

Take Part in SDG Week 2025!



SUSTAINABLE DEVELOPMENT GOALS



**Toy Repair Workshop**  
Learn how to repair your favourite toys!



**Food & Mood: Eating Well for Mental Wellness**





## Six Week Climate Course for over 55s

Jacinta Barrins brings her Over 55s Climate Chats to Waterford this September! This free six week course helps participants to understand the issues around climate change and what they can do about it.

In her down-to-earth style and without jargon, she explains how people can make a difference and feel good about it, all while sharing tea and chats around a table.

**Date:** Starts Thursday 18<sup>th</sup> September

**Time:** 10:30am - 12:30pm

**Venue:** Dungarvan Library

**Free - Booking Required**

Contact **Climate Action** on **087 2797577** or email: [climateaction@waterfordcouncil.ie](mailto:climateaction@waterfordcouncil.ie) to book.



## Peg Loom Weaving: Make It Matter: Weave What You Waste Workshop

Facilitated by Christina Drennan, Visual Artist & Owner of Irish Handmade. Transform waste into wonder through the timeless practice of peg loom weaving. Discover how sustainable materials can spark creativity, connection, and mindful making. Take home your own one of a kind woven artwork. **Free event but booking essential.**

**Date:** Saturday 20<sup>th</sup> September

**Time:** 10:00am - 12:30pm

**Venue:** Central Library (The Hub Maker Space)

**Free Event - Booking Required**

Contact **Central Library** on **051 849975** or [centrallibrary@waterfordcouncil.ie](mailto:centrallibrary@waterfordcouncil.ie) for bookings and further information.



## In Conversation with journalist Aoife Barry

Author and journalist Aoife Barry will join us this September for an afternoon exploring how we can all make sense of today's media landscape. The event is open to all and designed to spark discussion about how we find, question, and share information in our daily lives. Whether you're curious about journalism, concerned about disinformation, or simply interested in how media shapes our world, this is an opportunity to learn and engage with one of Ireland's most thoughtful voices.

**Date:** Saturday 20<sup>th</sup> September

**Time:** 3:00pm

**Venue:** Ardkeen Library

**Free - Booking Required**

Contact Ardkeen **Library** on **051 849755** or [ardkeenlibrary@waterfordcouncil.ie](mailto:ardkeenlibrary@waterfordcouncil.ie) for bookings and further information.



## Smart Phone Classes

Ever feel lost when it comes to your smart-phone or tablet? Access I. T. CLG will be running a series of free smart-phone classes in Dungarvan Library on Tuesdays from 10:00am - 12:00pm. Spaces are limited so book your spot today.

**Date:** Tuesdays from 23<sup>rd</sup> September

**Time:** 10:00am - 12:00pm

**Venue:** Dungarvan Library

Contact **Dungarvan Library** on **058 21141** or [dungarvanlibrary@waterfordcouncil.ie](mailto:dungarvanlibrary@waterfordcouncil.ie) for further information.



## Fáilte Craft Group Exhibition & SDG Week Launch with Deputy Mayor Cllr. John Pratt

Join Deputy Mayor Cllr. John Pratt for the launch of SDG week in the Index Gallery, Central Library. The prize-winning knitted piece on biodiversity by Central Library's Fáilte Craft Group will be on display alongside other exhibits from the group. Light refreshments served. Exhibition runs from 10<sup>th</sup> - 27<sup>th</sup> September.

**Date:** Tuesday 23<sup>rd</sup> September

**Time:** 11:00am

**Venue:** Index Gallery, Central Library

**Free Event - All Welcome. No Booking required.**

Contact **Central Library** on **051 849975** or **centrallibrary@waterfordcouncil.ie** for further information.



## Dementia Awareness Talk with Anne-Marie Veale

In this talk Dementia Advisor, Anne-Marie Veale, will give an overview on Dementia, the different types of dementia, signs and symptoms, practicalities and what supports are available.

**Date:** Tuesday 23<sup>rd</sup> September

**Time:** 2:30pm

**Venue:** Lismore Library

**Free Event - No Booking Required**

Contact **Lismore Library** on **058 21377** or **lismorelibrary@waterfordcouncil.ie** for further information.



## Healthy Ageing with Nutrition: Eat Well, Age Well

Free Talk on healthy eating with Community Food and Nutrition Worker Maria Chester  
Key Topics include: Nutrients that support Brain and heart health; Bone strengthening foods & calcium-rich options; Protein & fibre needs as we age; Tips for improving appetite & digestion in older adults.

Free Healthy Aging Meal Guide booklet

**Date:** Tuesday 23<sup>rd</sup> September

**Time:** 2:00pm

**Venue:** Ardkeen Library

**Free Event - Booking Required**

Contact **Ardkeen Library** on **051 849755** or **ardkeenlibrary@waterfordcouncil.ie** for bookings and further information.



## Failte Craft Group - Come along for chat, connection & inspired projects

This culturally diverse craft group meets every Wednesday at 10am in Central Library. The group encourages social connection & conversation through a shared passion for meaningful knitting and crocheting projects and individual pieces. All crafted using donated wool. Pop in to meet the group for a chat. All Welcome.

**Date:** Wednesday 24<sup>th</sup> September

**Time:** 10:00am - 12:00pm

**Venue:** Central Library

**Free Event - No Booking Required**

Contact **Central Library** on **051 849975** or **centrallibrary@waterfordcouncil.ie** for further information.



## Little Tots Clothing Swap

Have you got outgrown baby or toddler clothes?

Bring them to our 'Little Tots Clothing Swap' and exchange them for something 'new' to refresh your child's wardrobe in an affordable and planet-friendly way! Donate outgrown 'gently used' baby & toddler clothes (0-2 years).

- Receive tokens for your donation
- Swap them for 'new' to you clothes.

Make a positive impact on the environment and refresh your child's wardrobe in an affordable and planet-friendly way!

**Date:** Thursday 25<sup>th</sup> September

**Time:** 3:00pm - 7:00pm

**Venue:** Carrickphierish Library

**Free Event - All Welcome. No Booking Required.**

All items must be clean, in good wearable condition, and can be dropped off at Carrickphierish Library from 15<sup>th</sup> - 23<sup>rd</sup> September.

*Expectant Parents - we know you don't have clothes to swap yet, you'll get 5 tokens to take items away on the day!*

Contact **Carrickphierish Library** on **051 849696** or **carrickphierishlibrary@waterfordcouncil.ie** for further information.



## Seagrass, Rain Gardens and Trees – How nature is our greatest defence in a future with a changed climate

Join Gráinne Kennedy, Climate Action Coordinator with Waterford City & County Council, for an illustrated talk on how local seagrass meadows, rain gardens and trees can help tackle climate change, boost biodiversity and protect our coasts.

**Date:** Thursday 25<sup>th</sup> September

**Time:** 2:30pm

**Venue:** Central Library

**Free Event - Booking Required**

Contact **Central Library** on **051 849975** or **centrallibrary@waterfordcouncil.ie** for bookings and further information.



## SDG Storytime for under 3s

Storytime and crafting session on the topic of Sustainability suitable for ages 3 and under.

**Date:** Friday 26<sup>th</sup> September

**Time:** 10:30am

**Venue:** Ardkeen Library

**Free Event - No Booking Required**

Contact **Ardkeen Library** on **051 849755** or **ardkeenlibrary@waterfordcouncil.ie** for further information.



## Eat Well, Live Well

Free Talk on healthy eating and nutrition with Community Food and Nutrition Worker Maria Chester.

Key Topics include: Eating healthy on a budget, Meal prepping tips, Building balanced meals & healthy snacks, Food label reading, Mindful eating & portion control.

Free recipes for all attendees.

**Date:** Friday 26<sup>th</sup> September

**Time:** 2:30pm

**Venue:** Central Library

**Free Event - Booking Required.**

Contact **Central Library** on **051 849975** or **centrallibrary@waterfordcouncil.ie** for bookings and further information.



## Toy Repair Workshop at Lismore Library

This workshop will let you know about the environmental impact of toys, motivate you to rehome, repair and reuse your pre-loved toys. The workshop features a range of hands-on activities to show children how to repair toys and demonstrates inventive toy reuse.

**Date:** Friday 3<sup>rd</sup> October

**Time:** 3:15pm & 4:45pm

**Venue:** Lismore Library

**Free Event - Booking Required**

Contact **Lismore Library** on **058 21377** or **lismorelibrary@waterfordcouncil.ie** for further information.



## Public Libraries Open Day with WLR FM!

We are celebrating the valuable work of Public Libraries in Ireland and inviting you to 'Take a Closer Look' at your local library. On this day, libraries will be demonstrating some of the wonderful events and services that they offer and everyone is welcome to come in and get involved.

WLR FM will be broadcasting live from 12:00pm to 3:00pm!

**Date:** Saturday 27<sup>th</sup> September

**Time:** 12:00pm - 3:00pm

**Venue:** Ardkeen Library

**Free Event - No Booking Required.**

Contact **Ardkeen Library** on **051 849755** or **ardkeenlibrary@waterfordcouncil.ie** for further information.



## Nutrition for Children: Fuelling Healthy Bodies and Bright Minds

Free Talk on healthy eating and nutrition with Community Food and Nutrition Worker Maria Chester.

Key Topics include: Healthy snack & lunchbox ideas. Nutrition tips for focus and growth. Making veggies fun and kid friendly, building positive mealtime habits. Tips for busy parents & caregivers.

Bonus: 'Free Healthy Lunch Box' booklet.

**Date:** Tuesday 7<sup>th</sup> October

**Time:** 11:00am

**Venue:** Dungarvan Library

**Free Event - Booking Required.**

Contact **Dungarvan Library** on **058 21141** or **dungarvanlibrary@waterfordcouncil.ie** for bookings and further information.

# SDG WEEK EVENTS 2025



## Food and Mood: Eating Well for Mental Wellness

Free Talk on healthy eating and nutrition with Community Food and Nutrition Worker Maria Chester.

Key Topics include: How nutrition affects mood and brain function, Foods that fight stress & support mental health, Gut-brain connection explained simply, Sample meal plan for better focus and energy, Mindful eating & emotional awareness.

Bonus: Mood-boosting foods list & wellness tracker.

**Date:** Wednesday 8<sup>th</sup> October

**Time:** 2:00pm

**Venue:** Ardkeen Library

**Free Event - Booking Required.**

Contact **Ardkeen Library** on **051 849775** or **ardkeenlibrary@waterfordcouncil.ie** for bookings and further information.



## Understanding Migraines

In this webinar, Migraine Ireland will cover the general understanding of migraines; their self-management and support; dispelling the myths about migraines and what resources and supports are available.

**Date:** Wednesday 8<sup>th</sup> October

**Time:** 6:30pm

**Venue:** Online

**Free Event - Booking Required.**

Contact **library@waterfordcouncil.ie** for booking or further information or phone **051 849974**

# SDG WEEK SCHOOLS 2025 EVENTS



## Toy Repair Workshop

This workshop will let you know about the environmental impact of toys, motivate you to rehome, repair and reuse your pre-loved toys. The workshop features a range of hands-on activities to show children how to repair toys and demonstrates inventive toy reuse.

**Date:** Friday 3<sup>rd</sup> October

**Time:** 9:30am - 11:00am & 11:30am - 1:00pm

**Venue:** Dungarvan Library

**Free Event for schools - Booking Required**

Contact **Dungarvan Library** on **058 21141** or **dungarvanlibrary@waterfordcouncil.ie** for further information.



## SDG Workshop The Waterford Sustainable Living Initiative (SLI)

Waterford Sustainable Living Initiative (SLI) have a vision of a global community working together to ensure an equitable and sustainable future for all and their mission is to educate and empower the people to act on issues of sustainability, responsible consumption and climate change. This workshop for secondary school students will explore negative environmental impacts of fast fashion and explore alternatives.

**Date:** Tuesday 7<sup>th</sup> October

**Venue:** Ardkeen Library

**Secondary Schools Event**

Contact **Ardkeen Library** on **051 849755** or **ardkeenlibrary@waterfordcouncil.ie** for bookings and further information.