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National Updates



National Arts and Creative Charter for Older People launched by Age & Opportunity this week at The National Gallery

Our Clare Ambassador, Mike Hanrahan was delighted to be at the launch of the Arts and Creative Charter for Older People this week.

Age & Opportunity has launched the National Arts and Creative Charter for Older People. Arts and cultural organisations across Ireland are invited to sign up to the Charter which

aims to increase and enrich the experiences and build confidence of older people, audiences and artists in their engagement with the arts in Ireland.

The Charter itself establishes a benchmark designed to enrich experiences, build confidence, and ensure older adults are actively engaged as participants, audiences, artists, and leaders in Ireland's cultural landscape. It is funded through the Arts Council of Ireland who are one of Age & Opportunity's core funders, and more recently through the National Creative Arts and Health Working Group via the Creative Ireland Programme, the Department of Health, and the Health Service Executive.

Recognising that creativity is intrinsic to us as human beings and that everyone has the right to participate in cultural life and enjoy the arts, the Charter acknowledges that creative participation is vital to healthy ageing and well-being. It positions older age as a period of adventure, growth, learning and cultural leadership. It also places emphasis on fostering intergenerational connections, bridging creative relationships between younger and older generations.

The Charter was tested through a year-long pilot conducted across seven arts venues nationwide, including IMMA, the Irish Film Institute, Axis Arts Centre, An Grianán, the Glucksman Gallery, Town Hall Theatre Galway, Wexford Arts Centre, and more recently a number of National Cultural Institutions. The pilot evaluated the practical application of the Charter's core values, principles and commitments. Venues reported that adopting it had fostered a greater whole-organisation awareness of older audiences, helped teams formally identify and articulate inclusive practices, and provided a clear framework for long-term cultural change.



The One and Only

Congratulations from all at Age Friendly Ireland to the one and only Mary Cronin, our Galway County OPC Chair. Mary picked up a Lifetime Achievement Award with Athletics Ireland this week. Well done Mary, you never cease to amaze us!



IPA Better Public Services Practice Lab

Age Friendly Ireland were delighted to be a part of the Better Public Services Practice Lab 2026, recently.

On 10 November 2026, the IPA welcomed colleagues from across the Civil and Public Service to Lansdowne Road for the Better Public Services Practice Lab. Held as part of Public Service Transformation Week 2026, the day brought together the teams behind nine winning projects from this year's Better Public Services Awards to share their experience with peers.

Back in June, we were announced as winner of the Driving Equality, Diversity and Inclusion category alongside our National Advisory Group.

Emer Coveney, our National Programme Manager delivered a powerful talk on the Age Friendly Ireland Shared Service, hosted by Meath County Council.

It was a great opportunity to make connections and continue to work towards our vision of making Ireland a great place in which to grow older.



Supporting Conversations about Alcohol

Join us during Alcohol Awareness Week to explore new tools and resources designed to support healthcare professionals have conversations about alcohol confidently and in a person-centred way. Healthcare professionals are uniquely placed to identify alcohol-related risks early, support healthier choices and signpost people to appropriate supports. Yet many professionals report that starting conversations about alcohol can sometimes feel challenging. This webinar will showcase practical, evidence-informed resources designed to support confident, person-centred conversations across a range of healthcare settings, whether you work in primary care, community services, health promotion, maternity services, acute hospitals or other healthcare settings.

Register Here



Join us for our Art at the Kitchen Table Toolkit Webinar, Thurs, 10 Dec at 11am

Réalta will present a webinar to introduce a new Toolkit of guidelines for setting up its highly successful Waterford Healing Arts programme Art at the Kitchen Table on Thursday 10 December at 11am. Art at the Kitchen Table is an arts participation programme for older people, delivered by professional artists, which has been running for six years throughout Waterford, managed by Réalta in partnership with Waterford City and County Council.

Webinar attendees will learn about the main findings of an independent evaluation of the programme carried out in 2025, and the key elements of the Toolkit which has been designed to support artists, arts and health practitioners, healthcare professionals and funding partners to develop the programme in their own area. The Toolkit will then be made available online to download for free. Attendance at the webinar is also free, but places must be booked in advance.

Book Here

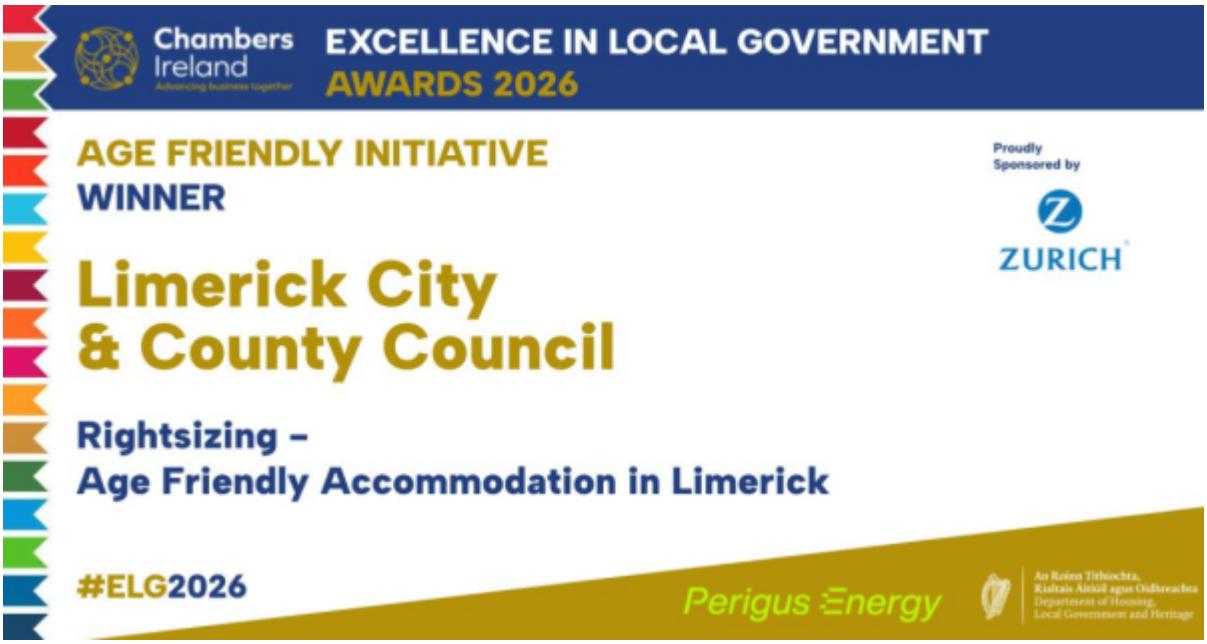
Every Move Counts

National Physical Activity and Sedentary Behaviour Guidelines for Ireland



Learn More

Local Updates



C o n g r a t u l a t i o n s

Congratulations to Limerick City and County Council on winning the Age Friendly Initiative Award at the Excellence in Local Government Awards hosted by Chambers Ireland last night.

Their project, Rightsizing - Age Friendly Accommodation in Limerick was so deserving of this accolade, and highlights the work being done towards making Ireland a great place in which to grow older.


ALL
Adult Literacy for Life
TRIM FAMILY RESOURCE CENTRE
I.F.R.C
SUPPORTING TRIM & SOUTH MEATH
Tech & Digital Help Drop-In
Get help and support with your phone, tablet and other devices! Any and all questions welcome! Just drop in at one of our FREE drop in locations!
Tuesday 10am - 1pm in Trim Library
Wednesday 2pm - 4pm in Ballivor Library
Friday 10am - 12pm in Enfield Library
For more information about the drop-in contact brandon@trimfrc.ie





Library Updates

Gorey Library December 2026 Events

Oakfield Nursing Home Art Exhibition
Launch Tuesday 1 December 2.00pm
Exhibition running 1 December to 19 December

Active Retirement Association Art Exhibition
Launch Thursday 3 December 2.00pm
Exhibition running 30 November to 19 December

The Irish Christmas Experience: Shared connections across Europe
With Michael Fortune of Folklore.ie exploring the shared cultural and folkloric traditions of Ireland and mainland Europe
Thursday 10 December 7.00pm

Felted Christmas Baubles Workshop
With Trish Midleton
Wednesday 16 December 11.00am-1.00pm

Gorey Choral Group Christmas Recital
Wednesday 23 December 3.00-4.00pm
Mrs. Eithne Corrigan directs a wonderful afternoon of Christmas music.

Loughboy Library Weekly Online Clinic

Tuesday 1st December 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 2nd December 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 4th December 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

Digital Support Drop-In for Adults in Mayfair Library

Every Friday from 10.30am - 12.30pm

Need help with your smartphone, tablet, laptop, or online services? Students from St Kieran's College will be available every Friday morning to provide free one-to-one support in a friendly and relaxed setting. Whether you're booking appointments online, sending emails, using apps, or troubleshooting a device, we're here to help you build confidence with technology.

Free. No booking required. All 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.

Creative Writing Group in Thomastown Library

Second & fourth Thursday of each month from 10:15am - 12:45pm

These are Guided Creative Writing Sessions - all you need is some paper, a pen and your imagination.

New members are always welcome!

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.

A little extra light can make all the difference!

Whether you're catching up on the local paper, tackling some study, or enjoying a good book, Graiguenamanagh Library now has two portable desk lamps available for use in the library. Each lamp also features a magnifying lens, making it easier to read small print and reducing eye strain.

Community Coffee Morning at Graiguenamanagh Library

New to the area or just looking to meet a few friendly faces? Why not pop into Graiguenamanagh Library for a cuppa and a chat?

Join us on the last Friday of every month for a warm and welcoming get-together. It's a great opportunity to chat with neighbours, meet new people, and feel more connected to your local community. Whether you're new to Graiguenamanagh or have lived here all your life, you'll find a friendly welcome waiting. Drop in, pull up a chair, and enjoy a cup of tea or coffee with us. We'd love to see you.

Age Friendly Resources at Graiguenamanagh Library

Did you know that Graiguenamanagh Library offers a range of Age Friendly resources to help make your visit more comfortable and accessible?

Available for use in the library:

Hearing loops, Magnifiers, C-Pens, A book trolley, Reading glasses and good selection of large print books.

Forgot your glasses? No need to worry. We have a selection of reading glasses available for use in the library, so you can continue reading, studying, or browsing in comfort.

Drop in and speak to our staff to find out more about these helpful resources. We're always happy to help make your library visit as enjoyable and accessible as possible.

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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