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National Updates



Be Emergency Ready

The Minister for Defence, Helen McEntee TD, this week launched the national Be Emergency Ready campaign, encouraging households across Ireland to take simple steps to prepare for emergencies and periods of disruption.

Speaking at the launch, Minister McEntee said:

“Across Ireland, we have experienced storms, flooding, power outages and other emergencies that remind us of the importance of being prepared. The Be Emergency Ready campaign is about helping people and families take simple actions now so that we are better prepared should disruption occur.

“I encourage everyone to take the time to read the booklet when it arrives, work through the checklist, complete the important information section and keep it somewhere easy to find. A small amount of preparation today can make a significant difference tomorrow.”

Welcoming the publication of the preparedness booklet, Kieran Kehoe, Chair of the County and City Management Association's Corporate and Emergency Planning Committee and Chief Executive of Meath County Council, said:

“Local authority staff are often the first on the ground during an emergency, and we see at first hand the impact such situations can have on people. This booklet contains common-sense information that will help people to prepare for and respond to emergencies.

“We are happy to support the campaign and will also make the booklet available in local authority buildings, libraries, and through the Public Participation Network.”

Read the Booklet



LGIU sat down with Kieran Kehoe, Chief Executive of Meath County Council

In a recent interview, Kieran Kehoe, Chief Executive of Meath County Council, unpacks how Age Friendly Ireland is delivering initiatives and services to the eight domains at the heart of the WHO's Age Friendly Programme.

Read Here

DCU Age-Friendly University



DCU Timetable

DCU's mission is to transform lives and society, and we welcome a broad age range to our university, from our Centre for Talented Youth (CTYI) Programme to the Family Business Programme and, of course, the traditional student cohort. Being an age friendly university, all are welcome.

Learn More

Local Updates





Minding your Wellbeing

A Programme to Support Positive Mental Health
& Wellbeing for Older Adults



Course Content

- Importance of self-care
- Understanding our thoughts & emotions
- Benefits of mindfulness
- Practising gratitude
- Building resilience
- Creating positive relationships

📍 St Helena's Resource Centre, St Helena's Road, Finglas, D11N928

🕒 11am - 12.30pm

📅 Thursdays from September 10th - October 15th

To register or for further information:

Call or text Áine, 087 4515904

6 week
programme

Free
tea and
coffee

The programme does not cover diagnosis of mental illness and you will not be asked to discuss their own mental health experiences





Cork County Age Friendly

Cork County Older Peoples Council have had a very busy August.

They took part in three walkability audits, the first of which was in Passagewest and Monkstown. Luckily, the weather cooperated and the group provided valuable feedback to work with.

The audit examined pedestrian routes, accessibility, road crossings, and public spaces, identifying opportunities to make walking safer, easier, and more enjoyable for residents and visitors of all ages.

Recent Walkability Audits at Carrigwohill Primary Care Centre and Cobh Primary Care Centre focused on the experience of navigating both centres. Participants reviewed key areas including entrances, corridors, signage, and waiting areas, identifying opportunities to enhance accessibility, wayfinding, and comfort, for all users. The audit highlighted the importance of creating a welcoming and inclusive healthcare setting that supports people of all ages and abilities, helping to ensure the Primary Care Centre remains accessible and user-friendly for patients, visitors, and staff alike.

Last week the Cork County Older Peoples Council and Age Friendly Alliance took part in a field trip to Dunmanway to experience 'Stories on the Street' a digital heritage project. This intergenerational project brought younger and older generations together, to strengthen community connections through storytelling and celebrate community histories.



Age Friendly Monaghan Events

7-12th September

Carrickmacross

Thursday 10th September

10.30am Ukelele Class: Our Ukelele class returns to the library. Join the group as they learn how to play this beautiful instrument. To book call 0429661148.

11am Whats App workshop: This gentle class is designed to ease you into using the popular messaging app. To book call 0429661148

Castleblayney

Monday 7th September

11am The knitting circle: Join our very social knitting circle as we knit, chat and enjoy a lovely brew. For more information call 0429740281

6pm Adult Chess: Do you play chess? Have you ever thought about learning the game? This adult club is just for you. For more information call 0429740281

Tuesday 8th September

11am Woodturning demonstration: If you have an interest in wood, this might be of interest for you.

Clones

Monday 7th September

11am Puzzle club: Join our puzzle club as we tackle crosswords, word searches, and all

sorts of mind games and enjoy a friendly chat. Call 04774712

Wednesday 9th September

1.30pm Clones Knit n knatter: Social knitting in a relaxed friendly atmosphere. For more information call 04774712

Monaghan**Tuesday 8th September**

2.30pm Mindful Adult Colouring: Join our colouring group and we lose our ourselves in this most relaxing activity. Call 353 47 81830 to find out more.

Wednesday 9th September

5.30pm Yarney Army: Crafting and social gatherings where members work on projects together, ranging from seasonal decorations like Halloween pumpkins to general knitting and crochet.



Memory Café Dundalk Library



2nd Tuesday of every month
2.30-3.30pm

**Social
Connection**



Next meeting Tuesday 8th September

**Guest Speaker: Garda Darragh Prior
(Community Garda)**

. Darragh will cover the new Herbert Protocol which focuses on individuals with dementia who go missing. He will also discuss topics on Personal and Home Security

Dementia Support

The Café is a warm and welcoming place for people to meet others also living with Dementia/Alzheimers. Carers, family & friend are all welcome, free of charge

Stephanie McArdle : 087 7489258
Dundalk Library: 0429353190



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Age Friendly
WORKPLACES

CALL OUT
for Businesses Who
Wish to Get Involved
in the Age-Friendly
Workplace Pathfinder

*Making workplaces
inclusive, flexible and
Age Friendly for All.*

Work for All Ages: Practical, Age Friendly Workplace Guidelines for Employers

We are inviting employers to test the new draft guidelines. Your feedback matters!

Creating workplaces that support people of all ages is becoming increasingly important as workforces become more age-diverse and employees work for longer.

As highlighted in Ireland's Future 40 Report, demographic change presents both opportunities and challenges for employers, requiring organizations to rethink how they attract, retain and support employees throughout longer and more diverse working lives.

While many employers recognise the value of inclusive employment practices, there is often uncertainty about how to translate these aspirations into meaningful workplaces.



1. SELECT

Select one or two sections from the Age Friendly Workplace Employer Guidelines that are most relevant to your business.

TIMELINE: NOW up to DECEMBER 2026



2. TEST

Put the selected section(s) into practice and test them in your day-to-day operations.



3. FEEDBACK

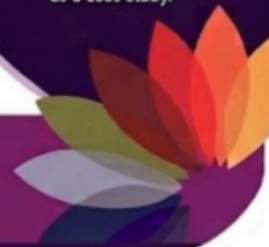
Share your feedback with us on what worked, what the challenges were, and any suggestions for improvement.



For further information, please contact
Mary Fitzsimons
mary.fitzsimons@fingal.ie



Your insights will help shape the final national policy document and may feature as a case study.





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Mobile Information Service



Dundalk Library, Roden Place Dundalk
Tuesday 8th September, 2026
11.30am-2.00pm

The Dementia Advisor will provide information and support to people with dementia and their families as well as those concerned about memory loss and their cognitive health.

All welcome, no booking required



**Contact Stephanie McArdle,
Louth Dementia Advisor 087 7489258
Dundalk Library 042 9353190**



Library News



Loughboy Library Weekly Online Clinic

Tuesday 8th 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!

Ciorcal Comhrá Gaeilge / Irish Conversation Group in Loughboy Library

Wednesday 9th September 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!

Word Games in Ferrybank Library

Returning on Friday 11th September, to run every Friday from 2.30 - 3.30 pm

Are you a fan of Wordle, Scrabble, or crosswords? If so, we've got the perfect event for you. Our word wizards meet fortnightly for light hearted word games, friendly competition, and plenty of laughs.

So bring your competitive streak and join us for an enjoyable brain boosting session.

New players always welcome.

Knitting and Crafting Group in Ferrybank Library

Every Tuesday from 10.00 am – 12.30pm

Do you enjoy getting creative with crafts Meet fellow craft lovers at our weekly get together, where you can share tips, swap inspiration, and work on your own projects in great company.

All are welcome - no booking required.

Nattering Knitters in Castlecomer Library

Every Thursday from 10.00 am – 12.00 pm

Join this talented bunch of knitters for a knit and a cuppa every Thursday morning 10am to 12pm. No need to book, everyone welcome. Please note, the Nattering Knitters will take a break on Thursday 6th August and will return on 13th August.

New Poetry Group in Castlecomer Library

Thursday 10th of September from 2.00 – 3.00pm

Join Lori for our Poetry Group, where we'll read, write, chat and enjoy poetry together in a relaxed, friendly space. All levels are welcome - whether you're a complete beginner, a curious dabbler, or someone who already loves putting words on a page.

Each session will include gentle writing prompts, shared reading, and time to explore your own voice. Bring a notebook, bring a friend, or just bring yourself.

Tea and coffee provided. Everyone is welcome - no booking required.

Chess Club in Castlecomer Library

Saturdays 12th and 24th of September 11:00am – 12:00pm

Our Chess Club continues every Second Saturday, 11.00am to 12.00pm. This is a self-led, everyone welcome, beginners and seasoned players Chess Club.

Come along and share skills or learn from one another and enjoy chess at any level. No Booking Required.

Author Visit with Ronán Hession in Castlecomer Library

Saturday 19th of September from 12.00 – 1.00pm

We're delighted to welcome acclaimed Irish Author Rónán Hession to Castlecomer Library on Saturday 19th of September. Rónán is the author of much-loved novels, Leonard and Hungry Paul, Panenka, and Ghost Mountain.

To help you get ready for the day, we have copies of all three titles now available at the library desk. Borrow one, share one, or choose one for your next book group read.

The event will include a relaxed conversation with the author, followed by time for questions and chats. Tea and coffee will be served and everyone is welcome!

To book your space at this event please phone 056 4440561 or email castlecomer@kilkennylibrary.ie

Sustainable Style Workshop with Jo Costigan in Castlecomer Library

Tuesday 22nd of September from 5.30 – 7:30pm

Join Jo Costigan on Tuesday the 22nd of September for a fashion workshop aimed at creating a broader focus on sustainable fashion, looking at how we shop, wear, reuse and extend the life of our clothes, with practical ideas and discussions.

Booking is required.

To book your space at this event please phone 056 4440561 or email castlecomer@kilkennylibrary.ie

Weekly Knitting Group in Thomastown Library

Every Wednesday from 10.30am – 12.30pm. New members are always welcome. Just pop in.

Adult Book Club in Graiguenamanagh Library

Meets on the first Tuesday of every month at 7.00 pm. New members are always welcome.

Ciorcal Comhrá Gaeilge / Irish Conversation Group in Graiguenamanagh Library

Every Wednesday, 11.00am – 12.00pm If you're looking to use your cúpla focal, this is a great group to meet up with. It's open to all levels of fluency — beginners, improvers, and advanced speakers are all welcome. Just drop in any Wednesday agus beidh fáilte romhat!

Crafty Crew in Graiguenamanagh Library

Every Wednesday from 10.00am – 12.00pm Enjoy meeting up with like minded crafters?

Drop into the library any Wednesday morning to share tips, have a chat, and enjoy a cuppa while you work on your projects. All are welcome — no booking required.

Word Searches & Sudoku in Graiguenamanagh Library

Every Friday from 11.30am–12.30pm Drop into the library for an hour of quiet time and enjoy our weekly word searches and sudoku. A lovely way to unwind at the end of the week.

Age Friendly resources available at Graiguenamanagh Library

include hearing loops, magnifiers, C Pens, and a book trolley for use within the library.

Reading glasses If you forget your glasses, fear not — we have a selection of reading glasses available to use in the library.

Bunclody Library Knitting Group - every Thursday, 10.30am to 12.30pm

Our knitting group meets weekly on Thursdays. All welcome, no booking required.

Wexford Volunteer Centre Information Talk with John Bird in Bunclody Library - Thursday 10th September at 7.00pm

Would you like to volunteer in your community? John Bird from the Wexford Volunteer Centre will provide all the information you need on volunteering in Wexford. No need to book, just pop in.

New! The Quiet Corner Reading Group in Bunclody Library– Saturday 12th September, 2.00 to 3.30pm

We are delighted to announce our new reading group 'The Quiet Corner'. Switch off and escape into the pages of a book once a month here in Bunclody Library. We invite people to pop in, bring whatever book they are reading, relax in the cosy environment of the library and meet other people for a quick chat before getting back to your reading. It will be a great way to meet other book people in a no pressure environment where you can read what you want! This reading group is open to all adults and library staff will be available to help with any book queries and advice on what to read. No need to book – all welcome!

Tullamore Library**September – Tullamore Library**

We hosted an event called Drop the Needle and Reminisce for Heritage Week in Tullamore Library. As it was such a success, we have decided to host this event the 3rd Monday of every month at 11am.

Edenderry Library**September – Tullamore Library**

We are launching a new Nostalgia Craft Club for adults meeting on the 2nd Wednesday of each month at 18:00. The idea is to do a different style of craft each month that we all would have tried and enjoyed when we were younger but that we might not have time to do now. We are carving out one hour each month to do things like painting, clay art, card making and much more. Booking is required.

- We also have our crochet group that takes place every Thursday from 10-12. No booking is required for that one.
- Finally, we have one book club that is looking for new members. It takes place on the 4th Wednesday of every month at 6 pm.

Birr Library**September – Birr Library**

- Digital Skills Device Help Drop-in - Need help with a phone, tablet or other tech? Every Friday · 10:30–11:30am
- Silver Screen Film Club - 2nd Thursday · 1:30pm · Adults
- Breakfast Book Club - 1st Tuesday · 10:30am · Adults
- Main Street Book Club - Last Thursday · 2:30pm · Adults

International Updates



Norwegian Delegation

Dublin City hosted a Norwegian delegation this week as part of a learning initiative for twenty staff. The delegation consisted of representatives from Husbanken (The Norwegian State Housing Bank) together with representatives from Norway's five largest municipalities (Oslo, Bergen, Trondheim, Stavanger and Drammen). The group works with social housing policy in Norway, and the purpose of the trip was to learn from Dublin City's approach to housing and social inclusion, with a particular interest in how this connects to age friendly communities and urban development in Dublin.

The delegates attended a number of talks in relation to areas such as Housing Policy nationally (Housing Agency) , Homeless Services (DRHE) and the approach to delivering housing for older people in Dublin City. The delegates visited a range of housing developments which included those with an age friendly context.

Delegates visited two of the shortlisted age friendly housing award nominees for 2026 St. Finbar's Court, Cabra and Richmond Place, Inchicore; the second of which was hosted by Circle Housing. The delegates also visited the recently developed Glin Court, Coolock and Heuston Train Station which has completed the 4-stage age friendly recognition process.

Many thanks to all those who assisted with the trip over the three days.

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 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

Healthy Age Friendly Homes Programme (Referrals)

Telephone: 046 9248899

Email: 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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