local Government Ireland



Clár Éire Uddinach
Creative Ireland
Programme



0874053450
integration@kerrycoco.ie



KERRY Ciarraí
Community Integration Forum
Fórum Lánpháirtithe Pobail



KASI



**KILLARNEY
IMMIGRANT
SUPPORT CENTRE**



LAIT Kerry Ciarraí
Foireann Udarás Áitiúil um Imeachadh
Local Authority Integration Team

Kerry in Harmony

Kerry in Harmony is a new community singing initiative bringing people of all ages and backgrounds together through music. Inspired by the nationally recognised One Town One Voice model, the project offers a relaxed and welcoming environment where everyone can take part regardless of singing experience. The sessions are facilitated by Margaret O'Carroll in Tralee, and Mary Culloty O'Sullivan in Killarney, and the project is a collaborative work of the Activities Subgroup of the Kerry Community Integration Forum.

New groups are starting in Tralee and Killarney.

If you enjoy meeting new people, sharing songs, learning music from different cultures and being part of something positive in your community, we would love to welcome you. Research consistently shows that group singing can support wellbeing, confidence, and social connection, while simply being great fun.

Each group will meet for ten sessions before coming together with other signing groups for a big community sing to celebrate Culture Night at the Anam Centre, Killarney on Friday 18 September.

Transport will be provided for participants who wish to take part in this. If you have any questions, please contact 0874053450.



Raheny Age Friendly Social Morning

A wonderful morning was had by all at the monthly coffee meet up on 2nd July. 51 attendees and 10 volunteers came together to enjoy each other's company with tea, coffee and cakes.

There was a fascinating presentation from Elizabeth Kehoe, Historian in Residence, Dublin City Council on The O'Connell Street Memory Project. The Project has gathered local stories and historical anecdotes about this famous Street informing exhibitions for the Dublin Festival of History. Elizabeth recounted stories such as meeting under the famous Clery's clock, the TB XRay bus available to the public and visits to the Wimby in a most entertaining way. The presentation generated a huge level of interest and brought back memories for all attending. We look forward to having Elizabeth back for more historical reminiscing.

Library News



Bunclody Library Movie Karaoke Night for Adults, Thursday 16th July at 7-8pm

Join us here in Bunclody Library for a fun evening of karaoke with songs from some of the biggest movies of all time. The librarians are working on the set list as we speak, so warm up the vocal cords and come in for a fun event.

Skills for Life: Tech SOS Clinic, Thursday 23rd July, 7-8pm

Need help with your digital device (tablet, phone, or laptop)? Want to find out more about how to access the free library eResources like BorrowBox, Transparent Languages, Kanopy, Freegal and much more? Learn about the range of online resources accessible through Bunclody Library and become more confident using your device. This event is for adults only and it is also an Age Friendly event. Booking required:

<https://wexfordcoco.libcal.com/event/4564294>

Vodafone Foundation's Hi Digital programme for older people.

Wexford Libraries has partnered with the Vodafone Foundation's Hi Digital programme to improve digital access for older people through a tablet loan scheme.

The scheme is now available in Bunclody Library, allowing library members to borrow ready-to-use tablets with the Hi Digital course, preloaded data, and apps like BorrowBox and RTÉ Player.

Each tablet comes ready to go with internet access, helpful apps, and the free Hi Digital course already set up. Hi Digital, in partnership with ALONE, is a free Vodafone Foundation course helping older people build digital skills through simple lessons on smartphones, online safety, and everyday apps, supported by flexible, self-paced learning in a familiar community setting. The tablets can be borrowed for a period of up to four weeks, and assistance is available from library staff.

For more information, please contact the library by telephone at 053 9375466 or by email at bunclodylibrary@wexfordcoco.ie.

Loughboy Library Weekly Online Clinic

Tuesday 14th July from 2.30 - 3.30 pm

Would you like to learn more about the wealth of online resources available from Kilkenny Libraries?

Pop in to see us at our weekly online clinic and we can demonstrate to you how to use such fabulous online resources as Borrowbox, Universal Class and more!

No booking required. Just drop in!

Ciorcal Comhrá Gaeilge / Irish Conversation Group in Loughboy Library

Wednesday 15th July 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.

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.

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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