



# NEWSLETTER

## Age Friendly **FINGAL**

**FRIDAY 16TH 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.

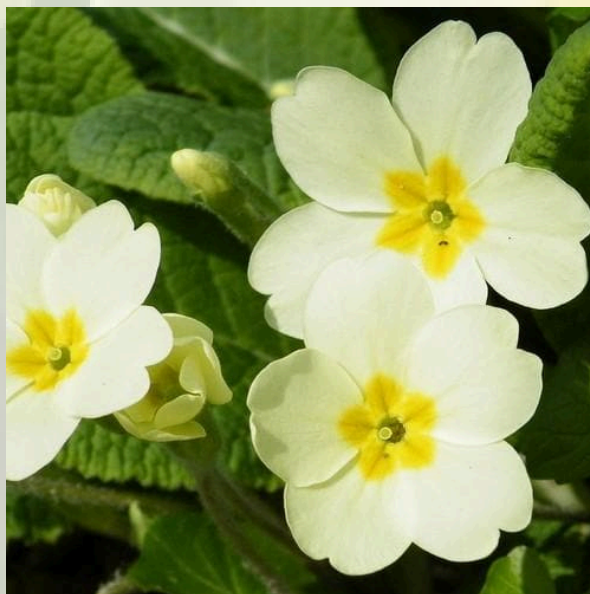


**Comhairle Contae  
Fhine Gall**  
Fingal County  
Council



**'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 5<sup>th</sup>  
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 5<sup>th</sup> May**

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

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

**Monday 11<sup>th</sup> May**

**Blanchardstown: 2:00pm - 4:30pm**

**Wednesday 13<sup>th</sup> May**

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

**Thursday 14<sup>th</sup> May**

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

**Malahide: 2:00pm - 4:30pm**

**Thursday 21<sup>st</sup> May**

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

**Wednesday 27<sup>th</sup> May**

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

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





# 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**

**23<sup>rd</sup> 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](http://www.volunteerfingal.ie)  
[info@volunteerfingal.ie](mailto: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, 27<sup>TH</sup> MAY; 2PM-4PM**

TO BOOK A PLACE, CONTACT SKERRIES LIBRARY AT  
[SKERRIESLIBRARY.LIBRARY@FINGAL.IE](mailto: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](mailto: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](mailto:info@totalfootballsolutions.ie)



Healthy  
Fingal

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 I.N. 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](mailto: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



**Venus is the only planet to  
spin clockwise**

**It's impossible to hum while  
holding your nose 😊**

# SUMMER WORKSHOPS



**SMARTPHONES FOR BEGINNERS**  
MONDAY 8<sup>TH</sup> JUNE 10:30 - 12:30



**ART (WATERCOLOUR PAINTING)**  
TUESDAY 9<sup>TH</sup> JUNE 10:30 - 12:30



**INTRODUCTION TO OFFICE SKILLS**  
WEDNESDAY 10<sup>TH</sup> JUNE 10:30 - 12:30



**GROW YOUR OWN PATCH**  
THURSDAY 11<sup>TH</sup> JUNE 10:30 - 12:30

**CONTACT US TO BOOK YOUR FREE PLACE!**



**(01) 841 7763**



**KEVINMCCABE@DDLETBAES.IE**



**DUBLIN COLLEGE**  
FURTHER EDUCATION  
AND TRAINING

**BALBRIGGAN**  
SARFIELD HOUSE

*All*  
**Welcome**

**ddletb** 

Bord Oideachais agus Oiliána Dublin and Dún Laoghaire  
Átha Cliath agus Dhún Leoghaire Education and Training Board



Age Friendly  
**IRELAND**

**Click here for**

**AGE FRIENDLY IRELAND**

**NEWSLETTER**

**15th MAY 2026**