

## JUDGES ARRIVE IN PORTLAOISE TO SEE SHORTLISTED INITIATIVES

### Live Well Judging Panel visit to Portlaoise



Friday, 20th September 2024

On Friday the 20th of September, the Live Well Expo faced a judging panel following its shortlisting in the communications category for the upcoming Age Friendly recognition and achievement awards.

The Council chamber at Laois County Hall was at capacity as the organisers of the event, Emma O Connor of Healthy Laois and Tom Curran of Age Friendly Laois presented the initiative to judge Madelaine Quirke and Eileen Hughes, representing age Friendly Ireland.



## CONTINUED - LIVE WELL JUDGING

Various groups and services returned on the day to set up a “ mini Live Well” . These included Laois PPN, Local Link, Durrow Vintage Cycle, HSE, Laois Partnership, Laois Sports, Family Carers Ireland, TASK, Laois Sports Partnership, Water Safety Ireland, Mental Health Ireland, Healthy Age Friendly Homes, Laois libraries, Arthritis Ireland, Laois Arch Club

Attendees and judges were greeted by the members of the Mens Sheds in Laois who once again entertained all with a range of songs.

It was stated by both Tom and Emma that this event only came to be as it had emerged from both Age Friendly Laois and Healthy Laois consultations that a big challenge to all ages, especially older people was accessing supports and services. One barrier to services and supports was a lack of awareness of what was available and the move away from “face to face” interaction was also an issue.

Following the presentation, the judges heard directly from exhibitors and attendees alike about how the Live Well event had benefitted them and some even told stories of how new initiatives had come about directly as a result of the Expo. They also heard from community groups who exhibited on the day , how they had increased their profile and benefitted from linking in with either other exhibitors on the day.

It was highlighted in the presentation that loneliness is an issue for older people in Laois and the HSE screening team at the Expo revealed that this theme had emerged from the 114 people they had screened.

Judge Madelaine Quirke praise the initiative and commented that the Live Well event was an example of what can be done when initiatives are supported by local authorities and she commended the community led approach to the event which led to a comprehensive range of supports being highlighted. She called the initiative an example project and noted the work that went in to putting such an event in place.

The winner of the award will be announced at an event in Dublin on the 7th November. Fingers crossed for a win!!



# AGE FRIENDLY LAOIS AT THE PLOUGHING CHAMPIONSHIPS



Age Friendly Laois joined up with our colleagues in the national Age Friendly office, our Laois Age Friendly technical advisers Trevor Hennessy and James Ward and Healthy Age friendly home co-ordinators in the Housing for all tent. We met with many people on the day and were able to outline to them in person both the Age Friendly and Healthy Homes programmes



We were fortunate enough also to meet with our Taoiseach and Tanaiste also to discuss the work of Age Friendly Ireland. →

Before the event, Age Friendly Ireland chief officer Catherine McGuigan was interviewed on Tipp FM's Ag Today show with Jim Finn to discuss all things Age Friendly.

Click pic above to listen to the interview. (PDF readers)

A graphic for 'Age Friendly Ireland National Ploughing 2024'. It features a blue header with the title, a white text area with an interview description, the 'Tipp FM' logo, a white audio waveform, and logos for 'Age Friendly Ireland' and the 'Government of Ireland' at the bottom.



# NEWS FROM CAMROSS

During Heritage Week 2024 Camross Tidy Town group launched a portrait of the "Camross Poet Patrick Ryan" at a candlelight reception in the Poets Cottage. The Poets Cottage lies at the centre of Camross village, it was designed to replicate a traditional Laois thatched cottage and represent the home of the Poet- Patrick Ryan who lived in Camross from 1750 - 1825. Currently there are plans in place to renovate and develop its tourism potential with Just Transition Funding.

With Creative Ireland Laois funding we commissioned Peter Dooley, to create a portrait of the Poet which will be hung in the Poets Cottage and seen by all its visitors. On the night his father recited some of the poetry and transported us back to past times with stories about our local heritage and history. It was enchanting.



**L: Paddy Dooley & His son Peter (artist) Heritage night**

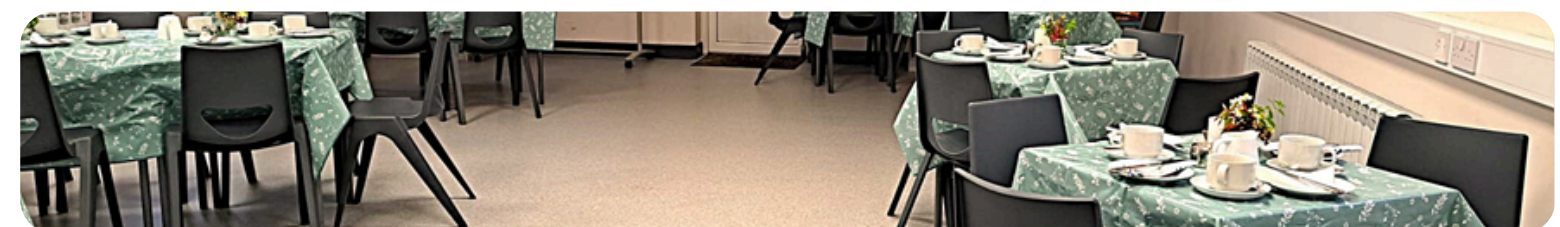
**R: Counsellor King with Peter Dooley artist Heritage Night in Poets Cottage Camross**

We continue to hold our monthly community Coffee Mornings @ The Hub. Our September session was extra special as we exhibited the new portrait of "The Camross Poet Patrick Ryan" and invited everyone to view over a cuppa. We had some wonderful discussions and enjoyed the good company. We welcome people to visit our October session on Wednesday 30th from 10-12. Photographs by our wonderful Sharon Palmer.



**L; A group of Camross residents enjoying the company.**

**R: Johanna Steenkist presenting Joe Dooley with some flowers. (our floral decor goes home with customers- zero waste)**



**Awaiting the customers at the Hub.**

# PORTLAOISE GROUP TRIP TO LOURDES



Portlaoise Group Pilgrimage to Lourdes September 01 to 05, 2024

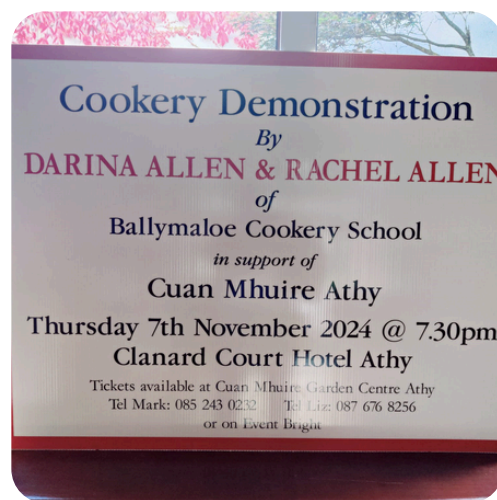
**Portlaoise Group Pilgrimage to Lourdes 1st September to 5th September 2024**



**Pictured L/R: Marta Wolska, Fr. Jim O'Reilly and Ryszard Pitera"**

**"Our trip to the Polish Convent near Bartres, Lourdes. A proud moment for our two Polish pilgrims holding the relics of their fellow Countrymen, Pope John Paul II and Maxamillion Kolby, They prayed a decade of the rosary in Polish, a very moving moment."**

# BALLYROAN ACTIVE RETIREMENT ON THE ROAD AGAIN!!! THIS TIME TO CUAN MHUIRE IN ATHY



**Cookery Demonstration**

*By*

**DARINA ALLEN & RACHEL ALLEN**

*of*

Ballymaloe Cookery School

*in support of*

**Cuan Mhuire Athy**

**Thursday 7th November 2024 @ 7.30pm**

**Clanard Court Hotel Athy**

Tickets available at Cuan Mhuire Garden Centre Athy

Tel Mark: 085 243 0232 Tel Liz: 087 676 8256

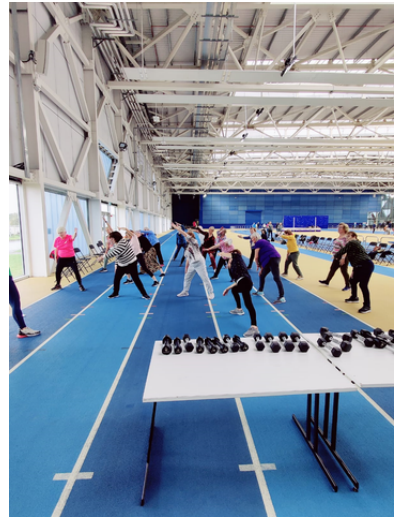
or on Event Begin

Ballyroan Active Retirement group had a day out to Cuan Mhuire in Athy recently. It was a great experience for the 17 ladies and gentlemen. Thank you Margaret for organizing it.. Next up is a trip to th cooking demonstration fundraiser in November.

# LAOIS OLDER PEOPLE'S COUNCIL TRIP TO SPORTS IRELAND CAMPUS

A group of ladies from all over Laois went to the Sports Ireland campus for a sports taster event for a sports taster event organised by Age Friendly Ireland. Participants enjoyed 30 minute taster sessions of

Exwell, Yoga, Golf demo, Fitsticks activator poles, Zumba Gold and seated volleyball or Tai Chi. All the pictures from the day can be found on the next page. Thanks to Age Friendly Ireland for the opportunity to attend. To see a write up on the day from Age Friendly Ireland visit the [Age Friendly website](#)



# BALLYBROPHY TRAIN STATION TO BECOME LAOIS' FIRST AGE FRIENDLY TRAIN STATION



Ballybrophy Train Station is set to be recognised as an Age Friendly Train station - the first in Laois. This recognition is as a result of the works completed by Irish Rail in recent years, both before and after a walkability audit by Age Friendly Laois.



**Pictured above are representatives from Age Friendly Ireland, Irish Rail and Local Link Laois Offaly**

Ballybrophy Train Station is set to be recognised as an Age Friendly Train station - the first in Laois. This recognition is as a result of the works completed by Irish Rail in recent years, both before and after a walkability audit by Age Friendly Laois.

Among the works completed were the installation of barriers at the car park, wheelchair friendly seating, door decals, age friendly seating and parking spaces. The station also had extensive upgrade works to the car park and more improvement works are planned in the future to further enhance the station.

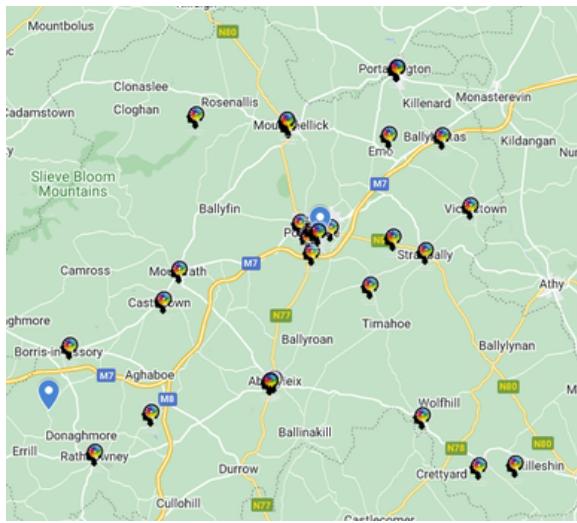
This recognition will be made official at an event in the near future, with a date to be confirmed



# LAOIS CONNECTS WEEK

Laois Connects week runs from 7th to 13th October. To view the brochure highlighting activities throughout Laois, visit [the Laois Connects web page](#)

Click on our [Laois Connects Map](#) below to see events in your area



## LAOIS ICA NEWS- THE AMAZING CUCUMBER



Irish Countrywomen's Association

- Cucumbers contain most of the vitamins you need every day, just 1 cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Calcium, Iron, Magnesium, Phosphorous, Potassium and Zinc.
- Feeling tired in the afternoon, put down the caffeinated drinks and pick up a cucumber, they are a good source of B Vitamins and Carbohydrates that can provide the quick pick me up that can last for hours.
- Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror and it will eliminate the fog.
- Are grubs and slugs ruining your plants in the garden - place a few slices of cucumber in a small pie tin and your garden will be free of pests all season .
- Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost keeping everything in equilibrium avoiding both a hangover and a headache.
- Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries by European Trappers, traders and explorers for quick meals to thwart starvation.
- You don't have enough time to polish your shoes- rub a freshly cut of cucumber over the shoe, the chemicals will provide a quick and durable shine that also repels water
- If you are out of WD40 and need to fix a squeaky hinge - take a cucumber slice and rub it along the problem hinge and the squeak is gone
- Looking for a green way to clean your taps sinks or stainless steel? Take a slice of cucumber and rub it on the service you want to clean, not only will it remove years of tarnish and bring back the shine but it won't leave streaks and does not harm you skin



# LAOIS CONNECT EVENTS



## LAOIS CONNECTS

Join us for a mindful WellWalk to move your body, calm your mind and reconnect with nature

In Emo Court at 11.30 on Thursday the 10th October

Followed by healthy picnic

Book in with Tom at 086 036 3426



PROMOTING HEALTH AND WELLBEING

OCTOBER

# FUNDAYS FOR ALL!



At Laois GAA Centre of Excellence  
From 11 am - 12 pm

**DATES:**  
Tuesday 24th September  
Tuesday 1st October  
Tuesday 8th October  
Tuesday 15th October

**ACTIVITIES:**

- Sit Fit Exercises
- Indoor Activator
- Poles
- Boccia
- Target Games

CONTACT CATRIONA AT 086 793 5234



## Relaxation Hour

Join us at Portlaoise Library for an hour of relaxation, quiet space and simple meditation Taking place on Saturday 5th October at 11am.

Register now

Call 057 8622333 or email [portlaoiselibrary@laoiscoco.ie](mailto:portlaoiselibrary@laoiscoco.ie). Alternatively visit <https://tinyurl.com/5n7xztr5> or scan the QR Code provided



Laois County Library Service

Positive Ageing Week



## SEQUENCE DANCE

With Maureen Culleton



**Where?** Portlaoise Parish Centre  
**When?** 23/09, 30/09 - **BREAK** - 14/10, 21/10, 30/10  
**Time?** 11:00 am - 12:00 pm  
**Price?** €20 for 4 weeks  
**Register?** Contact Catriona @ 086-7935-234

Laois Connects week runs from 7th to 13th October. To view the brochure highlighting activities throughout Laois, visit [the Laois Connects web page](#)

Click on our [Laois Connects Map](#) below to see events in your area

# Chi Walking

Destress with our 4 week programme

Active Parks

**Free**

- Sync your breath with your walking steps for a refreshing walk
- You are invited to walk faster and further without tiring yourself!
- Rounded off with some gentle Tai Chi exercises
- Suitable for all ages and abilities

**Portlaoise**  
Páirc an Phobail  
Mondays 11.30am

**Stradbally**  
Market House  
Tuesdays 7.30pm

**Portarlington**  
People's Park  
Wednesdays 11.30am

**Abbeyleix**  
Fr Breen Park  
Thursdays 11.30am

Starting 7<sup>th</sup> October

Starting 8<sup>th</sup> October

Starting 9<sup>th</sup> October

Starting 10<sup>th</sup> October

These outdoor activity sessions are provided by fully qualified instructors and are weather dependent.

**Booking is essential**  
Click link for registration form




# Mindful Cycle

Sunday 13<sup>th</sup> October @ 1pm

with Pedal Vintage

14km Leisure Cycle

Starting from Clough village

Visit The Tea Pot Studio & Gallery, Kiltotton on the route (Courtesy of artist Billy Dollard) & return to Clough village





- All welcome to attend, please bring along own bike
- Helmets & Hi Viz essential
- Please contact [sports@laoiscoco.ie](mailto:sports@laoiscoco.ie) to register your interest or to prebook free hire of a bike for the mindful leisure cycle (15 bikes available)
- You can also book by scanning the QR code and filling in the registration form




**FREE Event**



# WILLOW WEAVING WORKSHOP

With Irish artisan basket maker Helena Golden Willow Woman



Mountrath Library  
Wednesday 9<sup>th</sup> October  
2.30pm - 4.30pm

All materials supplied  
Booking is essential!  
Places are limited  
Scan QR Code to book




**FREE Event**



# WILLOW WEAVING WORKSHOP

With Irish artisan basket maker Helena Golden Willow Woman



Abbeyleix Library  
Wednesday 9<sup>th</sup> October  
10.30am - 12.30pm

All materials supplied  
Booking is essential!  
Places are limited  
Scan QR Code to book




**FREE Event**



# LAOIS CONNECTS EVENTS

## Ceramic Workshop

With artist **Monica O'Meara**

*Create your own unique art!*

*Work with artist Monica O'Meara - pressing objects (such as leaves) into clay and dipping them in plaster to produce your own work of art*



**Portlaoise Parish Centre**  
**Thursday 10<sup>th</sup> October**  
**10.30am - 12.30pm**

*All materials supplied*  
*Booking is essential!*  
*Places are limited*  
*Scan QR code to book*



**FREE Event**



Healthy Laois

## Ceramic Workshop

With artist **Monica O'Meara**

*Create your own unique art!*

*Work with artist Monica O'Meara - pressing objects (such as leaves) into clay and dipping them in plaster to produce your own work of art*



**Mountmellick Library**  
**Thursday 10<sup>th</sup> October**  
**2.30pm - 4.30pm**

*All materials supplied*  
*Booking is essential!*  
*Places are limited*  
*Scan QR code to book*



**FREE Event**



Healthy Laois

## SOUND MEDITATION

With **Ollie Plunket, Sound Therapy Practitioner and Trainer**

Join us for a relaxing Sound Meditation session with certified practitioner Ollie Plunkett on Wednesday, October 9th at 6:30pm in Portlaoise Library (1 hour). Experience the soothing vibrations of Tibetan bowls, gongs, and more to reduce tension, anxiety, and fatigue while boosting spiritual well-being.

Wednesday, October 9th  
 6:30pm  
 Portlaoise Library

SCAN THE QR CODE TO REGISTER!



Laos County Library Service



**DUNAMAISE ARTS CENTRE** | Wed 9 Oct, 8pm  
 Tks: €8/€5

Tues 8 Oct, 11am | FREE Schools Screening  
 Followed by Panel Discussion

Book on [dunamais.ie](http://dunamais.ie)  
 Tel: 057 86 63355



**OCTOBER** PROMOTING HEALTH AND WELLBEING



**WHERE IS MY MIND?** LIVE PODCAST



**DUNAMAISE ARTS CENTRE**  
 with **NIALL BRESLIN** and SPECIAL GUEST, Dr Eddie Murphy  
 Tues 8 Oct 8pm | €32.50

Book on : [dunamais.ie](http://dunamais.ie)  
 Tel: 057 86 63355



**OCTOBER** PROMOTING HEALTH AND WELLBEING



**MINDFULNESS WORKSHOP**  
 FRIDAY 11TH OCTOBER 2024  
 Booking Essential Call: 087 917 1359  
**FREE EVENT**  
 10AM TO 11.30 AM  
 Treo Nua Centre  
 Harpurs Lane

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Population ageing is a phenomenon that affects almost every developed country in the world, including Ireland. The number and the proportion of persons aged 65 years and over is increasing and is projected to continue an upward trend over the next three decades. Population ageing has resulted primarily from a long-term fall in fertility rates and an increased life expectancy. To see more information visit the [CSO older persons information hub](#)

## CSO Older Persons Information Hub Provides a Snapshot of the Lives of Older People in Ireland

- The number of people aged 65 years and over is estimated to have risen by over 40% between 2013 and 2023, from 569,000 to 806,000, and is expected to double again to 1.6 million by 2051.
- There was an almost 80% increase in the number of people aged 70 and older holding full driving licences between 2012 and 2022, from 205,000 to 366,000.
- The number of marriages registered by people aged 60 years and over more than doubled between 2012 and 2022, from 505 to 1,028.
- In 2022, in approximately 5% of households that were owner-occupied with a loan or mortgage, the owner was a person aged 65 years or over.
- Over 113,000 people aged 65 and over were in employment in Q3 2023, working an average of 31.1 hours per week.
- Between 2017 and 2021, the number of domestic overnight trips taken by those aged 65 and over more than doubled, from approximately 125,000 trips to 269,000.
- In 2021, there were 240 suspected offenders of assaults aged 60 years and over. This compares with 2,187 suspected offenders of assaults aged between 18 and 29.

## Statistician's Comment

The Central Statistics Office (CSO) is today (26 January 2024) advising users of the updates to our Older Persons Information Hub. The Older Persons Information Hub was launched in September 2022 and provides a snapshot of the lives of older people in Ireland, highlighting social and economic indicators from a broad range of CSO publications and sources from across the government system.

Commenting on the Older Persons Information Hub, Sarah Crilly, Statistician in the Health Division of the CSO, said: "The population of Ireland is ageing, with life expectancy increasing and older people continuing to be an active and vibrant part of our community. The Older Persons Information Hub includes both social and economic indicators, which cover health, education, employment, poverty, life events, and more. This reflects the full and varied lives led by older people in our country with many continuing to work and act as carers in the community.

"The number of people aged 65 years and over is estimated to have increased by more than 40% in the past 10 years, from 569,000 people in 2013 to 806,000 people in 2023. The number of people 65 years and older is expected to double to 1.6 million by 2051.

What we can see from the data on the Older Persons Hub is the quality of life many of our older citizens enjoy. Between 2012 and 2022, the number of people aged 70 and over holding a full driving licence rose by almost 80%, from 205,000 to 366,000 people. The number of marriages registered from people aged 60 years and over also saw a notable increase, with the number of new marriages among older people more than doubling between 2012 and 2022, from 505 marriages to 1,028 marriages. Between 2017 and 2021, the number of domestic overnight trips taken by those aged 65 and over also more than doubled, from approximately 125,000 to 269,000.

There were 113,700 people aged 65 and over in employment in Quarter 3 2023, compared with five years ago when 75,800 people aged 65 and over were in employment in Quarter 3 2018. In Quarter 3 2023, people aged 65 and over who were in employment worked 31.1 hours per week on average, compared with 37.4 hours per week for those aged 25 to 34. In 2022 around 5% of households that were owner-occupied and with a loan or mortgage had an owner aged 65 years and over."



