

National Updates

Non-Governmental Organizations



Age Friendly Ireland -NGO Forum Networking Day



Our annual networking day with NGOs in the ageing sector is coming up on **11th October** in The Ashling Hotel.

The day will consist of presentations, discussions and networking.

To find out more contact ecoveney@meathcoco.ie



Age Friendly University Updates

Audit and Love of Lifelong Learning Modules

We were delighted with the response to the Audit programme, over 40 participants registered for a broad range of subjects. Registrations for the Love of Lifelong Learning Programme continue. Although many of the modules are filled, there are still spaces on Genealogy, Psychology, Choir and Beginners Italian (which we offered this year in response to numerous requests). Creative Writing is full but if there is further demand, we will consider a second module to start mid-October so please let us know. We are waiting for confirmation of a room booking for the furniture restoration workshop, but as this won't be on until later in October, there is still plenty of time to add your name to the list. The modules will be starting over the following weeks, and you can still register [here](#).

Board Games Group

Following the success of the intergenerational board games nights and requests from participants, we are setting up a regular monthly board games meeting with the support of Hasbro Games and AFU participant Gerry Heely. We are particularly interested in hosting these evenings with the students. If you are interested in being involved, please complete the [form](#).

Maltese Visit

We will be hosting a 55-person delegation from the Maltese Agency for Community and Therapeutic Services on Thursday, October 18th, and participants are invited to meet with the delegation in the afternoon at 3pm for light refreshments and exchange. Please complete the [form](#) if you would like to attend.

Cultural Visits

Our first visit this Semester will be to [Richmond Barracks](#) on October 12th at 11am, the cost is €12 per person and Grainne or Martina will be in touch to collect payment by phone. Here is the [link](#) to register.

Dublin Theatre Festival

We have secured a small number of reduced-price tickets for the following performances - tickets are €10 each and can be paid for over the phone. Details about the show are in the links.

- October 5th 7.30pm [Warrior](#) Smock Alley Theatre Wood Quay - total tickets 9
- October 11th 8pm [The Dead House](#) New Theatre Temple Bar - total tickets 9



NOTICE OF THE PREPARATION OF THE KILDARE COUNTY COUNCIL DRAFT CLIMATE ACTION PLAN 2024-2029 On Display from 21st Oct

The **Kildare County Council** Draft Climate Action Plan, the Strategic Environmental Assessment Environmental Report and Appropriate Assessment Natura Impact Report, will be on display from **Thursday, 21st September to 4pm Friday, 3rd November 2023**, at the following locations:

- Online at [Kildare County Council Climate Action Plan | Kildare County Council \(kildarecoco.ie\)](#)
- Kildare Civic Offices, Level 1, Monday - Friday (excluding Bank Holidays) between the hours of 9.00am to 5.00pm. Except Wednesday 9.30am – 5.00pm.
- Kildare County Council Libraries (Maynooth, Leixlip, Naas, Athy and Newbridge Libraries) during their respective normal opening hours during the consultation period.
- Public Consultation Drop-In Clinics are as follows:

Maynooth Library Wednesday, 27th September from 10.00-12.30pm

Naas Library Tuesday, 3rd October from 10.00-12.30pm

Leixlip Library Tuesday, 10th October from 2.00 – 4.30pm

Athy Library Wednesday, 18th October from 2.00 – 4.30pm

Newbridge Library Thursday, 26th October from 5.00 to 7.30pm

Written submissions or observations regarding the Draft Climate Action Plan, SEA Environmental Report and AA Natura Impact Report, are invited from members of the public and other interested parties. You can make a submission or observation between **Thursday, 21st September to 4pm on Friday, 3rd November 2023** inclusive, through the following options only:

A written submission can be made electronically through the Council's Public Consultation Portal [Kildare County Council Climate Action Plan | Kildare County Council \(kildarecoco.ie\)](#) up to **4pm** on Friday, 03rd November 2023; or In writing to the Climate Action Coordinator, Áras Chill Dara, Devoy Park, Naas, Co. Kildare W91 X77F.

All submissions are to be concise, clear, succinct and to the scope of the plan. **The closing date for receipt of submissions or observations is 4pm on Friday, 3rd November 2023.**



Rialtas na hÉireann
Government of Ireland

Minister for Mental Health and Older People announces plans to extend Nursing Homes Support Scheme to benefit farmers at National Ploughing Championships 2023

This change to the Scheme means that after a period of 3 years, the value of family-owned farms and businesses will no longer be considered when calculating the cost of a person's nursing home care. This will happen where a family successor commits to working the farm or business. The Act extends the existing 3-year cap on contributions to the cost of care to the proceeds of sale of a person's principal residence. It is intended that this change will remove any disincentive for people who want to sell their vacant home while in Fair Deal.

Minister Butler recognises that access to day centres can make an important contribution by providing invaluable support, advice and social interaction for older people who may, for any number of reasons, be experiencing isolation and loneliness.

Older people also benefit from increased physical activity, cognitive stimulation, enhanced nutrition, health care monitoring and social work support. Day centres are also an important indirect resource for carers.



nhi

Importance of Exercise in Nursing Homes

WEBINAR: THE IMPORTANCE OF EXERCISE IN NURSING HOMES

This webinar aims to educate and empower Nursing Home activity coordinators and healthcare professionals in Ireland through a series of webinars on Older Adult Fitness and Holistic health, fostering a supportive community of professionals dedicated to the well-being of older adults in nursing homes.

REGISTER NOW

📅 04 October, 2023 ⌚ 1:25 PM - 2:45 PM

Eoin Kirwan The Concept of Exercise	Maggs Structure of Exercise Within the Week	Martina Carton Energiser Session	Cormac Walsh Categorisation of Exercise Types for Specific Goals
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info@sielbleu.ie | +353 01 209 6889 | @sielbleuireland

This webinar series will feature expert insights from the field of fitness, hands-on exercise sessions, an interactive Q&A session, and a chance to build a stronger community. Together, we will delve into the subject of enhanced care for older adults in Ireland, all with a holistic approach that recognizes the importance of physical, mental, and emotional well-being.

Why should you attend?

Gain valuable knowledge and insights from leading experts. Participate in practical exercise sessions to improve your caregiving skills. Get answers to your burning questions in live a Q&A session. Connect and engage with the broader community of caregivers and nursing home staff.

Save the Date:

Date: October 4th, 2023

Time: 1:30 PM–2:45 PM - 2:45 PM (Please join 5 minutes early to ensure a prompt start.)

Register in advance for this webinar:

https://us06web.zoom.us/webinar/register/WN_QDf7KL-eTgSQU6ALZp-E2A



comhairle chontae na mí
meath county council



VISION
ZERO

RSA

Shining a Spotlight on Road Safety Heroes Road Safety Authority calls for nominations for 'Leading Lights in Road Safety' Awards 2023

22 September 2023: The Road Safety Authority (RSA) is today calling for nominations in the annual 'Leading Lights in Road Safety' awards. The RSA is asking communities all over Ireland to nominate a 'Leading Light' in road safety. Now in its fourteenth year, the awards recognise the contributions made by groups or individuals who campaign, educate and are committed to improving road safety in their community.

Entries will be accepted in each of the following categories:

- Road Safety Champion of the Year
- Gertie Shields Supreme Award
- Education - Pre-primary, Primary, Secondary, Special, Third Level/Further and Community Education
- Public Sector
- Emergency Services
- Gay Byrne Media Award
- Business
- Future Award
- Sustainable Travel
- Approved Driving Instructor (ADI) of the Year
- CPC Trainer/Training Organisation of the Year

The winners in each of these categories will be in with a chance of becoming the winner of the Gertie Shields Supreme Award for 2023. The award is dedicated to Gertie Shields, an inspirational road safety activist who sadly passed away in 2015 and who won the Supreme Award in 2013. Nominations are now open and more information on how to enter your nomination in the 'Leading Lights in Road Safety' Awards is available [here](#). The closing date for entries is 13 October 2023.

Nominations can be submitted online at www.rsa.ie and anyone submitting a nomination is encouraged to include relevant background information, such as photos, videos or other supporting documents to enhance their application. The entries will be judged by an expert and independent judging panel. The winners of each category will be announced at the awards ceremony in the RDS in December.

Further details on the Leading Lights Awards can be found at <https://www.rsa.ie/road-safety/education/road-safety-awards/leading-lights-in-road-safety-awards>

FLS-DB Annual Report 2023 with Data from January to December 2022

This is the second report from the National Fracture Liaison Service Database. Ireland is only the second country behind the UK to have established this database and to publish data annually. There is a special mention about Age Friendly Ireland from Prof Kassim Javaid.

Click [Here](#) to review the report





HSE Talking Health and Wellbeing Podcast, Episode 25 - Reducing your risk of cancer.



In Ireland, 1 in 2 people will develop cancer at some stage of their life. Cancer prevention and early diagnosis are key to reducing the burden of cancer in Ireland. Listen to Consultant in public health Dr Triona McCarthy at the HSE's National Cancer Control Programme (NCCP) discuss steps you can take to reduce your risk of cancer and the healthy lifestyle choices you can make to help.

There are now more than 200,000 people living with and beyond cancer in Ireland. The number of survivors is predicted to double over the next 25 years, mainly due to improvements in early detection, effective cancer treatment and new developments in treatment.

For further information, please visit: www.hse.ie/cancerprevention

Listen and share wherever you get your [Podcasts](#) or on the [HSE Health and Wellbeing YouTube](#) channel.



Excellence in Local Government Awards 2023 Shortlist

Chambers Ireland revealed the shortlist for the excellence in Local Government Awards 2023 on the 22nd September.



In its 20th year, the Awards feature a total of 94 Local Authority projects shortlisted over 15 categories, including a new addition, 'Urban Revival', which showcases Local Authorities' innovative efforts to act in transforming their urban areas. The Awards are held annually in conjunction with the Department of Housing, Local Government and Heritage.

Age Friendly Initiative

- Cork City Council – Cork Cultural Companions
- Kildare County Council – Celbridge as an age friendly Town
- Kilkenny County Council – Kilkenny Age Friendly Train Station
- Limerick City & County Council – Crafting Connections
- Wexford County Council – Working towards a dementia friendly local authority
- Wicklow County Council – Intergenerational Digital Learning Supporting Seniors using their personal Digital Devices.

There have been some other nominations made like the Sightless Cinema in Tallaght by South Dublin Co Co, Supporting Creative Engagement in older age by Meath Co Co and Kildare Library Service Reader in Residence by Kildare Co Co.

We are delighted to see so many projects being shortlisted for these awards and look forward to the Awards night on the 23rd November 2023 in the Crowne Plaza Hotel, Dublin Airport to see which projects will be celebrated the most!



LGBT Ireland delivered an Online Workshop for our Older People's Councils

LGBT Ireland delivered an online workshop for Older People's Councils on 25th September, aiming to create awareness of issues experienced by the LGBT community and the needs of its older members.

LGBT Ireland offers a range of support services including a helpline, tele friending, and support groups.

Our frontline services



LGBT.ie
LGBT Helpline
1800 929 539

Call & online chat:
Mon-Thurs 6.30-10pm
Fri 4-10pm
Sat-Sun 4-6pm

Call:
Sundays 6-9pm
Tuesdays 10am-12noon



Transgender
Family Support Line
Families Supporting Families
01 907 3707

Local Updates



Bunclody Library Events

Bunclody Library Knitting Group – Every Thursday 10.30am to 12.00pm

New members welcome. No booking required!

Adult Book Club – Thurs 5th Oct at 7.30pm

Join us for a discussion on Agatha Christie's Halloween Party. New members always welcome. No booking required.

Home Energy Saving Kits

Home Energy Saving Kits are now available to borrow from Bunclody Library. The kits contains a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas. Please contact the library at 053 9375466 or email bunclodylib@wexfordcoco.ie for further details.

Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks from Bunclody Library, all you need is your library card! For more information please contact the library.

Sensory Friendly Hour

Every Saturday from 4.00 – 5.00pm, Sensory Friendly Hour will be observed in Bunclody Library.

We encourage you to come along and relax in the calm environment of the library. No booking required. All welcome!



Central Library, Waterford Event

Raymond Chandler & Waterford
Central Library Waterford
Wednesday October 11th at 6:30pm



The brilliant mystery writer Raymond Chandler spent his childhood in three different countries—America, Ireland, and England, and each place had a distinct influence on his writing and personality.

'The Big Sleep', his first novel, was published in 1939, elevating the hardboiled detective story to classic crime literature. Chandler went on to write numerous stories and seven novels, many filmed and now regarded as classics of the Film Noir genre.



Chandler biographer Judith Freeman comes to Waterford Library on October 11th to discuss his early years, with a special emphasis on his time living in Waterford with his Irish relatives.

Booking required – contact the Library on 051 849975 or CentralLibrary@waterfordcouncil.ie




Russ Parsons in Ardkeen Library 12th Oct

WRITERS AT WATERFORD LIBRARIES

AUTHOR EVENT

with
Russ Parsons



Award winning author and columnist Russ Parsons, will be in conversation discussing his work in Ardkeen Library on Thursday 12th October at 7:00pm.

Ardkeen Library | 12 October | 7:00PM

FREE EVENT - BOOKING REQUIRED
Ardkeen Library - 051 849755

Waterford resident and The Irish Times food columnist Russ Parsons served as the food editor and columnist of the Los Angeles Times for more than 25 years. Among other honors, in 2008 Parsons was inducted into the James Beard Foundation's Who's Who of Food and Beverage, the hall of fame of American cooking.

His first book, How to Read A French Fry was a finalist for two Julia Child cookbook awards. How to Pick a Peach, published in 2007, was named one of the best 100 books of the year by both Publisher's Weekly and Amazon. Russ will be speaking on 12 October, 7:00PM at Ardkeen Library. Free of charge but booking required. Call at 051 849755.

Positive Ageing Week 2023



Carlow Older Persons Forum invite you to join them in celebrating Positive Ageing Week 2023, a national event that recognises the value and contribution of older people in their communities and society. The theme for this year is Challenging Ageism, which aims to address the stereotypes and prejudices that impact older people and their participation and inclusion.

As part of the celebrations, Carlow Older Persons Forum is organising a series of **free** events in collaboration with Carlow County Development Partnership, the Carlow County Council Age Friendly office, and other local agencies and community groups that support healthy ageing and wellbeing for older people. These events will include workshops, talks, walks, social activities and more.

Leisure Centre & Pool Taster Sessions

(*Registration necessary)

Enjoy a free swim or gym session in either location at any time during positive aging week. Please contact Caroline beforehand to confirm your spot.

DATE	TIME	VENUE	CONTACT
Sunday 1st Oct - Saturday 7th October	Varies	Talbot Leisure Centre, Carlow Graiguecullen Swimming Pool	Caroline Shanahan M: 087 918 5466

Delta Sensory Gardens

Delta Sensory Gardens are delighted to offer FREE access to Older Persons to visit Delta Sensory Gardens to celebrate Positive Ageing Week. You may also like to view in advance and potentially download our Audio Guide Tour prior to visiting and this can be accessed through our website: www.deltasensorygardens.ie

DATE	TIME	VENUE	CONTACT
Saturday 7th Oct	11.30am - 4pm	Delta Sensory Gardens, Strawhall, R93 Y959.	*We would kindly ask visitors to phone our reception desk on (059) 9131354 to register for the event in advance.

Park Walk Tullow

Walking is a great way of soaking up the parkrun atmosphere, getting the opportunity to chat to people, being active and is something that whole families or friendship groups can do together. It's also one of the best entry points into parkrun, especially for those who may be taking their first steps towards healthier and happier lifestyles.

DATE	TIME	VENUE	CONTACT
Saturday 7th Oct	Starting at 9.30am Arrive early	Tullow parkrun, Rathwood Tullow	Jennifer Dempsey M: 087 171 2529 Laura Kelly M: 087 102 5640

Park Walk Carlow

You can walk at any pace, alone or with others. You could bring a dog or a buggy and even use walking poles if you have them. Walking can help you manage or prevent health conditions, enhance your mood, boost fitness and bring you into contact with some amazing places and people.

DATE	TIME	VENUE	CONTACT
Saturday 7th Oct	Starting at 9.30am Arrive early	Carlow parkrun, The Barrow Track (opposite Carlow Town Park)	Jennifer Dempsey M: 087 171 2529 Laura Kelly M: 087 102 5640

*Events marked with an asterisk require registration, please phone the contact person listed in advance of attending this event to secure your place.

Positive Ageing Week 2023

Schedule of Events

1st - 7th October

These events have been coordinated by Carlow Older Persons Forum with the support of Carlow County Council & Carlow County Development Partnership to celebrate Positive Ageing Week.

Please note: All events are free of charge, but some events require registration, and these are marked with an asterisk*

Screening of 'Doorstep Dances'

(*Registration necessary)

Positive Ageing Week 2023 launch event with refreshments and music, and also introducing our Age Friendly Ambassador Faith Amond.

DATE	TIME	VENUE	CONTACT
Monday 2nd Oct	6.30pm	SETU Houghton building in front of main reception	Valerie McDonald M: 086 011 7761 E: vmcdonald@carlowdevelopment.ie

Positive Ageing Coffee Mornings

(*Registration necessary)

Register for your coffee morning hamper and host a Positive Ageing Coffee Morning for your local community.

DATE	TIME	VENUE	CONTACT
Monday 2nd Oct - Saturday 7th Oct	Various	Why not host your own coffee morning in your local community to celebrate Positive Ageing Week. Call Laura for more info.	Limited number available. Laura Kelly M: 087 102 5640 E: ikelly@carlowcoco.ie

Ducketts Grove Coffee Morning

A morning to connect with others and enjoy some music and refreshments. Register today to receive complimentary tea/coffee and cake in Ducketts Grove Lazy River Café.

DATE	TIME	VENUE	CONTACT
Monday 2nd Oct	11am - 1pm	Ducketts Grove	Laura Kelly M: 087 102 5640 E: ikelly@carlowcoco.ie



These events are the outcome of a public planning session held in An Gairdin Beo in earlier this year, organised by Carlow Older Persons Forum. For more information on Positive Ageing Week, please contact Carlow Older Persons Forum at Mob: 085 850 5549 or email jbutler@carlowolderpersonsforum.ie

Garda Station Coffee Morning

As part of Positive Ageing Week, An Garda Síochána would like to invite Older Persons into Carlow Garda Station, their Garda Station, to see how we work to keep people safe. We will share prisoner pathways from arrest, through to detention and interview, technological capabilities to include town CCTV, Tetra radios, handheld mobile devices, and much more. Every day we try to reinforce feelings of safety in the community.

This visit of our older persons will show how we are doing it.

DATE	TIME	VENUE	CONTACT
Tuesday 3rd Oct	11am - 1pm	Carlow Garda Station	Sergeant Conor Egan Carlow Community Policing Unit Tel: 059 917 9019

Come & Try Pickleball

Pickleball combines many elements of tennis, badminton and table tennis. It is played on a badminton-sized court using a modified tennis net. The game is played with a paddle and a plastic ball with holes. It can be played as doubles or singles. The game can be enjoyed by all ages and skill levels. It is a fun social and low impact game that is sweeping the country. No prior racquet experience is necessary to enjoy the game.

DATE	TIME	VENUE	CONTACT
Tuesday 3rd Oct	2pm	Old Leighlin Sports Centre	Madeleine O'Brien M: 086 408 0286

Technology Class for Positive Ageing

(*Registration necessary)

Carlow County Development Partnership are delighted to offer a gentle introduction to smart phone, social-media and basic internet usage. Small group classes, and one to one support with tea/coffee included, all free of charge.

DATE	TIME	VENUE	CONTACT
Tuesday 3rd Oct	10am - 12.15pm	Carlow JETS Centre, 61-63 Burren Street, R93 H2V6 Carlow.	Valerie McDonald M: 086 011 7761 E: vmcdonald@carlowdevelopment.ie

Carlow Volunteer Centre Open Morning

The staff of Carlow Volunteer Centre would like to invite members of our Senior community to join us for a coffee and discuss the many ways to volunteer and the benefits of volunteering in your community.

DATE	TIME	VENUE	CONTACT
Tuesday 3rd Oct	10.30am - 12.30pm	Carlow Volunteer Centre	Helen Rothwell Carlow Volunteer Centre T: 059 917 3033 / 086 024 6055 E: helen@volunteercarlow.ie



Carlow Fire & Rescue Service Community Fire Safety Open Morning

Carlow Fire and Rescue Service would like to invite members of our senior community to our Fire Station HQ, located on Green Lane, right beside the bus stop for the new Carlow Town Public Transport Bus Service for our Open Morning.

On the morning members of the Fire Service will be available for a guided tour and answer all questions you might have regarding keeping yourself safe and what we the Fire Service can do to help you, like carryout a Home Fire Safety Visit where members of the Fire Service will visit your home at an agreed time and provide you with free fire safety advice and install freedomestic smoke alarms in your home.

Please come along and join us for our open morning and talk on Fire Safety in your Home.

DATE	TIME	VENUE	CONTACT
Wednesday 4th October	10.00am - 13.00pm	Carlow Fire & Rescue Service HQ, Green Lane.	Ray Regan Carlow Fire Station T: 059 913 1144

Elderflower Autumn Open Day

View the garden as we prepare for Autumn/Winter, speak to our busy gardeners and get information on pollinator friendly Spring bulbs. Try a 20 min Tai Chi lesson. Have a browse around our craftwork & chat with the crafters while enjoying tea/coffee and home baking. All are welcome.

DATE	TIME	VENUE	CONTACT
Thursday 5th Oct	10am - 4pm	Old Schoolhouse, Barack St.	Mary Ryan M: 087 973 2008

Come & Try Indoor Bowls

If you're looking for a bit of friendly competition while having fun, try Indoor Bowls. The rules are simple; each player takes turns to throw their bowls towards the "Jack", a small little ball usually white. Discover the thrill of the game, learn a new skill and make friends.

DATE	TIME	VENUE	CONTACT
Thursday 5th Oct	2pm	Leighlinbridge Parish Centre	Mary Lawlor M: 086 402 7182

Gentle Exercise Sessions by Physiotherapist Paul Kelly

(*Free to all and all welcome)

DATE	TIME	VENUE	CONTACT
Thursday 5th October	7.30pm	Spellman Hall, Kildavin	Clonegal/Kildavin Veteran Players Margaret Doyle M: 087 838 0018

Age Friendly Community Expo

All are invited to this free event to showcase a range of services and supports available for positive ageing in County Carlow.

DATE	TIME	VENUE	CONTACT
Friday 6th Oct	10am - 3pm	Fairgreen Shopping Centre	Martha Jane Duggan M: 087 214 5262

Age Friendly Positive Aging Week

SKERRIES AGE FRIENDLY POSITIVE AGING WEEK EVENT

Age Friendly Healthy Homes

A talk & presentation & Q&A session

by Danielle Monahan Healthy Age Friendly Homes Coordinator for Fingal

What is an Age Friendly Home

Does Your Home:

- Enable you to continue living in it as you grow older or do you require a home more suited to your needs (Rightsizing)
- Enable you to Live with a sense of independence and autonomy
- Enable you to be and feel part of your Community
- Support the avoidance of early or premature admission to long term residential care

Skerries Harps GAA Club, Dublin Rd, Skerries, K34HC89
From 10am-12pm
On Thursday 5th October 2023

The information session is aimed towards anyone +65

Booking is recommended if you wish to attend please contact:

agefriendlyskerries@skerriesca.com

Comhairle Contae
Fhine Gall
Fingal County
Council



comhairle chontae na mí
meath county council



Comann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

Clare Age Friendly Strategy 2023-2027 Workshop



Invitation

Clare Age Friendly Strategy 2023-2027 Workshop

The Clare Age Friendly Programme supported by the Clare Older People's Council are hosting a workshop for the Clare Age Friendly Strategy 2023 - 2027 and they would like to hear from you at their workshop event on:

Date: Tuesday 3rd October 2023

Location: Treacy's West County Hotel, Ennis, V95 C9CT

Time: Doors open at 9:30 a.m. | Workshop from 10:00 am to 3:00 pm

Discussion on the World Health Themes will take place throughout the day



★ Numbers are limited so early booking is essential. ★

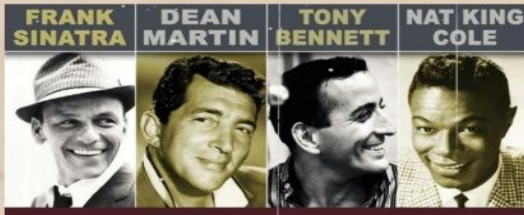
Complimentary refreshments and lunch will be provided.

RSVP by using the following link: <https://bitly.ws/VcrL>
or alternatively telephone (065) 6846240 **before 2nd October 2023.**



AN AFTERNOON WITH THE

CLASSIC CROONERS



ON CD AND STREAMING ON THE FREEGAL APP
Come along and listen to your favourite singers

18TH OCTOBER 3 - 4PM FREE EVENT

Central Library, Ilac Centre,
Henry Street, Dublin 1

BOOKING REQUIRED
Tel: 01 2228300 E-mail:
centrallibrary@dublincity.ie



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



Central Library

Free Digital Scanning and more!

Open Day

Monday 2nd October

Every hour

11.00am-4.00pm

Find out how to use our new ScanEZ service in a friendly and supportive setting

- Free Text translation covering 100 languages
- Free ID card scanning
- Free photograph editing (bring along an old photo)
- Direct to e-mail, USB and smartphone
- text to audio conversion
- No previous knowledge of online resources needed
- No library membership required
- Can use in 25 languages

For group bookings, please contact:

Tel: 01 222 8300

E-mail: centrallibrary@dublincity.ie

Leabharlanna
Libraries



Cabra Positive Aging Week



Positive Ageing Week
Free Event: **Cabra**

Information Showcase and Mobility Screening

Information stands and physical activity advice for people aged 60+.



When?

Thursday,
5th October
11.30am-2pm

Where?

Cabra Parkside,
Community Sports
Centre
Tea, coffee and
snacks provided



Sáncócare
Healthy
Communities



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council





St Louis Day Care Centre Ramsgrange

 Senior Citizens Concern clg

SENIOR CITIZENS CONCERN CLG
are hosting
The Ultimate Music Bingo Fundraiser
in **The Sportsman's Inn Ramsgrange**
on **Friday 6th October 2023 at 9 pm**


Tickets on Sale €15.00 each - Available from St. Louis Day Care Centre
Or pay on the night - Your support is greatly appreciated




MUSIC BINGO
Numbers are replaced with Hit Songs
Spot the songs and win a prize
Raffle on the Night

This project is supported by the Department of Rural and Community Development and Pabal through the Community Services Programme
Directors: Dr. Kevin Byrne Dr. John Cox Ann O'Hanlon Sarah McDonald Andrew Doyle Claire Harney
Registered Office: Sinnottstown Business Park, Drinagh, Wexford, Co. Wexford.
Incorporated in Ireland with Limited Cert No. 105183
We confirm that our Organisation complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland
Charity Status Ref No. CHY 7812 - CRA No. 20017996









Wexford Alliance Dementia Café
Hosted by **St. Louis Day Care Centre, Ramsgrange,**
Co. Wexford Y34H283


Date and Time: Thursday 12th October 2023 2pm –4pm
(Café held 2nd Thursday of every month)
Guest Speaker: Jason Carroll, Family Carers Ireland

Presentation Title:
“Supports for Carers in County Wexford”





The Café provides a warm and welcoming space for people with dementia, their family and friends, social and health care professionals to meet, exchange ideas and learning

For further information on how to attend please email:
stlouisdayscale@gmail.com or telephone 051-389509




Music Bingo Fundraiser in The Sportsman’s Inn, Ramsgrange on Friday 6th October 2023 at 9pm


 **MAKING THE CONNECTION** 

Senior Citizens Concern in conjunction with the HSE are hosting a Mental Health Literacy Talk “Making the Connection” on Thursday 12th October at 11 am. This is World Mental Health Week and we would love if you and your family could join us here in St. Louis Day Care Centre Ramsgrange for this free event. Please phone us by Tuesday 10th Oct to book your place as space is limited. 051 - 389509

All are welcome. Tea/Coffee & sandwiches will be served.



Want to know how these are all linked?



yourmentalhealth.ie

Wexford Alliance Dementia Café in St Louis Day Care Centre, Ramsgrange on Thursday 12th October 2023 from 2pm to 4pm
Mental Health Literacy Talk via Webinar by the HSE “Making the Connection” for World Mental Health Week Thursday 12th October 2023 in St. Louis Day Care Centre at 11 am



Mind Yourself Day – Laois Age Friendly

12
OCTOBER
3PM

Mind Yourself Day



DUNAMAISE ARTS CENTRE



Church St
Portlaoise
R32 W93P

Re-Imagining Aging Through Outdoor Adventure

Speaker: Joe Tierney
Researcher & Lecturer
TUS Athlone



The theme of this presentation is 're-imagining ageing through outdoor adventure.' This will be delivered through the lens of older outdoor adventurers in Ireland, their motivations, benefits accrued from their activity and exploring the possibilities for active ageing through outdoor adventure. Adventure is a subjective and malleable construct, however, the potential benefits are consistent regardless of the adventure. In the words of GB Shaw:

"We don't stop playing because we grow old, we grow old because we stop playing." Find your tribe, your adventure and continue to participate.

For full program of events visit www.laois.ie or our social channels

For more info and to register for the event, contact Tom on 086 0363426 or at tcurren@laoiscoco.ie



Refreshments Served



12
OCTOBER
2PM

Mind Yourself Day



DUNAMAISE ARTS CENTRE



Church St
Portlaoise
R32 W93P

Anxiety and its Management

Presentation by
Aine Davin, Social Work Team Leader
and Patrice Leech De Asis
Occupational Therapist
HSE Psychiatry of Later Life



This presentation will be followed by a Question and Answer session

Refreshments Served

For full program of events visit www.laois.ie or our social channels

For more info and to register for the event, contact Tom on 086 0363426 or at tcurren@laoiscoco.ie



12
OCTOBER
4PM



Mind Yourself Day

VENUE

DUNAMAISE ARTS CENTRE

Church St, Portlaoise
R32 W93P



NUTRITION FOR OLDER ADULTS



Delivered by
LOETB's
Janice O'Brien



Refreshments served

Demonstration, Q&A with Janice. Janice is a LOETB tutor and a qualified chef with expertise in working with older adults on diet and nutrition, she plays a crucial role in educating and supporting individuals in maintaining a healthy lifestyle. Her dual background in education and culinary arts allows her to provide practical advice on making nutritious food choices, meal planning, and addressing specific dietary needs that are common among older adults. This kind of expertise can be invaluable in promoting overall well-being and quality of life for the elderly population she works with. If you have any specific questions or topics you'd like to discuss related to Janice's skills and experience, feel free to ask!

For full program of events visit www.laois.ie or our social channels

For more info and to register for the event, contact Tom on 086 0363426 or at tcurren@laoiscoco.ie



comhairle chontae na mí
meath county council





Tory Top Library

Tory Top Library Presents



The Alzheimer Society of Ireland's Mobile Information Service



This service provides information and support to people with dementia and their families as well as those concerned about their cognitive health. It can also raise awareness about local ASI services and about dementia, distribute leaflets, invite people on board to view information and resources and facilitate private one-to-one conversation on-board.

Friday 13 October 11 a.m. – 1 p.m.

**All Welcome
Admission Free**

Read • learn • explore



Tory Top Library

Ballyphehane, Cork

T: 021 4924934 E: torytop_library@corkcity.ie





Are You a Family Carer?

Join us for some creativity and conversation



Tuesday's at 10:30am - 12:30pm

3 October - 14 November 2023

at Uillinn West Cork Arts Centre, Skibbereen

Relaxed atmosphere for art making and conversation with Sarah Ruttle

€5 booking fee for 6 sessions. To book email us at info@westcorkartcentre.com or call us at 028 22090

www.artsforhealthwestcork.com

All materials and tea/coffee provided.



Positive Ageing Week 2023

1ST TO 7TH OCTOBER

Positive Ageing Week 2023 Community Events

Monday 2 nd October	Kilgarvan Quay Ballinderry	Silver Arch Family Resource Centre will host Nenagh Kayaking: Older People enjoying our Outdoors from 10.30 to 12.30 Contact Noelle 083-0178006	
Wednesday 4 th October	Fethard Parish Church and Convent Chapel	Fethard & District Day Care and Fethard Men's Shed will host a Mass followed by refreshments and entertainment from 11am Contact Mairead 085 7833323	
	Millennium Family Resource Centre	Millennium Family Resource Centre will host a social dancing event 1pm to 4pm Contact Alice 083 1014313	
Thursday 5 th October	Bramleigh Nursing Home, Cahir	Cahir Men's Shed will host an afternoon of music & Song at Bramleigh Nursing Home 2pm to 4pm Contact Ann Marie 086 35641782	
	Annacarty Hall	Annacarty & Donohill Active Retirement Group will host an afternoon of music and refreshments from 2pm to 5pm Contact Bridget 086 8772062	

Positive Ageing Week 2023 Tipperary Age Friendly Events

Age Friendly Tipperary, in collaboration with Irish Hospice Foundation and Lynch Solicitors Clonmel will offer a FREE seminar on arranging your personal, medical and legal affairs for the future. Learn about Wills, Enduring Power of Attorney, Advance Care Planning. Booking is essential for these FREE webinars.



Tuesday 3 rd October	Hotel Minella Clonmel E91 FY97	Refreshments and registration 1.30pm. Start 2pm finish 4pm
Wednesday 4 th October	Abbey Court Hotel Nenagh E45 KA99	Refreshments and registration 1.30 pm. Start 2pm finish 4pm
	Anner Hotel Thurles E41 X789	Refreshments and registration 6pm. Start 6.30pm finish 8.30pm

For more information or booking contact Fiona, Angela or Cliona Tipperary Age Friendly on 0818 06 5000 or email agefriendly@tipperarycoco.ie or for more information see www.tipperarycoco.ie

This event has been supported by Healthy Ireland, "The Healthy Ireland Fund supported by the Department of Health"



comhairle chontae na mí meath county council





Tipperary Older Peoples Council Updates

The AGM of the Tipperary Older Peoples Council (OPC) took place at the Anner Hotel in Thurles on Tuesday, 12th September last.



Interim Chairperson, Mary McMahon, welcomed the large crowds to the event, including members of the Tipperary OPC Executive, Bridget O’Dea, Alice Teehan and Leo D’Arcy, who explained the structure of the Tipperary OPC and the Executive and their personal involvement, and all about and the advantages of being a member and the many age friendly activities that take place throughout the year for all involved.



Tipperary Age Friendly Business Ambassador, John Lonergan, also addressed the meeting, outlining the importance of keeping the mind and body active in order to live a longer and healthier life.

Figure 1 Members of Tipperary OPC Executive Bridget O’Dea, Leo D’Arcy, Angela Sheehan (TCC) Mary MacMahon, Age Friendly Business Ambassador John Lonergan, Frances Lehane, Bernard Prendergast, Cliona Tobin (TCC) Alice Teehan

The Older Peoples Council provide the voice of the older people to support the Age Friendly Alliance at strategic level, co design solutions in response to barriers and challenges. On 17th October the next public meeting for Tipperary Older Peoples Council will take place in the Enterprise Centre in Thurles 11.30 to 1pm focusing on 2023-2025 Action Plan for Tipperary Age Friendly. For further information on the Tipperary OPC, please contact Fiona Crotty or Cliona Tobin at Tipperary County Council at 0818 065 000 or email agefriendly@tipperarycoco.ie

Tipperary Climate Action Workshop

On Monday 25th September Tipperary Age Friendly hosted a Regional Age Friendly and Climate Action Workshop. This was facilitated by Gavin Harte who delivered the training and was held in beautiful surroundings of Cabragh Wetlands near Thurles. Items such as climate science, carbon footprints, energy saving, home energy upgrades were discussed. Clare Lee, Tipperary Climate Action Coordinator also provided update on the Tipperary Climate Action Plan. Following the seminar, a walk around the grounds of Cabragh was undertaken.



Age Friendly Roadshow Kildare



It was a full house on Wednesday morning at the Kildare Age Friendly Roadshow in Johnstown Bridge (despite the stormy weather!) as part of County Kildare Social Inclusion Week. We had over 240 in attendance



A wonderful variety of Age Friendly supports with 28 information stands from Local, Regional and National service providers such as HSE, ALONE Ireland TFI Local Link Kildare South Dublin, Chime - National Charity for Deaf & Hard of Hearing People, UPMC Ireland, The Marie Keating Foundation etc. along with a great array of really informative guest speakers including:

- ◆ Ronald Allison from the Irish Heart Foundation speaking about stroke prevention
- ◆ Mr. Ijaz Cheema consultant Urology speaking on prostate and incontinence
- ◆ Fergus Timmons from The Alzheimer Society of Ireland speaking about memory and dementia

The second half of the morning consisted of chair yoga with Kildare Sports Partnership, a talk on recovery from Alcohol and Gambling as part of recovery month from Gary Lawlor and Mick O'Brien and a cooking demonstration with Mary Grufferty based on the 101 square meals.

The day finished off when the music and Social Dancing commenced and despite an appearance from Agnes all attendees danced the evening away.

Celebrating Galway's local Positive Ageing Heroes



Positive Ageing Week is an opportunity every year to emphasise the positive aspects of aging and celebrate the invaluable contributions of older individuals in our communities. **The theme of Positive Ageing Week 2023 is Challenging Ageism- Reframing How We Think, Feel and Act towards aging and older persons.**

This Positive Ageing Week (October 1 – 7th) Galway is shining a light on 13 people from across the Galway City who are wonderful examples of the positive aspects of ageing and the vast and varied contributions of older people who quietly improve our lives, neighbourhoods and communities all year round.

The flagship event is the Local Heroes Exhibition which will feature in various libraries across the City showcasing these amazing people who epitomise positive, healthy and active ageing. They represent the many older people who enrich our lives in so many ways.

Research tells us that our ageing journey can be impacted by what we see and hear about ageing. That is why it is so important to shine a light on people who are living life to the full and are so often family carers, valuable members of clubs, associations, community groups and enriching our lives so much.

You can see all 13 Galway City Heroes on this short video

https://youtu.be/NpRgQY16_qM

And you can read about all 30 of Galway's local heroes by visiting

www.copegalway.ie/positiveageingweek

The local heroes' exhibition is an initiative of the Galway Age Friendly Programme and was made possible mainly by Galway City and County Councils, COPE Galway, Galway Rural Development and Galway City Partnership. Together we would like to thank all who sponsored or contributed to this year's initiatives and most especially the wonderful people from across Galway City who contribute to our families, communities and society and who inspire others to do likewise.

There are other events taking place across the City and County and can be found at

www.copegalway.ie/positiveageingweek

Contact Jacquie Lynskey jlynsey@copegalway.ie / 086 021 1110

Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone.

Please **email us** your news to us at agefriendlyireland@meathcoco.ie before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget, we are on **social media** so why not follow us for all the up to date information on all things Age Friendly happening around the country 😊

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: Age Friendly Ireland

Instagram: agefriendlyireland

International Updates



IFA Global Café | In Conversation with Dr. Gulnara Minnigaleeva

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Gulnara Minnigaleeva on “Changing the perception of older people.”



A recording of this event will be available on the Federation’s website

<https://ifa.ngo/ifa-global-cafe/> and

<https://drbarometer.com/community/resource-library>

Useful Contacts and Info

Age Friendly Ireland Shared Service Office Telephone: **046 9032170**

Or Email: agefriendlyireland@meathcoco.ie

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Call save 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday