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Welcome Back!

Age Friendly news

20th Novemeber 2026

National News



Road Safety: The Urgent need for Action

Our Chief Officer, Catherine McGuigan, was delighted to be invited to the launch of the recently published Joint Committee on Transport, Report on Road Safety: The Urgent need for Action yesterday.

It was great to have the work of Age Friendly Ireland's Transport Working Group being recognised in the report as well as all other inputs.

It is a positive step in ensuring further safety on our roads for everyone.

Read the Report Here

CARING MOVES

Sunday 6th December 2026

A workshop for FAMILY CARE PARTNERS of people with Lewy Body Dementia

Join us for an afternoon of tea, sandwiches and storytelling through movement



VENUE

Unit 18, Trinity in the Community, Dublin 2 (Trinity East Campus)

DETAILS

- FREE REGISTRATION!
- 12.30 - 3.30 pm
- To register, email Anusha: anusha.mohan@tcd.ie or call at Ph: 089 965 1623



NHI Care Awards 2026

On Thursday, the 5th of November Nursing Homes Ireland (NHI) was delighted to announce the winners of the NHI Care Awards 2026, in association with Homecare Medical, at a fantastic Gala Event last night the Hogan Suite, Croke Park Stadium, Dublin.

The NHI Care Awards recognises and celebrates the exceptional care, dedication, and compassion demonstrated by nursing home staff across Ireland who support over 27,000 residents in more than 400 nursing homes. These Awards highlight the diversity of nursing home care, recognising excellence in nursing, care assistance, activities coordination, culinary services, end-of-life care, dementia care, and innovative practice. This prestigious national event honours the individuals and teams who go above and beyond in their daily work, enriching the lives of older people and ensuring residents receive person-centred care that enables them to live with dignity, purpose, and connection.

This year, we saw a record-breaking number of submissions, with over 300 nominations made for the Care Awards, representing the depth and breadth of excellence throughout Ireland's nursing home sector. 31 finalists from 15 counties were shortlisted (across 12 award categories) following the deliberations of our expert independent judging panel. The NHI Care Awards 2026 Winners were announced at a Gala Dinner Event in front of over 335 people from across the nursing home sector in a night that celebrated excellence in nursing, care assistance, activities coordination, culinary services, end-of-life care, dementia care, and innovative practice.

Speaking about the NHI Care Awards 2026, Tadhg Daly, CEO of Nursing Homes Ireland, said: "The annual NHI Care Awards represent a vital opportunity to shine a light on the extraordinary people working across Ireland's nursing home care sector. Every day, thousands of dedicated professionals - nurses, healthcare assistants, activity coordinators, chefs, and support staff - demonstrate remarkable compassion, skill, and commitment to

enhancing the lives of older people in their care. These awards are our opportunity for us, as a sector, to say Thank You, to these dedicated care givers. It allows us to recognise that the care being provided in nursing homes across the country is not just a job, but a vocation driven by genuine care for our older people. With over 300 nominations submitted from across the country, judged down to 31 finalists from 15 counties to the fantastic 13 Care Award Winners, this year's awards showcase the nationwide excellence that defines Irish nursing home care. From Directors of Nursing leading clinical innovation, and entire nursing home teams transforming dementia care, to individuals going that extra mile every day - each of our 13 winners, and indeed all our 31 finalists represent the very best of our sector."

Environmental Protection Agency
An Ghníomhaireacht um Chaomhnú Comhshaoil

Firewood Moisture Limits

From 1 September 2026, logs sold in quantities under two cubic metres must have a moisture content below 20%.

And bulk loads need a drying notice, and sellers must use EPA-registered producers

The Air Pollution Act 1987 (Solid Fuels) Regulations 2022 took effect from 31 October 2022 and apply equally across the State. Their main aim is to improve air quality and health by restricting the sale of smoky fuels

A 2025 amendment, S.I. No. 389 of 2025, reduces the moisture content of 100% biomass fuels, including wood logs, from 25% to 20% from 1 September 2026

Learn More



GOOD LUCK!

Best of luck to our Regional Programme Manager Bruce McDevit, and Galway County Older People's Council Chair, Mary Cronin who will be representing Age Friendly Ireland at the upcoming Obesity Action Forum on November 24th.

A Safefood event exploring how obesity affects health as we age and what can support healthier ageing.

Safefood, in partnership with the Association for the Study of Obesity Ireland (ASOI) and the Association for the Study of Obesity Northern Ireland, brings together experts in research, policy and community practice to look at how obesity affects health as we get older.

Learn More

Local News



All the Mayors Men

To celebrate International Men's day, the RAMS celebrtated in style and with great panache.

On Wednesday the 18th November, the RAMS were very pleased to have been invited by Dublin City council, to entertain for groups of local men's sheds from the Whitehall area of Dublin 9. To be greeted by the host, and introduced to 80 members of various sheds, was a real treat.

The RAMS in Rhythm entertained and sang all of their favourite repertoire, and to the delight of the men, who complimented them on such choice of songs, some which brought back such good memories of their own singing days!

To their delight the Lord Mayor of Dublin graced his presence, again a surprise for all present. The Lord Mayor, Councillor Daryl Barron received a wonderful round of applause from all present, and he acknowledged the RAMS in Rhythm, who had recently visited the Mayor in the Mansion in September.
Not one to miss a photo opportunity, the Mayor obliged the RAMS by singing his favourite song. "Dublin in the Rare Ould Times" and enjoyed by all the men, who too were singing along to the chorus. Ring a Ring a Rosy.

While the RAMS activity take a well earned break, the RAMS in Rhythm will continue singing and fundraising all through December.

So look out for their upcoming events.
03/12/2026 Thursday 5pm - 7 pm Avoca Rathcoole
04/12/2026 Friday 12 noon- 2.30 pm Liffey Valley Lucan Shopping centre

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'Dementia friendly' initiative 'life changing' for couple

Eddie and Rosaleen Smartt, members of our Westmeath Older People's Council spoke recently on how their hometown Castlepollard has been made a 'dementia friendly' town, thanks to Understand Together, The Alzheimer Society of Ireland and Age Friendly Ireland.

Eddie was diagnosed with early onset dementia and has said the initiative has been life changing.

You can read more about Eddie and Rosaleen's story below.

Read Here



Kerry County Museum

Kerry County Museum, supported by Creative Ireland, MTU & Kerry Science Festival and Age Friendly Kerry, presented ‘Antarctic Science’ to the Blackwater Women’s Group on Tuesday, 10th November 2026.

The museum’s education team gave the group an opportunity to explore Kerry County Museum’s polar handling collection, which includes a fascinating range of objects and replica artefacts from the Heroic Age of Antarctic Exploration.

As part of the Kerry Science Festival, the museum education team are delivering a range of age friendly and dementia-inclusive outreach activities across Kerry throughout November. These include the MTU STEM Showcase Open Day, taking place at MTU Kerry Campus Tralee on Saturday, 14 November, from 9.00 a.m. to 4.00 p.m.

Age Friendly MILLSTREET

Information Day



Library News

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

Our knitting group meets weekly on Thursdays. New members always welcome, no booking required, just drop in.

Friday Film Club, Friday 27th November, 11am-1pm

Join us every month for a movie screening (some golden oldies as well as more modern classics) for adults. Library staff will select the perfect movie! This movie is for adults only. All are welcome.

Adult Book Club, Thursday 3rd December at 7.30pm

Our Adult Book Club meets the first Thursday of every month. The book club reads contemporary, literary, classic and historical fiction and more. Copies of the book club book will be available at the staff desk. New members are always welcome.

Loughboy Library Weekly Online Clinic

Tuesday 24th 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 25th 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 27th 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

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.

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.

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!

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.

Kerry Library
Age Friendly resources available include digital magnifiers, C-Pens, and a book trolley for use within the library. C-Pens are available to borrow free to library members. Contact info@kerrylibrary.ie.

Tralee Library
Tralee Art Group Exhibition
Monday 16th November to Monday 30th November
In their final exhibition this year, Tralee Art Group will display works inspired by the theme ‘Wilderness’. Pop along and admire the talent of our local artists.

Cleachtadh Cainte
Every Thursday. 6.30 p.m. to 7.30 p.m.
Ar mhaith leat do chuid Gaelainne a fheabhsú? Would you like to improve your Irish? This group offers a chance to practice conversational Irish for intermediate level speakers.

Cahersiveen Library
Siveen Stitchers Crochet & Knitting group
Every Wednesday. 2.30 p.m. to 4.00 p.m.
The Siveen Stitchers Crochet & Knitting group is self-guided and a great way to meet new people, swap patterns, share hints & tips and have a chat. Everyone welcome!

Chess at Cahersiveen Library
Every Thursday. 5.30 p.m. to 7.00 p.m.
Fancy yourself a keen strategist or eager to learn something new? Visit the library and try your hand at one of the most popular games in the world. Beginners welcome.

Ciorcal Comhrá
Every Thursday. 6.30 p.m. to 7.30 p.m.

Caint, craic, cairdeas agus comhrá. Bí Linn! Join us for an informal get together to use your cúpla focal. Fáilte roimh gach éinne. Everyone welcome!

Castleisland Library
Stitches in the Stacks
Every Thursday. 11.00 a.m. to 12.00 p.m.
Crochet and knitting group. Bring along your work in progress or new ideas. New members welcome.

Leabharlann Dhaingean Uí Chúis /Dingle Library
Dingle Board Game Club (adults only)
Every Thursday. 6.00 p.m.
Discover a whole world of table-top board games that will challenge you strategically and inspire you creatively!

Killarney Library
Ciorcal Comhrá
Every Thursday. 6.30 p.m. to 7.30 p.m.
Want to improve your Irish? Bígí ag caint! All levels welcome to this informal conversation group. Fáilte roimh chách.

Killarney Crochet & Knitting Group
Every Tuesday. 4.30 p.m. to 6.15 p.m.
Knitting and crochet group. Bring along your work in progress or new ideas.

Spanish English Conversation Exchange
Every Tuesday. 6.30 p.m.
Dreaming of La Buena Vida? Why not join Killarney Library's Spanish conversation exchange and improve your Español.

Board Games
Every Wednesday. 11.00 a.m. to 1.00 p.m.
Embrace your inner child with our board game group for adults ages 18-108! Feel free to bring our own games or jigsaw puzzles to share.

Killorglin Library
Ciorcal Comhrá
Every Tuesday. 11.00 a.m. to 12.00 p.m.
Caint, craic, cairdeas agus comhrá. Bí Linn! Join us for an informal get together to use your cúpla focal. Fáilte roimh gach éinne. Everyone welcome!

Scrabble Club for Adults
Every Saturday. 2.30 p.m. to 3.30 p.m.
A great way to keep your mind active, join our Scrabble group to challenge your vocabulary, test your creativity and bring out your competitive side.

Listowel Library
Creative Writing Group
Every second Tuesday. 10.30 a.m. to 12.00 p.m.
Ever thought you could write a short story or maybe even a novel? Why not join our Creative Writing Group to find support and inspiration from like-minded people. Next meeting, Tuesday 10th November.

Knit & Knatter
Every Wednesday at 11.00 a.m.
Knitting and crochet group. Bring along your work in progress or new ideas.

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.

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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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