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National Updates



World Alzheimer's Month

September is World Alzheimer's Month. Communities across the world will come together under this year's theme: "The Earlier You Know, The More You Can Do: A Dementia Diagnosis Matters", which aims to challenge a lack of understanding and promote early detection.

The number of people living with dementia in Ireland is expected to more than double by 2045 to over 150,000. Many of us are going to be living with dementia, or supporting a loved one with the condition.

With your support, the Dementia: Understand Together campaign continues to grow. There are now more than 60 partner organisations and over 2,100 Community Champions who are taking actions to ensure that people with dementia and their families are respected,

supported and connected in our communities. This September, let's continue this journey together and highlight the actions we can all take.

Learn More



Ireland's population tops 5.5m

Ireland's population reached an estimated 5.526m in the year to April 2026, an increase of 66,900, according to the Central Statistics Office. About 110,600 people immigrated during the period, down 12% on the previous year, while emigration fell 5% to 62,500. Net migration remained positive at 48,100, although this was 19% lower than the previous year. The figures also highlighted an ageing population, with 891,100 people aged 65 or over, representing 16.1% of the population, up from 14.4% in 2020. The number of children aged under 14 fell to 992,400, below one million for the first time since 2014. Dublin accounted for 28.9% of the population, with 1.598m residents.



Your Voice, Your Journey

Your voice can help shape the future of tourism in Ireland.

Through the Your Voice, Your Journey Visitor Consultation, Fáilte Ireland is seeking feedback from people who benefit from accessible and inclusive tourism when travelling in Ireland.

Insights gathered through the consultation will help improve understanding of visitors' experiences and expectations across areas including trip planning, transport, accommodation, attractions and visitor experiences.

Take Part in the Survey

Local Updates



Cooley Sheep Breeders

The Louth Age Friendly team were delighted to attend the Cooley Sheep Breeders Annual Show & Sale on Saturday 5th September in Carlingford.

The sale was a great opportunity to promote our Cooley Farming Community Club.

This is a community led project aimed at farmers and rural dwellers in the Cooley Peninsula.

The project is restarting on Friday 18th September in Cooley Kickhams GFC and we are looking forward to welcoming back our members and we would also like to invite new members to join us.

If you have a few hours to spare on a Friday morning why not drop in and check out The Cooley Farming Community Club.

Lots of chat, craic and information on farming , community issues and health and well being in the Cooley area.

This project is supported by the HSE, Age Friendly Louth & Louth Local Development.



Introduction to PALs



Are you over 50 and interested in leading physical activity in your group/community?

Roscommon Local Sports Partnership in partnership with Age & Opportunity are hosting a one-day workshop which will introduce older adults to the PALs initiative, an initiative which trains older adults to lead activities with their groups. (You do not need a background in physical activity).

- The PALs introduction day is a chance for groups to see what our PALs initiative is all about.
- The workshop will be social, interactive, and fun and you will gain insight into what is done at the full PALs series of workshops.

LOCATION:

Strokestown Community Centre
Lisroyne
Co. Roscommon
F42 H516

TIME:

10:30am to 2:30pm

DATE:

Tuesday 15th September 2026

REGISTRATION ESSENTIAL:

By email to Máire Murphy at maire.murphy@ageandopportunity.ie





Assisted Decision Making Information Session from the Legal Aid Board

The Assisted Decision-Making Act came into effect in April 2023. It is there to deal with situations where a person may have difficulties with making certain types of decision and to provide for ways to plan ahead for a time when that might happen in the future.

Come along if you would like to learn more about the how the Assisted Decision Making Act works in practice

More Information

Library News



Gorey Library September Events

Whist Workshops for Beginners

Every Tuesday in September: 11.00am to 1.00pm

Learn the basic rules and moves of Whist with David Tomkins

Gorey Library Film Club

Thursday 10th September at 2.30pm

Watch a film in peaceful surroundings. Refreshments provided.

Plucky Ladies - Female Representation in Local Elections in Co. Wexford, 1899-2024

Thursday 17th September: 7.00pm

Talk presented by Grainne Doran, County Archivist

Board games and Jigsaw Swap

Friday 18th to Saturday 26th September

Bring along and swap a Board game or Jigsaw for Sustainable Development Week

Culture Night at Gorey Library

Friday 18th September from 4.00pm to 8.00pm

4.00pm Classical Indian Dance

5.00pm Classical Guitar with Chien Buggle

6.00pm Ukelele Performance with Gorey Ukes

7.00pm Gorey Choral Group Performance

North Wexford 'Then and Now' Photographic Exhibition with NWHS.

Free Poetry books from Boland Press while stocks last.

Tea and Teach: Banking Apps for over 55's

Monday 28th September to Thursday 1st October

Permanent TSB: Monday 28th September 12.00-1.00pm

Altura Credit Union: Tuesday 29th September 1.00-2.15pm

AIB: Wednesday 30th September 1.00-2.15pm

Bank of Ireland: Thursday 1st October 1.00-2.15pm

Have a cup of tea and build your confidence with everyday digital banking.

Scrabble Club

Every Tuesday at 7.00pm

Drop in for a game of scrabble with other enthusiasts.

Knitting Circle

Every Friday at 11.00am

Drop in with your own knitting.

Happy to Chat Coffee Morning

Wednesday 9th September at 11.00am

Enjoy a cuppa and a chat in a friendly setting.

Wordsmiths Writer's Group

Every Friday at 2.00pm

Adult writers group.

Ciorcal Comhrá: Irish Circle Afternoon

Tuesday 8th September at 2.00pm

Bain úsáid as do chúpla focal. Tá fáilte roimh gach duine agus gach leibhéal Gaeilge. Use your Irish, all levels welcome.

Loughboy Library Weekly Online Clinic

Tuesday 15th 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 16th 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!

Age Action computer training in Mayfair Library

Wednesdays from September - December | 10.30 - 12.30

Age Action offers free one-on-one computer training sessions at for people aged 55 and over. Classes cover essential digital skills and internet literacy over a 5-week programme, with classes running for 2 hours per week. Topics include searching the internet, email, online shopping, banking security, government websites, social media, booking holidays, WhatsApp, and Zoom.

Please register your interest with the library. Call 056 77 94174 or email mayfair@kilkennylibrary.ie

Saving Money by Understanding Your Energy Bill - Free Workshop for Seniors in Mayfair Library

Tuesday 22nd September from 10.00am – 1.00pm

Join ALONE's Community Impact Network for a practical and friendly workshop designed to help you better understand your energy bills, manage costs, and learn ways to save money at home. Enjoy helpful guidance, simple explanations, social time and complimentary refreshments. Take home a useful booklet and practical tips to support you in everyday life! Please bring your latest gas and/or electricity bill with you if possible.

Booking Required: Phone: 0874169774 / Email: sharon.ogorman@cklp.ie

Weekly Bridge Club in Mayfair Library

Every Wednesday from 3.00 – 4.00pm. All levels are welcome.

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. 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.

Community Get-Together: Come along to Graiguenamanagh library on the last Friday of each month at 10:30am for a relaxing community gathering. You can chat with neighbours, meet new people, read the newspaper, or enjoy puzzles like Sudoku and word searches over a warm cuppa. This cosy, welcoming space is open to everyone looking to unwind and connect.

Alone Pop-Up Information Stand - Tuesday 15th September, 10.30am to 12.30pm in Bunclody Library

Join representatives of Alone who will be here in Bunclody Library with a pop-up information stand.

Alone work with all older people, including those who are lonely, isolated, frail, or ill, homeless, living in poverty, or are facing other difficulties. We provide an integrated system of support communication, practical supports, Support & Befriending, a variety of Phone Services, Social Prescribing, Housing with Support, and assistive technology. Pop in on the day to learn more about Alone.

Skills for Life: Tech SOS Clinic - Thursday 17th September, 7.00 to 8.00pm in Bunclody Library

Need help with your digital device (tablet, phone, or laptop)? Learn about the range of online resources accessible through Bunclody Library and become more confident using your device. This free event is for adults only and it is also an Age Friendly event. Booking required.

Culture Night - Where the Slaney Remembers Documentary Screening with Crannóg Media & Barry Lacey of Slaneyside Heritage -

Friday 18th September, 4.00 to 5.00pm in Bunclody Library.

'Where the Slaney Remembers' is a reflective and evocative journey into Wexford's past, told through the eyes and voices of its people. Produced by Alan Boland and Chris Hayes from Crannóg Media in conjunction with Archaeologist Barry Lacey of Slaneyside Heritage this production follows the Slaney from Bunclody to Scarawalsh bridge meeting locals who tell us about the stories, incidents, and people from the past along its banks.

This documentary is not a recounting of major historical events. Instead, it is a collection of personal stories passed down through generations exploring how these inherited memories help us understand the very local experience of history. By listening to these voices, viewers are invited to connect with the past in a way that feels intimate and immediate.

The documentary is approximately 20 minutes in duration and will be followed by a Q&A session. No booking required.

Why Diets Don't Work... and What Does with Dr Ailis Brosnan: A Healthy Ireland at your Library event – Tuesday 22nd September, 12.00 to 1.00pm in Bunclody Library

Join Dr Ailis Brosnan for an engaging and empowering one-hour talk exploring why

traditional diets so often fail—and what actually works for sustainable, healthy weight loss. Drawing on a holistic approach, this session will guide you through the key pillars of lasting wellbeing, including nutrition, movement, mindset, and lifestyle habits. You'll learn practical, realistic strategies to support your health, boost your energy, and feel more confident in your body—without restriction or quick fixes.

This is not about another diet. It's about creating a way of living that works for you. The talk will be followed by an interactive Q&A session, giving you the opportunity to ask questions and gain personalised insights. Booking essential.

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

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- 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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