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**26th September 2025**

## National Updates



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

**Thursday, 25 September:** Enjoying the activities at Age Friendly Ireland's 'Sports Taster Day' were many members of Older People's Councils from across the country. Over 100 older people participated in Age Friendly

Ireland's second annual 'Sports Taster Day' at the Sport Ireland Campus, which took place during European Week of Sport 2025.

Participants travelled to the Dublin campus to sample activities including adapted céilí dancing, trishaw and folding bikes, Fitsticks, walking football and Cricket4All.

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

Lots of smiling faces leaving the Sports Campus after a relaxing Tai Chi session to finish the day.



## Patient and Public Partnership Conference

On Wednesday, 17th September, the 3rd HSE National Public and Patient Partnership Conference was held in the Age friendly stadium Croke Park, Dublin. This is a key event that brings together health and social care professionals, patients / service user partners. In attendance was the Chief Executive of the HSE Bernard Gloster who spoke about the HSE currently and going forward. The day was used to highlight and continue to develop relationships created across the a variety of areas where working partnerships are created for the service users/patients in healthcare.

This years theme was 'Navigating Our Patient Partnership Journey Together'.

Teamwork is key to the effective delivery of health and social care services regardless of the setting. At the event, many posters were exhibited promoting working relationships across the health spectrums of care. Alison Murphy, HSE Operational Lead Dublin Southwest Integrated Care Programme for Older Persons, Mairead Holland, HSE Dublin Midlands Regional Patient & Service User Lead and Mary Gillan, Age Friendly Ireland Healthy Age Friendly Homes Programme Co-ordinator attended as part of a team promoting a poster on making age friendly healthcare. A walkability study was carried out in the newly built Clondalkin Health Centre in Dublin. This included, older person council members, Age Friendly and HSE staff involvement.

[Find out more >](#)

## Age Friendly Offaly at the National Ploughing Championships 2025



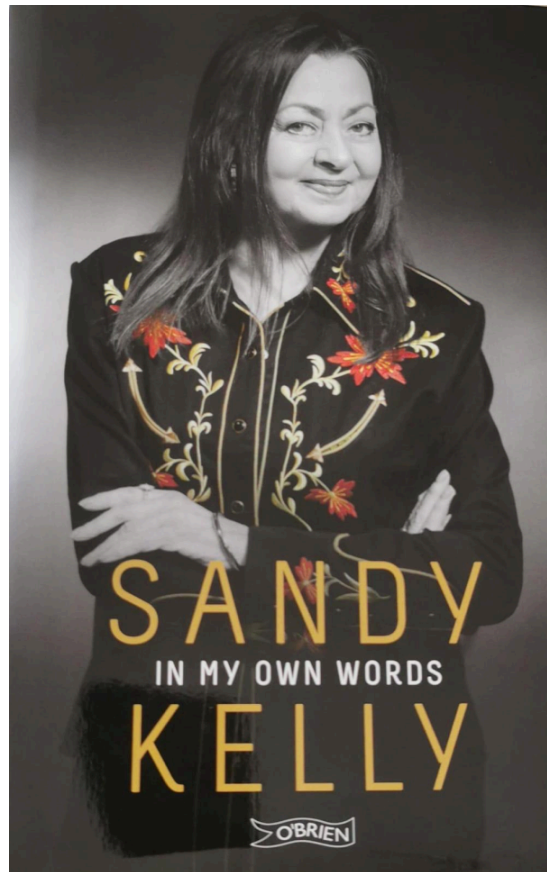
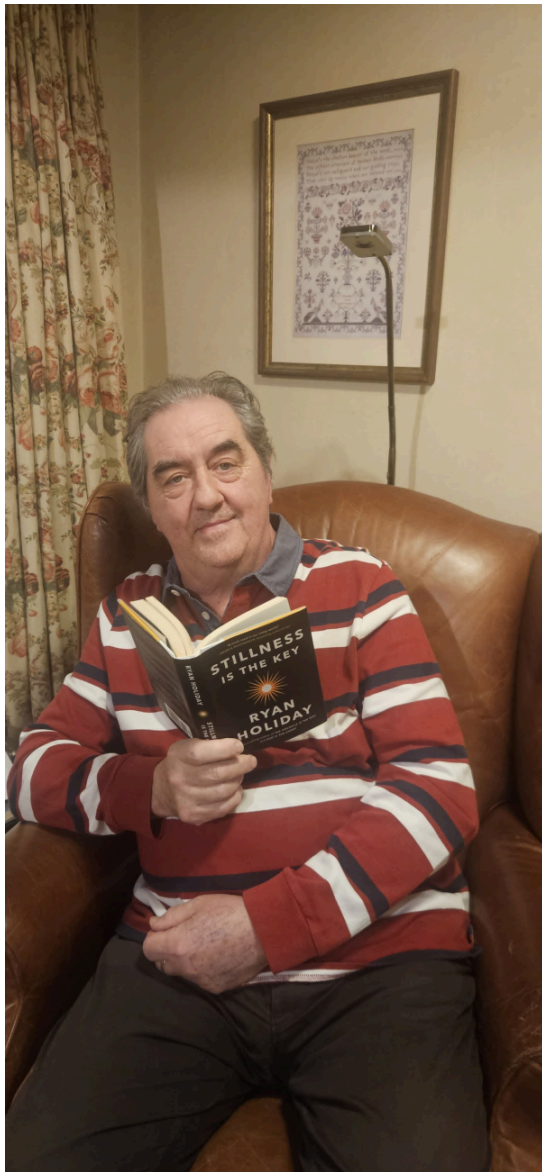
Last week our Laois Age Friendly Programme Manager, Gerry Bruton had the pleasure to meet and grab a photo with An Taoiseach Micheál Martin, Fianna Fail Presidential Candidate, Jim Gavin, and Deputy Tony McCormack, an Offaly T.D.

## National Public Libraries Open Day this Saturday, 27 September

**On Saturday, September 27th**, Libraries Ireland are celebrating the valuable work of Public Libraries in Ireland and are inviting you to 'Take a Closer Look' at your local library.



On this day, libraries will be demonstrating some of the wonderful events and services that they offer and everyone is welcome to come in and get involved.



## Dementia: Understand Together Upcoming Events

- The next community champion lite bite session which takes place online on Wednesday 1st October 12.30-1.30pm
- A dementia awareness evening,





which will take place in Carrick-on-Shannon on 1st of October commencing at 7pm

[Find out more >](#)

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## Local Updates

### **First engagement between the Active Travel team of Dublin City Council and Older Persons Council.**



Last week marked the first engagement between the Active Travel team of Dublin City Council and an Older Persons Council.

The meeting was designed to open dialogue around active travel infrastructure, accessibility, and mobility challenges faced by members of the North Central Area OPC.

It also served as an opportunity to share updates on ongoing and upcoming projects, gather valuable feedback, and explore collaborative approaches to developing age-friendly travel solutions within the area.

We hope that this is just the beginning of the relationship between both.

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## **Age Friendly Library Events**

### **Loughboy Library - Co.Kilkenny**

#### **Loughboy Library Weekly Online Clinic**

**Tuesday 30th September from 2.30 - 3.30 pm**

Would you like to learn more about the wealth of online resources available from Kilkenny Libraries?

Pop in to see us at our weekly online clinic and we can demonstrate to you how to use such fabulous online resources as Borrowbox, Universal Class and more!

No booking required. Just drop in!

#### **One-to-One Tech Support in Loughboy Library**

**Friday 3rd October from 11.00 am -1.00 pm**

Do you need assistance with your mobile phone, tablet or laptop, or other digital devices

and services?

One-to-One Tech Support will be available in Loughboy Library on Friday 3rd October from 11.00 am -1.00 pm.

We are grateful to the Transition Year students from Presentation Secondary School Kilkenny for their support.

No booking required. Just drop in!

#### **Smartphone Classes with Mike Kealy (2 classes)**

**Thursday 2nd AND Friday 3rd October**

**10.30am to 12.30pm on both mornings**

Learn everything you need to know about using, and making the most of, your smartphone in a series of two classes with Mike Kealy.

It is a two-part workshop, so attendance at both workshops is required.

Provided by KCETB.

Places are limited. Phone 056 7794176 or email [loughboy@kilkennylibrary.ie](mailto:loughboy@kilkennylibrary.ie) to book a place.

### **Smartphone Classes with Mike Kealy (2 classes)**

**Thursday 2nd AND Friday 3rd October**

**1.00 to 3.00pm on both afternoons**

Learn everything you need to know about using, and making the most of, your smartphone in a series of two classes with Mike Kealy.

It is a two-part workshop, so attendance at both workshops is required.

Provided by KCETB.

Places are limited. Phone 0567794176 or email [loughboy@kilkennylibrary.ie](mailto:loughboy@kilkennylibrary.ie) to book a place.

## **Bunclody Library - Co.Wexford**



### **Adult Book Club - Thursday 2nd October at 7.30pm**

Our adult Book Club meets the first Thursday of every month. This month we will be discussing 'The Underground Railroad' by Colson Whitehead. New members are always welcome.



### **Music Session with Junior Comhaltas Group and Helena Dunbar – Saturday 4th October, 2.30 to 3.30pm**

Join us this afternoon for a fantastic musical hour with the Junior Comhaltas group led by Helena Dunbar. Come along and support some amazing local musical talent. Booking essential.





**Healthy Living for Everyday Life:  
Week 1, Alcohol Awareness –  
Tuesday 7th October, 10.30am to  
12.00pm**

Find out the benefits of cutting back on alcohol to help reduce the health risks and to start feeling better physically and mentally with Irish Heart Foundation.

Join us for a series of health and wellbeing talks at your local library, delivered by trusted professionals. You will learn how to make healthy lifestyle choices, that will benefit you and those around you in everyday life. Places limited, booking required.

To book events, please telephone **053 9375466** or book online at **wexfordcoco.libcal.com**.

**Monaghan Library**

WHAT'S ON

# MONAGHAN

29<sup>TH</sup> SEPT - 3<sup>RD</sup> OCT



**International Day  
of Older People**  
**Carrickmacross Library**

Wednesday 1<sup>st</sup> @11am  
Our Stories Club: a reminiscence group. The  
theme is 'The Clothes we wore'  
Special film showing of *Rebellious hope*. All day.

**Castleblaney Library**  
Monday 29<sup>th</sup> September @ 6.30  
Blaney Bloomers (Gardening club)

**Clones Library**  
Wednesday 1<sup>st</sup> @1.30pm  
Craft Class

**Monaghan Town Library**  
Wednesday 1<sup>st</sup> October @ 11am  
Knit and chat group.

**Ballybay Library**  
Ballybay Library is open Monday 2-5pm & 6-8pm  
Wednesday -Friday 11am - 1pm & 2 - 5pm



International Day  
of Older People

# Carrickmacross Library

## A Remembrance of times gone by

# Our Stories Club

This month's theme is  
The Clothes We Wore

Join us for a chat and  
laugh about your fond  
memories about your  
Glad Rags

 Wed 1<sup>st</sup> October

 11AM



**MONAGHAN  
COUNTY  
LIBRARIES**



**Positive Ageing Information Event**



# Positive Ageing

## Information Event 2025

**Wednesday, 1<sup>st</sup> October 2025**

**2.30pm to 5.00pm**

Inchicore Community Sports and Recreation Presbytery, Bulfin Road, Dublin 8

**Come along to our Positive Ageing Information Day**  
a welcoming event designed to help you connect with your local community!

- **Explore Information Stands from local services and organisations**
- **Join Taster Sessions to try out activities and meet new people**
- **Discover Community Groups you can get involved with**

**TAKING PLACE JUST ACROSS THE ROAD...**

**Tea & Chats** with former Republic of Ireland Manager and St. Pat's Legend **Brian Kerr** at **2:00 pm**.

*Followed by*

**Library in the Community: A Walk Down Memory Lane**  
Richmond Barracks Library

**Come along, share your memories, and celebrate the joy of positive ageing in our community!**

Whether you're curious about what's available locally or ready to get involved, this is the perfect opportunity to learn, connect, and celebrate positive ageing



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council



## Meath Alzheimer Cafe - 1st October 2025

# MEATH DEMENTIA CAFE

Hosted by The Alzheimer Society of Ireland

**Wednesday, 1st October**

**7:00 pm – 9:00 pm**

**Pastoral Centre, Dunshaughlin**

**Guest Speaker: Elaine Byrne, Solicitor –  
“Planning for the Future”**



Join us for an evening of friendly conversation, support and information for people living with dementia, their families, and friends.

Everyone is welcome – enjoy tea, coffee and a warm community atmosphere.

Contact for more details:

☎ Marie Brennan – 087 346 5198

✉ [marie.brennan@alzheimer.ie](mailto:marie.brennan@alzheimer.ie)

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**Afternoon Tea and Dancing**





Comhairle Cathrach  
Bhaile Átha Cliath  
**Dublin City Council**

JOIN US FOR AFTERNOON TEA AND DANCING TO  
CELEBRATE POSITIVE AGEING WEEK

**CELEBRATE LIFE, FRIENDSHIPS, AND COMMUNITY SPIRIT IN A JOYFUL  
ATMOSPHERE THAT PROMOTES POSITIVITY AND CONNECTION.**



Enjoy a fabulous afternoon filled with music, dancing, and **great company** for all ages and abilities.

**Event Details:**  
Tuesday 7<sup>th</sup> of October  
1pm to 3pm  
Erins Isle GAA Hall,  
Finglas

Limited Spaces must register to attend

Rsvp :  
0876428049  
0871737666  
Email :  
finglascommunity@dublin  
city.ie

**Free Event**



Aoisbhá  
**CATHAIR BHAILE ÁTHA CLIATH**  
Age Friendly  
**DUBLIN CITY**

## Carer's Peer Support - Skibbereen



# Carers Peer Support Carers Cuppa and Chat Meetup

**2nd Wednesday of every month  
11am to 1pm**

**Come along for refreshments, relaxation and  
conversation with other carers**

**including facilitated support and occasional  
guest speakers**

**Skibbereen Community and Family  
Resource Centre,  
North Street,  
Skibbereen,  
P81 ND89**

**For more information contact Gráinne  
028 23752 0873734411 [opcworker@scfrc.ie](mailto:opcworker@scfrc.ie)**



**Memory Cafe in Skibbereen**



## Family Training in Dementia - Buncranna, Co.Donegal



## Family training in Dementia

Are you caring for a family member, relative or neighbour who has Dementia?

**This training is for you.**

Understand the different types of Dementia and stages, how the individual with Dementia feels and most importantly, what to do.

**This training is FREE**

**Monday 29<sup>th</sup> September Buncrana Primary Care Centre**

**Maginn Ave**

**10am-4pm**

**For further details and to book your place contact**

**Diane Donnelly on 0872770103**

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## Health + Wellbeing Expo 2025 - Co.Clare



# Health & Wellbeing Expo 2025

The Clare Older People's Council and the Clare Age Friendly Programme are hosting a Health & Wellbeing Expo during Positive Ageing Week to showcase the supports and services available for older people living in County Clare.

**Date:** Thursday, 2nd October 2025.

**Location:** Treacy's West County Hotel, Ennis, V95 CPCT

**Time:** 11am to 4pm

★ **All are welcome** ★

For more information please contact  
agefriendlyclare@clarecoco.ie or telephone (065) 6846240

**Subsidised  
Lunch Rates**



- Free Health Checks
- Guest Speakers
- Themed Breakout Rooms
- Cooking Demo



Comhairle Cathrach  
Bhaile Átha Cliath  
**Dublin City Council**

## Positive Ageing Events in Dublin City Centre

Click below to check out the Positive Ageing Events happening next week in Dublin City Centre South Central Aea – both Ballyfermot Drimnagh LEA and the South West Inner City LEA.

**Dublin City Council  
South West Inner City  
Area**

**Positive Ageing Week 26<sup>th</sup> September to 3<sup>rd</sup> October 2025**

**Activities Include:**

- Embrace the Journey - Rialto Positive Ageing Month Launch**  
Fatima Group United  
26/09/2025 @ 12pm - 1pm  
F2 Centre, 3 Reuben, Rialto  
Booking Details: 089 441573 or una@fgu.ie
- The Secrets in Dublin Place**  
Names Historical Talk  
Beltville Community Unit, South Circular Road, D8  
29/09/2025  
Closed Event
- Over 55's Balance-Holistic Wellbeing for Women in Menopause**  
The Mad Sport's Women's Group  
Robert Emmet Building,  
3 Usher St, The Liberties, Dublin 8  
29/09/2025 - Colour Readings 7-9pm  
01/10/2025 - Sound Bath 7-9pm
- Positive Move and Thrive Class**  
St Michael Family Resource Centre  
02/10/2025 2pm - 4.30pm  
Inchicore Sports and Community Centre  
No booking required
- Down Through the Year**  
History Talk  
Rialto Court Common Area  
History Talk with Cathy South,  
02/10/2025  
Closed Event
- Celebrating Ageing Well**  
Craibie Court Gardeners/Old Mill  
Music Performance with Angel  
Garden View Common Area  
26/09/2025  
Closed Event
- Inchicore Positive Ageing**  
Community Information Event  
Inchicore Community Sports and Recreation Centre  
02/10/2025 2.30pm - 5.00pm  
No booking required  
Positive Ageing
- Style Has No Age: A Positive Ageing Week Workshop**  
Change Clothes  
23/09/2025 6pm - 8pm  
Unit E, The Digital Depot @ The Digital Hub, Roe Lane, Dublin 8  
Booking Link: <https://tinyurl.com/4yabxru>
- Style Has No Age: A Positive Ageing Week Swap Session**  
Change Clothes  
31/09/2025 6-8pm  
Unit E, The Digital Depot @ The Digital Hub, Roe Lane, Dublin 8  
Booking Link: <https://tinyurl.com/LatbENLz>
- Women of the Liberties**  
photography project  
The Liberties Sister Shed  
26/09/2025 to 03/10/2025  
Closed Event
- Generations in Rhythm Dance**  
Widow Centre, Sophia Housing  
01/10/2025  
Closed Event
- Health and Wellbeing Together**  
The Liberties Community Project  
02/10/2025 @ 11am - 2pm  
Robert Emmet Building, 3 Usher St, The Liberties, Dublin 8  
No booking required
- Dublin City Council Age Friendly: South Central Area**  
Older People's Council Information Event  
Dublin City Council  
7/10/2025, 10am - 11.30  
Locations: F2 Centre, 3 Reuben, Rialto  
No booking Required
- Stronger Together: Celebrating Our Older Communities**  
SWCH Margaret Kennedy Rd/Danmore Avenue Group  
29th Sep, 1<sup>st</sup> & 3<sup>rd</sup> October from 11am - 2pm  
Closed Event

For more information contact  
[SouthWestInnerCityCommunity@dublincity.ie](mailto:SouthWestInnerCityCommunity@dublincity.ie)  
or call 01 222 2971

[Find out more >](#)

## Information Session Citizens Information - Co.Roscommon

**INFORMATION SESSIONS**

**Citizens Information**

**Age Friendly Roscommon**

**PLAN YOUR FUTURE 2025**

South Connacht Citizens Information Service in conjunction with Roscommon County Council, Roscommon LEADER Partnership and the Age Friendly Alliance are hosting a series of free information events for individuals, families and communities. These information events are free of charge and complimentary refreshments will be served.

DATE	TOPIC	TIME	LOCATION
Wed. 1st Oct.	Nursing Home Support Scheme (Fair Deal)	11am -1pm	King House, Boyle F52 WR26
Wed. 8th Oct.	State Pensions & other Entitlements in Retirement	11am -1pm	King House, Boyle F52 WR26

For more information and to reserve a place, phone Fiona in Roscommon Citizens Information Centre on 0818 07 6360

email: [fiona.kilmartin@citinfo.ie](mailto:fiona.kilmartin@citinfo.ie)

**BOOK EARLY TO AVOID DISAPPOINTMENT**

# Heading 1



Comhairle Contae Mhaigh Eo  
Mayo County Council



**Mayo Road Safety Office & Mayo Older Person's Council & Mayo  
Local Community Safety Partnership invites you to:**  
***Active Living & Safe Driving: A Community Event***

Mayo Road Safety Office in conjunction with Mayo Older Person's Council and Mayo Local Community Safety Partnership are inviting you to attend a Community Event:

**Date:** Wednesday 8<sup>th</sup> October 2025

**Venue:** Breaffy House Resort, Breaffy, Castlebar, F23R253, Co. Mayo

**Time:** 9.30am

Mayo Road Safety Office in conjunction with Mayo Older Person's Council and Mayo Local Community Safety Partnership invite you to attend this **FREE** information event on Wednesday, 8th October in Breaffy House Resort, Breaffy, Castlebar, F23R253, Co. Mayo.

Guest Speakers on the day include the Road Safety Authority (RSA), An Garda Síochána Roads Policing Unit, Local Link and lots more.

Information stands from various services and supports such as Mayo Sports Partnership and An Garda Síochána Community Policing will also be present on the day.

This event is **FREE**. To register your interest, log on to [www.eventbrite.com](http://www.eventbrite.com) or by emailing [activelivingandsafedriving@mayococo.ie](mailto:activelivingandsafedriving@mayococo.ie) or phone (087) 375 8237 or (087) 280 2580 providing your name, contact number, number of tickets required and if you have any accessibility issues. There will be a free shuttle bus service provided leaving Stephen Garvey Way, Castlebar at 9am with a pick up at the train station en route if required.



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## International Updates





## We're taking a short break, but the conversations continue soon!

Thank you for your interest in the IFA Global Café.  
Our next series of sessions will begin in the fall/2025, with more inspiring conversations from around the world..  
To receive your invitation as soon as registration opens, please subscribe below.

[Find out more >](#)

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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.

Age Friendly Ireland Shared Service, Meath County Council



Age Friendly Ireland Shared Service Office  
Telephone: 046 9032170

Email: [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie)

Healthy Age Friendly Homes Programme (Referrals)

Telephone: 046 9248899

Email: [healthyagefriendlyhomes@meathcoco.ie](mailto:healthyagefriendlyhomes@meathcoco.ie)

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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