



WELCOME TO OUR

4TH NEWSLETTER

ESFC Mobility Exchange Hosted in Ireland

In April, the European Seniors Friendly Communities (ESFC) project welcomed senior participants, facilitators and partner organisations from Spain, Italy and Ireland to County Meath for a four-day transnational mobility exchange focused on active ageing, social inclusion and community participation.

Hosted by Meath Partnership, the exchange brought together representatives from Aging2Future (Spain), Sinergia (Italy), and local Irish participants to share experiences, learn from community initiatives and strengthen cooperation across Europe.

Building Connections Through Community, Learning and Culture

The programme began in Kells, Co Meath, where participants explored local initiatives supporting older people through community engagement, wellbeing activities and social inclusion. Participants also shared examples of senior support programmes from Spain, Italy and Ireland. Gardeners Dynamic presented its community gardening initiatives, highlighting the role gardening can play in promoting wellbeing and social connection among older adults.



A visit to An Grianán Adult Education College in Termonfeckin focused on lifelong learning and the role of the Irish Countrywomen's Association (ICA) in supporting adult education and rural community life. Participants learned about the different arts and crafts classes offered at the college, including the skills and creative activities members engage in.



Gardeners Dynamic and the ICA also support the ESFC project through the promotion and sharing of project learning within their community and educational networks.

Participants also visited Martry Mill for a heritage and bread-making workshop, before concluding the exchange at the National Botanic Gardens in Dublin.

The mobility exchange created opportunities to build relationships, share ideas and strengthen cooperation between partner organisations working to support more age-friendly communities across Europe.

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