

To view this email in your browser, please [click here](#).



National Updates



2026 Judge's Visits

Last week kicked off the first of 3 consecutive weeks of Judge's Visits to our Shortlisted Projects for our 2026 National Age Friendly Recognition & Achievement Awards. The Judges have been blown away by the standard the last few weeks and are looking forward to the final week of visits coming.

A huge congratulations to every shortlisted project and thank you for your continued dedication. We look forward to celebrating with you all in the Limerick Strand Hotel in October.

View Shortlist Here



Health & Wellbeing Webinar

Join the HSE on Wednesday 2 September, 11:45am – 1pm, for the launch webinar for the HSE Health and Wellbeing Annual report for 2025. An overview of the work delivered and an update on the now and the next will be shared from many of our policy priority areas such as:

- Tobacco Free Ireland
- Alcohol
- Mental Health and Wellbeing
- Men's Health
- Healthy Eating and Active Living

- Sexual Wellbeing
- Training and Programme Design
- Stakeholder Engagement and Communications
- Sláintecare Healthy Communities

Register Here

4TH ANNUAL




Join us for a day of celebration, reflection, joy, education and participation

Event Highlights:

- Guest speakers
- Exercise sessions
- Participant voice
- ExWell Choir
- Warm dinner




SEPTEMBER 11, 2026

9:30AM - 4PM

PUNCHESTOWN, CO. KILDARE
W91 VCX4

TICKETS €20
(INCLUDING LUNCH)

Tickets on our ExWell APP or
ask a member of staff

SPEAKER TOPICS:

- BRAIN HEALTH
- STROKE
- HEALTHY AGEING
- LIVING WITH CANCER
- DIABETES
- LIVING WITH HEART FAILURE

For more information please visit www.exwell.ie/healthfair

Health Fair 2026

ExWell are delighted to announce that the ExWell Medical 2026 Health Fair will return on Friday, the 11th of September 2026 at Punchestown, County Kildare.

Read More

Local Updates



Kerry County Museum

At the July meeting of the Kerry OPC Executive, staff from the Kerry County Museum presented the early stages of an exciting collaboration between Kerry County Museum and Age Friendly Kerry. This collaboration is part of the Mindful Museum Project which provides inclusive dementia and age friendly services in the museum and through outreach services. As part of the collaboration, a series of interactive workshops will take place across Kerry as part of the Kerry Science Festival in November 2026. This project is funded by MTU and Creative Ireland. More details to follow soon!

STRENGTH & BALANCE



CASTLEBELLINGHAM

What is it?

Strength and Balance is an evidence-based falls prevention programme focused on building strength, improving balance, and supporting physical independence.

Suitable for older adults of all fitness levels

Location O'Connells Gaelic Football Club (Upstairs Hall)

Time Wednesdays 10:30am (Tea/Coffee after every session)

HOW TO JOIN

Free registration day
wednesday 8th April 10:30am

O'Connells Gaelic Football Club (Upstairs Hall)

- Complete registration form
- Ask coaches questions!

- Participants can also join by attending any of classes.

You can also register online via Louth Sports Partnership Eventbrite Page:



€30 FOR 11 WEEKS



Designed & delivered by LCC Sport – Supported by Age Friendly Louth & Louth LSP

LOCATION

O'Connells GFC, The Grove Field, Kilsaran, Castlebellingham, Co. Louth, A91 V02X

CONTACT

Tel: 042 9392987

Email: dundalksportscentre@louthcoco.ie

**Starting Wednesday
15th April for 11 weeks!**

€3 PAY AS YOU GO!

Payment via online link or cash at venue



STRENGTH & BALANCE



REDEEMER CENTRE



Location

Beechmount Drive, Dundalk,
County Louth, A91 PTT2



Thursdays

10:30am
(Starting 13th August)



HOW TO JOIN



Limited to 20 spaces! please email
(Tiernan.Shields@louthcoco.ie) to register interest.



A registration form can be completed at your first class.



Participants are welcome to join at any stage, once spaces are available.

€3 PAY AS YOU GO!

Payment via cash at venue



Designed & Delivered by LCC Sport – Supported by Age Friendly Louth & Louth LSP

LOCATION

Beechmount Drive, Dundalk, County Louth, A91 PTT2

CONTACT

Tel: 042 9392987 Email: dundalksportscentre@louthcoco.ie








ACTIVATOR POLES AT THE LIBRARY

3-Week Programme

Venue: Roscommon Town Library
Dates: 4th 11th & 18th Aug
Time: 6.00pm
Cost: Free

Book Direct with the Library

Learn the correct technique with qualified tutors from Roscommon Sports Partnership, then keep walking by borrowing Activator Poles from Roscommon Library – just like borrowing a book!

Library News



Loughboy Library Weekly Online Clinic

Tuesday 4th August 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 5th August 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!

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.

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.

Adult Book Club – Thursday 6th August at 7.30pm

Our adult book club meets on the first Thursday of every month. 'Carmilla' by J. Sheridan Le Fanu will be discussed at this month's meeting. New members are always welcome.

Memory Boxes

Our Memory Boxes initiative was launched in early June and is available to request through all library branches.

Each box contains a variety of sensory and reminiscence materials, including picture books, photographs, oral history CDs, scent items, and other resources designed to support

memory recall and engagement. These boxes are now available to borrow through all Wexford Libraries branches.

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



This email was sent to {personalemail}.

[Change your subscription preferences](#)

powered by sensorpro.app