

MEATH COMMUNITY, RURAL AND SOCIAL DEVELOPMENT PARTNERSHIP CLG

SICAP CASE STUDY MEATH 2025 LOT 11-1

“Belonging at Every Age: SICAP’s Holistic Support for Older People across Meath”

Thematic Area:	Older People (aged 65+ Years) in isolation
Target groups serviced:	<ul style="list-style-type: none">• Older People (aged 65+ Years) in isolation• People living in Disadvantaged Communities• People impacted by educational disadvantage• People living in jobless households or households where the primary income source is low-paid and/or precarious• People who are long-term unemployed• Disabled People/People with Disabilities• Heads of One-parent Families• Travellers and Roma

1. Introduction

Loneliness and social isolation among older adults are recognised as serious public health challenges in Ireland. The TILDA study (2024) reported that 30% of older adults experience loneliness at least some of the time, linking it to poorer mental and physical health, depression, anxiety and even higher mortality. The Healthy Ireland Framework identifies social connection as a core determinant of wellbeing, while international research shows isolation can be as harmful as smoking 15 cigarettes a day.

In Co. Meath, geographic spread, poor transport, bereavement and digital exclusion all contribute to older people’s risk of isolation. Many live alone without daily contact or nearby family support, facing challenges in maintaining independence, confidence, and engagement.

SICAP in Meath has responded with a multi-layered programme of supports under Goal 1 and Goal 2 actions, designed to combat isolation, build resilience, and promote positive ageing. This case study highlights the actions, partnerships, and outcomes that show how SICAP is making a tangible difference in the lives of older people across Meath.

2. Strategic Objective and Rationale

The primary objective of SICAP in 2025 is to reduce isolation and promote belonging among older people in Co. Meath by:

- Delivering one to one befriending supports for those living alone.
- Facilitating group based initiatives through Teach Mná and the LaterLife Network.
- Offering wellness and advocacy supports through the Folláine action.
- Supporting digital inclusion to keep older people connected.
- Building partnerships at local, national and European levels.



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



Social Inclusion &
Community Activation
Programme



government supporting communities



Local Community
Development Centre
Centre for Research, Policy & Practice in
Meath Local Community Development
Coventry



meath
partnership
engage • enable • participate • progress

This approach aligns with best practice; research shows that socially active older adults experience greater life satisfaction, slower cognitive decline and improved wellbeing. Tailored community-based interventions are proven to reduce isolation more effectively than generic programmes.

3. Holistic Approach to Combating Social Isolation & Loneliness

SICAP in Co. Meath recognises that isolation stems from multiple factors; bereavement, reduced mobility, poor transport, digital exclusion or transition into retirement. Through befriending, wellness interventions, group activities, digital training and community events, SICAP provides both immediate companionship and long term pathways to resilience and connection.

While SICAP delivers 10 core actions and 2 New Arrival actions under the 2025 Annual Plan, this case study focuses on four key actions most relevant to older people:

- Meath Befriending Network
- Folláine
- Teach Mná
- Pobal le Chéile

3.1 Meath Befriending Network – Companionship and Connection

The Meath Befriending Network (MBN) is a lifeline for older people in Co. Meath experiencing loneliness and isolation. Through its network of trained volunteers, the service provides weekly home visits, emotional support and practical assistance that help older adults feel seen, valued and connected.

In addition to companionship, MBN conducts home assessments to ensure clients living environments are safe and accessible. Where needed, staff support individuals to apply for grant aid for adaptations such as ramps, bathroom modifications or heating upgrades.

As of mid-2025, 40 older clients across the county receive weekly befriender visits. Between January and May alone, the service processed 18 new referrals and carried out 10 home assessments, making sure that both practical and emotional needs were addressed early on. Volunteers undergo comprehensive training in safety, confidentiality, boundaries, communication and self-care, and continue to develop their skills through ongoing learning and peer-to-peer sessions. With four active volunteer groups operating in the county, the Network builds not only one to one companionship but also a wider sense of community and solidarity among volunteers and service users alike.

MBN also creates opportunities for personal growth and shared learning. In 2025, practical workshops included a four week selfcare programme and an “energy-saving at home” session which equipped older people with strategies to reduce stress, manage household costs and strengthen resilience. Befriending acts as a gateway to wider services, with regular referrals to agencies such as MABS for financial advice and Flexibus for transport.

Beyond its local impact, MBN actively collaborates in the European Friendly Seniors Community Project (Erasmus+), working with partners in Spain and Italy. In 2025, three focus groups were established in Meath to explore issues such as housing, healthcare, transport, social respect and outdoor spaces. These discussions gave older people in Meath a direct voice in shaping European frameworks for senior wellbeing, allowing their lived experiences inform policy and practice internationally.



Case Example: A woman in her 70s, living alone without family support, was referred to MBN. She now receives weekly visits from her befriender, enjoys companionship and has gained access to transport through Flexibus. With added financial guidance from MABS, she describes her life as “*so much better than before,*” highlighting the beneficial impact of SICAP’s intervention.

3.2 Folláine – Wellness and Independent Living

The Folláine action plays a key role in helping older people in Meath remain safe, independent and connected within their own communities. Many referrals come directly from the HSE Disability Team or Meath County Council’s Housing Section, where older adults are identified as needing extra supports to sustain their tenancies or adapt their homes. For some, the challenge is the loss of a family member or carer; for others, long term issues such as reduced mobility or hoarding threaten their independence. In each case, SICAP works as part of a multi-disciplinary team with statutory agencies and community partners to create safe living environments and enable older people to continue living at home for as long as possible.

Between January and May 2025, Folláine delivered 94 wellness interventions, including 18 home-based supports that directly addressed hoarding and unsafe living conditions. These interventions often combined house clear-outs, provision of appliances and essential daily living skills training with wider wellness planning to support long-term independence. For example, when heating systems or garden hazards presented safety risks, SICAP advocated for repairs and adaptations through local authority channels while linking clients to befriending and wellbeing supports.

In parallel, Folláine provided structured one to one wellness planning using the Wellness Recovery Action Plan (WRAP) model. By mid-year, 25 older participants had developed personalised goals around health, housing and social connection, with follow-up supports in place to build confidence and coping strategies. Advocacy extended to social housing applications, SWA claims, food aid and psychotherapy referrals, allowing both practical and emotional needs to be addressed together.

Beyond individual caseloads, Folláine also contributed to a wider programme of wellbeing events. In early 2025, in partnership with the Thrive Project, Folláine hosted Personal Effectiveness workshops on communication, time management and managing anxiety. A dedicated Sleep Wellness Workshop explored the link between sleep and mental health, providing practical tools for older people struggling with rest and recovery. Although open to all, these sessions proved especially beneficial for older adults living with chronic stress, disability or social exclusion.

Folláine also collaborated with MBN and Teach Mná to co-deliver the SICAP Seniors Inclusion & Wellbeing Event, which featured nutrition talks, wellness sessions, music and social activities. This event reinforced the importance of healthy ageing, highlighted available supports and created opportunities for meaningful peer connection.

Case Example: A woman in her late 70s, living alone with mobility issues, was referred through Meath County Council Housing Section. SICAP successfully advocated for a new heating system, arranged garden maintenance, reported safety hazards to the Council, provided food aid and linked her with a befriender for weekly companionship. Her risk of injury and isolation was significantly reduced, and she now feels safer, more supported and able to remain in her own home.



3.3 Teach Mná – A Lifeline for Women

The Teach Mná action continues to provide a vital source of connection and creativity for women across Co. Meath, particularly those of retirement age who may be at risk of isolation. Many participants describe estrangement from family or reduced contact with grandchildren, which has led to loneliness and a diminished sense of self worth. For some, Teach Mná represents their only weekly opportunity for social contact, and its impact on emotional wellbeing and resilience is consistently highlighted in participant feedback.

Membership across the four active groups has grown in 2025. Weekly sessions blend creative expression, therapeutic activities and peer support. Delivered in partnership with the LMETB Community Education Service, activities have included flower arranging, mindfulness, painting, jewellery making and other art-based workshops. These sessions build confidence and enhance belonging, offering participants a renewed sense of purpose and community.

Lifelong learning and cultural engagement are also central to the programme. Outings to Glasnevin Cemetery, the National Botanic Gardens, Malahide Castle and Gardens and the Newbridge Museum of Style Icons have provided enriching experiences for women who might otherwise face barriers to cultural participation due to transport or mobility issues.

Sustainability has been another strong theme. Groups have repurposed fabric samples from a local design studio into bunting and notebook covers, while the Navan group undertook a wool felting workshop, producing creative artworks that promoted both skill development and group cohesion. The establishment of a community garden further supported wellbeing, offering access to fresh produce, outdoor activity and intergenerational cooperation.

Recognising the wealth of skills within the groups, SICAP also introduced a peer-led learning model, with members delivering workshops in art, crochet and knitting. This approach boosted facilitator confidence, encouraged leadership and reinforced skill-sharing among participants.

Case Example: A retired woman in her late 60s, struggling with loneliness after leaving a busy career, joined Teach Mná. Initially nervous, she soon found the group welcoming, discovered a new love of art, and has since built friendships, confidence and meaningful community connections.

3.4 Pobal le Chéile – Digital Inclusion and Community Empowerment

The Pobal le Chéile action plays a central role in supporting older people and their communities by combining capacity building, digital literacy, sustainability initiatives and inclusive events. In the first half of 2025, SICAP staff provided tailored mentoring to community groups across Meath on governance, succession planning and charity registration. The action also supported small-scale grants that promoted fundraising, social inclusion and cultural diversity. Examples included a Thai Asian Festival, a community party for isolated seniors, and a fashion show fundraiser, each creating opportunities for civic engagement and community connection.

For older people at risk of isolation, digital inclusion has been a cornerstone of this work. Weekly digital skills courses, delivered in partnership with Age Action, enabled older adults to learn how to email, use social media and access online platforms, helping them stay connected with family and community life. Responding to feedback from rural areas, SICAP also ran a social media training day in Curraha, which helped older residents feel more connected to local news and confident engaging digitally with their community.



SICAP Meath Case Study 2025; Lot 11-1

Two additional Facebook training workshops were delivered in partnership with Meta and the Irish Men's Shed Association. The first introduced older men to Facebook as a tool for communication, while the second supported them in using the platform to promote their sheds and apply for Meta's Community Grant Programme. These sessions were particularly impactful for men who had often described themselves as "left behind" in the digital world, restoring both confidence and inclusion in an increasingly online society.

Sustainability and environmental action were also central to Pobal le Chéile in 2025. Work began on transforming the Oaklawns Community Hub into a community garden, developed with recycled materials and upcycled furniture. This new space will provide older residents and community groups with opportunities for biodiversity projects, stress reduction and intergenerational learning, while developing a culture of low waste and reuse.

A highlight of the year was the countywide Wellbeing Festival for older residents, delivered in collaboration with Folláine and MBN. The festival brought together 135 seniors for a day that celebrated positive ageing. Activities included a nutrition talk by a registered dietitian, a gentle movement session and a performance by a local senior choir. Guest speaker Seán Boylan shared his insights on ageing and wellbeing, while information stands from agencies including Alone, HSE, MABS, TASK, and Citizens Information provided advice and resources. The event concluded with a communal lunch, offering time for reflection, networking and peer support.

In combining digital inclusion, sustainable practice, and celebratory community events, Pobal le Chéile has created practical pathways to reduce isolation while also building stronger, more resilient communities for older people across Co. Meath.

4. Collaborative Approaches

Collaboration is central to SICAP's work with older people in Co Meath. Tackling isolation and loneliness requires more than individual interventions, it depends on a coordinated network of agencies working together to meet diverse social, health, housing and wellbeing needs. Through engaging widely with local, national and European stakeholders, SICAP has made sure that older adults receive comprehensive, joined up supports while also creating opportunities for celebration, inclusion and empowerment.

Key partnerships in 2025 include:

- Age Friendly Alliance Meath – aligning SICAP with county strategies on housing, health and transport.
- HSE & Meath County Council – joint case conferences on home adaptations, safety and wellbeing needs.
- LMETB – delivery of community education and creative workshops.
- Alone, MABS, Citizens Information, Meta and Age Action – provision of practical, financial and digital supports.
- European collaborations – including the European Friendly Seniors Community (Spain & Italy) and Building Stronger Roots (Granada, Nov 2025), where six Teach Mná members and five Befriending clients will participate in intercultural learning, wellbeing and regenerative practice training.

4.1 Multiagency Case Conferences

To respond effectively to the complex needs of older people experiencing isolation, SICAP convenes regular multiagency case conferences. These meetings bring together SICAP staff, local councillors,



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 -2027

family members, HSE social workers, occupational therapists and Meath County Council's Healthy Homes Officer.

When required, the clerk of works also participates to ensure housing adaptations, such as ramp installations, repairs to unsafe flooring or heating upgrades, are carried out promptly to maintain safety and independence.

Through the pooling of expertise and resources, these conferences enable the creation of coordinated care plans that address the full spectrum of client needs, from mobility and housing to mental health and community connection.

4.2 Internal Case Conferences and Cross-Referrals

SICAP also holds internal case conferences to provide older people with a fully integrated response across programme actions. These meetings allow staff to identify when a client engaged in one action could benefit from another, creating clear pathways to holistic support.

For example, a woman attending Teach Mná who disclosed financial worries might be referred to Folláine for one to one assistance, while also being linked with MBN for weekly companionship. Likewise, a man participating in digital skills training under Pobal le Chéile could be referred to the MBN for in person social contact, reducing loneliness while building confidence online.

This cross-referral process ensures that no client “falls between the cracks” and that each older person receives support reflecting their whole life situation, whether relating to health, housing, social connection or emotional wellbeing.

4.3 Collaborative Partnerships with Community Groups

SICAP works with a wide range of community groups across Co. Meath to deliver targeted interventions for older people at risk of isolation. Partnerships with the LaterLife Network, Active Retirement Associations and the Men's Sheds movement are central to this approach, offering structured opportunities for older people to meet, share experiences and take part in meaningful activities that reduce loneliness and social withdrawal.

SICAP strengthens these groups through capacity-building supports, including governance advice, succession planning and access to small grants for events that promote wellbeing and inclusion. These collaborations have enabled older people to enjoy cultural outings, participate in biodiversity projects such as community gardening, and take part in digital skills workshops that keep them connected to their families and communities.

The SICAP MBN Service Coordinator also sits on the Age Friendly Alliance Forum, allowing for the voices and needs of older people in Meath to be represented in countywide strategy and policy development. This role provides a direct link with statutory agencies, helps shape service provision at local and national levels, and opens the door for service users to access additional programmes and supports.

Through ongoing consultation and partnership, SICAP prioritises collaboration over competition between service providers. This united approach maximises resources, avoids duplication and ensures that older people across Meath receive the holistic, community-driven supports they need to live connected, purposeful and healthier lives.



4.4 Celebrating Community

SICAP's approach is not only about reducing isolation but also about celebrating the contribution of older people and ensuring they remain connected and supported, particularly at key moments in the year or during times of crisis. Events and collective responses create safe, welcoming spaces where older adults can participate fully, feel valued and know they are not forgotten.

Key initiatives in 2025 included:

- Seniors Information & Wellbeing Day (May, Headfort Arms Hotel, Kells): A countywide showcase attended by 135 older people, featuring live music, movement exercises, nutrition and wellbeing talks, and a performance by a local senior choir. The event combined practical signposting with peer connection and emphasised empowerment, recognising later life as a stage full of creativity, resilience, and opportunity.
- Annual Christmas Dinner and Music Celebration: A cherished tradition offering festive joy and continuity for many older adults. In collaboration with the Meath Volunteer Centre, SICAP also delivered Christmas Day dinners directly to those living alone, ensuring even the most isolated felt part of the wider community.
- Emergency Response during Severe Weather: Following Storm Éowyn that left thousands without electricity for weeks, SICAP staff worked with Meath County Council's Emergency Response team to check in on vulnerable older people. The team provided hot meals, flasks and device charging at Meath Partnerships offices, alongside reassurance and wellbeing checks.

Together, these events and emergency responses highlight the breadth of SICAP's social inclusion remit, from celebration and connection to safeguarding and crisis support. They demonstrate that older people in Meath are not only included in community life but are prioritised in times of vulnerability.

5. What Difference Did It Make? (Jan–May 2025)

In the first half of 2025, SICAP staff and volunteers supported older people in Co. Meath more than 250 times, through one to one visits, group workshops and countywide events.

Behind those numbers are older people who are safer in their homes, more confident online and more connected to their communities. Key outcomes included:

- 94 older adults receiving wellness and housing supports through Folláine.
- 40 people enjoying weekly befriender visits, often their only regular social contact.
- 135 older people gathering for the Seniors Information & Wellbeing Day, many attending their first large social event since the pandemic.
- 50+ participants gaining digital skills through Pobal le Chéile.
- 20+ creative workshops run by Teach Mná, which many women described as a "lifeline."
- 3 new community gardens started, led by older people and supported by intergenerational groups.



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



Social Inclusion &
Community Activation
Programme



government supporting communities



Centre for Research, Policy & Practice in
Meath Local Community Development
Centres



meath
partnership
engage - enable - participate - progress

These results show that SICAP is not just about meeting immediate needs, such as companionship or housing advocacy, but also about creating pathways to long term belonging through group activities, cultural engagement and community leadership.

6. How We Gathered the Story (Data and Ethics)

Given the sensitive nature of working with older people who may be experiencing isolation, reduced independence or health concerns, SICAP in Meath placed a strong emphasis on safeguarding dignity, privacy and informed consent throughout the development of this case study.

As with previous years, all client information was anonymised where appropriate. However, in 2025 several older participants gave explicit permission for their first name to be used in connection with the SICAP action or collaboration they were involved in. This allowed for a more personal and authentic representation of their experiences, while still maintaining clear ethical boundaries.

The evidence base for this 2025 case study is deliberately broad, drawing on both quantitative and qualitative sources:

- Programme records and mid-year reports from the four actions most directly supporting older people.
- Qualitative data gathered from frontline SICAP staff working directly with older people in isolation.
- Case study video interviews involving SICAP service users and staff, supplemented with footage from the Seniors Information & Wellbeing Day.

The accompanying case study video captures the atmosphere of the Seniors Information & Wellbeing Day and highlights the collaborative nature of the programme. Multiple agencies, community organisations and guest speakers contributed to the event. Their contributions provided both context and evidence of the wider ecosystem of supports available when agencies work together.

To guarantee transparency and ethical compliance, SICAP followed clear protocols:

- Consent processes were explained in full to participants, outlining exactly how their information would be used and in what formats (written case studies, video, online platforms).
- Participants were informed about the public nature of the case study and its potential reach at both local and national levels.
- Choice was respected, service users who opted not to be publicly identified were still represented through anonymised case examples supporting inclusivity of experience.

Through combining direct testimony, anonymised examples and multi-agency input, this case study presents a rounded and reliable picture of SICAP's work with older people in Meath. Most importantly, it demonstrates the high level of trust that exists between service users and SICAP; trust that is critical to collecting authentic, ethical and meaningful evidence.

7. Lessons Learned

Through our work with older people in 2025, several clear lessons have emerged that will continue to shape how SICAP is delivered.



SICAP Meath Case Study 2025; Lot 11-1

The first is the importance of personalised support. Group activities like Teach Mná, Men's Sheds and the Befriending Network provide vital opportunities for connection, but many older people also need tailored one to one interventions. For some, this means housing advocacy or a home adaptation; for others, it means structured wellness planning or simply having someone to visit them each week. The lesson is clear; group work and individual supports must work hand in hand.

The second lesson is the power of culture and creativity. Outings, crafts, music and dance are not just leisure activities, they are gateways that help older people engage with supports in a non-threatening way. A woman who would never have signed up for "support services" may happily join an art class, and through that doorway, gain confidence, friendships and pathways to other resources. Large-scale events such as the Seniors Information & Wellbeing Day and the Christmas Dinner Celebration reminded us of how much joy and belonging can be sparked through shared cultural experiences.

Another key lesson is the enduring value of collaboration. Working with the HSE, Meath County Council, LMETB, the Age Friendly Alliance and European partners has allowed SICAP to respond more effectively to complex needs, from housing adaptations and transport challenges to international exchange opportunities. These partnerships prevent duplication, stretch resources and ensure that older people get the most comprehensive support possible.

Finally, 2025 has reinforced that digital inclusion is no longer optional. Many participants reported feeling disconnected from family, services or even community news because they lacked digital skills. Through embedding digital literacy into our work, SICAP has helped older people to email their grandchildren, attend online appointments and participate in community groups. This has not only reduced isolation but also empowered them to remain active and engaged in modern society.

Taken together, these lessons confirm that tackling isolation among older people requires a flexible, multifaceted approach, one that combines personalised support, creativity, strong partnerships and digital empowerment. Only by weaving these elements together can we ensure that older adults in Co. Meath are not just supported, but connected, valued and celebrated.

8. Outlook for 2025 / 2026

Looking ahead, SICAP in Meath will continue to deepen its supports for older people, ensuring that seniors are not only connected but also empowered to contribute their skills, stories and perspectives.

A key priority will be to strengthen intergenerational work, creating spaces where younger people can learn from the trades, crafts and lived experiences of older generations. At the same time, these initiatives will support seniors with digital skills and day to day tasks, with volunteering opportunities such as the MBN providing a natural bridge between age groups.

International collaboration will also expand. Through projects such as Building Stronger Roots (Erasmus+ KA1) in Granada, Spain, older participants from Teach Mná and the Meath Befriending Network will take part in intercultural training on wellbeing and regenerative practices. These experiences will bring new approaches back to Co. Meath, ensuring that older people are represented in European dialogue while benefiting locally from innovative models of inclusion.



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



Social Inclusion &
Community Activation
Programme



government supporting communities



Local Community Development
Centre for Meath and Westmeath



meath
partnership
engage • enable • participate • progress

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 -2027

At a local level, SICAP staff will maintain active roles in the Age Friendly Alliance, the Older People's Council, Meath LCDC, and HSE forums, ensuring that older people's voices continue to shape countywide strategy and policy.

The ethos remains clear: SICAP cannot be delivered in isolation. Its success depends on collaboration with statutory agencies, local councillors and community groups to create a comprehensive, wrap-around service that supports older adults in every aspect of their lives.

9. Conclusion

This 2025 case study, *Belonging at Every Age*, reaffirms that ageing should not mean fading into the background, but instead being seen, heard and valued as an integral part of community life. SICAP has shown that older people can thrive when given opportunities to connect, create and contribute.

A central lesson from this year's work is that the voices of seniors matter. Older people bring skills, trades, and traditions that risk being lost without intergenerational exchange. Through groups like Teach Mná and the Men's Sheds, we have seen first hand the depth of knowledge and creativity that seniors hold. Encouraging younger people to volunteer through actions such as the MBN creates valuable bridges; seniors share their experience and talents, while also receiving support with digital skills and daily tasks. This two-way exchange strengthens the social fabric across generations and ensures that belonging is not limited by age.

The strength of SICAP's work also lies in partnership. Collaboration with the Age Friendly Alliance, the Older People's Council, Meath LCDC, the HSE, and local community organisations ensures that older people are supported not only with practical and wellness needs, but also with opportunities to participate in community celebrations, shape local and national strategies and contribute to cultural and social life.

Belonging at every age is more than an aspiration, it is a daily reality when older people are recognised as vital contributors, when intergenerational work is nurtured, and when collaboration remains central to community development. Through SICAP, older people in Meath are not simply supported, they are celebrated as active, valued members of society whose voices help shape the future.

10. Impact Case Study Video

[Click here to view the 2025 Impact Case Study](#)

11. Acknowledgements

The SICAP team at Meath Partnership extends our sincere gratitude to all participants in the 2025 Service Impact Case Study. We are deeply appreciative of those who contributed to the video, as well as those who kindly gave their consent for their stories to be shared in video format. Their generosity in sharing experiences has been invaluable in capturing the true impact of SICAP's work with older people in Co. Meath.



12. References

Barrett, A., & Mosca, I. (2024). *Loneliness and Ageing in Ireland: Findings from TILDA*. Trinity College Dublin.

Central Statistics Office (CSO). (2023). *Census 2022 Summary Results: Older People and Living Alone*. Dublin: CSO.

Government of Ireland. (2023). *Healthy Ireland Strategic Action Plan 2021–2025*. Dublin: Department of Health.

Government of Ireland / Age Friendly Alliance. (2023). *Age Friendly Strategy 2023–2027*. Dublin: Department of Housing, Local Government and Heritage.

Meath Partnership. (2024). *SICAP APR Lot 11-1 End of Year Report 2024*. Kells: Meath Partnership.

Meath Partnership. (2025). *SICAP Lot 11-1 Annual Plan 2025*. Kells: Meath Partnership.

World Health Organization (WHO). (2021). *Global Report on Ageism*. Geneva: WHO.

13. Pictures



SICAP Promotional Stands

SICAP Meath Case Study 2025; Lot 11-1



SICAP Promotion Stands & Materials



Age Friendly Meath

HSE Dept of Health Promotion

Age Well / Third Age



Active Retirement Community Group Members



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



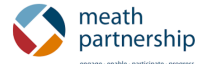
Social Inclusion &
Community Activation
Programme



government supporting communities



Centre for Promoting Project & Social in the
Meath Local Community Development
Centres



engage • enable • participate • progress

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 -2027



LaterLife Network Community Group Members



Men's Sheds Community Group Members



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



Social Inclusion &
Community Activation
Programme



government supporting communities



Centre for Productivity Research on
Meath Local Enterprise Development
Centres



engage • enable • participate • progress

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 -2027

SICAP Meath Case Study 2025; Lot 11-1



Navan Male Voice Choir Members



*Paddy
Member of Slane Men's Shed*



*Sandra
Member of Teach Mná Navan*



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



Social Inclusion &
Community Activation
Programme



government supporting communities



Centre for Promoting Project & Social in the
Meath Local Community Development
Centres



engage • enable • participate • progress

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 -2027