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**Friday, 4th October**

**National Updates**



**Judges visit exceptional projects nationwide for our National Age Friendly Recognition and Achievement Awards 2024**

The judges for the Annual National Age Friendly Awards have been visiting a wide range of wonderful projects across the country, from vibrant community initiatives to impressive Age Friendly Housing developments. Each project showcased an inspiring commitment to improving the lives of older people, and our judges were particularly impressed with the creativity, innovation, and high standards demonstrated throughout. These initiatives, whether focused on housing, social participation, or health and wellbeing, are making a real difference in creating an Ireland that truly values and supports its ageing population. We are incredibly grateful for the warm hospitality extended to our judges, which further reflects the dedication of all involved in this important work.

We look forward to meeting representatives from the shortlisted projects at our Gala Awards Evening, very kindly hosted by Fingal County Council, on **Thursday 7th November in Crowne Plaza Hotel, Northwood Park, Dublin.**

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## **OVER 100 OLDER PEOPLE PARTICIPATE IN FIRST AGE FRIENDLY 'SPORTS TASTER DAY'**

This event allowed older people to establish a comfort level with sports stadiums, benefit from peer-to-peer support and on-hand physios and fitness experts and feel encouraged to seek out these kinds of activities in their community.

[Find out more>](#)

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**HSE** **hi**  
Healthcare Improvement

**WEBINAR INVITATION**  
**How Podcasts Can Help Your Health and Wellbeing**

With special guest **SÍLE SEOIGE**  
Host of the Ready to be Real Podcast

**Date:** Tuesday 15 October 2024  
**Time:** 3.00pm – 4.00pm

**How Podcasts can help your Health and Wellbeing Webinar, with special guest Síle Seoige**

Learn how and why people listen to podcasts. Speakers will include special guest Síle Seoige, host of the Ready to be Real podcast and the hosts of the HSE Talking Health and Wellbeing Podcast series, as well as other experts and experienced podcasters.

[Register here >](#)



Open House Dublin is an Irish Architecture Foundation Initiative and they are holding a series of Age Friendly Events. Our own National Technical Advisor Manager, Declan Gaffney will be hosting one of these events on the 17th October. To register or for more information, please click on the button below.

[Find out more >](#)



The Irish Gerontological Society are inviting you to join them for their next series of Public Lectures online. The

next lecture is on **Saturday, 5th October** from 2 pm until 3 pm.

**The Willie Bermingham Lecture - Ageism and Human Rights: Growing Old with Dignity - the guest speaker is Dr. Sarah Donnelly.**

[Find out more >](#)



Limerick City and County Council, in collaboration with the Office of Public Works (OPW), has officially signed the main contract for the King’s Island Flood Relief Scheme.

The €32 million contract (excluding VAT) has been awarded to Ward & Burke Construction Ltd, marking a significant milestone in flood protection efforts for the historic area.

[Find out more >](#)

## Local Updates



**'Meath Cares About Older People'**

The Meath Age Friendly Alliance held a successful showcase event in the **Pillo Hotel, Ashbourne, on Tuesday, 1st October**. The 'Meath Cares About Older People' event highlighted the wide range of services and supports available for older people throughout the county.

[Find out more >](#)

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# Seachtain an Aosaithe Dhearfaigh i nGaillimh 2024

## Galway Positive Ageing Week 2024



### Celebrating Galway's Local Positive Ageing Heroes

Positive Ageing Week provides an annual opportunity to highlight the positive aspects of ageing and to celebrate the invaluable contributions of older individuals in our communities. The theme for Positive Ageing Week 2024 is "Challenging Ageism: Reframing How We Think, Feel, and Act Towards Ageing and Older Persons."

[Find out more >](#)

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### **Age Friendly Carlow Announce Community Consultations**

As part of the process of developing the new Age Friendly County strategic plan we would like to hear directly from older persons aged 55 years and older in County Carlow.

[Find out more >](#)

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### County Clare's Health and Wellbeing Age Expo on October 3, 2024

Following on from the success of last year's event, Clare Older People's Council, part of Clare County Council's Age Friendly County Programme, hosted again this year's Health and Wellbeing Age Expo on Thursday, 3 October at Treacy's West County Hotel, Ennis from 11am to 4pm.

[Find out more >](#)





### Healthy Ageing talks in Waterfod Libraries

Waterford Libraries are delighted to invite people to join Dr. Sabine Eggers, community pharmacist to learn about what preventative measures we can taken to live a full and active life in our later years on Monday 7th October.

[Carrickphierish Library >](#)

[Central Library >](#)



**Minister Darragh O'Brien cut the ribbon on the new social housing unit in Monastery Court, Lusk, Fingal County.**

[Find out more >](#)



Join Bunclody Library for their upcoming events. Click on the button below for more information.

[Find out more >](#)



**Offaly launches age friendly – ‘Our county should be a good place in which to grow old’**

Offaly County Council launched its new Age Friendly Strategy 2024-2029 at a meeting of the Offaly Age Friendly Alliance, following census figures which show that over a fifth of the county’s population are now over 60 years old.

[Find out more >](#)

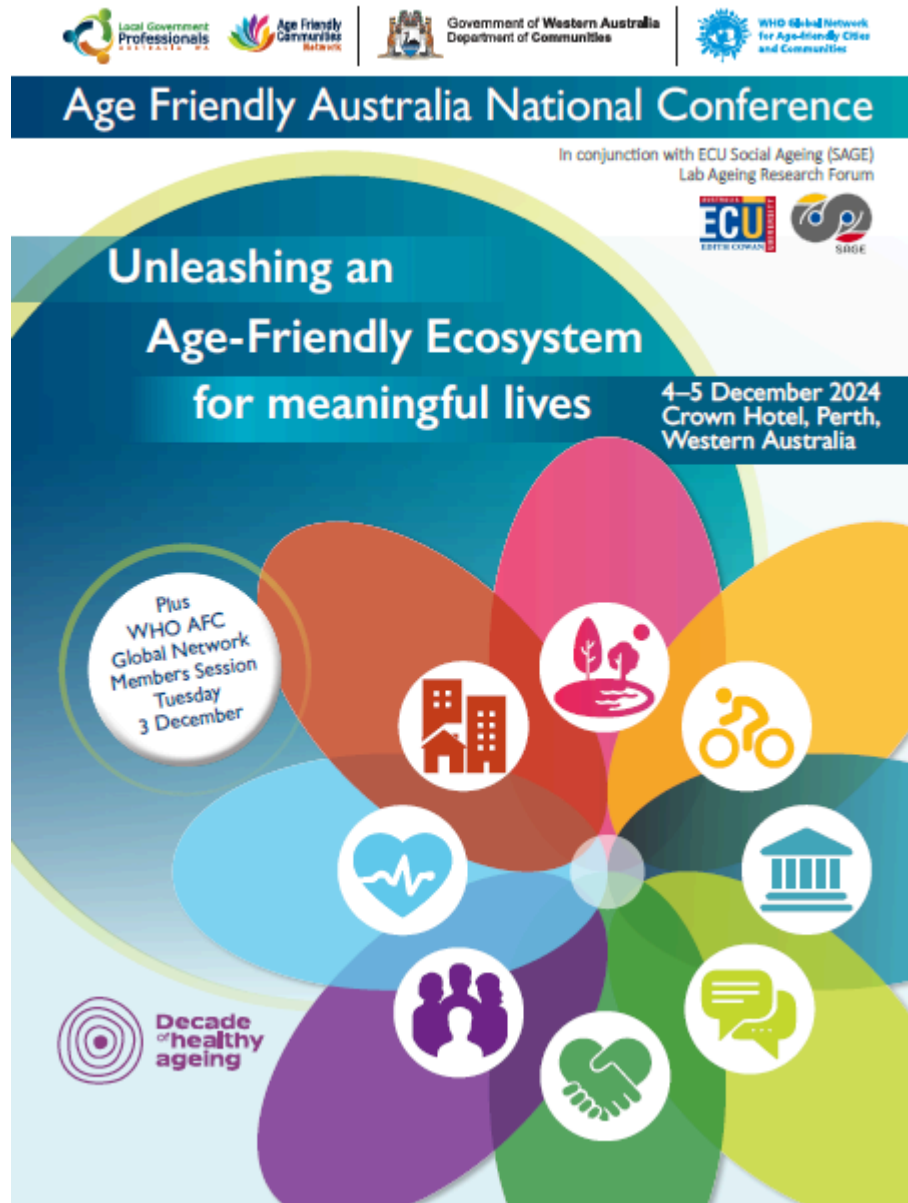


**Age Friendly Laois have launched their October and September Newsletter**

Please click on the link below to view the amazing work Age Friendly Laois has been doing.

[Find out more >](#)

**International Updates**



## Age Friendly Australia National Conference - Unleashing an Age-Friendly Ecosystem for meaningful lives

Inspiring, connecting and supporting communities to grow and strengthen their age-friendly practice and communities is the mission of the WHO Global Network Age-friendly Cities and Communities. We trust you will be inspired by what you learn, use the opportunity to make strong connections, and take away knowledge and understanding to grow your age-friendly communities and see them flourish.

Age-friendly practice is about joining together the numerous and complex parts of the lives of older people. It's an ecosystem we all want to unleash!

[Find out more >](#)



## ifA Global Cafe in conversation with experts

IFA Global Café | In Conversation with Dr. Varshini Varadaraj on “Ageing with Vision Loss and Improving Access to Care.”

4 October 2024, 07:00 A.M. EDT (US and Canada) - 12pm Irish time

[Find out more >](#)

If you would like a PDF version of the newsletter, please click [HERE](#)

- This Newsletter is prepared and circulated by Age Friendly Ireland
- The Newsletter is published weekly, every Friday
- If you wish to provide information that may be included in the Newsletter please email it to: [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie) no later than midday on the Thursday. Age Friendly Ireland retains full editorial responsibility for content of the Newsletter.

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HSE Advice Line: Call save 1850 24 1850

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

Saturday and Sunday



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