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**10th October 2025**

## National Updates



### **Interview with Kieran Kehoe, Meath County Council Chief Exec: the eight domains of the Age Friendly Programme**

Recently, the LGIU sat down with Meath County Council's Chief Executive, Kieran Kehoe, to discuss the Age Friendly Programme, for our upcoming Future Local Lab documentary 'A place for everybody: Ireland's Age Friendly ambition for Croke Park and beyond'.

[Read More Here >](#)

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## Age Friendly Ambassadors Updates



### **Sandy Kelly surprise Hall Of Fame induction | The Late Late Show Country Special**

Huge Congratulations to our Sligo Age Friendly Ambassador Sandy Kelly on being inducted into Irish Country Music Hall of Fame on The Late Late Show

last Friday. In case you missed it, click below to watch.

[Watch Here >](#)

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Our Age Friendly Ambassadors were busy last week being interviewed on their local radio stations to mark International Day of Older Persons. They spoke about their roles and their work with Age Friendly Ireland, and how older people contribute to society. Listen to some of the interviews below.



International Day of Older Persons, a day dedicated to honouring the vital contributions of older adults to society, raising awareness about the challenges they face, and promoting their rights. This year's theme, "A World for All Ages," calls for greater inclusivity and accessibility in communities worldwide. Age Friendly Ireland ambassador for Wexford, Tony Dempsey, highlighted the wide range of local services available to support older people.

[Listen Here >](#)

Age Friendly Ireland Ambassadors Nickey Brennan, former GAA President and community radio broadcaster, as well as stylist & milliner Faith Amond discuss using their platform to challenge ageism, promote dignity in ageing, and foster more connected, active and inclusive communities.

[Listen Here >](#)

Anna May McHugh, Managing Director of the National Ploughing Association and Age Friendly Ambassador for County Laois, discusses celebrating older people's contributions, promoting active engagement, combating ageism, and fostering inclusion, emphasising dignity, wellbeing, community involvement, and intergenerational connection as vital for building resilient, age-friendly communities nationwide.

[Find out more >](#)





 **TFI** TRANSPORT FOR IRELAND

# Your TFI Network is expanding with 9 new routes

**New routes launching October 19th**

- F1** Ballymun (IKEA) – Finglas – City Centre – Tallaght (The Square) <sup>(24)</sup>
- F2** Charlestown Shopping Centre – City Centre – Rossmore <sup>(24)</sup>
- F3** Charlestown Shopping Centre – City Centre – Greenhills
- 23** Charlestown Shopping Centre – Finglas – Merrion Square
- 24** Dublin Airport – Botanic Gardens – Merrion Square
- 73** Marino – Thomas Street – Walkinstown
- 80** Dartry – Usher's Quay – Liffey Valley <sup>(24)</sup>
- 82** Kiltipper – St. Stephen's Green – Poolbeg
- L89** Rivermeade – Finglas – Broombridge



Scan for more

Correct at time of print: October 2025



## New Bus Routes Coming Under Phase 7 of Bus Connects.

Details of the new routes that are being launched as part of Bus Connects on October 19, 2025.

Areas served by Phase 7 include:

Ballymun, Finglas, Glasnevin, Marino, City Centre, Broombridge, Kimmage, Walkinstown, Templeogue, Rathmines, Palmerstown, Tallaght.

If you think that you will need any support to relearn these new routes, please contact the Independent Travel Support which is run by Dublin Bus on behalf of Transport for Ireland at:

- Email: [Independent.travel@dublinbus.ie](mailto:Independent.travel@dublinbus.ie)
- Send a Message using this short [contact form](#).
- Phone Transport for Ireland / Dublin Bus at **0818 294 015**

[BusConnect Phase7 Details ›](#)[Learn More Here about TFI ›](#)

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## Ministers Calleary and O'Brien announce extension of Free Travel scheme for over 70s



An Roinn Coimirce Sóisialaí  
Department of Social Protection

From 29th September, those over 70 with a valid free travel companion Public Services Card can have another person, aged 16 or older, travel with them for free on all public and certain private transport services operated under the Free Travel scheme. This includes bus, rail, Local Link and the Luas, along with some services operated by private bus and ferry transport operators.

[Find out more ›](#)



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**Ph.D. Research Position Available in:  
Data Governance and Evidence based Policy Making-  
Partnership for Research on Ageing and Older People**

We offer an exciting opportunity to join a project on Data Governance and Evidence based Policy Making – Partnership for Research on Ageing and Older People funded by Research Ireland via Lero, the Research Ireland Centre for Software and co-funded by the non-academic partner, Age Friendly Ireland, a Local Government led service. The project aims to combine insights into age-friendly policy making with advancing best practices in data governance, allowing for an efficient data gathering, sharing, and exploitation approach within Age Friendly Ireland.

**Please apply by 23:30pm (local Irish time) on Sunday, 26th of October 2025.**

**Please submit applications directly to: [claudia.roessing@mu.ie](mailto:claudia.roessing@mu.ie) (and in cc [markus.helfert@mu.ie](mailto:markus.helfert@mu.ie))**

[Learn More Here and How to Apply ›](#)

[PDF Download of Job Description ›](#)



### **Dementia Inclusive Project Worker**

Local Link Cork is inviting applications for the position of a Dementia Project Worker

The position: Part time, 21 hours per week, is a three-year project and will be based between Bantry and Clonakilty

Salary: Based on 'Social Care Worker with Qualification' on the HSE Salary Scale. Point on scale can be negotiated at offer stage dependant on experience and qualifications. Reports to: Local Link Manager for Employment related issues, such as annual leave, travel expenses etc.

Reports to: Steering Group (including HSE South West, Alzheimer's Society of Ireland, Local Link, and other local stakeholders) for work related issues such as work planning, work progress and challenges.

Informal Enquiries: Please contact [Evie.Finlay@hse.ie](mailto:Evie.Finlay@hse.ie) for any further information on the role of the project or for a more detailed Job Description visit [www.southernstar.ie/jobs](http://www.southernstar.ie/jobs) or [www.locallinkcork.ie](http://www.locallinkcork.ie)

**How to Apply:**

Please submit your CV and a cover letter outlining your relevant experience and why you are interested in this role by post to Local Link Cork.

**Closing date: 5.00pm Wednesday 15th October.**

Please mark your application with 'Dementia Inclusive Project Worker Post' and post to:

Local Link Cork,  
12 Barrack Street,  
Bantry,  
Co. Cork.

**Interviews will be held on Tuesday 21st October. Shortlisting may apply.**

**Local Link Cork is an equal opportunities employer. Canvassing automatically disqualifies.**

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## U3A Sutton Baldoyle Celebrates 20 Years



The U3A [University of the Third Age] Sutton Baldoyle Group of enthusiastic older persons lifelong learners celebrated 20 years at their recent September 2025 meeting. U3A is an international movement for people in their 'third age' and is a programme within Age Action since 1995. With a full to capacity room in Baldoyle Library there was a great celebration.

[Find out more >](#)

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## An Garda Síochána Launches Winter Phase 2025





An Garda Síochána, on 1st October 2025, commences the winter phase of its targeted operational activity.

Residential burglary tends to be higher in winter. International evidence traditionally suggests a seasonal trend, a surge in burglaries of up to 20% is likely to arise in the winter months. Garda annual increased enforcement operation is aimed at preventing burglars from exploiting the reduced hours of daylight.

There are a number of steps that can help protect your home whether you are at home or going out:

- Turn on some lights (LED bulbs are more energy efficient than traditional bulbs)
- Use timer switches/motion detectors
- Lock all doors and window
- Use a house alarm
- Store keys away from windows

[Learn More >](#)

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## Mayor says he's, 'Never seen anything like it' as residents of Ferrybank nursing home star in film



A red carpet was rolled out for the residents of Signacare, Ferrybank, at a screening of a new film, First Love.

Mayor of Kilkenny, John Coonan, was in attendance. In a small speech he explained that he worked as a nurse for 20 years and he has “never seen anything like this.” He said, “it's something very special” and gave a round of applause for the staff.

[Find out more >](#)

## Local Updates



### **Over 250 Attend Carlow's Living Well Expo to Celebrate Positive Ageing Week 2025**

On the 1st October 2025, Over 250 people gathered today at the Woodford Dolmen Hotel for the Living Well Expo 2025, a vibrant and inspiring event celebrating Positive Ageing Week in County Carlow. Hosted by Age Friendly Carlow and the Carlow Older People's Council, the Expo brought together older people, service providers, and community leaders to promote healthy, connected, and age friendly living.

[Find out more >](#)



## Kerry Older People's Council Information Day 2025

Over 100 older residents from across County Kerry attended the Annual General Meeting and Information Day of the Older People's Council Kerry in the Rose Hotel, Tralee on 3rd October 2025.

The Chair of the Kerry Older People's Council, Catherine Lenihan, welcomed the Cathaoirleach of Kerry County Council Cllr. Michael Foley and Age Friendly Ambassador for County Kerry, Francis Brennan to the event. A warm welcome was extended to all older individuals, community groups and networks in attendance from across the county.

[Find out more >](#)

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## Safe Journeys Ahead - Cavan Age Friendly



**"SAFE JOURNEYS AHEAD"**

**ROAD SAFETY FOR OLDER ROAD USERS**

**Cavan**  
Comhairle Contae an Chabháin  
Cavan County Council

**IFA**  
Irish Farmers' Association

**Age Friendly cavan**

**An Garda Síochána**

*An Garda Síochána in partnership with Cavan County Council and the Irish Farmers' Association are hosting an Age Friendly Road Safety Event*

*Refreshments will be served*

**JOIN US**

Farnham Estate Hotel, Cavan , H12 H6Y8

**MONDAY 20 OCTOBER, 2025**  
**AT 11AM - 3PM (Registration from 10am)**

**FREE EVENT - BOOKING ESSENTIAL by Friday 10<sup>th</sup> October**

agefriendly@cavancoco.ie

Phone: 049 4378545 / 4378654

Cavan Age Friendly in partnership with the Road Safety Officer in Cavan County Council, An Garda Síochána and the IFA are hosting an Age Friendly Road Safety Event in Farnham Estate Hotel on Monday 20th October commencing with registration at 10am.

Booking is essential: Email [agefriendly@cavancoco.ie](mailto:agefriendly@cavancoco.ie) to book or phone **049/4378654 or 049/4378545.**

## Cavan Older People's Council Updates

**Cavan Older People's Council AGM** - Cavan Older People's Council hosted their AGM coupled with an Information Roadshow at the Lavey Inn, Dublin



Road, Cavan on Wednesday 1st October 2025 – the event coincided with 'International Day of Older Persons'. The event was open to older people from across the county and was free to attend.

### Shared Health Experiences - Healthy Cavan Cross Border Wellbeing

**Workshops** - Members of Cavan Older People's Council participated in cross border wellbeing workshops for older people funded by Healthy Cavan on 23rd September and again today 2nd October.



[MORE INFO >](#)



[MORE INFO >](#)

## Waterford Age Friendly Alliance meets on International Day of Older Persons



Each year October 1st is dedicated to celebrating the International Day of Older Persons to raise awareness about the challenges and opportunities of ageing. The theme for 2025 'Older Persons Driving Local and Global Action: Our Aspirations, Our Well-Being and Our Rights' was at the forefront of the agenda as members of Waterford's Age Friendly Alliance met to underpin their objectives and to copper fasten Waterford as the Best Place to Grow Older In.

[Find out more >](#)



## Galway City & County Older People Council's Autumn Newsletter



Download the latest Autumn Newsletter. Enclosed in this edition you will hear about all the wonderful actions of the Older People's Councils over the last few months.

[Find out more >](#)

### Donegal Older Person's Council AGM is taking place on the 15th October in the Clanree Hotel, Letterkenny, Co Donegal



*Cuireadh*

Seo cuireadh duit bheith i láthair ag Cruinniú Cinn Bhliana Chomhairle na Seanóirí i nDún na nGall a bheas ar siúl in

Óstán an Clanree  
Bóthar Dhoire,  
Leitir Ceanainn,  
Co. Dhún na nGall.



CLANREE  
★★★★

**15 Deireadh Fómhair 2025**  
*10.00 r.n. - 3.30 i.n.*

*Cainteoirí spreagúla*  
**Aengus Ó Cinnéide - Nádúr an Iarthuaiscirt**  
**Áine Céitinn - FSS (HSE)**

*Aoichainteoirí, Cur i láthair, Seastáin Eolais, Scrúduithe sláine agus Siamsaíocht*  
**Tae/Caiife agus Lón san áireamh**

RSVP chuig Mairead Lynch roimh 9 Deireadh Fómhair  
R-phost: [MLYNCH@DONEGALCOCO.IE](mailto:MLYNCH@DONEGALCOCO.IE)



### **‘Be Active Be Well’ in Fermoy GAA Club**

‘Be Active Be Well’ in Fermoy GAA Club, on Tuesday 11th, 18th, 25th of November & Dec 2nd 1030-1230. It is an excellent programme offered to adults of all ages who are struggling to engage in physical activity regularly, we look at each individuals motivation to change as well as discussing why being physically active is important. It has a great social aspect to it as well and lots of local information being shared.

It is fully funded by HSE, so completely free to attend.

**HE** **FSS an Iardheiscirt**  
**HSE South West**

**Feeling Stuck?**  
**Ready to feel better**  
**& Move More?**

Your Journey to a Healthier,  
More Active You Starts Here!

**What is it?**  
A programme to help you make positive changes to move more & feel better. You will discover what motivates you & how you make a plan to get more active.

**How it works:**  
Led by HSE Health Promotion Officers  
✓ 5 sessions  
✓ 2 hours each  
✓ Small group setting  
✓ Local community venues

**Who is it for?**  
Any adult who is not currently active.

**Fermoy GAA Club**  
Tuesdays November 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>,  
December 2<sup>nd</sup> & January 27<sup>th</sup>  
10.30 am - 12.30

**BE ACTIVE  
BE WELL**

**SUPPORT**  
"It finally gave me the push to get active"

**MOTIVATION**  
"Educational, Motivating & Fun"

**GOALS**

**FREE**

Scan the QR code to register!

No gym gear needed  
This is not an exercise class

More Information: 021 4921641  
hpd.south@hse.ie

## Older People's Council South Dublin AGM 2025



## South Dublin Older People's Council - AGM & Age Friendly Information Day 2025

### Friday 17<sup>th</sup> October - Agenda

Venue: The Maldron Hotel, Tallaght, Dublin 24 (opposite Tallaght Stadium).

- **9.00am-10.00am:** Registration and Information Stands\*
- **10.00am-10.10am:** Mayor Pamela Kearns
- **10.10am-10.20am:** Introduction from Mary Fitzsimons, AFI Regional Programme Manager
- **10.20am-10.30am:** Joe Lumumba, South Dublin Programme Manager
- **10.30am-11.00am:** Comfort Break
- **11.00am-11.30am:** **GUEST SPEAKER** - Dr. Paul McElwaine, MB MRCPI, Consultant Geriatrician – Specialising in Falls Prevention and Neurovascular Health
- **11.30am-12.00pm:** Mary Lyons, OPC Chair
- **12.00pm-1.00pm:** Information Stands\*
- **1.00pm-2.00pm:** Lunch

**If you would like to attend please RSVP by Wednesday the 15<sup>th</sup> of October to: [community@sdublincoco.ie](mailto:community@sdublincoco.ie)**

\*The Information Stands include representatives from the HSE, An Garda Síochána, Engaging Dementia and many other services concerned with the provision of Age Friendly Initiatives.

In partnership with **SDCC**



## **South Dublin Age Friendly Information Day and AGM 2025**

**The South Dublin Older  
People's Council cordially  
invites you to its South  
Dublin Age Friendly  
Information Day and AGM.**

**Please scan the QR code  
below to RSVP.**



In partnership with

**SDCC**





## **Age FriendlyEvents Loughboy Library, Co.Kilkenny**

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

**Tuesday 14th October 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!

### **Ciorcal Comhrá Gaeilge / Irish Conversation Group**

**Wednesday 15th October from 11.00 – 11.30am**

This is an enthusiastic gathering, seeking to use their cúpla focail. It is open to all levels of fluency, beginners, improvers and advanced.

Just come along any Wednesday agus beidh fáilte romhat!

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

**Friday 17th 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 17th 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!

### **Energy Advice Clinic at Loughboy Library!**

**Friday 24th October from 11.00 am to 1.00 pm.**

Learn how to make your home more energy efficient. Join us for a one-on-one chat with an energy expert at the Energy Advice Clinic, provided by the South East Energy Agency (SEEA). Get personalized advice on home energy efficiency or upgrades! Whether you're curious about insulation, heating systems, or reducing your energy bills, the SEEA are here to help.

Please bring:

- A recent energy bill
- Photos of your home (windows, roof, heating system, etc.)
- Property details (Year built, roof orientation, heating system)

Six 15-minute slots are available. Booking is required. Phone 056 7794176 or email [loughboy@kilkennylibrary.ie](mailto:loughboy@kilkennylibrary.ie) to book.

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## International Updates



### IFA Global Café – Past Session

In case you missed any check out all the previous IFA Global Cafe in  
Conversations with Experts

[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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