



NEWSLETTER

Age Friendly FINGAL

FRIDAY 8TH MAY 2026

Fingal County Council is committed to driving a collaborative, multisectorial Age Friendly Programme which supports initiatives and activities to improve the quality of life of the current and future population of older people in Fingal. This is achieved through the work of Fingal's Older People's Council and Age Friendly Alliance, as well as the Interdepartmental Team.



**Comhairle Contae
Fhine Gall**
Fingal County
Council



**'IF YOU DESIGN FOR THE YOUNG YOU EXCLUDE THE OLD,
BUT IF YOU DESIGN FOR THE OLD YOU INCLUDE EVERYONE.'**

**In Irish tradition, "May flowers"
(gathered for May Day/Lá Bealtaine, 1
May) are yellow wildflowers like
primroses, marsh marigolds, and
buttercups, traditionally placed on
doorsteps, windowsills, and on cows to
bring luck and protect against evil
spirits and fairies. They symbolize the
start of summer and welcome the new
season.**



MAY IN FINGAL LIBRARIES

Click below

libraries.
fingal.ie



Clár Éire Ildánach
Creative Ireland
Programme



Bealtaine Festival
An Age & Opportunity arts initiative

Bealtaine i leabharlanna Fhine Gall

Aois & Deis | Féile Bhealtaine 2026

May in Fingal Libraries

Age & Opportunity | Bealtaine Festival 2026



Céard atá ar siúl i Leabharlanna Fhine Gall!
What's on in Fingal Libraries!

fingal.ie

Spring in Fingal Libraries 2026

So much to see, So much to do

Click below

libraries.
fingal.ie



Earrach i Leabharlanna Fhine Gall 2026

Go leor le feiceáil...go leor le déanamh!

Spring in Fingal Libraries 2026

So much to see...so much to do!



Céard atá ar siúl i Leabharlanna Fhine Gall!
What's on in Fingal Libraries!

fingal.ie



Come and join us for our
Chatty Café in
Blanchardstown Library!

Pop along, meet new people in
your community for a cuppa and
have a chat in a relaxed
environment. Suitable for over
18s, no booking required.

Join us on the following dates in
May from 2.15pm-3pm:
Tuesday May 5th
Monday May 11th
Monday May 18th
Monday May 25th





Fingal
Volunteer Centre
Ionad d'Obair Dheonach Fhine Ghall

POP UP in Libraries

Thinking of **VOLUNTEERING** in your
area or at one-off local events?
Drop in for a chat:

MAY 2026

Tuesday 5th May

Baldoyle Library: 10:00am - 12:30pm

Howth Library: 2:00pm - 4:30pm

Monday 11th May

Blanchardstown: 2:00pm - 4:30pm

Wednesday 13th May

Rush Library: 10:00am - 12:30pm

Thursday 14th May

Swords Library: 10:00am - 12:30pm

Malahide: 2:00pm - 4:30pm

Thursday 21st May

Donabate Library: 2:00pm - 4:30pm

Wednesday 27th May

Balbriggan Library: 10:00am - 12:30pm

Skerries Library: 2:00pm - 4:30pm





FREE EVENTS



Sing-along Social for over 55s

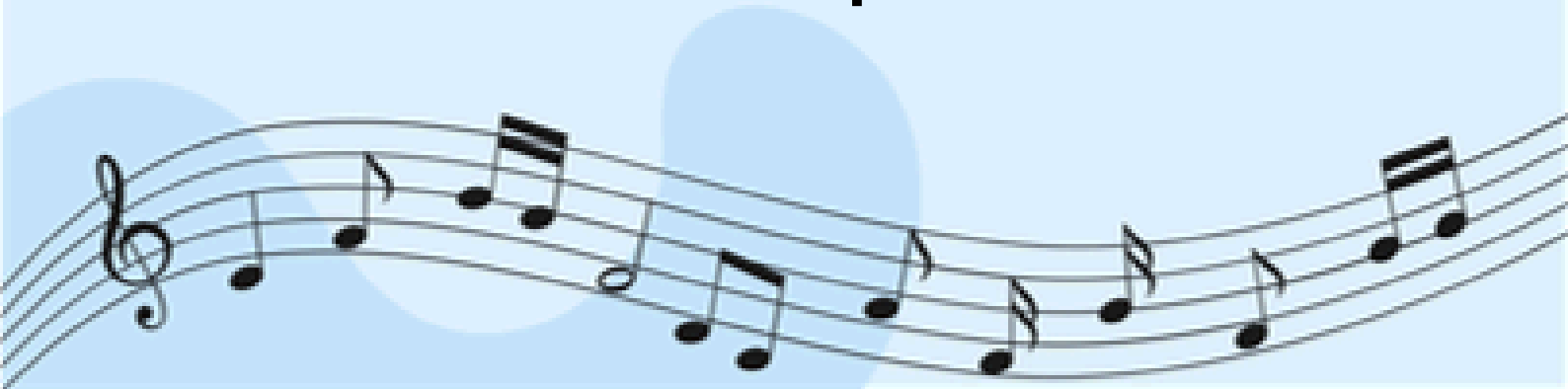


Join The Sunshine Spirits for a fun musical afternoon, filled with favourite tunes and good company.

Parslickstown House, Mulhuddart
Wednesday 13th May
3.00pm



Please note: Due to Health & Safety requirements in this restricted space, individuals with additional needs or those attending with a carer must **contact topc@fingal.ie in advance to secure a place.**





THE Alzheimer
SOCIETY OF IRELAND

Dementia Awareness and Information Evening

Hosted by North Dublin Dementia Adviser Service

Are you living with dementia or supporting someone that is? Join us to learn more about dementia, practical tips and legal considerations.

Speakers:

- ❖ Dr. Maria Moran, Consultant Psychiatrist Beaumont Hospital
- ❖ Dr. Odile Hally, Consultant Psychiatrist Beaumont Hospital
- ❖ Dr. Michelle Kelly, Associate Professor of Psychology, National of College of Ireland
- ❖ Dr. Marie O'Connor, Consultant Geriatrician. Connolly Hospital
- ❖ Jackie Golden, Family Carer

14th May,
5.30pm-8.30pm

Location: Celtic Suite, Croke Park
(enter via St Joseph's Ave)
Free parking available at
GAA museum



FREE EVENT
REGISTER NOW

You must register to attend this event as places are limited.

To register:

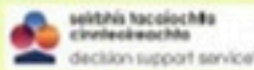
📞 Call 1800 341 341

or

✉ Email:

northdublindas@alzheimer.ie

Information
stands:





DUBLIN COLLEGE
FURTHER EDUCATION
AND TRAINING

SWORDS
THE PLAZA

YOU'RE INVITED!

***'It's Never Too Late to Learn'
Your next chapter starts here!***

FREE TALK

Date : Friday 15th May 9:30-11am

Location: The Plaza, Forster Way, K67 W260

To book  01 840 8946 or call into reception.

- ***Explore courses and opportunities***
- ***Get advice on where to start***
- ***Learn what's available in Swords and beyond***

Join this friendly, practical talk and discover how to take your first step back into learning.

This event is for over-55s. It is part of the Bealtaine festival, Ireland's national celebration of creativity as we age





DUBLIN COLLEGE
FURTHER EDUCATION
AND TRAINING

SWORDS
THE PLAZA

YOU'RE INVITED!

'Click with Confidence: Online Safety for Everyday Life'

*Learn how to spot online scams and
misinformation so that you can avoid tricksters
and be confident in the online world.*

Date: Friday 15th May 11:15-12.45pm

Location: The Plaza, Forster Way, K67 W260

To book  01 840 8946 or call into reception.

*This event is for over-55s. It is part of the Bealtaine
festival, Ireland's national celebration of creativity
as we age*



ddletb 

Board Oileannach agus Oiliúna Dúblainn agus Don Laigheán
Atha Cliath agus Oiliúna Laigheán Education and Training Board



CREATIVE

BRAINWAVES

TALKS & DISCUSSIONS ON THE
CREATIVE ARTS AND TECHNOLOGY
IMPROVING BRAIN HEALTH

22 **FRIDAY** **11:00AM - 3:00PM**
MAY CARNEGIE LIBRARY SWORDS
NORTH STREET, SWORDS. K67 N5H2


Light refreshments and lunch will be provided
Booking essential via [Fingal Libraries Eventbrite](#)



SCAN THE QR CODE
to book via Eventbrite

Creative Fingal are delighted to be partnering with the Global Brain Health Institute to deliver a session of talks and discussions around brain health. Curated by Atlantic Fellows for Equity in Brain Health, Karen Meenan and Mike Hanrahan, this event will

showcase global and local initiatives in creative arts, dementia, brain health, Parkinson's, and extended reality (XR), with talks, workshops, and performances aimed at promoting wellbeing through creativity and innovation.





**Over 50 and looking
to give back?**

VOLUNTEER EXPO

**30+ Local
and National
Organisations**

**JOIN US AT:
CROWNE PLAZA BLANCHARSTOWN
FROM 12:00- 3.00 PM**

23rd MAY

**Discover meaningful ways to share your
life experience**

- ✓ Flexible roles
- ✓ In-person & remote options
- ✓ A chance to connect, contribute & feel inspired!



www.volunteerfingal.ie
info@volunteerfingal.ie
087 401 7511 / 01 899 1921



FREE

AGE FRIENDLY SKERRIES MOVIE MATINEE IN THE LIBRARY

OLD MOVIES. GOOD COMPANY. GREAT MEMORIES

IF YOU LIKE OLD MOVIES AND WOULD LIKE TO SEE SOME OF THE OLD CLASSICS, SKERRIES AGE FRIENDLY IN COLLABORATION WITH SKERRIES PUBLIC LIBRARY ARE PLEASED TO ANNOUNCE THE INTRODUCTION OF "MOVIE MATINEE IN THE LIBRARY"

Last Wednesday of every month starting from

WEDNESDAY, 27TH MAY; 2PM-4PM

TO BOOK A PLACE, CONTACT SKERRIES LIBRARY AT
SKERRIESLIBRARY.LIBRARY@FINGAL.IE

If you would like to take a trip down memory lane,
this is the place to be

BOOKING IS ESSENTIAL

SKERRIES LIBRARY
SKERRIESLIBRARY.LIBRARY@FINGAL.IE

Over
55's

Walking Football

Lusk NS

(Every Saturday 12-1pm – starting April 18th)

Portmarnock Sports & Leisure Club

(Every Wednesday 11-12pm – starting April 22nd)

Balbriggan Sports Centre

(Every Friday 2-3pm – starting August 21st)

Open to anyone 55+ who is interested in some light fitness, having some fun and maybe even scoring a few goals!

Sessions are free, delivered by qualified tutors, and include a free cuppa afterwards. Feel free to bring along a friend or family member.

REGISTER
HERE



Anyone interested can contact:

Paul Keogh (086-044-4435) or email info@totalfootballsolutions.ie



Comhairle Contae
Fhine Gall
Fingal County
Council



ACTIVE TRAVEL AND SPORT



Comhairle Contae
Fhine Gall
Fingal County
Council



Maritime Festival

**BIA MARA ÁITIÚIL AGUS
SPRAOI SAOR IN AISCE
DON TEAGHLACH AR
AN BROMANÁID**



**23Ú & 24Ú
BEALTAINÉ 2026**



12-6 LN. GACH LÁ AR AN BROMANÁID ● ÚSÁID IOMPAR POIBLÍ ● PÁIRCEÁIL SHLÁN DO ROTHAR

Le tacaíocht
bhródúil ó
TESCO

**FAIGH TUILLEADH EOLAIS AG
WWW.EVENTSINFINGAL.IE**

**EXPLORE
FINGAL**

Click here: [Howth Maritime Festival - Events Fingal](#)

Learning Opportunities

Age Action is the leading advocacy organisation on ageing and older people in Ireland. Age Action advocates for a society that enables all older people to participate and to live full, independent lives, based on the realisation of their rights and equality, recognising the diversity of their experience and situation.



As part of our fight against digital exclusion, Age Action's Getting Started programme offers free, one-to-one, volunteer-led training supporting older people to use their devices with confidence.

**We are hosting our
Getting Started Digital Training in
Skerries Library
TuesdayMornings@
11:00 to 13:00**

**To enrol, phone Age Action
on 01-4756989/0818 911109
or email: gettingstarted@ageaction.ie**



SEAVIEW MEMORY CAFÉ

A welcoming place where people with memory difficulties along with their friends & families can meet, support each other, and learn more about memory loss and services in our area.

Location: O'Dwyers New Club House
Bremore Road, Balbriggan, Co. Dublin
K32TK53

3rd Tues of every month (except Aug)
starting **17th Feb 2026, 11am to 1pm.**

Free to attend, just pop in on the day.
Enjoy a cuppa and cake with music and information
on services available.



Fun Facts



**A shrimps heart is located
in its head**

**Flavoured Potato Crisps
were invented by an
Irishman, Joseph 'Spud'
Murphy in 1954**



Age Friendly
IRELAND

Click here for

AGE FRIENDLY IRELAND

NEWSLETTER