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Welcome Back!

Age Friendly news

6th Novemeber 2026

TO NOTE: There will be no Newsletter next week (13th November)

National Updates



Commission on Care Module 1 Report Published

The Commission on Care for Older People was established by the Government in 2024 to examine how health and social care services and supports can best meet the needs of older people and develop a new framework for development.

The commission is supported by a reference group which includes members of the community and voluntary sector along with those with lived experience.

The commission said the recently published module 1 report provides the foundation for its next report, which will consider recommendations for the future care of older people in Ireland.

Learn More



Changing Weather Conditions

As we navigate the winter months, we can expect changing weather conditions including heavy rain and high winds.

If you're travelling during heavy rain or flooding, keep these safety tips in mind:

- Avoid flooded roads wherever possible and choose an alternative route if one is available.
- Be aware that floodwater can conceal strong currents, especially where rivers have burst their banks. These currents can be powerful enough to sweep a vehicle away.
- If you believe it is safe to proceed through shallow floodwater, enter slowly and maintain a steady speed. Where safe to do so, drive along the centre of the road, which is usually the highest point.
- After leaving floodwater, drive slowly and gently apply the brakes for a short distance to help dry them and restore braking performance.
- Always remain vigilant for vulnerable road users, including pedestrians, cyclists and

motorcyclists.

Surface Water
- Surface water may be deeper than it appears. Watch out for hidden hazards beneath the water, such as dislodged manhole covers, potholes, or debris, which can cause significant vehicle damage.
- Never assume a flooded section of road is safe to cross.

Aquaplaning
- Aquaplaning occurs when tyres lose contact with the road surface because they cannot disperse water effectively. You may notice the steering feels unusually light.
- If this happens:
Keep the steering wheel straight.
Ease off the accelerator gradually.
Do not brake suddenly.

Severe Winds
- Be alert for fallen trees, branches, and other debris on the road.
- Do not approach loose or fallen electric power lines. Contact the ESB/Emergency Services.
- Take extra care when driving past gaps in hedgerows, exposed stretches of road, bridges, or high buildings, where sudden gusts can create powerful wind channels.
- Watch for wind-blown household items such as wheelie bins, garden furniture, signage, and other lightweight objects that may suddenly enter your path.



9 Safest Towns In Ireland For Senior Living

Retirement in Ireland can leave plenty of room for harbour walks and castle visits. In Bantry, waterfront walks and visits to Bantry House and Garden come with views across the bay. Activities for Active Age groups at Boyle Library give retirees opportunities to meet other residents. Nearby Lough Key Forest and Activity Park offers woodland trails and lakeside

outings. An afternoon in Trim might follow the River Boyne past Trim Castle and the Porchfields. The town's Age Friendly information services also help older residents find practical advice and support. These communities offer safe ways to stay active and connected while enjoying retirement at a comfortable pace.

Learn More

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https://www.youtube.com/watch?v=x4lUiVSGH-Q



Age-Friendly AI

Age Friendly AI Assembly

Since early 2025, older people across Ireland have shared their hopes, concerns and ideas about artificial intelligence (AI) at regional events, through a FREEPOST postcard campaign, and online through Age Friendly AI, Ireland's national AI literacy initiative for older adults. These contributions have shaped a free 'Introduction to Artificial Intelligence' training programme that has rolled out in 18 counties (and counting!).

The Age Friendly AI Assembly is a chance to come together, look back at what we've heard, and decide what happens next.

Date: Tuesday, 17 November 2026
Time: 4.30pm – 7.00pm
Venue: Aran Suite, Salthill Hotel, Salthill, Galway, H91 DD4V
Tickets: Free, but pre-booking is required and places are limited

At the Assembly, participants will:

Reflect on the process and key insights from the Age-Friendly AI initiative to date, and help shape recommendations for inclusion in a forthcoming expert report on age-friendly AI.
Help ensure that the development, use and governance of AI reflect the interests and needs of older adults.

You don't need to know anything about technology to take part. The event is open to older adults, community groups, advocacy organisations and anyone interested in making the digital transition fairer for everyone. Please pass this on to your members, friends and networks, and book early as places are limited.

Register Here

Local Updates


Family Carers Ireland
No one should have to care alone
Legal Advice Information Session
Decision Making Capacity, Power of Attorney, Wills and Trusts
Join us for a legal information session and Q&A covering Wills, Trusts, Decision-Making Capacity and Power of Attorney, with a solicitor.
Tea, coffee and refreshments will be provided.
Tuesday, 17th November
10.30am - 12pm
Clanree Hotel, Derry Road, Letterkenny, Co. Donegal
Interested?
Contact Deirdre to book your place, donegalcs@familycarers.ie or call 071-9143128

Music & Movement Class

FREE



@ St James's Hospital

Tuesdays

3rd, 10th, 24th November

1st December, 2026

1–2pm

With

Louise O'Connor, Creative Life, MISA, Dance Artist in Residence

A Gentle Movement class for Older Adults- Register on the Day

Location:

Creative Life Hub, MISA, St James's Hospital, Dublin 8

Dance for Balance Mobility & Joy!

For more Information:

Email Creative Life Office, rnevin@stjames.ie



Sligo Older People's Council Welcomes Central Bank Of Ireland Deputy Governor to Sligo

Members of the Sligo Older People's Council recently welcomed Colm Kincaid, Deputy Governor for Consumer and Investor Protection and Jamie Moore, Public Engagement Manager at the Central Bank of Ireland, for a valuable discussion on the financial experiences and concerns of older people in County Sligo. The visit formed part of the Central Bank of Ireland's Civil Society Engagement programme, which seeks to hear directly from community organisations and groups about their experiences of the financial system. The initiative helps inform the Bank's work in protecting consumers and investors and identifies areas where barriers or challenges may exist.

During the engagement, members of the Sligo Older People's Council shared their perspectives on a range of issues affecting older people, including access to banking services, financial wellbeing, customer service, fraud awareness, pensions, and the increasing challenges associated with accessing financial services. The discussions provided an important opportunity for local voices to contribute directly to national policy and consumer protection efforts.

The occasion was marked with a special presentation, with Colm Kincaid presenting Amro Hamld, Chair of the Sligo Older People's Council, with a commemorative coin in recognition of the visit and the important role that Sligo Age Friendly plays in ensuring the voices of older people are heard and represented at local and national levels.



Message in a Bottle Initiative Launched Across County Sligo

Sligo Lions Club and Sligo Age Friendly Programme recently joined forces to launch the Message in a Bottle initiative, helping to improve safety and peace of mind for older people and vulnerable residents throughout County Sligo.

The initiative was officially launched in Sligo City Hall, with Mayor Cllr. Ann Higgins hosting the event. Sligo Older People's Council and representatives from An Garda Síochána, Sligo Fire Service, community organisations, and local stakeholders attended to show their support for the initiative.

The project was made possible through funding secured by Sligo Lions Club under the Local Enhancement Programme, enabling the club to purchase and distribute the bottles across the county. The bottles have since been provided to a wide range of community groups and organisations throughout Sligo.

The Message in a Bottle scheme allows individuals to keep important medical and emergency contact information in a clearly identified container in their refrigerator, helping emergency responders access vital information quickly when needed.



Library News

Interview Preparation with Frank Burke - Thursday 12th November at 7.00pm in Bunclody Library

Join Frank Burke of Frank B Interview Prep Services for an informative talk on how to prepare for interviews. Frank is keen to pass on his working career experiences to help others climb the career ladder. It starts with a good application and then one needs to perform well in the interview! Frank's 34-year career has varied from self-employed to private and public sector. He has a wealth of information about all things relating to interviews, so this is an event not to be missed. Booking required, book online at wexfordcoco.libcal.com or telephone 053 9375466.

The Quiet Corner Reading Group for Adults - Saturday 14th November, 2.00 to 3.30pm in Bunclody Library

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!

Loughboy Library Weekly Online Clinic

Tuesday 10th November 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 11th November 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 13th November 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!

Money Matters Storytime and Story Sack Creation in Loughboy Library

Thursday 26th November from 10.00am – 12.00pm

Join ETB tutor Clare Turley for fun and engaging family learning sessions where parents, grandparents and carers can enjoy stories, crafts, and create a story sack to support learning for children at home.

Children are also welcome. FREE storybook for every family.

Booking required. Phone 056 7794176 or email loughboy@kilkennylibrary.ie to book.

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.

Chess Club in Castlecomer Library

Saturday 14th November 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.

Poetry Group in Castlecomer Library

Thursday 19th November 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.

Scrabble Club in Castlecomer Library

Saturday 21st of November from 11.00am – 12.00pm.

Join us for our new Adult Scrabble Club on Saturday the 21st of November at 11.00am. Whether you're a Scrabble enthusiast or simply enjoy a friendly game and a bit of a conversation, come along and put your word skills to the test!

No booking required. All abilities welcome!

Weekly Knitting Group in Thomastown Library

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

ALONE Meet & Greet Morning in Thomastown Library

Tuesday 3rd of November from 10.30am – 1.00pm

Join the ALONE team for a Meet & Greet and learn about the range of services available to support older people to age well at home. ALONE helps older people stay independent, connected, and supported through practical assistance, befriending services, support coordination, social prescribing, and other community-based supports.

No booking required - just drop in.

Understanding Your Energy Bill with ALONE in Thomastown Library

Tuesday 10th of November from 2.00 – 4.00pm

Want to better understand your gas and electricity bills and learn ways to reduce your energy costs? Join this free, friendly workshop delivered by ALONE, designed for older

people who want to feel more confident managing their energy use and dealing with providers.

Learn how to read your energy bill, compare tariffs, identify savings, improve energy efficiency at home, and access online services. Participants are encouraged to bring a recent energy bill, and real examples will be explored in a supportive and welcoming environment. A great opportunity to save money, build confidence, and connect with others in your community.

Booking is required – phone 056 7794331 or email thomastown@kilkennylibrary.ie

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**

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- 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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