

KILKENNY COUNTY COUNCIL LIBRARY SERVICE



Kilkenney County Council Library Service

Seirbhís Leabharlainne
Chomhairle Contae Chill Chainnigh



KILKENNY Age Friendly County



Do you know what is available to you to keep healthy and active as you age?

Kilkenney County Council Age Friendly Programme, The Older People's Council, Kilkenney Recreation and Sports Partnership, HSE, An Garda Síochána and Kilkenney County Council Library Service have teamed up to develop a programme of free events and activities for older people.

Located in the new Mayfair Library, these events will run from September 6th, 2024, to November 1st, 2024, every Friday from 11 am to 1 pm. The main goals are to provide valuable information, encourage physical activity, and foster a sense of community among attendees.

Facilitator: Liam Redmond and Mary Hickey Advanced Nurse Practitioners in Dementia Kilkenney/Carlow

This presentation will cover early signs and symptoms of Dementia and advice for living well with dementia in your community.

sion with those in attendance. Please wear comfortable clothes, bring some water and a tiny bit of energy!

Kilkenney Age Friendly Strategy

Date: September 27th, 2024 | 11am-1pm

Facilitator: Nollaig McGuinness Consultant for the next Kilkenney Age Friendly Strategy

Kilkenney County Council and its partners are currently developing a new Age Friendly Strategy. This session will look at what the priorities should be for our new Age Friendly Strategy.

All individuals and groups are welcome.

Age Friendly Healthy Homes

Date: October 4th, 2024 | 11am-1pm

Facilitator: Linda Kirwan, Kilkenney Age Friendly Homes Coordinator

Linda will present on her role as part of the Healthy Age Friendly Homes Programme which aims to support older people to live in their own home with dignity and independence for as long as possible.

Assisted Decision Making & Safeguarding

Date: October 18th, 2024 | 11am-1pm

Facilitator: Rob O'Connor and Gemma Flood Assisted Decision Making and Safeguarding, HSE

A chance to learn about this service in the HSE and what they do, in case you or a loved one or friend may need support at some point. Safeguarding is also about knowing the different preventative supports available that an older adult can put in place to stop abuse happening in the future.

Minding your Wellbeing Self Care

Date: October 25th, 2024 | 11am-1pm

Facilitator: Ann Bray Health Promotion and Improvement Officer, Health and Wellbeing Division

This workshop gives you time and space to think about your own wellbeing. It will support you to build and practice self-care skills. Booking for this event is required.

Community Safety Talk

Date: November 1st, 2024 | 11am-1pm

Facilitator: Inspector Alma Molloy Kilkenney Garda Station

Inspector Molloy will discuss personal safety and security for older people both in the home and in the community.

For more information on any of these events, contact the Mayfair Library at (056) 7794174.



Tea/coffee will be available and library staff will be available to show people around the library and the range of services it offers

Ageing Well in the Community

Date: September 6th, 2024 | 11am-1pm

Facilitator: Cathriona Nor-moyle and Philip O' Reilly The HSE Carlow Kilkenney Integrated Care for the Older Persons (ICPOP) Team

This presentation will focus on positive ageing and how to prevent frailty in older adults. The team will demonstrate exercises that an older person can do at home. They will also discuss the importance of making a will, and advanced healthcare directives.

Dementia Awareness

Date: September 13th, 2024 | 11am-1pm

What Does Being Physically Active Mean?

Date: September 20th, 2024 | 11am-1pm

Facilitator: Seamus Nugent

Kilkenney Recreational and Sports Partnership



Seamus will cover the benefits of being physically active and discuss the physical activity guidelines as well as opportunities to be active with KRSP in Kilkenney. Seamus will also do a light ses-



Climate Literacy for All

An introduction to climate change, climate justice and the sustainable development goals. A mixture of theory and practice.

Food Waste

Demonstration on fermenting organic vegetables

**Tuesday Sept 17th
6.30 - 7.45pm**

Fast Fashion

Practical workshop in upcycling. Please bring an old t-shirt to upcycle.

**Tuesday Sept 24th
6.30 - 7.45pm**

Waste Minimisation

Limiting consumption and reducing waste production

**Tuesday Oct 1st
6.30 - 7.45pm**

Biodiversity

Practical workshop making seed/flower based salves

**Tuesday Oct 18th
6.30 - 7.45pm**



Recycling in action

Field Trip - Dunmore Civic Amenity Site

**Friday Oct 4th
9.30 to 11.30am**



**Mayfair Library
Booking required**

To book email
mayfair@kilkennylibrary.ie
Phone 056 7794174

