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National Updates



Connecting Generations Through Community

Positive Ageing Week's theme of "Connecting Generations" is something that comes to life beautifully through the Community Linkage Project and its schools befriending initiative.

Through the project, participating nursing homes in Leitrim and Roscommon have been paired with local primary schools and Transition Year students, creating opportunities for younger and older generations to spend time together, share experiences and simply enjoy each other's company.

Throughout the year, primary school children have visited residents and taken part in art activities around celebrations such as St Patrick's Day, Easter and Christmas. In May, the connection extended into the wider community when the school held a Mass and invited local residents to come along and take part.

Transition Year students also visit residents every month. Their visits are simple but meaningful, with music, reading, conversation and, of course, a chat over a cup of tea. It is a lovely opportunity for the students and residents to get to know one another and enjoy time together.

The residents genuinely look forward to seeing the students and children and light up when they arrive. The younger visitors bring energy and enthusiasm, while the residents have their own stories, experiences and warmth to share in return.

This Positive Ageing Week, the Community Linkage Project is a lovely example of how bringing generations together can help build connections within our communities.

Reminiscing in Rathmines

**Positive
Ageing
Week**

AgeAction



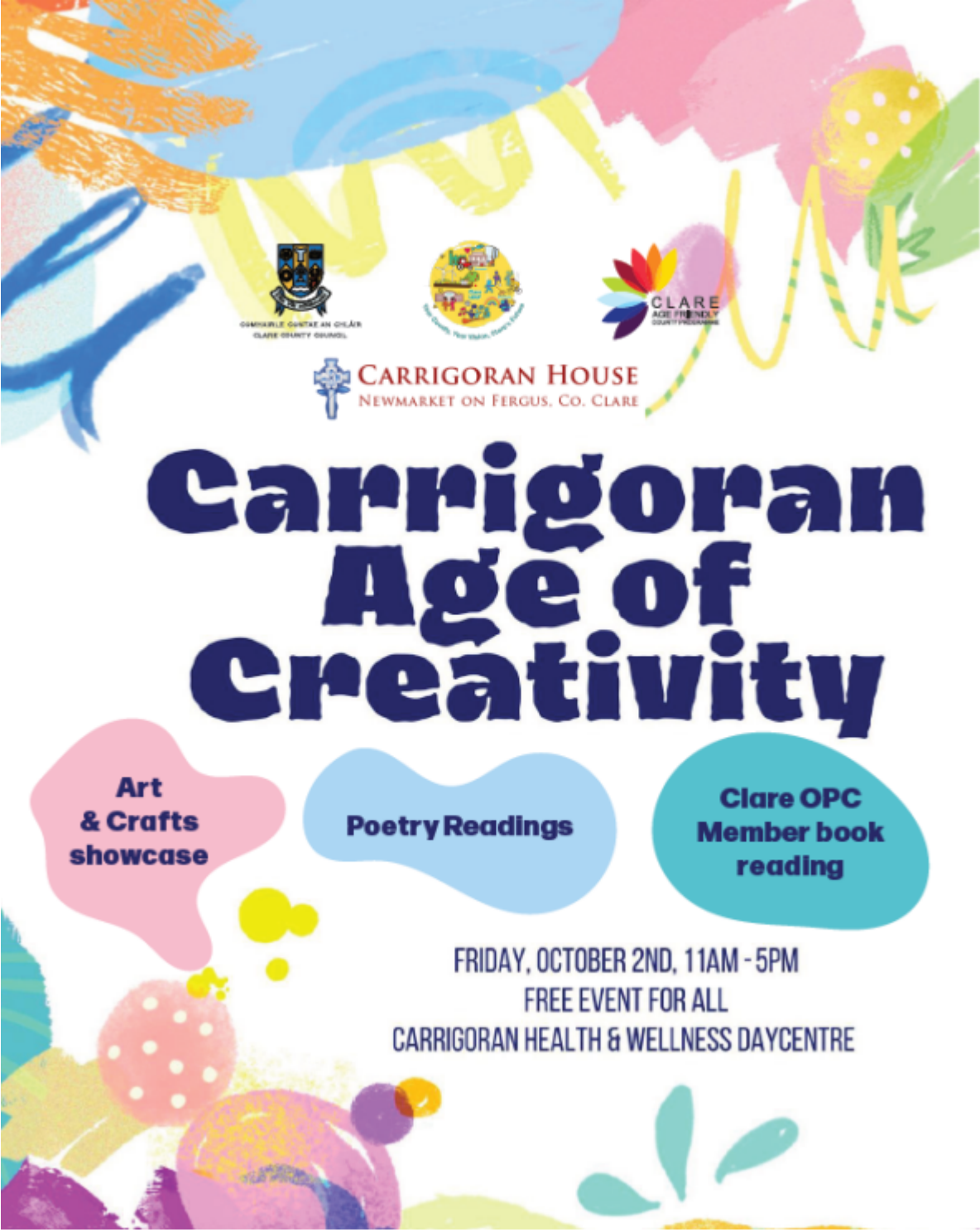
Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

Presented as part of Positive Ageing Week, this is a social event, using newspapers, magazines and bits and bobs to spark conversation and share stories about the past.

We would love to hear your stories about Rathmines, Dublin and beyond in the rare old times. Feel free to bring any photos or reminders of times gone by.

Library staff will help to guide the conversation. Refreshments provided.

**Thursday, 1st October
Rathmines Library
2.30 PM**



The poster features a vibrant, abstract background with large, colorful brushstrokes in shades of blue, orange, pink, and yellow. At the top, there are three logos: the Carrigoran House logo, a circular logo with a sun and people, and the Clare OPC logo. Below these is the Carrigoran House logo and name. The main title 'Carrigoran Age of Creativity' is written in a large, bold, dark blue font. Below the title, there are three colored circles containing text: a pink circle for 'Art & Crafts showcase', a light blue circle for 'Poetry Readings', and a teal circle for 'Clare OPC Member book reading'. Below these circles, the event details are listed: 'FRIDAY, OCTOBER 2ND, 11AM - 5PM', 'FREE EVENT FOR ALL', and 'CARRIGORAN HEALTH & WELLNESS DAYCENTRE'. At the bottom, there is a red banner with the text 'Local Updates' and a location pin icon.

CARRIGORAN HOUSE
NEWMARKET ON FERGUS, CO. CLARE

Carrigoran Age of Creativity

Art & Crafts showcase

Poetry Readings

Clare OPC Member book reading

FRIDAY, OCTOBER 2ND, 11AM - 5PM
FREE EVENT FOR ALL
CARRIGORAN HEALTH & WELLNESS DAYCENTRE

Local Updates



Older People's Councils from Across the South East Come Together in Waterford for Inaugural Regional Gathering

Older People's Council Executive Members from across the South East gathered at SETU Waterford on Wednesday 23rd September 2026, for THE NEXT STEP: Connecting with Vitality, a regional Age Friendly event celebrating active ageing, wellbeing, community connection and the important contribution older people make to society.

Held during the European Week of Sport, the inaugural South East Regional Gathering brought together representatives from Waterford, Wexford, Kilkenny, Carlow, Kildare and Wicklow for a day of learning, networking, physical activity and sharing experiences.

Hosted at the SETU Sports Arena, the event provided a valuable opportunity for Older People's Councils to connect with one another, exchange ideas, showcase successful initiatives and explore new opportunities to support positive ageing within their communities.

A key highlight of the day was the “Connect with Vitality” networking session, where participants shared examples of projects and initiatives that have been successful in their own counties. The session encouraged collaboration, knowledge-sharing and the development of new ideas that can help strengthen Age Friendly programmes throughout the region.

Reflecting the event theme of Vitality, the programme offered participants opportunities to remain active, try new experiences and connect with others. Throughout the morning, attendees took part in a variety of physical activity sessions including Scootch, Orienteering, Table Tennis, Chair Exercises, Fit Sticks Walking, Masters Athletics activities, Archery and Forever Fit weight training.

The afternoon programme focused on wellbeing and personal wellness, with participants enjoying sessions in Guided Mindfulness, Sound Therapy, Laughter Yoga, Foot Golf, and Sauna and Cold Water Plunge experiences.

An exhibition area also showcased a range of organisations and supports available to older people. Participants had the opportunity to engage with Local Sports Partnerships from across the region, along with organisations including Swim Ireland, Orienteering Ireland, Masters Athletics Association of Ireland, Mental Health Ireland and Waterford United Walking Football. The exhibition highlighted opportunities for older people to remain active, connected and engaged in their local communities.

Feedback from participants throughout the day was overwhelmingly positive, with many highlighting the opportunity to meet peers from other counties, discover new ideas and experience a wide range of activities in a welcoming and inclusive environment.

THE NEXT STEP: Connecting with Vitality demonstrated the value of regional collaboration and partnership in supporting healthy ageing. Most importantly, it recognised the leadership, experience and commitment of Older People’s Council members and reinforced their important role in helping to create communities where older people are active, connected, valued and involved.



Energy Cloud Pilot – Sligo Age Friendly

The Energy Cloud Pilot Programme is a collaborative initiative involving Sligo Age Friendly, Age Friendly Healthy Homes, Energy Cloud, and Sligo County Council's Environment Section.

The programme supports older people to live comfortably and independently in their own homes by using surplus renewable wind energy to provide free hot water to participating Age Friendly households across County Sligo. The initiative helps to reduce electricity costs for older people while also contributing to climate action and community wellbeing.

The pilot has progressed successfully, with 11 installations completed to date. Early feedback from participants has been very positive, with participants reporting noticeable savings and greater comfort in their homes.

Pictured here is Ann Donegan, one of the programme participants. Ann shared that she receives, on average, two free tanks of hot water each week through the system. She described the unit as neat and unobtrusive and said that having a supply of hot water

provides great peace of mind.

The success of the pilot highlights how innovative partnerships can deliver practical benefits for older people while making better use of Ireland's renewable energy resources.



Active Ageing Festival 2026

Led by Kerry Recreation and Sports Partnership (KRSP), the second Active Ageing Festival of 2026 was held at Listowel Community Centre on Friday, 18th September. Age Friendly Kerry was delighted to support the KRSP team at the event, which had more than 190 older people in attendance.

The annual Active Ageing Festival focuses on participation, fun and building confidence. Attendees had the opportunity to try a range of activities, including Go for Life Games, Activator Pole walking, floor curling and walking football.

Kerry Age Friendly Ambassador, Mr. Francis Brennan, gave the welcome address. The keynote speaker was Mr. John Lonergan, former Governor of Mountjoy Prison, wellbeing advocate and Age Friendly Ambassador for Tipperary. John is a strong advocate for ageing well and shared his insights on staying active and positive in later life.

Information stands at the event gave attendees the opportunity to connect with local groups, service providers and community supports, including Age Friendly Kerry, the Alzheimer's Society, Chime, Kerry PPN, Healthy Kerry, the HSE, Healthy Age Friendly Homes Kerry, and local sports groups.



dlr Festival of Inclusion 2026 Celebrates "Thriving Together"

This week, Dún Laoghaire-Rathdown County Council launched the dlr Festival of Inclusion 2026, which will take place from Sunday 27 September to Saturday 3 October. The theme of this year's festival, "Thriving Together | Faoi Bhláth le Chéile", celebrates the strength, diversity and inclusivity of communities across Dún Laoghaire-Rathdown. With events taking place right across the county, from Blackrock and Dún Laoghaire to Stillorgan, Foxrock, Dundrum, Ballyogan and Shankill, the programme offers something for everyone, with activities for all ages and interests that encourage connection, participation and inclusion.

The week-long festival features a vibrant programme of events designed to bring people together, foster connections and celebrate inclusion in all its forms. Organised in partnership with community groups, organisations and volunteers from across the county, the festival promotes wellbeing, friendship, equality, diversity, integration and active participation in community life.

Highlights from this year's programme include:

- The Big Sing in Foxrock, bringing together local choirs and the Newpark Community Orchestra for an uplifting afternoon of music and community participation.
 - Thriving Together: Nature, Connection & Community at Airfield Estate, hosted by Southside Partnership DLR, offering participants an opportunity to connect with nature, enjoy refreshments and build social connections in a welcoming environment
 - dlr Sports Partnership's Marlay Park Walk, promoting physical activity, wellbeing, and social connection through a guided walk in one of the county's most scenic parks.
 - Hillview Family Resource Centre's Music & Bingo Afternoon, a fun, welcoming community event featuring music, refreshments, prizes and opportunities to connect with others.
 - Dún Laoghaire Chess Club Chess Challenge, inviting people of all ages and abilities to enjoy friendly games and challenges in the open air at the People's Park, Dún Laoghaire and along the Metals
 - The Bike Hub Accessible Bicycle Fleet Open House in Dún Laoghaire Harbour, where visitors can experience a range of accessible bicycles designed to support people with disabilities and mobility challenges.
 - Celebrating Cultures | Cultúir á gCeiliúradh – A vibrant, family-friendly celebration of culture featuring music, dance, food and performances from communities around the world, taking place at Ballinteer St John's GAA Clubhouse.
-

A vertical poster with a warm, autumnal theme. The background is a light cream color, decorated with various illustrations of orange, yellow, and red autumn leaves and musical notes. The title 'Autumn Gold:' is prominently displayed at the top in a large, elegant font, with 'Autumn' in a bold serif and 'Gold:' in a flowing script. Below the title, the subtitle 'Stories, Songs & Surprises' is written in a dark green serif font. A horizontal line with a small leaf icon in the center separates the title from the event description. The description 'An afternoon of storytelling, music, variety & good company' is centered in a dark brown serif font. Below this, a dark green banner with the word 'Featuring' in white script introduces the performers. The names 'Marian & Mick Quirke & Pauline O'Grady Noonan' are listed in a dark green serif font, with 'and' in red script between the first and last names. Below the names, 'Guest Performers' is written in a dark brown serif font. A horizontal line separates the performers from the event details. The time '2.30pm' is preceded by a clock icon, and the date 'Tues 29th Sept' is preceded by a calendar icon. The location 'Mercy Centre, Mallow' is preceded by a location pin icon. Below the location, a short paragraph invites people to join for a warm and uplifting afternoon. The phrase 'Everyone welcome!' is written in a red script font. At the bottom, a dark green banner contains the 'Cultural Companions' logo (three stylized figures) and the text 'Presented by Cultural Companions' and 'OPEN TO ALL'.

Become a Dementia Inclusive-Community

SOUTH CORK CITY & COUNTY DEMENTIA INCLUSIVE ALLIANCE COMMUNITY EVENT LAUNCH

Kinsale • Bandon • Carrigaline



Join us for an evening of information, connection & support.

Wednesday 30th September 7:00-9:00pm

Venue: Carrigaline Community Complex P43 TK70

Dementia: Understand Together aims to raise awareness for dementia and inspire local communities to take action to welcome and include people with dementia and their families in community life.

If you want to know more about the campaign email: Understandtogether@hse.ie

Whether you are an individual, business, community group or club – we hope you will join us to learn more about dementia and the practical steps we can all take to help build a Dementia Inclusive Community.

For Information: martha.buckley1@hse.ie
021 4923998

Schedule:

- 7:00–8:00 PM Support & Community Exhibition :
- Meet local groups, explore dementia supports and connect with your community.
- 8:00-9:00 PM Guest Speakers & Discussion:
- MC: Ms. Bernadette Horgan-Edmead, Dementia Care Co-ordinator
- Ms. Gemma McCarthy – Advanced Nurse Practitioner, Integrated Care Programme for Older Persons (ICPOP)
- Dr. Tim Dukelow, Consultant Geriatrician, ICPPOP
- Brief, informative talks followed by open discussion.



dementia
understand together

- ALL ARE WELCOME • FREE PUBLIC EVENT
- Working together to make our communities and businesses Dementia Inclusive
- Sign up to dementia awareness training available on the night



Experience Counts Dublin City Volunteers Centre

AXIS Centre, Main Street,
Ballymun,, D9

20th Oct - Tuesday
2:30 pm - 3:30pm

If you are 50+ and volunteering, or looking to get started, join us to hear about local organisations looking for people with your skills and experience to help them deliver key services in Dublin City

Experience Counts
for Volunteers 50+

Contact: pauline.hazel@dublinnorthwest.ie

To book a place, visit
www.dublinnorthwest.ie



"The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government through the Department of Rural and Community Development and the Gaeltacht, and the European Union"



Lung & Bowel Cancer Awareness Session

Wednesday 30th Sept
 AXIS Centre, Main Street, Ballymun, D9
 Time: 2:30pm - 3:30pm



Contact: pauline.hazel@dublinnorthwest.ie

To book a place, visit
www.dublinnorthwest.ie



"The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government through the Department of Rural and Community Development and the Gaeltacht, and the European Union"

Library News

Loughboy Library Weekly Online Clinic

Tuesday 29th 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 30th 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!

One-to-One Tech Support in Loughboy Library

Fridays 25th September and 2nd 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 Fridays 18th and 25th September 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!

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

Weekly Bridge Club in Mayfair Library

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

Word Games in Ferrybank Library

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.

Poetry Group in Castlecomer Library

Thursday 8th October from 2.00 – 3.00pm

Join Lori for our monthly 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

Saturday 26th 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.

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.

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

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

Tea & Teach: Learn to use banking apps at Bunclody Library

Want to feel more confident using your bank's mobile app? Join us for Tea & Teach in Bunclody Library, a series of free, friendly lunchtime learning sessions organised by Age Friendly Wexford in collaboration with local banks and the HSE.

These informal workshops will provide step-by-step guidance on using banking apps, including how to check account balances, pay bills, and transfer money. Attendees will also learn practical tips for staying safe online, recognising scams, and protecting their personal information.

There will be plenty of opportunities to ask questions and get one-to-one support in a relaxed and welcoming environment.

Credit Union: Tuesday 29th September, 1pm - 2.15pm

HSE Health Promotion & Improvement: Wednesday 30th September, 1pm - 2.15pm

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

Tea & Teach sessions are free to attend and no experience is necessary.

Come along, enjoy a cup of tea, and build your confidence with everyday digital banking.

Booking essential, book online at wexfordcoco.libcal.com or telephone 053 9375466.

New! Tome Raiders Fantasy Book Club for Adults in Bunclody Library – Thursday 1st October, 6.30 to 7.15pm

Join Elaine and Shane for our brand new fantasy book club for adults which will be held the first Thursday of every month at 6.30pm. For fans of grimdark, epic and adventure fantasy, join us to read a title each month and have a chat. No need to book - all welcome!

Bunclody Library Adult Book Club – Thursday 1st October at 7.30pm

Our adult book club meets on the first Thursday of every month. 'Carrie' by Stephen King will be discussed at this month's meeting. New members are always welcome.

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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