



01
2025

JANUARY

Carlingford, Dundalk, Co Louth

MONTHLY THEME

Fresh Starts



Join a local community group to meet new people and start the year with fresh connections.



Help organise a neighbourhood walk to shake off the winter blues.



Spend time noticing the beauty of frosty mornings and share your observations with others



Attend a workshop or library event to learn something new with your neighbours



Check in on an elderly neighbour to see if they need help with shopping or errands.

JANUARY 2025

COMMUNITY EVENTS: **SAVE THE DATES**

[Ireland Lights Up - Community Walking GAA Get Ireland Walking](#) - Jan 10 - 28 Feb

[European Cervical Cancer Prevention Week](#) Jan 21-28

[Energy Savers Week](#) Jan 17 - 23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Years Day - Bank Holiday	2	3	4 World Braille Day
5	6	7	8	9	10	11 Paget's Awareness Day
12	13	14	15	16	17	18
19	20 Blue Monday	21 National Hug Day Race Against Dementia	22 Celebration of Life Day	23	24 International Day of Education	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

02
2025

FEBRUARY

St. Brigid's Well, Faughart

MONTHLY THEME

Acts of Kindness



Host or attend a community coffee morning to brighten someone's day.



Take part in a local clean-up event to improve your area while keeping active.



Notice acts of kindness around you and share them to inspire positivity



Learn about local services or programmes you could benefit from or support



Volunteer your time to a local charity or community group

FEBRUARY 2025

COMMUNITY EVENTS: **SAVE THE DATES**

Boost Your Self Esteem Month
 Oesophageal Cancer Awareness Month
[Eating Disorder Week](#) **24 Feb - 2 March**
 Lunar New Year **29 Jan – 12 Feb**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 St Brigid's Day National Freedom Day
2 World Wetlands Day	3 Bank Holiday Amenity Grant Application Opens	4 World Cancer Day	5	6 Emotional Health Awareness Day	7	8
9	10 International Epilepsy Day Public Speaking Training	11 International Day of Women and Girls in Science Safer Internet Day	12 National No Smoking Day	13	14 Valentine's Day	15 International Childhood Cancer Day
16	17 Cancer Prevention Action Week 17th -23rd	18	19	20 International Day of Social Justice	21	22 World Thinking Day Ireland Reads Day
23	24	25	26	27	28 Rare Disease Day	1
2	3	4	5	6	7	8

03
2025

MARCH

Boyne Valley, Co. Louth

MONTHLY THEME

Welcoming Spring



Celebrate the start of spring by joining a community gardening project.



Join a Park Run or local walking group for some fresh air and exercise.



Notice the first signs of spring and share them with friends or family.



Attend a local talk or event to learn about your area's history or wildlife.



Share spare plants or seeds with neighbours to encourage community growing.

MARCH 2025

COMMUNITY EVENTS: **SAVE THE DATES**

Endometriosis Awareness Month

National Nutrition Month

Ovarian Cancer Awareness Month

National Tree Week 3 March – 10 March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 ueee	24	25	26	27	28	1 Irish Travellers Ethnicity Day
2	3 World Hearing Day	4 Pancake Tuesday World Obesity Day International HPV Awareness Day	5 Ash Wednesday National No Smoking Day	6 World Book Day	7	8 International Women's Day
9	10 Dundalk MD Meeting – contact Louth PPN	11	12 Drogheda and Ardee MD Meeting – contact Louth PPN No Smoking Day	13 World Kidney Day	14 Amenity Grant Application Closes	15
16	17 St. Patrick's Day Debt Awareness Week 17 th – 23 rd	18 Global Recycling Day	19	20 International Day of Happiness	21 World Down syndrome Day International day of Forests and Trees	22 World Water Day Daffodil Day
23	24 World TB Day	25 Crisis Communications Training – contact Louth PPN Homeless Street League	26	27	28	29
30 World Bi Polar Day Mothers Day	31	1 Homeless Street League	2	3	4	5

04
2025

APRIL

MONTHLY THEME

Bloom and Grow



Invite a neighbour for a cup of tea and a chat to strengthen local ties.



Join a community gardening session or an outdoor group activity.



Appreciate the beauty of spring blossoms and share a photo or story.



Try a new hobby or craft offered by a local group or community centre.



Donate unused items to a community swap or charity shop.

APRIL 2025

COMMUNITY EVENTS: **SAVE THE DATES**

[Home - National Spring Clean](#)
 Bowel Cancer Awareness Month
 Parkinson's Awareness Month
 Stress Awareness Month
[Active For April](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 April Fool's Day Homeless Street League	2 World Autism Awareness Day International Children's Book Day National Walking Day	3	4 Walk To Work Day	5
6	7 World Health Day Plenary Meeting Ardee – contact Louth PPN Community Rep Meeting – Contact PPN	8 AI Apps and Software Training – contact Louth PPN Homeless Street League	9	10 PEACE Plus Public Information Session – 11am Muirhevnamor Community Centre	11 World Parkinson's Day	12 Learn To Cycle 5 Week Course 12 th April – 10 th May
13	14	15 Homeless Street League	16	17	18 Good Friday	19 Holy Saturday
20 Easter Sunday	21 Easter Monday	22 International Earth Day MS Awareness Week (22-28) Homeless Street League	23 Advocacy Training – 10am Monsterboice Inn	24	25 World Malaria Day	26
27	28 World Day For Safety And Health At Work	29 Homeless Street League	30 World Immunization Week 30 th – 6 th May	1	2	3
4	5	6	7	8	9	10

05
2025

MAY

MONTHLY THEME

Community Spirit



Join a local event like a craft fair or market to meet new people.



Take part in a family-friendly outdoor activity, such as a treasure hunt or fun run.



Pause to appreciate the longer days and the sounds of nature.



Sign up for a free community workshop or training day.



Volunteer to help at a local event or group.

MAY 2025

COMMUNITY EVENTS: **SAVE THE DATES**

Skin Cancer Awareness Month

Bealtaine - **1 May – 31 May**

[National Biodiversity Week](#) – **16 May – 25 May**

European Week Against Cancer **25 May – 31 May**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4 World Laughter Day Firefighter's Memorial Day	5 Bank Holiday Melanoma Monday	6 World Asthma Day Deaf Awareness Week 6 th – 12 th Homeless Street League	7	8 World Ovarian Cancer Day	9 Europe Day	10 World Migratory Bird Day World Lupus day Bike Week 10 th -18 th
11	12 International Nurses Day World Fibromyalgia Awareness day	13 Dementia Action/Awareness week (13 th – 19 th) Homeless Street League	14	15 International Climate Protection Day Global Accessibility Awareness Day	16 National Biodiversity Week 16 th -25 th	17
18	19 National Volunteering Week (19-25) Traveller Pride (19-30)	20 World Bee Day Homeless Street League	21 World Meditation Day 70 th edition Rás Tailteann Drogheda	22 International Day for Biological Diversity	23	24 Street Feast - A lovely lunch with your neighbours - 24th & 25th May 2024
25 Africa Day Street Feast - A lovely lunch with your neighbours – 24th & 25th May 2024	26	27 National Sunscreen Day	28	29	30 Dundalk Traveller Pride Event	31 World No Tobacco Day
1	2	3	4	5	6	7

06
2025

JUNE

MONTHLY THEME

Summer Connections



Attend a summer festival or outdoor event in your community.



Join a local walking or cycling group to enjoy the warmer weather.



Appreciate local wildlife and share your sightings with a nature group.



Explore a nearby heritage site or museum with friends or family.



Offer your time to help organise or run a summer event in your area

JUNE 2025

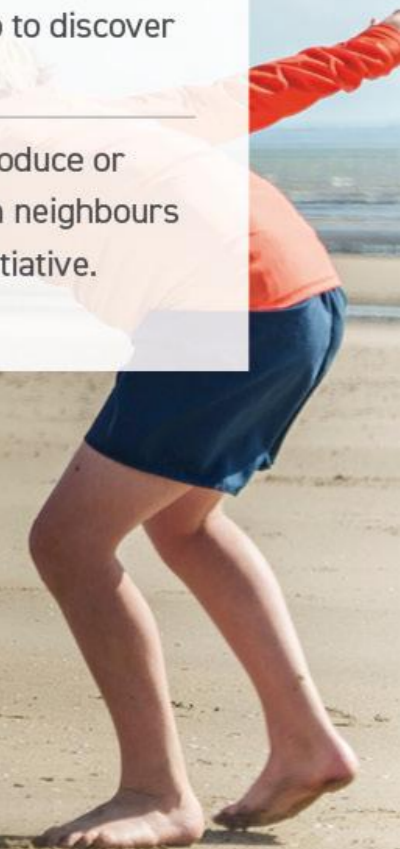
COMMUNITY EVENTS: **SAVE THE DATES**

Tourette's Awareness Month
 Pride Month
 Men's Health Week **9 - 15**
 Diabetes awareness week **10 - 16**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cancer Survivor's Day	2 Bank Holiday	3 Bicycle Day	4	5 World Environment Day	6	7 World Food Safety Day Tourette's Awareness Day
8 World Oceans Day World Brain Tumor Day	9	10	11 World prostate Cancer Day	12	13	14 World Blood Donor Day
15 Father's Day	16	17 National School Sport Week	18 Autistic Pride Day	19	20 World Refugee Day	21 International Day of Yoga World Humanist Day
22	23 International Women in Engineering Day	24	25	26	27	28 International Scoliosis Day
29	30 World Social Media Day	1	2	3	4	5
6	7	8	9	10	11	12

07
2025

JULY



MONTHLY THEME

Outdoor Adventures



Join a community BBQ or summer social to meet neighbours and friends.



Take part in a group gardening session or park clean-up.



Enjoy summer evenings by taking a walk and noticing the details of your area.



Take part in a local book club or workshop to discover something new.



Share surplus produce or baked goods with neighbours or a local food initiative.

JULY 2025

COMMUNITY EVENTS: **SAVE THE DATES**

[Plastic Free July](#)

Sarcoma Awareness Month

Alcohol Awareness Week **7 July – 13 July**

Farm Safety Week **21 July – 25 July**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 International Joke Day Research Appreciation Day	2	3 International Plastic Bag Free Day National Bereaved Parents Day	4	5
6	7	8	9	10	11 Thank you Day	12
13	14	15	16	17	18	19
20 International Chess Day	21	22	23	24 Samaritan's Awareness Day	25	26
27 World Head And Neck Cancer Day	28	29	30	31	1	2
3	4	5	6	7	8	9

08
2025

AUGUST

Blackrock, Co. Louth

MONTHLY THEME

Togetherhness



Attend a local fair or festival and bring your friends or family



Try a new activity like kayaking or hiking with a community group.



Appreciate summer sunsets and share your favourite spots with others.



Join a skills-sharing event or learn a traditional craft from someone local.



Volunteer to collect and distribute school supplies to families in your community to support children as they return to school.

AUGUST 2025

COMMUNITY EVENTS: **SAVE THE DATES**

[National Fishing Month](#)
[World Breastfeeding Week 1 – 7](#)
 National Immunisation Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 World Day of Joy	2
3 Friendship Day	4 Bank Holiday Coast Guard Day	5	6	7	8	9
10	11	12 International Youth Day	13	14	15	16
17	18 Never Give Up Day	19 World Humanitarian Day	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

09
2025

SEPTEMBER

County Louth Golf Club, Baltray, Co. Louth

MONTHLY THEME

Harvest and Gratitude



Join a community group celebrating harvest festivals or seasonal events.



Get involved with your local Tidy Town Group or a gardening project to enjoy the crisp autumn air.



Notice the changing colours of the leaves and share your favourite views.



Take part in a local heritage walk or storytelling evening.



Share extra garden produce or baked goods with neighbours or a community group.

SEPTEMBER 2025

COMMUNITY EVENTS: **SAVE THE DATES**

[Blood Cancer Awareness Month](#)

National Immunization Awareness Month

[World Alzheimer's Month](#)

Sexual Health Week **9 - 15**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	Migraine Association of Ireland: Not Just Another Headache World Sexual Health Day	5 International Day of Charity	6 National Read A Book Day
7	8 International Literacy Day	9	10 World Suicide Prevention day	11	12 Mindfulness Day International Youth Day	13 World First Aid Day World Sepsis Day
14 Boyne Valley Trails September Festival (14-21)	15	16 Rheumatoid Arthritis Week 15 th – 21 nd	17	18	19	20 World Gynaecologic Oncology Day Mouth Cancer Awareness Day
21 Home Alzheimer's Disease International (ADI) World Gratitude Day Zero Emissions Day	22	23 International Day of Sign Language Crisis Communications Training – contact Louth PPN	24 World Cancer Research Day	25	26 European Day of Languages	27 World Tourism Day National Hunting And Fishing Day
28 Internation Day of the Deaf World Rivers Day	29 World Heart Day International Day of Awareness of Food Loss and Waste	30 National Non-Verbal Awareness Day	1	2	3	4
5	6	7	8	9	10	11

10
2025

OCTOBER

Lú Festival of Light, Old Abbey, Drogheda, Co. Louth

MONTHLY THEME

Celebrating Community



Take part in a community Halloween event or storytelling evening.



Help organise a leaf-raking or park clean-up event.



Enjoy the sights, sounds, and smells of autumn in your local area.



Attend a local workshop or lecture on a topic of interest.



Offer to help neighbours with seasonal tasks like preparing for winter.

OCTOBER 2025

COMMUNITY EVENTS: **SAVE THE DATES**

[ADHD Awareness Month](#)
[Breast Cancer Awareness Month](#)
 Menopause Awareness Month
 Climate Action Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 Positive Aging Week 30 th Sept – 6 th Oct	1 International Day of Older Persons National Breastfeeding Week	2 International Day of Non-Violence	3 World Smile Day	4 World Animal Day
5 World Teachers' Day UNESCO	6 Child Health Day World Cerebral Palsy Day	7 Dyslexia Awareness Week 7 th – 13 th	8	9 World Sight Day	10 World Mental Health day Social Inclusion Week World Homeless Day	11
12	13 Climate Action Week 13 th -20 th	14 World Hospice and Palliative Care Day Recycle Week 14 th – 20 th	15 Pregnancy and Infant Loss Remembrance Day Breast Health Day	16 World Food Day	17	18 World Menopause Awareness Day
19	20 World Osteoporosis Day	21	22	23	24 United Nations Day	25
26	27 Bank Holiday	28	29 World Stroke Day	30	31 Halloween	1
2	3	4	5	6	7	8

11
2025

NOVEMBER

Lú Festival of Light, St. Peter's Church, Drogheda, Co. Louth

MONTHLY THEME

Moments of Light



Come together for an evening of storytelling and warm drinks under the stars, with blankets and a cosy atmosphere to share memories.



Join a local walking group to stay active during the darker months.



Appreciate the small moments of light and warmth in the shorter days.



Sign up for a local course or workshop to develop a new skill.



Help organise a food or clothing drive for local charities.

NOVEMBER 2025

COMMUNITY EVENTS: **SAVE THE DATES**

[Men's Mental Health Month](#)

COPD Awareness Month

National Diabetes Month

[Prostate Cancer Awareness Month](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 World Vegan Day
2	3 International Stress Awareness Week 3 rd -7 th	4	5 Stress Day	6	7 European Randon Day	8
9 World Freedom Day	10 World Science Day for Peace and Development Anti-Bullying Week 10 th – 14 th	11	12 World Pneumonia Day - Every Breath Counts	13 World Kindness Day	14 World Diabetes Day	15
16	17 International Student's Day	18	19 International Men's Day World COPD Awareness Day	20 World Pancreatic Cancer Day	21	22
23	24	25 International Day for the Elimination of Violence against Women	26	27	28 Black Friday	29
30	1	2	3	4	5	6

12
2025

DECEMBER

Frostival, Dundalk, Co Louth

MONTHLY THEME

Festive Giving



Head to a Christmas party or invite a few neighbours round for a natter and some festive cheer.



Take part in a festive walk or charity run in your community.



Savour the festive decorations and moments of togetherness.



Try a holiday craft or recipe and share it with others.



Contribute to a holiday hamper drive or support a local cause.

DECEMBER 2025

COMMUNITY EVENTS: **SAVE THE DATES**

Christmas!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 World AIDS Day Cyber Monday	2	3 International Disability Day	4	5 International Volunteer Day	6
7	8	9	10 Human Rights Day International Animal Rights Day	11	12 Christmas Jumper Day	13
14	15	16	17	18 International Migrants Day United Nations	19	20
21	22	23	24	25 Christmas Day	26 St. Stephen's Day	27
28	29	30	31 New Year's Eve	1	2	3
4	5	6	7	8	9	10

CALENDAR 2025



01 JANUARY 2025

SU	MO	TU	WE	TH	FR	SA
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02 FEBRUARY 2025

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03 MARCH 2025

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04 APRIL 2025

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05 MAY 2025

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06 JUNE 2025

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29	30					

07 JULY 2025

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20	21	22	23	24	25	26
27	28	29	30	31		

08 AUGUST 2025

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24	25	26	27	28	29	30
31						

09 SEPTEMBER 2025

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

10 OCTOBER 2025

SU	MO	TU	WE	TH	FR	SA
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19	20	21	22	23	24	25
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11 NOVEMBER 2025

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12 DECEMBER 2025

SU	MO	TU	WE	TH	FR	SA
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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			



Age Friendly Louth

w www.agefriendlyireland.ie/programmes/local/louth

e sinead.mcverry@louthcoco.ie

Culture Connect

w www.cultureconnect.ie

Drogheda Office

West Street (Opp Barlow House), Drogheda, Co Louth, A92 K273

t [041 9865025](tel:0419865025)

Dundalk Office

98 Bridge Street, Townparks, Dundalk, Co. Louth, A91 YW56

t [087 1314312](tel:0871314312)

e office@cultureconnect.ie

Somali Irish Community

w www.sicdas.com/

88 Bridge Street, Townparks, Dundalk, Co Louth, A91PK29

t [0429329801](tel:0429329801)

t [0899851747](tel:0899851747)

e info@sicdas.com

e somirishcom@yahoo.com

African Cultural Centre

152 Wadman Park, Dundalk

t [089 9690431](tel:0899690431)

e afculcentre@yahoo.com

www.facebook.com/p/African-cultural-centre-Ireland-100083128250880/

Outcomers

w www.outcomers.org/

8 Roden Place, Dundalk, Co Louth, Ireland

t 042 932 9816

t 089 404 8599 (Drogheda)

e info@outcomers.org

e outcomersdrogheda@gmail.com

www.facebook.com/outcomers/

www.facebook.com/outcomersdrogheda/

Irish Men's Sheds Association

w www.menssheds.ie/

Unit 6, 12 O'Carroll Street, Tullamore, Co Offaly. R35 P0A2

t 0818 900 800

e info@menssheds.ie



Louth Local Sports Partnership

w www.louthlsp.com

Tom Bellew Avenue, Dundalk, Co Louth

t 042 9324368

e louthlsp@louthcoco.ie

www.facebook.com/LouthLSP/

Get
Ireland
Active

www.getirelandactive.ie

Dundalk Sports Centre

w www.dundalksportscentre.com

Tom Bellew Avenue, Dundalk, County Louth

t 042 939 2897

e dscsupervisors@louthcoco.ie

www.facebook.com/DundalkSportsCentre/

Lourdes Stadium

w www.lourdesstadium.com

Boyle O'Reilly Terrace, Drogheda, Co. Louth, Ireland, A92 DA31

t 041 987 6101

e lourdesstadium@louthcoco.ie

www.facebook.com/Lourdesstadium

TAKE NOTICE



DRAWDA

w www.visitlouth.ie/explore-and-do/do/tours-and-trails-louth/drawda-urban-art-trail.html

SEEK

w www.seekdundalk.ie
t [042 9352842](tel:0429352842)
e info@seekdundalk.ie
www.facebook.com/seekdundalk

Visit Louth

w www.visitlouth.ie
www.facebook.com/@LouthTourism

Sea Louth

w www.sealouth.ie
www.facebook.com/sealouth/

KEEP LEARNING



Libraries Ireland

w www.librariesireland.ie
www.facebook.com/LouthLibraries

DIFE

w www.dife.ie
Drogheda Institute of Further Education, The Twenties, Drogheda, Co. Louth, A92 V586
e dife@lmeath.ie
www.facebook.com/DIFEedu

DkIT

w www.dkit.ie
Dundalk Institute of Technology, Dublin Road, Dundalk, Co Louth, A91 K584
t [042 9370200](tel:0429370200)
e info@dkit.ie
www.facebook.com/DkIT.ie

LMETB

w www.lmetb.ie
Head Office Dundalk, LMETB Administrative Offices, Chapel Street, Dundalk, Co Louth, A91 C7D8
t [042 933 4047](tel:0429334047)
e dundalk@lmetb.ie
www.facebook.com/louthmeathetb

Download the
CommUnity Connect
Louth & Meath
'5 Ways to
Wellbeing'
Resources





Louth Volunteer Centre

w www.volunteerlouth.ie/

DROGHEDA

Bolton Street, Drogheda, A92DKR0

t 041 980 9008

DUNDALK

County Hall, Alphonsus Rd, Dundalk

t 042 939 2934

t 086 043 1379

ARDEE

Ardee Library, Market Street, Ardee

t 086 022 6577

e info@volunteerlouth.ie

www.facebook.com/volunteerlouth

Louth PPN

w www.louthppn.ie

Millennium Hall, Louth County Council, Dundalk, Co. Louth

t 042 9324315

e ppn@louthcoco.ie

www.facebook.com/LouthPPN

Louth Comhairle na nOg

w www.comhairlenanog.ie/local-comhairle/louth

Dundalk Youth Centre, Roden Place, Dundalk, A91 X3TF

t 087 934 4851

e kevin@dundalkyouthcentre.ie

www.facebook.com/people/Louth-Comhairle-na-nOg/100064390941663/

Louth Tidy Towns Together

e louthttt@gmail.com

www.facebook.com/Louthttt

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@healthylouthcoco

