

Directory of Activities & Services

for older people in Dún Laoghaire-Rathdown County



Contents

Support and
Community

7

Sports and Leisure

67

Health and
Wellbeing

31

Cultural, Libraries
and Arts

77

Education and
Information

49

Religious and Spiritual
Organisation

91

Background and Introduction	5
Active Retirement Associations and Groups	11
Age Action	18
Alone	44
Bowling	71
Care and Repair	19
Chess Clubs / Bridge Clubs	72
Cinema	89
Citizens Information Centres	62
Dept. of Employment Affairs and Social Protection (DEASP)	63
Cultural Centres	84
dlr Arts	79
dlr Cemeteries	90
dlr Chamber of Commerce	60
dlr Community and Cultural Development Department	9
dlr Community Buildings	25
dlr County Council	8
dlr Housing Grants	46
dlr Leisure	70
dlr Libraries	80
dlr Markets and Natural Heritage	86



dlr Network for Older People	6
dlr Sports Partnership	68
Dublin & Dún Laoghaire Education Training Board	50
Garda Older Persons Association (GOPA)	48
Golf	73
Health Service Executive (HSE)	32
Historical Societies	88
Irish Heart Foundation	41
Irish Men's Shed	23
Living Well With Dementia (LWWD)	40
Local Policing Fora (LPF)	29
Making Connections	43
Money Advise and Budgeting Service (MABS)	66
Our Ladies Hospice	45
PROBUS	22
Religious and Spiritual	92
Theatres	78
Transport Providers	30
University College Dublin (UCD)	57
Volunteering	61
Walking groups	75



Background and Introduction



Welcome to the second edition of the dlr Directory of Activities & Services for Older People in Dún Laoghaire-Rathdown County.

This directory was first developed when a clear need for further information on activities and services was identified following consultation with older members of our community.

The first dlr Directory of Activities & Services for Older People in the Dún Laoghaire-Rathdown County was then developed, published and distributed Countywide.

Following the success of this Directory, the dlr Age Friendly Alliance sought to provide an updated version (both printed and digital) to ensure that older people and their families throughout dlr were able to easily access information on key groups and supports available to them.

I would like to take this opportunity to thank the dlr Age Friendly Alliance members who work to achieve their ultimate goal “to make dlr a great place to grow old in”.

The dlr Age Friendly Alliance is made up of representation from the following groups:

An Garda Síochána, the dlr Network for Older People, Dublin Bus, Dublin and Dún Laoghaire Education and Training Board, Dún Laoghaire Chamber of Commerce, Dún Laoghaire-Rathdown County Council, the Health Service Executive, Leopardstown Park Hospital, Southside Partnership, Southside Travellers Action Group and University College Dublin.

I would also like to take this opportunity to thank our outgoing chairperson Mr Donal Marren, who continues to work tirelessly to develop and support the dlr Age Friendly Programme.

I hope this directory helps to keep you informed as to the wealth of services and activities available to you throughout the County.

Eugene Magee

Chairperson of dlr Age Friendly Alliance

Dún Laoghaire-Rathdown Network for Older People

Dún Laoghaire-Rathdown Network for Older People

88 Inagh Court, Co Dublin

Tel: 01 282 2425 **Email:** networkforolderpeople@gmail.com

Website: www.olderdlr.ie

The *Dún Laoghaire-Rathdown Network for Older People* was established to represent the views and concerns of older people living in Dún Laoghaire-Rathdown. It also coordinates and manages about 60 Active Retirement Groups operating in the county. Since 2015 the *Dún Laoghaire-Rathdown Network for Older People* also acts as the Older Persons Council in the context of the development and implementation of the Age Friendly Strategy 2016-2020.

Objectives

To work in co-operation with the Community Section of Dún Laoghaire-Rathdown County Council.

To enhance the longevity, quality of life and care provision for the older citizens in communities and society of Dún Laoghaire-Rathdown.

To co-operate with other associations and to speak with a unified voice in matters of concern for older people in our area.

To bring to the notice of the Cathaoirleach, the County Councillors and Community Section any concerns.

To establish a Newsletter.

To maintain and update a Directory of organisations who work on behalf of the older people in the county.

For members to give freely of their knowledge and experience and to set up sub-committees where necessary.

Support and Community Groups



Support and Community Groups

dlr County Council

Dún Laoghaire-Rathdown County Council plays a major role in the physical, economic, social and cultural development of the county. The elected councillors adopt a 5 year County Development Plan which serves as the blue print for the provision of infrastructure such as housing, roads, parks and community facilities. In addition the Council has adopted a Local Economic and Community Plan (LECP). The implementation of the LECP is overseen by the Local Community and Economic Development and Enterprise Strategic Policy Committee.

County Hall, Marine Road, Dún Laoghaire, Co Dublin

Tel: 01 205 4700 **Email:** info@dlrcoco.ie

For all queries, please call, email or drop into our **Civic Hub** which is open every Monday - Friday 9am to 5pm (closed 4.30pm on Friday). Our Housing and Planning Counters are open 10am - 4pm (Monday to Friday).

Dundrum Office Park, Main Street, Dundrum, Dublin 14

Monday - Friday 9.30am to 12.30 and 1.30pm to 4.30pm.

The office closes for lunch from 12.30 to 1.30.

Callers outside this area should dial (+ 353) 01 205 4700 for both the County Hall and the Dundrum Office.

DLRCC Emergency Service (after 5pm & weekends)

Surface Water/Flooding **Tel:** 01 677 8844

Dangerous Structures & Places **Tel:** 01 677 8844

Transportation **Tel:** 01 677 8844

dlr Community and Cultural Development Department

Tel: 01 205 4893 **Email:** community@dlrcoco.ie

Dún Laoghaire-Rathdown County Council, through its various departments and services, plays a major role in the development of the county. The Council, however, recognises that it is not sufficient simply to provide the basic physical infrastructure such as housing, roads and parks for communities. We also support communities as they grow and develop. The aim of the Department is to help people to help themselves. Among the many services offered by the Council to achieve this are:- Community Grants Scheme, Community Employment Scheme, Special Projects, Estate Management and Community Development.

A comprehensive support and advisory service is provided to voluntary community based organisations throughout the County Council's administrative area. This service is assisted by a team of field staff who work closely with the various community groups in the area and constantly monitor and attempt to meet the needs expressed by those groups. The *Arts Office* supports programmes and develops a wide range of arts activities and opportunities throughout the County. We commission and produce a range of exhibitions, artist residencies, schools projects, arts and health initiatives and public art programmes in order to grow and sustain local arts development.

Library Spaces

The county has eight branch libraries serving the educational and recreational needs of all who live, work or study in the Dún Laoghaire-Rathdown area. The branches are Blackrock, Cabinteely, Dalkey, Deansgrange, dlr Lexlcon, Dundrum, Shankill and Stillorgan Libraries. The Libraries also have some unique civic spaces including rooms for Library events, as well as meeting rooms for community use in Blackrock, Deansgrange and the Lexlcon, and rooms for hire by groups available at the Lexlcon. The branches also all have study spaces and exhibition spaces.

Support and Community Groups

There is a music room with piano & harp available for booking in Dalkey Library. The Studio at the Lexlcon is a theatre space that can seat 125, and there is a Municipal Gallery also at the Lexlcon managed by the Arts department.

dlr Age Friendly Programme

Age Friendly Programme Dún Laoghaire-Rathdown County Council became a signatory to the Dublin Declaration on Age Friendly Cities and Counties in 2013. In May 2016 it launched its Age Friendly Strategy. All of the senior executives of the main public service providers along with representatives from Dún Laoghaire – Rathdown Network for Older People have committed to participating in an Age Friendly Strategic Alliance to oversee the implementation of the strategy and to ensure that Dún Laoghaire-Rathdown remains "A great place in which to grow old."

dlr Social Inclusion Unit

The dlr Social Inclusion Unit seeks to raise awareness and promote Social Inclusion objectives within Dún Laoghaire-Rathdown County Council. It collaborates with all council departments to embed the social inclusion ethos into all decision and policy making processes. The SIU provides support to local community organisations who work with marginalised or vulnerable communities.

Actions include:

- Contact point for national Social Inclusion programme issues
- General Advice and support to external organisations and structures
- Coordinate implementation of the Age Friendly Strategy
- Support Traveller Interagency Steering Committee
- Organise annual Festival of Inclusion Week
- Facilitate Yellow Flag Programme
- Support the dlr Integration Forum

AFFILIATED GROUPS OF THE DÚN LAOGHAIRE- RATHDOWN NETWORK FOR OLDER PEOPLE

Dún Laoghaire - Rathdown Network for Older People

88 Inagh Court, Co Dublin

Tel: 01 282 2425 **Email:** networkforolderpeople@gmail.com

Web: www.olderdlr.ie

Ballybrack Ladies Club

Project Centre, Coolevin, Ballybrack, Co Dublin

Activities: We meet every Tuesday 8.00pm – 10.00pm in the project centre. We partake in quiz's, bingo, card games, weekends away and day outings.

Balally Parish Hospitality Group

Pastoral Centre, Church of the Ascension of the Lord, Ceder Road Dublin 16

Activities: We meet every Wednesday morning 10.30am – 12.30pm for cups of tea/chat, rings, bingo, organised holidays and outings.

Ballinteer Active Retirement Association

St Johns GAA Club, Grange Road, Rathfarnham, Dublin 16

Email: baradublin@gmail.com **Web:** www.baradublin.com

Beaufort Day Care Centre

Glasthule Road, Glasthule, Co Dublin

Tel: 01 280 9720 **Email:** beaufort_day_centre@hotmail.com

Activities: Provide day care services for persons over the age of 65 under the aegis of the HSE upon referral.

Support and Community Groups

Cabinteely Active Retirement Association

St Bridgets Parish Centre, Cabinteely, Dublin 18

Email: caradublin18@gmail.com

Activities: We play boules, attend theatre plays, organise holidays, Par 3 Golf, walking, cards etc.

Dom Marmion Society

Dom Marmion House, The Car Park, Sandyford Road, Dublin 16

Tel: 01 296 0222 **Email:** dommarmionarg@gmail.com

Activities: Monday low impact exercise 3pm – 4pm,
Tuesday Bowling 1.30pm – 3.30pm, Wednesday Bingo 2.30pm –
4.00pm, Thursday Bridge 7.30pm – 10.30pm

Dún Laoghaire Ladies Club

Park House, Library Road, Dún Laoghaire

Activities: We have demonstrations and speakers visit us.
We go to the theatre and cinema. We raise money for charity.

Dún Laoghaire Active Retirement Association

The Boylan Centre, Sussex Street, Dún Laoghaire, Co Dublin

Email: dunlaoghaireactiveretire@gmail.com

Activities: Bridge, indoor bowls, exercise class, creative writing,
arts and crafts, outings, holidays, hiking and trips to the theatre.

Dún Laoghaire & Blackrock Senior Citizen Association (Social Clubs)

Dún Laoghaire Social Club, 27 Corrig Avenue, Dún Laoghaire.

Tel: 01 214 7608

Activities: Social club meets on Wednesday afternoon 1.00pm – 4.00pm for Bingo, Tea/Coffee, biscuits are served and prizes are given out. There is a cost of €2. There is a minibus available if lifts are needed.

Blackrock Social Club

St John the Baptist Parish Centre, Blackrock, Co Dublin

Activities: Social Club meets on Tuesday afternoons 2.00pm – 4.00pm for Bingo, tea/coffee and biscuits.

Foxrock Active Retirement Association

Foxrock Pastoral Centre, Kill Lane, Dublin 18

Activities: Outings, quiz's, holidays, entertainment parties and history speakers

Glencullen Active Retirement Association

Glencullen Community Centre, Glencullen, Dublin 18

Activities: Trips to the theatre, demonstrations of all kind of things, lunches and outings.

Irish Senior Citizen Parliament Dún Laoghaire/Rathdown Divison

c/o 46 Granville Road, Dún Laoghaire, Co Dublin

Activities: We make representations on behalf of older people to TD's, Councillors, HSE, NTA and any organisation that can impact older people.

Support and Community Groups

Johnstown Killiney Active Retirement Association

Johnstown Killiney Pastoral Centre, Churchview Road,
Killiney, Co Dublin

Email: jkara1994@gmail.com

Activities: We organise holidays, day trips, daily activities like art, singing, whist, crafts, gardening, bowling, book club, comhra, swim / gym and line dancing.

Kill O The Grange Active Retirement Association

Resource Centre, Holy Family Parish, Kill Avenue, Dún Laoghaire

Activities: Art & Crafts, day outings, bowls, holidays, aerobics, bingo and socials.

Kilcross Ladies Club

Kilcross Resource Centre, 1 Kilcross Way, Sandyford, Dublin 18

Tel: 01 295 3259

Activities: We meet every Monday night for activities like bingo, cards, arts & crafts, mindfulness, cooking, day trips, holidays, line dancing, flower arranging, chair yoga, local history etc.

Mount Merrion Active Retirement Association

St Teresa Community Centre, North Avenue, Mount Merrion,
Co Dublin

Activities: Weekly classes: chair aerobics, art, bridge, crafts, card games, walking, monthly lectures, film, demonstrations and bi-annual holiday.

Over 50's Activity Club

Loughlinstown Community Rooms, Loughlinstown, Co Dublin

Activities: Outings, holidays, bingo, bowls, race nights, curling, line dancing, arts & crafts.

Over 60's Chair Gym

The Project Centre, Coolevin, Ballybrack, Co Dublin

Email: gina.hogan@sspship.ie

Activities: Meet every Monday morning 11.00am to 12.00pm.

Recycled Teenagers

Shanganagh Park House, Rathsallagh Avenue, Shankill, Co Dublin

Activities: Bingo every Tuesday, afternoon tea, theatre trips and outings to other services.

Raging Harmones Women's Drama Group

Loughlinstown Community Rooms, Loughlinstown, Co Dublin

Activities: Local drama group that performs their own sketches.

Rathfarnham Active Retirement Association

St Mary's Parish Centre, Willbrook Road, Rathfarnham, Dublin 14

Activities: Day trips to place of interest, talks, bridge club and book club.

Stillorgan / Kilmacud Active Retirement Association

St Laurences Parish Centre, Kilmacud, Stillorgan, Co Dublin

Activities: Indoor bowls, keep fit, line dancing, 10 pin bowling, outings, cinema, theatre trip, day trips to museum, historical places, annual holidays. Meeting every two weeks.

Support and Community Groups

Shankill Old Folks Association

Shankill Day Care Centre, Lower Road, Shankill, Dublin 18

Email: shankilldcc@eircom.net

Activities: Day care services to include transport, meals and social activities. Meals on Wheels delivery on Tuesday and Thursday. Drop in Wednesday club for over 60's includes afternoon tea, entertainment, raffles and bingo. Monthly book sale.

St Olaf's Ladies Club

St Olaf's National School, Balally Drive, Dubin 16

Activities: Meet every 2nd Wednesday night, information talks, outings and holidays.

The Village Flower Club Dundrum

Holy Cross Parish Centre, Dundrum, Dublin 14

Activities: Monthly flower demonstrations and garden visits several times yearly.

Young at Hearts

Coolevin Project Centre, Ballybrack, Co Dublin

Activities: Bingo, quiz's, days out, weekend away, charity quiz's and games.

ACTIVE RETIREMENT NETWORK IRELAND

National office

124 The Capel Building, Mary's Abbey, Dublin 7, D07 PF68

Tel: 01 873 3836 **Email:** info@activeirl.ie

Web: www.activeirl.ie

Active Retirement Network Ireland reaches out to all Older People to stop loneliness through friendship and support.

Active Retirement Network Ireland is a national network of local Active Retirement Associations (ARAs) with a regional structure of nine regions and an elected national board comprising members who are elected annually at the Annual AGM. ARI is a voluntary organisation whose voluntary members plan, organise and deliver activities at local, regional and national levels.

Active Retirement Network Ireland has a national support office that supports the overall work of the organisation.

Brehon Community Active Retirement Association

St John's GAA Club, Grange Road, Ballinteer, Dublin 16

Email: brehonara@gmail.com

Activities: Weekly meetings and trips away.



Support and Community Groups

Age Action

Rights based organisation advocating for better policy towards older people. Providing the following service: Information Service / Helpline, free introduction to computers for older people, care and repair small jobs service carried out through community partnerships and U3A local lifelong and socials groups supported by Age Action.

Age Action Ireland CLG

10 Grattan Crescent, Inchicore, Dublin 8, D08 R240

Tel: 01 475 6989 **Email:** info@ageaction.ie

Web: www.ageaction.ie

Facebook: www.facebook.com/AgeActionIreland

Twitter: www.twitter.com/AgeAction

Computer Classes for Older People

Tel: 01 706 0100 **Email:** info@sspship.ie

Free Computer, Tablet, Smartphone Training. Southside Partnership the IT Training Team. Here at the Southside Partnership we offer one on one and group tutoring in computer basics. Our aim is to bring people up to speed with computers, tablets and smart phones. We understand that computers can seem intimidating but within a few classes we'll have you browsing the Internet, writing emails and give you the confidence and understanding with computers that you need.

It is never too late to learn, and we hope to see you soon!

We teach throughout the Dún Laoghaire-Rathdown area, at a dozen different centres. We specialise in people who have never used the internet before.

Care & Repair

Southside Partnership dlr Care & Repair Service

The Old Post Office, 7 Rock Hill, Blackrock, Co Dublin

Tel: 01 706 0100 **Email:** info@sspship.ie

The Care & Repair service is operated by Southside Partnership dlr in conjunction with Age Action Ireland. This is a free service offered to over 65 year olds in the DLRCC area. We carry out small household repairs that some older people find difficult or stressful. Jobs include minor electrics, minor plumbing, carpentry, painting or hedge and grass cutting. While there is no charge, voluntary donations are accepted to support the service.

U3A stands for "University of the Third Age"

Web: www.ageaction.ie

University, in this sense, means a gathering of people. It is not a college building, but simply a group of people interested in following a common programme of activities. No educational or professional qualifications are required (and there are no exams!) The "Third Age" is the time in life when your career may be coming to an end, and/or parental and caring responsibilities have lessened. Third-agers have more time to explore new opportunities – both educational and social. U3A members organise their own activities and learn together. They draw on the skills, knowledge, and experience of one another - everyone teaches and everyone learns.

U3A Dún Laoghaire Dalkey Killiney DLDK

Web: www.u3adldk.ie

Meet at St. Joseph's Pastoral Centre on a Tuesday every fortnight at 10.30am

Support and Community Groups

U3A Monkstown

Web: www.u3amonkstown.com

Meets also on every second Tues at 10.30am at the Mounttown Community Centre

U3A Blackrock meets on a Friday at 11 am at the Blackrock Teachers Centre on the IADT campus.

Age & Opportunity

Marino Institute of Education, Griffith Ave, Dublin 9

Tel: 01 805 7709 **Email:** info@ageandopportunity.ie

Web: www.ageandopportunity.ie

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Our aim is to inspire people aged 50+ to live a dynamic life where they are more active, more visible, more creative and more connected.

Irish Countrywomen's Association

Tel: 01 668 0002 **Web:** www.ica.ie

The Irish Countrywomen's Association brings together both rural and urban women and their communities in fellowship and through co-operative effort. ICA is committed to ensuring that we provide a warm welcome for new members to an organisation which offers support, friendship, personal development, education and life-long learning, having due regard for our Irish Culture and the use of the Irish Language in the affairs of Bantracht na Tuaithe. ICA, through its Advocacy work, networks with many community based initiatives and facilities located all around Ireland.

When you join the ICA you join a local Guild

Our Guilds range in size from a handful to 120 plus members. The beauty of the Guild format is that each Guild is autonomous, taking part in activities which interest their members. Each Guild holds meetings usually on a monthly basis, but some Guilds have additional craft classes and meet weekly. So when women enquire about joining us we always talk to them about their interests and endeavour to match them to a Guild which participates in the activities which interest them.

Ballybrack ICA Guild

c/o St Matthies Church Hall, Church Road, Ballbrack

Activities include choir, outings, speakers on topical subjects and craft group.

Sandyford ICA Guild

c/o St Tiernans School, Sandyford Road, Dublin 16

Activities include crafts, arts, playing cards, walking etc.

Blackrock ICA Guild

c/o Holy Family Resource Centre, Kill O The Grange, Co Dublin

Email: icablackrockdublin@gmail.com

Kilternan ICA Guild

c/o County Market, Kilternan, Dublin 18

Support and Community Groups

PROBUS

Probus is the association of retired and semi-retired men and women who join together in autonomous clubs throughout Ireland, Britain and the rest of the world.

The word PROBUS is an abbreviation of the words PROfessional and BUSiness but membership is not restricted to these two groups. It also embraces former executives of government and other organisations and any person who has had some measure of responsibility in any field of endeavour.

The basic purpose of a Probus Club is to provide regular gatherings of persons who in retirement appreciate and value opportunities to meet others in similar circumstances and of a similar level of interest.

Dún Laoghaire Probus Club 1972

National Yacht Club, Dún Laoghaire, Co. Dublin

Activities: Meet every Wednesday at 10:00am. Lunch on 1st Wednesday of month at 12:30pm

Dalkey Island Probus Club

Killiney Golf Club, Ballinclea Road, Co Dublin

Very informal group of retired men to enable enjoyable meetings, discussions, visits to interesting places. We don't do much but we do it very well.

Dublin Rathdown Probus Club

Dropping Well Public House, Milltown Road, Dublin 6

Web: www.probus.district1160.org

Founded 1989, Rotary Club of Dublin South West

Wed 10.45am, Weekly

Irish Men's Sheds Association.

Shed Support Volunteer: Sean McLoughlin

Tel: 083 364 6567 **Email:** ballinteertoday@gmail.com

Shed Support Volunteers are a vital link between men's sheds on the ground and the Irish Men's Sheds Association. They also have responsibility for developing local and county networks of men's sheds in their own areas. As 'Shed Support Volunteer' for Dún Laoghaire-Rathdown, I am responsible for supporting and networking the following men's sheds across the county:

- Dún Laoghaire Men's Shed
- LBS Men's Shed (Loughlinstown, Ballybrack, Shankhill)
- Blackrock Community Men's Shed
- Sandyford Men's Shed
- Glencullen Men's Shed
- Dundrum Windy Arbour Men's Shed
- Ballinteer Men's Shed
- Nutgrove & Loreto Men's Shed
- Southside Travellers Action Group Men's Shed

Dún Laoghaire Men's Shed

The Coach House, rear DEC Church, Glenageary Road Lower
Glenageary, Co Dublin

Email: dlmensshed@gmail.com

Facebook: www.facebook.com/dunlaoghairesmensshed

Activities: Wood turning, Wood Carving, Wood work, Water colour and Acrylic Painting, Drawing, Horticulture Monday, Wednesday, Friday 14.00 – 17.00, Tuesday, Thursday 10.00 – 13.00 Monday, Wednesday 19.00 – 21.00

Support and Community Groups

Ballinteer Men's Shed

Dundrum Football Club, Meadowbrook, Dublin 14

Email: ballinteertoday@gmail.com

Ballinteer Men's Shed is a social men's shed that provides a safe and comfortable space for all men, regardless of age, ability or background to gather every Tuesday at 2.00pm – 4.30pm. We organise regular outings which are decided by the members and play snooker monthly. Our 'Green Fingers' group meets every Thursday at 10.30am – 12.30pm to undertake local gardening projects.

Blackrock Community Garden and Men's Shed

Urban Junction, 42 Main Street, Blackrock, Co Dublin

Email: blackrockcommunitymensshed@gmail.com

Men's Shed is open to all men irrespective of their skills. A place to come and enjoy each other's company. Get involved in crafts, woodwork, painting etc. Come and have a cup of tea and chat.

Community Development

Tel: 01 205 4893 **Email:** community@dlrcoco.ie

Dún Laoghaire-Rathdown County Council, through Community Development, provides a comprehensive support and advisory service to voluntary based organisations throughout the county. The Community Development Section also administer an annual Community Support Grant programme which offers financial support to clubs, groups, societies and organisations operating in the county along with hosting an annual awards ceremony to acknowledge the inspiring and tireless contribution that voluntary groups, organisations and individuals make in their communities within Dún Laoghaire-Rathdown.

dlr Community Buildings

Ballybrack Project Centre, Coolevin, Ballybrack. Co. Dublin

Tel: 01 235 0778

Belarmine Community Centre

Belarmine Plaza, Stepside, Dublin 18

Email: belarminecentre@gmail.com

Web: www.belarminecommunitycentre.ie

Cois Cairn Youth & Community Facility

Cois Cairn, Old Connaught Avenue, Bray, Co. Wicklow

Tel: 01 239 0884

Furry Hill Community Centre

Sandyford Rd, Sandyford, Dublin 16

Tel: 01 442 1004 **Email:** info@sspship.ie

Support and Community Groups

Glencullen Community Centre

Ballybetagh, Glencullen, Dublin 18

Tel: 01 294 6618 **Email:** glencullencommunityhall@gmail.com

Hillview Resource Centre

33/34 Hillview Grove, Ballinteer, Dublin 16

Tel: 01 296 5025 **Email:** ask@hillviewrc.ie

Kilcross Community Centre

1 Kilcross Way, Sandyford, Dublin 18

Tel: 01 295 3259

Loughlinstown Community Rooms (Rear of Loughlinstown S.C.)

Loughlinstown Drive, Loughlinstown, Co. Dublin

Tel: 01 272 0289

Loreto Community Facility

Loreto Old School, Loreto Avenue, Rathfarnham, Dublin 16

Tel: 01 495 0569

Mounttown Community Facility

Mounttown, Dún Laoghaire, Co. Dublin

Tel: 01 663 6131 **Email:** info@mounttowncommunity.ie

Park House & Mounttown Community Facility

Library Road, Dún Laoghaire, Co. Dublin

Tel: 01 663 6131 **Email:** info@mounttowncommunity.ie

Patrician Community Centre

Patrician Villas, Stillorgan, Co. Dublin

Email: bookingpatriciancc@gmail.com

Sallynoggin Youth & Community Facility

Church Road, Sallynoggin, Co. Dublin

Tel: 01 235 1952

Samual Beckett Civic Campus

Ballyogan Court, Ballyogan, Dublin 18

Tel: 01 294 3880

Sandyford Community Facility

Lambs Cross, Enniskerry Road, Sandyford, Dublin 18

Tel: 01 295 9149 **Email:** sandyfordccentre@eircom.net

Shanganagh Park House

Rathsallagh Park, Shankill, Co. Dublin

Tel: 01 282 7694

St Nathy's Community Centre

St Nathy's Villas, Churchtown, Dublin 14

Tel: 01 295 7372

Email: missconnors@southsidetravellers.ie

Stonebridge Community Facility

7 Stonebridge Grove, Shankill, Co. Dublin

Tel: 01 282 4355

Support and Community Groups

dlr Joint Policing Committee (JPC)

Established in 2009 the dlr Joint Policing Committee is intended to be a forum for discussion and a means of building confidence, trust and safety in the County. In doing this, the dlr JPC seeks to prioritise key community policing policy issues and identify initiatives which will contribute to improved community policing and prevention or reduction of future crime in Dún Laoghaire-Rathdown.

The dlr JPC is a partnership between Dún Laoghaire-Rathdown County Council, An Garda Síochána and the Community. The membership comprises of senior Garda Officers, elected Councillors and Oireachtas members and representatives of community & voluntary groups / Public Participation Network (PPN)

Local Policing Fora (LPF)

dlr Community & Cultural Development Department

Tel: 01 205 4380

Further information on Local Policing Fora is available on

www.dlrcoco.ie/sites/default/files/atoms/files/final_local_policing_fora

dlr Public Participation Network Web: www.dlrppn.ie

There are three Local Policing Forums established in the County under the auspices of the Joint Policing Committee. These are:

- Loughinstown/Shankill & Ballybrack
- Sandyford/Stepaside
- Central Dún Laoghaire

The role of these Policing Forums is to enhance the collaboration and communication between An Garda Síochána, Dún Laoghaire-Rathdown County Council, the main Transport companies, and local Residents' Associations and organisations.

Getting involved

The Local Policing Forum invites input from community groups, such as:

- Tenants and residents groups
- Community representatives
- Ethnic and minority groups
- Youth groups
- Drug users fora

Raising issues

If you would like to sit on a Local Policing Forum you should be nominated by your Community group to represent them and your group should be registered with the Public Participation Network.

Local input is very important consideration of the LPF. Members of the public can raise an issue by contacting their sitting County Councillor. Alternatively, please contact the Community and Cultural Development Department of Dún Laoghaire-Rathdown County Council.

Support and Community Groups

Acts Community Transport

Unit 9A Nutgrove Enterprise Park, Nutgrove Way,
Rathfarnham, Dublin 14

Tel: 01 292 1573 / 01 292 1574 **Email:** info@actsltd.ie

Web: www.actsltd.ie

We provide door to door demand responsive accessible transport for people with disabilities and mobility difficulties across South Dublin.

Your public transport options

Go to website: www.transportforireland.ie/ for:

- Real time public transport passenger information.
- Journey Planner: Door-to-door information for all journeys on foot and by all modes of public transport.

Free Travel Pass

Where to apply

Free Travel Section, Social Welfare Services, College Road, Sligo

Tel: 071 915 7100 **Locall:** 1890 500 000

Web: www.welfare.ie

Everyone aged 66 and over, legally resident and living permanently in the State, is entitled to the Free Travel Scheme. Some people under 66 also qualify. If you qualify for free travel, you are issued with a card that you must carry with you when using public transport. In some cases, a Free Travel Companion Card is available which allows a person to travel with the holder (if they are unable to travel alone). Free Travel Cards are non-transferable and can only be used by the named person. Free travel is available on all State public transport (bus, rail and Dublin's LUAS service) with some exceptions.

Health and Wellbeing



HEALTH SERVICE EXECUTIVE (HSE)

Primary Care Services

Tel: Callsave 1850 241850

HSE's National Information Line: 1850 24 1850
from 8am-8pm Monday-Saturday

Web: www.hse.ie/dunlaoghaireglasthulepct

The development of primary care services is a key element of the HSE overall health reform process. The key objective is to achieve a more balanced health service by ensuring that the vast majority of patients who require urgent/planned care are managed within primary and community based settings. Primary care services include primary care teams (PCTs), which are team of health care professionals comprising of Nursing, Physiotherapy, Occupational Therapy, Speech & Language Therapists, Social Work, Dietician, Psychology General Practice, Home Support and Administrative Staff. There is a network of other services available to support the team including Podiatry, Dental, Ophthalmology, Palliative & Hospice Care, Mental Health and Environmental Health Services. You can contact your local health centre / primary care team listed below

HSE Health Office Dún Laoghaire

Tivoli Rd, Monkstown, Dublin

Tel: 01 284 3579

HSE Health Office Dublin South East

Vergemount Hall, Clonskeagh, Dublin 6

Tel: 01 268 0300

HEALTH CENTRES - DÚN LAOGHAIRE AREA

Blackrock Health Centre

George's Avenue, Blackrock, Co. Dublin

Tel: 01 288 2980 / 8423 / 5406

Cabinteely Health Centre

Meadowvale, Clonkeen Road, Cabinteely, Co. Dublin

Tel: 01 289 6195 / 6197

Dalkey Health Centre

Kilbagnet Close, Dalkey, Co. Dublin

Tel: 01 285 9291 / 9233

Dún Laoghaire Health Centre

Centenary House, York Road, Dún Laoghaire
(entrance on Tivoli Terrace South)

Tel: 01 280 8471

Our Lady's Clinic Patrick Street (Dental/Social Work)

Dún Laoghaire, Co. Dublin

Tel: 01 280 8403

Loughlinstown Health Centre

Loughlinstown Drive, Loughlinstown, Co. Dublin

Tel: 01 282 2122 / 2463

Sallynoggin Health Centre

Upper Glenageary Road, Sallynoggin, Co. Dublin

Tel: 01 280 0786 / 6754

Shankill Health Centre

Lower Road, Shankill, Co. Dublin

Tel: 01 282 0344

Stillorgan Health Centre

St. Brigid's, Church Road, Stillorgan, Co. Dublin

Tel: 01 217 2918

HEALTH CENTRES - DUBLIN SOUTH AREA

Balally Primary Care Centre

Rockfield Medical Campus, Dundrum, Dublin 16, D16 A6K5

Tel: 01 292 4500

Wheelchair-accessible: Yes

Incorporating Balally Primary Care Team and Dundrum/Milltown Primary Care Team

Ballinteer Health Centre

Ballinteer Avenue, Ballinteer, Dublin 16, D16 YX93

Tel: 01 216 4500

Wheelchair-accessible: Yes

Incorporating Ballinteer Primary Care Team and Sandyford Primary Care Team

Churchtown Primary Care Centre

Unit 9, Nutgrove Retail Park, Nutgrove Ave, Churchtown, Dublin 14, D14 NT35 (Entrance to left of Harvey Norman shop)

Tel: 01 491 6400

Wheelchair-accessible: Yes

Donnybrook Health Centre

Vergemount Hall, Clonskeagh Hospital Campus, Clonskeagh, Dublin 6, D06 EY15

Tel: 01 268 0380/ 2680 381

Wheelchair-accessible: Yes through side door of Vergemount Hall

Leopardstown Primary Care Centre

Unit 12, Leopardstown Shopping Centre, Ballyogan Road
Dublin 18, D18 P3V8

Tel: 01 299 6600

Wheelchair-accessible: Yes

Out of hours GP Services

GPs provide Out of Hours services for their patients usually through GP Co-operatives which the HSE part funds. The out of hours service is for urgent medical care only and is for public and private patients of GPs who are registered with the individual service.

Dún Laoghaire - Based in St. Michael's Hospital

Tel: 01 663 9869

Opening Hours: Open each weekday evening, from 6pm – 10.00 pm and from 10.00 am to 6.00 pm Saturday, Sunday and Bank Holidays

EastDoc

Dún Laoghaire - Based in St. Vincent's Hospital

Tel: 01 209 4021

Opening Hours: Open each weekday evening, from 6pm – 10.00 pm and from 10.00 am to 6.00 pm Saturday, Sunday and Bank Holidays

Dub Doc

South inner city Dublin

Tel: 01 454 5607 **Web:** www.stjames.ie

Opening Hours: Open each weekday evening, from 6pm – 10.00 pm and from 10.00 am to 6.00 pm Saturday, Sunday and Bank Holidays

Luke Doc

Dublin south Central - Based in St. Luke's Hospital, Rathgar

Tel: 01 406 5158

Opening Hours: Open each weekday evening, from 6pm – 10.00 pm and from 10.00 am to 6.00 pm Saturday, Sunday and Bank Holidays

St. Michael's Hospital

George's Street Lower, Dún Laoghaire, Co. Dublin, A96 P902

Tel: 01 280 6901

Beacon Hospital

Sandyford, D18 AK68

Tel: 01 293 6600

Blackrock Clinic

Rock Road, Blackrock, Co Dublin

Tel: 01 283 2222

Leopardstown Park Hospital

Foxrock, Dublin 18

Tel: 01 295 5055 **Fax:** 01 295 5957

Email: info@lph.ie

St. Columcille's Hospital,

Loughlinstown, Co. Dublin

Tel: 01 282 5800

St. Vincent's Private Hospital,

Merrion Road, Dublin 4, DO4N2EO

Tel: 01 263 8000

St. Vincent's University Hospital

Elm Park, Dublin 4, D04 T6F4

General enquiries: 01 221 4000 **Emergency Dept:** 01 221 4358

Patient accounts: 01 221 4365

St. James's Hospital

James's Street, Dublin 8

Tel: 01 410 3000 **Email:** info@stjames.ie

Saint John of God Hospital

Stillorgan, Co Dublin

Tel: 01 277 1400

HSE Nursing Homes Support Office

(Dublin South, Wicklow & Kildare)

Oak House, Millennium Park, Naas, Co Kildare

Tel: 045 880 400

Nursing Homes Support Scheme, also known as the “Fair Deal”

Under this scheme, you make a contribution towards the cost of your care and the State pays the balance. The scheme covers approved private nursing homes, voluntary nursing homes and public nursing homes. You can get the list of approved nursing homes from the HSE.

HSE Community Healthcare East Social Care HSE Older Person Community Support

Day Care, Respite, Meals on Wheels, Home Support Packages
contact your local primary health care centre.

HSE Community Healthcare East Older Persons Community Support are committed to ensuring that the health, welfare, rehabilitation, social and personal care needs of older people is planned, managed and delivered to the optimum of available resources within this HSE region. This is to involve working with older people, their families, carers, voluntary, statutory and private services. Ageing is a normal physiological process and it is **not** a disease. The guiding principles for the older persons services are: dignity and respect, right to decide and you will be listened to and heard; give adequate, timely and appropriate information; services are person-centred and accessible; the independence and autonomy of each older person is promoted and the right to live in their own home. The will and preferences, beliefs and value system of each older person are of utmost importance in all the interactions with the HSE. The focus of the service shall always be on the individual older person. Access to health and social care services shall be based on clinical assessed need and provided in the most appropriate place for the older person consisting of home support, day care, respite and extended care when required with the consent of the person. These services are flexible, planned, coordinated, accessible, equitable, responsive and appropriate to the individual needs: *right service in the right place at the right time*. While ageing is inevitable and irreversible, the chronic disabling conditions that sometimes accompany it can be prevented or delayed. This can be achieved not only by health/medical interventions but often more effectively by social, economic and environmental conditions. Therefore the HSE Older Persons Services work very closely with older people themselves, all statutory bodies, age alliance networks, NGOs, voluntary organisations, faith groups and community groups so as to promote active participation of all older people in their communities so as to enhance their health and well-being.

HSE Community Healthcare East Health and Wellbeing Division

Tel: 01 268 3133

The Health and Wellbeing Division of HSE Community Healthcare East (HSE CH East) bears the wellness flag for the area. The division supports and encourages positive lifestyle choices and behaviours within the staff and population of HSE CH East through the Healthy Ireland emblem, thereby improving mental and physical wellness. It also advocates for improved self-management by highlighting available supports within the community for those suffering from the four main chronic conditions (Diabetes, Chronic Obstructive Pulmonary Disease, Asthma and Cardiovascular).

HSE Community Healthcare East Living Well with Dementia Programme (LWwD)

Tel: 01 268 0392

Facebook: www.facebook.com/living-well-with-dementia.

Dementia Inclusive Activities Tel: 01 706 0100 / 086 041 8450

The HSE Community Healthcare East LWwD programme is an European award-winning initiative which develops innovative services and supports for people living with dementia and their families in their communities in unison with the National Dementia Strategy. The guiding principle is to 'See the person, and Not their Dementia'. LWwD listens to the person with dementia, their primary carers and families, in order to identify, develop and deliver effective supports. LWwD vision is of a community that respects, supports and empowers people with dementia, a community in which people with dementia are socially and culturally valued, where they can participate safely in their communities as a valued citizen. Central to the success of the LWwD programme is respect for the dignity, welfare and well-being, will and preferences, beliefs and values of each person as a unique individual living with dementia. Find out more about LWwD at The Memory Harbour.

HSE Adult Safeguarding & Protection Team

Ballinteer Health Centre, Ballinteer Avenue, Ballinteer, Dublin 16

Tel: 01 216 4511 **Email:** safeguarding.CHO6@hse.ie

The Adult Safeguarding & Protection Team can offer advice, guidance and support to older people who have become vulnerable due to illness or impairment, where they are being exploited or abused. By using a person centred model of care, the vulnerable persons' wishes and needs will be prioritised. A member of the team is available by telephone Monday to Friday 9am - 5pm. The team can give information or direct inquiries to the relevant service. They can also work with the vulnerable person to help protect them from an abusive situation.

Irish Heart Foundation

17 – 19 Rathmines Road Lower, Rathmines, Dublin 6

Tel: 01 668 5001 **Email:** info@irishheart.ie

Web: www.irishheart.ie

The Irish Heart Foundation is the national charity dedicated to eliminating premature death and disability from heart disease and stroke. It campaigns and advocates to change the public policy environment, improve services for heart health and is the driving force behind the national FAST awareness campaign on stroke symptoms. The Irish Heart Foundation promotes health in communities, workplaces and schools across Ireland through free heart health checks in the Mobile Health Unit, healthy eating and active workplace programmes booklets and support groups for stroke, ICD, long QT, SADS, health failure and cardiomyopathy as well as professional support through medical conferences and events.

Stroke Support Group Dún Laoghaire

Mounttown Community Centre, Dún Laoghaire

50,000 people in Ireland live with the effects of a stroke. The Irish Heart Foundation is helping to develop Stroke Support Groups all over Ireland, to help you cope with the aftermath of a stroke as you work towards rebuilding your life. A Stroke Support Group is a fantastic way to meet others and to share experience.

Date & Location: Tuesday 10.30 am – 12.30 pm

Slí na Sláinte Dún Laoghaire

Slí na Sláinte meaning Path to Health, aims to encourage people of all ages and abilities to walk more for health and leisure. A regular programme of walking can keep your heart strong, improve muscle strength, help manage your weight and make you feel good.

The Metals Slí na Sláinte

The Metals Slí na Sláinte route brings you through a path of the county's most scenic areas; from Dalkey Quarry to Joyce's Tower, Sandycove and People's Park Dún Laoghaire.

East Coast Slí na Sláinte

The East Coast Slí na Sláinte route follows a coastal path from Malahide, to Howth and Bray. The Slí covers scenic areas such as Howth, Bull Island, Raheny, Sandymount, Blackrock, Dún Laoghaire, East & West Piers, Dalkey, Killiney, Shankill and Bray.

Making Connections Befriending Services

Glenard, 36 Roebuck Road, Clonskeagh, Dublin 14

Tel: 01 295 1053 **Email:** info@makingconnections.ie

Web: www.makingconnections.ie

Making Connections runs a Befriending service for older people in Dún Laoghaire – Rathdown and South County Dublin. The aim is to support older people experiencing loneliness and isolation, who want support to live independently at home and to connect with activities in their community. Older people are matched with volunteers based on interests they have in common: art & craft, sport, books, theatre etc. All volunteers are Garda vetted and fully screened. The volunteer role is about companionship; it is not a replacement for home help, nursing staff or family.

We accept referrals from HSE primary care centres, Day Hospitals, Community Services, Consultant Physicians in Geriatric Medicine, other charities and other community groups. Referral forms can be obtained by emailing: info@makingconnections.ie

dIc Cultural Connections offers outings to the cinema/theatre for older people with an interest in cultural events who have little opportunity to participate. This programme is managed by Making Connections in partnership with Pavilion Theatre, Dún Laoghaire and dIc County Council/Arts Office.

Senior Helpline

LoCall: 1850 440 444

Web: www.thirdageireland.ie/what-we-do/14/senior-helpline/

Email: info@thirdageireland.ie

The Senior Helpline provides opportunities for older people to talk to someone of their own age group for the price of a local call from anywhere in Ireland. Callers can talk to one of the older volunteers and all calls are taken in the strictest of confidence.

ALONE

ALONE Support Coordinator

Tel: 01 679 1032 **Mobile:** 087 053 5887

Web: www.alone.ie

ALONE is a national organisation and charity that works with people aged 60 and over. They offer a range of different services, all aiming to help people age positively at home. ALONE provides person centred supports in a wide variety of areas including, Health, Housing Issues, Technology, Company & Friendship, Finance, linking with statutory and community services and advocacy.

A person does not have to live alone to avail of the organisations services and if you are unsure if they may be able help with your query, please don't hesitate to contact us. ALONE will always aim to provide a service whether it is directly or indirectly by helping you find a suitable service that can help.

If you or anyone you know may benefit from ALONE's service or would like further information please contact Isabel, the ALONE Support Coordinator for Dún Laoghaire-Rathdown, or the main office. Referrals can also be made online at www.alone.ie

Our Ladies Hospice & Care Services – Blackrock

Sweetman' s Avenue, Blackrock, Co Dublin

Tel: 01 206 4000 **Email:** info@blackrockhospice.ie

Web: www.olh.ie

Blackrock Hospice is part of the Our Lady's Hospice & Care Services and provides specialist palliative care for patients and their families both in our hospice and in their own homes.

Our person-centred services include:

Community Palliative Care (traditionally know as Home Care)

Day Hospice

In-patient care, including symptom management, respect and end of life care.

Palliative Care is about improving the quality of life for someone living with an advanced life – threatening illness that is progressive and can not be cured.

Our multi-disciplinary team endeavours to support the physical, emotional and spiritual needs of patients in a nurturing, caring and life-enhancing environment. In addition that support extends to their families and caregivers.

Alzheimer Society of Ireland

National Office, Temple Road, Blackrock, Co. Dublin

Tel: 01 207 3800 **Email:** info@alzheimer.ie

Web: www.alzheimer.ie

dlr Housing Grants for Private Properties

The Council operates three separate grant Schemes for qualifying home owners.

Tel: 01 205 4847 **Email:** housinggrants@dlrcoco.ie

Housing Adaptation Grant for People with a Disability Scheme

The Housing Adaptation Grants Scheme for disabled people is available to assist in the carrying out of works that are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability be it physical, sensory or intellectual, who is a member of the household. An Occupational Therapist's report is required outlining recommendation of proposed works. The types of works covered include the fitting of access ramps, downstairs toilet, stair-lifts, level access showers, changes to allow wheelchair access, extensions, and any other works which are reasonable necessary. The availability of the grant is means tested and the level of grant is determined on the basis of gross income of each member of the household over 18 years of age (over 23 if a full time student) for the previous tax year. Grant allocation is calculated on approved net cost of proposed works. The maximum grant available is €30,000. Refund on the VAT amount can be recouped from the Revenue Commissioners when payment has been issued by the Council.

Mobility Aids Housing Grant Scheme

The Mobility Aids Housing Grant Scheme is available to fast track grant aid to cover a basic suite of works to address mobility problems, primarily, but not exclusively, associated with ageing. This Scheme is also for the disabled person who is a member of the household. An Occupational Therapist's report is required outlining recommendation of proposed works.

The works covered include grab rails, access ramps, level access showers, stair-lifts, and other small works reasonably necessary to make a house more suitable for a person with mobility problems to live in.

Housing aid for Older People Scheme

The scheme is available to assist older people (over 66 years of age) living in poor housing conditions to have essential repairs or improvements carried out such as re-wiring, re-roofing and the provision of central heating (where none exists). The availability of the grant is means tested and the level of grant is determined on the basis of gross income of each member of the household over 18 years of age (over 23 if full time student) for the previous tax year. The maximum grant available is €8,000 of the approved cost of proposed works.

N.B. Central Heating – There is no grant available under this scheme for upgrading an existing central heating system. These grants are available from the Sustainable Energy Authority of Ireland at 1850 927000 or www.seai.ie

Useful links

Revenue: www.revenue.ie

Department of Social Protection: www.welfare.ie

VAT refunds from Revenue Commissioners (Form 61A):
www.revenue.ie

Sustainable Energy Authority of Ireland: www.seai.ie

Garda Older Persons Association

c/o Dún Laoghaire Garda Station, Carrig Avenue, Dún Laoghaire,
Co Dublin

Dún Laoghaire-Rathdown is the only county that has a Garda Older Persons Association. It consists of Gardaí and community representatives using their experience and wisdom as older people to assist in delivering a policing service which addresses the needs of older people in Garda DMR East.

This is achieved by organizing safety and security talks, events like a “cuppa with a cop” and tea dances catering specifically for residents in nursing homes.

Blackrock	Tel: 01 666 5200	Dundrum	Tel: 01 666 5600
Bray	Tel: 01 666 5300	Rathfarnham	Tel: 01 666 6500
Cabinteely	Tel: 01 666 5400	Shankill	Tel: 01 666 5900
Donnybrook	Tel: 01 6669200	Dún Laoghaire	Tel: 01 666 5000

Senior Alerts Scheme

Application forms are available from Margaret **Tel:** 01 289 7213.

In conjunction with Dún Laoghaire Neighbourhood Watch applications for pendant alarms are processed under the Senior Alerts Scheme. This scheme can be availed of by persons over 65.

In addition the Gardaí now offer mobile support service to assist older people in the area who are unable to attend their local Garda Station. The service provides advice on security, stamping of documents in the comfort of the older persons home, care home or hospital. This service also sees Community Gardaí visit the homes of elderly victims of crime.

Education and Information



DUBLIN & DÚN LAOGHAIRE EDUCATION TRAINING BOARD Adult Education Service - Adult Education Guidance Service

The Adult Guidance Service is an educational guidance and information service for all adults which is part of Dún Laoghaire Community Based Education Service. It is for learners of all backgrounds, identities and abilities, at all stages in their lives.

The aim is to support adults who are:

- Considering adult basic education and community education options
- Returning learners participating in programmes
- Completing programmes and considering the next step
- Considering options in a college of further education

The Following Services are available:

Tailored guidance and information on education, training, careers and related supports.

The service is free and confidential. In a friendly atmosphere, support is offered to you, as you need, while you make your choices and decisions. In addition, you may be linked with a wide number of services in the area, which could be part of a bigger picture of opportunities for you.

Adult Guidance Service: Loughlinstown

Tel: 01 204 3623 / 2063676

Email: adulteducationservicedunlaoghaire@ddletbaes.ie

Web: www.dublinadulteducation.ie / www.ddletb.ie

Dublin & Dún Laoghaire Adult Education Service, Adult Learning Centre, DDLETB Training Centre Loughlinstown, Wyattville Road, Loughlinstown, Co. Dublin

Adult Guidance Service: Dundrum

Adult Education Service, Sydenham Road, Dundrum, Dublin 14

Tel: 01 298 9283

Email: adulthoodeducationservicesdundrum@ddletbaes.ie

Website: www.fetdundrum.ie/ www.ddletb.ie

Adult Education Service - Basic Education Purpose of Service:

The Adult Education Key Skills Service provides classes and courses for adults who would like to improve on their reading, writing, IT and maths skills.

We offer a range of different courses and levels. Courses run 2 to 6 hours per week.

Our class groups are small to allow learners to develop their skills and improve their confidence in a supported and relaxed environment.

Classes are developed and delivered with the learners needs at the forefront of each programme plan. They include working on practical everyday key skills such as filling in forms, improving handwriting, building on spellings and using the internet and social media. Maths classes include maths to help your child and budgeting.

We also offer accredited classes where learners can achieve a QQI (Quality & Qualifications Ireland) award in levels 2 & 3.

We strive to provide a tailored learning experience for our learners.

The Key Skills Service also delivers classes for people whose first language is not English. This is called the ESOL programme and courses range from beginner up to and including QQI level 4.

ADULT EDUCATION SERVICE - COMMUNITY EDUCATION

Community Education: Dún Laoghaire / Loughlinstown

DDLETB Training Centre Loughlinstown, Adult Education Service,
Wyattville Road, Loughlinstown, Co. Dublin

Tel: 01 204 3623

Email: adulteducationservicedunlaoghaire@ddletbaes.ie

Web: www.dublinadulteducation.ie / www.ddletb.ie

Community Education: Dundrum

Adult Education Service - Dundrum, Sydenham Road,
Dundrum, Dublin 14

Tel: 01 298 9283

Email: adulteducationservicedundrum@ddletbaes.ie

Web: www.fetdundrum.com / www.ddletb.ie

The Community Education Service in Dublin and Dún Laoghaire Education Training Board works in partnership with a wide range of community groups who provide accessible education and learning options to adults. Community education programmes are chosen by the local community partners, delivered locally in a convenient supportive environment. Providing part-time opportunities and flexibility that suit the participants' needs. Community groups supported through the service prioritise a number of groups which are included in this section.

These are:

Adults with Disabilities

Homeless People

Older People

Foreign Nationals

Parents of School Going Children

Youth

People in Recovery from Addiction

Travellers

COLLEGES OF FURTHER EDUCATION

Dún Laoghaire Further Education Institute

17 Cumberland Street, Dún Laoghaire, Co. Dublin

Tel: 01 280 9676 **Email:** info@dfei.ie

Web: www.dfei.ie

Sallynoggin College of Further Education

Pearse Street, Sallynoggin, Co. Dublin

Tel: 01 285 2997 **Email:** reception@scfe.ie

Web: www.scfe.ie

The Colleges of Further Education offer a wide range of career and professional courses, recognised nationally and internationally. They also provide flexible learning arrangements, for example some programmes are timetabled for mornings only. The colleges are open to discuss arrangements to suit particular mature student needs and welcome adults to visit on open days or by appointment. In addition, the colleges offer accredited and interest courses for adults in the evening.

Education and Information

Blackrock Further Education Institute

Main Street, Blackrock, Co. Dublin

Tel: 01 288 9717 **Email:** office@bfei.ie

Web: www.bfei.ie

Cabinteely Community School

Johnstown Road, Dublin 18

Tel: 01 285 2137 **Email:** office@cabinteelycs.ie

Stillorgan College of Further Education

Old Dublin Road, Stillorgan, Co. Dublin

Tel: 01 288 0704 **Email:** admin@stillorgancollege.ie

Web: www.stillorgancollege.ie

Dundrum College of Further Education

Main Street, Dundrum, Dublin 14

Tel: 01 298 5412 **Email:** info@cfedundrum.com

Web: www.fetdundrum.ie

Mature Students in Further Education:

You can apply to a College of Further Education as a mature student. Applications are accepted from Autumn onwards. Entry is based on an interview rather than formal qualification. Interviews usually take place between February and June, however late applications are accepted.

Increasingly adults who didn't get the opportunity to complete secondary school are finding it helpful to complete a Back to Education Initiative (BTEI) programme first, in preparation for further education.

Further education courses lead to careers in their own right, but they are also a way of progressing to third level education. Mature students considering higher education can apply directly through the Central Applications Office (CAO).

Higher Education Links Scheme (HELs):

Under the Higher Education Links Scheme, specific Quality Qualifications Ireland level 5 or level 6 major awards are linked with specific higher education courses in institutes of technology and universities. A certain number of places on these courses are held for FET applicants who are scored using a separate merit system.

Access Programmes to Higher Education:

Access courses are one-year preparation courses to enter third level. They aim to give mature students the skills and confidence to progress with their learning. The age of entry to qualify varies between colleges, but you must be at least 21. The big plus of access courses is that they have no standard educational requirements such as Leaving Certificate. Access courses are usually made up of the following elements - study/writing skills, computer skills, other selected academic subjects and educational guidance.

Education and Information

Dún Laoghaire Institute of Art, Design and Technology

Kill Avenue, Dún Laoghaire, Co. Dublin

Tel: 01 239 4400 **Access Officer:** 01 214 4628

Web: www.iadt.ie

Programme Information: Full-time

Trinity Access Programmes

Trinity College Dublin, Goldsmith Hall, Pearse Street, Dublin 2

Tel: 01 896 2754 **Email:** lisa.coady@tcd.ie

University College Dublin

UCD Access and Lifelong Learning Centre, James Joyce Library Building, Belfield, Co. Dublin

Tel: 01 716 7123 **Email:** all@ucd.ie

Web: www.ucd.ie/all/cometoucd/ for more information

UCD University Access Programmes

Programmes: UCD Access to Arts, Humanities, Social Sciences and Law (AHSSL) and UCD Access to Science, Engineering, Agricultural Science and Medicine (SEAM). These University Access courses are the largest and longest established courses in Ireland. Students completing these courses, who achieve the required academic grades, are guaranteed entry to selected degree programmes in UCD.

Programme Information: Part-time, day and evening at UCD, Belfield.

Fees: Fees apply but students who are registered as unemployed and/or in-receipt of one of the following payments: Job-seekers Benefit, Job-seekers Allowance or One-Parent Family Allowance or Disability Benefit may apply for a Cothrom na Féinne Scholarship. UCD Cothrom na Féinne scholarships are named after UCD's motto - "Justice and Equality", the UCD Cothrom na Féinne scholarships provide financial, academic and personal support to enable students from a diverse range of backgrounds to succeed at UCD. Members of the Irish Traveller Community and Refugees, Asylum Seekers, those with Leave to Remain are also eligible for scholarships.

Qualifications: UCD's Access to Arts, Humanities, Social Sciences (AHSSL) and Law and Access to Science, Engineering, Agricultural Science and Medicine (SEAM) are Special Purpose Level 6 Awards which guarantee entry to selected courses in UCD.

Age requirements: UCD Access courses are open to learners who are 22 years or older by 1st January on the year of entry to the Access course. A mature student is defined as anybody who is 23 years or older by 1st January on the year of entry onto a full-time undergraduate degree programme.

UCD Mature Years Entry

University College Dublin, Belfield, Dublin 4

Tel: 01 716 7777

Mature Student Adviser: Catherine Tormey

Tel: 01 716 7542 **Email:** catherine.tormey@ucd.ie

A mature student must be at least 23 years of age on January 1st of year of entry and must not currently hold a degree. UCD has a dedicated Mature Student Adviser to help you identify your route in to college and to support you while you are in UCD. For many mature students the preferred route to Higher Education is through a University Access Programme while others begin by taking a Lifelong Learning or UCD Open Learning course. They may also take a related course in a College of Further Education before progressing to a degree programme. There are a range of study options to suit the adult learner, for example, some degree courses are offered on a part-time basis and for those who do not want to commit to a degree programme there are many interesting courses that can be taken purely for enjoyment in a relaxed and supportive environment.

UCD Open Learning

Tel: 01 716 7123 **Email:** all@ucd.ie

Web: www.ucd.ie/all/cometoucd/

Open Learning is a flexible way of studying part-time at UCD.

With over 300 modules (courses) to choose from, there is something to suit everyone's interest. All of the modules are at undergraduate level, so it's a chance to join classes with full-time degree students while learning at their own pace. There are no entry requirements for Open Learners and students choose if they want to take a course for interest (audit) or for assessment (credit).

Many students start with Open Learning to get a taste of studying in University. They can use a module as evidence in their application to UCD as a mature student, instead of completing an MSAP est. Open Learners who successfully complete 30 credits (6 modules) will be awarded an NFQ Level 7 Certificate in Open Learning. An Open Learning Certificate can be used to apply through the CAO for progression onto one of the following undergraduate degree programmes at UCD:

- BA Arts (DN520)
- BA Humanities (DN530)
- BSc Social Sciences (DN700)
- BCL Law (DN600)
- BSc Science (DN200)*

*Limited places available on this pilot

There are specific minimum requirements for each route.

UCD Lifelong Learning

Tel: 01 716 7123 **Email:** all@ucd.ie

Web: www.ucd.ie/all/cometoucd/applying/lifelonglearning/

UCD Access and Lifelong Learning are proud to continue the tradition of offering specific interest courses that are participative, engaging and facilitated by experts in their field. Lifelong Learning courses cover a broad range of topics from Languages, Art Appreciation, Irish Studies, History, Literature, Philosophy and Writing. They are open to all adult learners and provide a unique opportunity to explore a subject without examinations.

If learners want to explore a new course, they may be interested in our Lifelong Learning courses, where they will be joined by other engaged learners in a welcoming and supportive environment.

Education and Information

dlr Chamber of Commerce

Avoca House, 8 Marine Road, Dún Laoghaire, Co. Dublin, A96 X8Y6

Tel: 01 284 5066 **Email:** office@dlrchamber.ie

Web: www.dlrchamber.ie

dlr Chamber founded in 1949 is a membership organisation which offers support, networking, events & promotions together with training and education for its members both corporate and Small Medium Enterprises.



Dún Laoghaire-Rathdown Volunteer Centre

Dún Laoghaire-Rathdown Volunteer Centre

Eblana House, 11 Eblana Avenue, Dún Laoghaire, Co. Dublin

Tel: 01 441 4444 **Email:** Info@volunteerdlr.ie

Web: www.volunteerdlr.ie

What is Volunteering?

Put simply, volunteering is about choosing to give some of your time for free to benefit the community. Volunteers are people from all walks of life, all ages and stages. Whether you're 18 or 80, looking for a new challenge or to share your life experiences, we believe that there is a volunteering opportunity out there for everyone!

Volunteers are involved in virtually every aspect of society – from health, education and social services to arts, culture and media or sports and recreation. There are volunteering roles out there to suit all interests and skills and it is the role of the Volunteer Centre to support anyone interested in volunteering, to find the right role for them.

Another great way to get involved is the newly launched Dún Laoghaire-Rathdown Volunteer Corps. This is new initiative run by the Volunteer Centre in partnership with the Dún Laoghaire-Rathdown County Council involves volunteers at local community events. Anyone who is interested can sign up to become a member and then volunteer at the events that suit them. We believe the Volunteer Corps and volunteering generally is a great opportunity to meet new people, gain new skills and have a bit of fun!

If you'd like to find out more about volunteering or the Volunteer Corps do get in touch. We are available to meet with anyone who wants to find out more about volunteering.

CITIZEN INFORMATION CENTRE

Services Provided: information on your rights; help to get what you are entitled to; information on payments and allowances; help to fill out forms; help with an appeal or to make a complaint; additional specialist clinics by appointment: Free Legal Advice, Family Law, Citizenship Application Support Service, Employment Law Taxation advice.

Dún Laoghaire Citizens Information Centre

Marina House, Clarence Street, Dún Laoghaire, Co. Dublin

Tel: 076 107 7400 **Email:** dunlaoghaire@citinfo.ie

Web: www.citizensinformation.ie

Hours: Mon - Fri 9.30am - 4pm last appointment 3.45pm

Dundrum Citizens Information Centre

Unit 2, Level 5, Dundrum Town Centre, Sandyford Road, Dublin 16

Tel: 076 107 7430 **Email:** dundrum@citinfo.ie

Hours: Mon - Fri 10am - 4pm last appointment 3.45pm

Wed 2pm to 4pm

Stillorgan Citizens Information Service

St. Laurence's Parish Centre, Lower Kilmacud Road, Stillorgan,
Co. Dublin

Tel: 076 107 7440 **Email:** stillorgan@citinfo.ie

Hours: Mon/Thurs 2pm - 4.30pm.

Tues/Wed/Fri 10am-1.30pm

Department of Employment Affairs and Social Protection (DEASP)

The Department of Employment Affairs and Social Protection's (DEASP) representatives, formerly known as Community Welfare Officers (CWOs), are employed throughout Ireland by the Department of Employment Affairs and Social Protection's (DEASP). Community Welfare Officers were previously employed by the Health Service Executive (HSE). In legislation they are called *designated persons*.

They are based in health centres or the Department of Employment Affairs and Social Protection's DEASP offices and are responsible for the day-to-day administration of the **Supplementary Welfare Allowance Scheme**.

Supplementary Welfare Allowance Scheme

The Supplementary Welfare Allowance Scheme is funded and legislated by the Department of Employment Affairs and Social Protection. The payments made under this scheme include: weekly Supplementary Welfare Allowance, Rent Supplement, Mortgage Interest Supplement, Diet and Heating Supplements, Back to School Clothing and Footwear Scheme and exceptional needs payments for items such as buggies, clothing, etc.

DEASP staff are responsible for assessing the income of a person applying for payments under the Supplementary Welfare Allowance Scheme. This assessment may involve home visits to verify a person's place of residence for Rent Supplement purposes or simply to interview someone in surroundings that are more comfortable if he or she has special needs or is unable to visit his or her local health centre in person.

DEASP staff will actively refer individuals to other state agencies and/or voluntary organisations if these are appropriate to the client's needs. For example, you may be referred to the Money Advice and Budgeting Service (MABS).

Education and Information

Dublin 14 - Community Welfare Service

Nutgrove Intreo Centre, Nutgrove Shopping Centre, Dublin 14

Tel: 01 673 2000

Clinic times: Monday - Friday: 9.30am - 11.30am / 2pm - 4pm

Dublin 16 - Community Welfare Service

Nutgrove Intreo Centre, Nutgrove Shopping Centre, Dublin 14

Tel: 01 673 2000

Clinic times: Monday - Friday: 9.30am - 11.30am / 2pm - 4pm

Dublin 18 - Intreo Centre Dún Laoghaire

18-21 Cumberland Street, Dún Laoghaire, Co. Dublin

Tel: 01 214 5540

Clinic times: Monday - Friday: 10am -12.30pm

South County Dublin

18-21 Cumberland Street, Dún Laoghaire, Co. Dublin

Tel: 01 214 5540

Clinic times: Monday - Friday: 10am -12.30pm

For South County area covered by the Intreo Centre Dún Laoghaire only which includes: Shankill (up to Dublin side of the bridge) Killiney, Dalkey, Ballybrack, Glasthule, Monkstown, Sallynoggin, Cabinteely, Cornelscourt, Foxrock, Carrickmines, Sandyford, Stillorgan, Blackrock and Booterstown.

Asylum Seekers & New Communities Unit

77 Upper Gardiner Street, Dublin 1

Tel: 01 673 2030

Clinic times: Monday to Friday: 10am - 11.30am and 2pm - 3.30pm

Homeless Persons Unit Women & Family Team

77 Upper Gardiner Street, Dublin 1

Tel: 01 673 2030

Clinic times: Monday to Friday: 10am - 11.30am and 2pm - 3.30pm

Homeless Persons Unit Men's Team

Department of Social Protection, North Cumberland Street, Dublin 1

Tel: 01 673 2575 / 1800 724 724

Fax: 01 8749203

Appointment Service: Monday to Friday 1800 724 724

MABS

MABS Helpline

Tel: 076 107 2000 Monday to Friday from 9am to 8pm.

MABS is made up of 53 Money Advice and Budgeting Services operating from over 60 offices nationwide. The MABS offices operate an appointment scheduling system and each service is staffed by experienced Money Advisers who work with clients experiencing difficulties with a wide range of personal debts including personal loans, mortgages, credit card debt, catalogue debts, debts to legal moneylenders and hire purchases.

MABS offices are managed by voluntary Boards that may include the main stakeholders (Citizens Information Centres, Local Authorities, Social Welfare, Society of St Vincent de Paul etc.) at local level who have an interest in assisting people who are in debt or at risk of getting into debt. These Boards have no involvement in the day-to-day client work of the office, and have no access to personal information or details of clients.

MABS is funded and supported by the Citizens Information Board.

Dún Laoghaire MABS

Ground Floor, Marina House, Clarence Street, Dún Laoghaire,
Co. Dublin

Tel: 076 107 2530 **Email:** dun_laoghaire@mabs.ie

Opening Hours: Monday - Friday 9am-1pm and 2pm-5pm
Wheelchair Accessible

Dundrum / Rathfarnham MABS

1A Upper Kilmacud Road, Dundrum, Dublin 14

Tel: 076 107 2310 **Fax:** 01 296 4027

Sports and Leisure



dlr Sports Partnership

Dún Laoghaire-Rathdown Sport Partnership

County Hall, Marine Road, Dún Laoghaire, Co Dublin.

Tel: 01 271 9502 **Email:** info@dlrsportpartnership.ie

Web: www.dlrsportpartnership.ie

dlr Sports Partnership was set up in 2007. We work closely with the Dún Laoghaire-Rathdown County Council and other key partners to promote participation, inclusion and coordination in sport and physical activity at local level.

Our Vision:

That everyone in Dún Laoghaire-Rathdown has the opportunity to be physically active, having access to activities and facilities suitable for their interests, needs and capabilities while enjoying the positive health and social benefits of that activity.

Our Mission:

To work in partnership with stakeholders to improve access to participation for all and to create, deliver and promote a diverse range of local programmes and initiatives aimed at encouraging target groups that have lower participation rates.

A taste of our Events & Programmes:

- dlr Community 5k
- Older Adults Active Exercise Programme
- Operation Transformation Walk
- Walking Programmes
- Choices for Health
- Woodlands for Health (Activity Programme in Woodland Environment)
- Park Run/Walk

We work closely with local Active Retirement Groups and leisure centres to provide popular activity programmes.

If you want to start down the road of getting active & improving balance in a fun social environment then please contact us on the details above. We have a huge range of clubs within the County and we are happy to assist you in finding one suitable to your needs.

Sport and Leisure

dlr Leisure

Loughlinstown	Tel: 01 282 3344
Meadowbrook	Tel: 01 299 5610/14/16
Monkstown	Tel: 01 230 1458
Ballyogan	Tel: 01 294 3880

Web: www.dlrleisure.ie

dlr Leisure was established in 2009 with the purpose of operating and managing leisure facilities owned by Dún Laoghaire-Rathdown County Council.

They operate four Leisure Centres: Loughlinstown, Meadowbrook, Monkstown and Ballyogan. They provide fully equipped gyms, excellent pool facilities, fitness studios and all weather pitches. They also have a skate park in Monkstown and a large indoor sports hall in Loughlinstown. They also operate golf courses at Stepside and Marlay. These courses are located in stunning scenic locations with excellent putting greens. Their enthusiastic and qualified staff are always on hand to assist with your queries. The centres are the perfect place for a family day out; to keep fit; to meet new friends; or just to relax and unwind. All facilities hold a Q Mark and white flag accreditation.

All centres offer discount rates and special deals for older people but they vary at each one - so it is better to check with your preferred centre.

BOWLING

Blackrock Bowling & Tennis Club

Green Road, Blackrock, Co. Dublin

Tel: 01 288 1933 **Email:** blackrockbtc.ie

Web: www.blackrockbtc.ie

Dún Laoghaire Bowling Club,

Eglinton Park, Dún Laoghaire, Co. Dublin

Tel: 01 236 0583 **Email:** honsec@dunlaoghairebowls.com

Web: www.dunlaoghairebowls.com

Shankill Bowling Club

Quinn's Rd Shankill, Co. Dublin

Tel: 01 282 3488 **Email:** sankillbowlingclub@gmail.com

Web: shankillbowlingclub.com

St Matthias Bowls Club

Church Hall, Church Road, Dún Laoghaire, Co. Dublin

Email: stmatthiasballybrack@gmail.com

Dom Marmion Bowling Club

Dom Marion Society, The Car Park, Sandyford Road, Dublin 16

Tel: 01 296 0222 **Email:** dommarmionorg@gmail.com

CHESS CLUBS

The Irish Chess Union

Email: membership@icu.ie **Web:** www.icu.ie

The Irish Chess Union, is the governing body for chess in Ireland since its formation in 1912. ICU is a member of FIDE since 1933 and the European Chess Union. The ICU promotes Chess in Ireland and maintains the chess rating for players registered with the ICU, which are published three times a year.

BRIDGE

Web: www.bridgewebs.com/easternregion.

Bridge doesn't enjoy its world wide appeal for nothing. It's a sophisticated game played with a 52 card deck by four people divided into two teams. It involves strategy, deduction, concentration and visualisation. It brings great satisfaction but cannot be learned at just one or two visits to the table. A basic course will take about ten lessons and then the rudiments should be in place. Google 'Bridge Lessons, Dublin' and you will see many courses advertised.

Once you get into the website click on 'local clubs' and you will see that there are lots of them and that Bridge can be played morning and evening most days of the week. Bridge is a game that combines a competitive sharpness with a sociability and interest in other people. Not a bad combination to have in a leisurely pursuit.

GOLF

For information on your local club contact the following:

Irish Ladies Golf Union

Tel: 01 293 4833 **Fax:** 01 2934832

Email: info@ilgu.ie **Web:** www.ilgu.ie

The Irish Ladies Golf Union (ILGU) is the governing body for amateur women's golf in Ireland. It was founded in 1893 and is recognised as the oldest Ladies Golf Union in the world. The national head office is based in Sandyford, Dublin and there are five administrative Districts; Ulster, East Leinster, Mid Leinster, Connacht and Munster.

GUI National Headquarters

Carton Demesne, Maynooth, Co Kildare

Tel: 01 505 4000 **Email:** information@gui.ie

Web: www.golfnet.ie

Founded in 1891 the Golfing Union of Ireland administers men's amateur golf on the island of Ireland. With four branches, split into the provincial areas of Connacht, Leinster, Munster and Ulster, the GUI headquarters is located in the grounds of Carton House, County Kildare.

Fitness League of Ireland

Web: www.thefitnessleague.ie/active-retired-classes

Joining a Fitness League Active Retired Class will improve overall health, boost energy levels and build confidence. With increasing age joints can become stiff, ligaments, muscles and tendons shorten and become weaker reducing the range of movement. Our exercise programme gives a full body workout helping to reduce the above symptoms. The attention to the variety of music chosen to accompany each exercise makes the overall experience more enjoyable and sets us apart from other exercise systems. Staying physically active will increase long-term independence.

Active Retired classes are both chair-based and standing; each member is encouraged to work at his or her own pace. The classes are styled on the same Bagot Stack principles as in all Fitness League Classes. The exercises are suitable for those who have difficulty getting up from the floor, may have existing health problems or have been inactive for some time.

Classes are available within the following area:
Dún Laoghaire, Dundrum, Foxrock, Glasthule, Killiney,
Kill O The Grange, Monkstown, Mount Merrion,

WALKING GROUPS

Walking Clubs offer a wide range of walks, suitable for all walkers and levels of fitness. So, whether you prefer a relaxed pace or something a bit more challenging, they have the walks for you.

The Trekkers Mountaineering Club

Email: trekkerssecretary@hotmail.com

Web: www.trekkers.ie

Shanganagh Ramblers

Email: shanganaghramblers@gmail.com

Web: <http://homepage.eircom.net/~shanganaghramblers/>

Marley Walkers

Email: secretary@marleyhillwalkers.org

Web: www.marleyhillwalkers.org

Irish Ramblers' Club

Web: www.theramblers.ie

Glenwalking Walking Club

Web: glenwalk.com

Dublin Walking Club

Web: www.dublinwalkingclub.com

Top Walks

East Pier & The Metals

There are a few things more rejuvenating than a stroll along the East Pier and The Metals, which brings you from Dún Laoghaire town to Dalkey village taking in breath-taking scenery and landmarks on the way. You can even download some colourful commentary to keep you company.

Killiney Hill

Walk to the top and enjoy the spectacular views south to Killiney Bay, inland towards the mountains, and north as far as Ulster. Remember to make a wish on top of the Wishing Stone. On the way down, look out for native red squirrels and explore the remains of 'The Druids Chair' ancient church.

Sculpture Trail

Sample stunning art in public spaces along the Dublin Coast – including Richard Enda King's 'Vigil' in Dún Laoghaire and Rowan Gillespies 'Blackrock Dolmen' in Blackrock. Pick up the map from the Tourist Information Officer or view interactive map online.

Cultural, Libraries and Arts



Cultural, Libraries and Arts

There are often reduced rates for older people and events generally advertised through websites, newspapers, radio and libraries etc.

Pavillion Theatre

Marine Road, Dún Laoghaire, Co. Dublin

Tel: 01 231 2929 **Email:** boxoffice@pavilliontheatre.ie

Web: www.pavilliontheatre.ie

Pavillion Theatre is a cultural hive of activity and entertainment, with lots of events to choose from, including: theatre, music, comedy, family, dance and cinema.

The Mill Theatre Dundrum

Mill Theatre, Dundrum Town Centre, Dundrum, Dublin 16

Tel: 01 296 9340

Web: www.milltheatre.ie

The Mill brings people together, both on and off stage, through a wide variety of performing arts, community theatre, visual arts, comedy, music and children's shows.



dlr Arts Office

Dún Laoghaire-Rathdown County Council views the arts as an important service that contributes to the quality of life for those who live in, work in and visit the County. We are extremely proud of our reputation as a supportive home for the arts and believe in their intrinsic value and the vital contribution that they make to the wellbeing and quality of life of the County.

There are lots of different programmes and projects to get involved in: music, visual arts, dance, film, literature and much more.

Municipal Gallery Programme in dlr Lexlcon

Tel: 01 236 2759 **Web:** www.dlrcoco.ie/arts

The Municipal Gallery on level 3 of dlr Lexlcon is managed by the Arts Office; each Gallery Programme includes the artworks in the Gallery as well as a Learning Programme of workshops, talks and tours that may be of interest. The programme also features the Dementia Friendly Gallery Tours and the popular Open Studio for adults, which is free every Friday from 11am - 1pm in the Project Room. You can ring us to request Gallery tours for your group of the exhibitions.

Cultural, Libraries and Arts

dlr LIBRARIES

Web: libraries.dlrcoco.ie

dlr Libraries provide services across the County through a network of eight branch libraries, including dlr LexIcon. All dlr Libraries are accessible buildings and are safe, welcoming, inclusive community spaces. Libraries are free to join with no charge to borrow books, and no charge on overdue books. All library authorities in Ireland are connected and share a national catalogue. This means if you need to reserve books from a different county, it's possible to have them sent to your local library for collection. And all for free!

More than just books!

dlr Libraries are constantly looking for innovative ways to reach out to communities by improving access and expanding the range of services available.

As well as books, dlr Libraries also stock large-print books, audio books, music CDs and DVDs. A wide selection of daily and weekly newspapers and magazines are available to browse and borrow.

Free Internet access and Wi-Fi are available in all branches.

Black & white or colour photocopying, scanning and printing is available. You can print from the library computers but also directly from your laptop, tablet, smartphone, or remotely from your computer at home.

On our website you can look at national and international newspapers online via PressReader, or read magazines/comics online via RBDigital. You can learn a language with Mango, do an online course with Universal Class or listen to music through Freegal. You just need your library card number and your pin, and it's all free!

Home Library Service – Stillorgan Library

This service is run by the staff in Stillorgan Library and involves monthly visits to members of the public who are not mobile enough to visit a library themselves. Library staff deliver a selection of books, audio books or DVDs to each person, either in their own home or in a residential care setting.

Music Room - Dalkey Library

A music room is available for booking in Dalkey Library. The room contains a piano, a guitar and a harp and can be booked by anyone wishing to practise or learn to play these instruments. This room may also be used for practising other instruments; bring along your own stringed or wind instrument.

Events

Health Literacy

dlr Libraries are involved in the national **Healthy Ireland at your Library** programme. We purchase book stock and programme events with an emphasis on health and well-being. Courses such as Tai Chi for Arthritis and Mindful Chair Yoga continue to attract a lot of interest.

Digital Literacy

Our digital learning programme includes group courses on Using Your Smartphone, Making the Most of Your Tablet, No Such Thing as a Silly Question and Tea & Teach continued throughout the year. Dalkey Library runs a successful one-to-one Transition Year programme with students from Clonkeen College and Loreto College helping older people with queries about their smartphones.

Bealtaine

Every May, dlr Libraries participate in Bealtaine, the national programme celebrating creativity in older people. Events include film, theatre and dance performances, creative writing courses, poetry readings and the Bealtaine Book Club, which encourages people to read the same book during the month.

EVENT PROGRAMMING FOR THOSE LIVING WITH DEMENTIA AND THEIR CARERS/FAMILIES

Tovertafels

Lexlcon Tel: 01 280 1147 **Email:** dlrLexlconlib@dlrcoco.ie

Deansgrange Tel: 01 285 0860 **Email:** deansgrangelib@dlrcoco.ie

dlr Libraries have two Tovertafels (Magic Tables), one in dlr Lexlcon and the other in Deansgrange Library. The Tables consist of a series of interactive games projected onto a normal table. The images respond to hand and arm movements, allowing users to play with light. The tables were designed to help those at a later stage in their dementia journey. Individuals or organisations wishing to book the Lexlcon table should contact the library.



Musical Memories choir

Tel: 01 285 0860 **Email:** deansgrangelib@dlrcoco.ie

Deansgrange Library hosts the Musical Memories Choir, which is aimed at older people with dementia and their carers/families. The choir meets in Deansgrange Library to sing, have a cup of tea and a chat! Contact Deansgrange Library.

What's on Guide

If you're interested in finding out more about our regular book clubs, language exchange sessions, poetry gatherings, Scrabble and Bridge clubs, and for more details on what's happening in your local dlr Library, pick up a copy of our quarterly What's On Guide or go online at libraries.dlrcoco.ie.

Blackrock Library

Tel: 01 288 8117 **Email:** blackrocklib@dlrcoco.ie

Cabinteely Library

Tel: 01 285 5363 **Email:** cabinteelylib@dlrcoco.ie

Dalkey Library

Tel: 01 285 5317 **Email:** dalkeylib@dlrcoco.ie

Deansgrange Library

Tel: 01 285 0860 **Email:** deansgrangelib@dlrcoco.ie

Dundrum Library

Tel: 01 298 5000 **Email:** dundrumlib@dlrcoco.ie

dlr Lexlcon

Tel: 01 280 1147 **Email:** dlrLexlconlib@dlrcoco.ie

Shankill Library

Tel: 01 282 3081 **Email:** shankilllib@dlrcoco.ie

Stillorgan Library

Tel: 01 288 9655 **Email:** stillorganlib@dlrcoco.ie

Cultural Centres

dlr Tourism Office

Tel: 01 280 6964 **Web:** www.dlrtourism.ie

Facebook: @dlrheritagevents

For information on activities, tours, services and supports within Dún Laoghaire-Rathdown County visit the Tourist office online at or in person in Dún Laoghaire town.

There are literary talks and tours all year round as part of the heritage programmes of events.

James Joyce Tower & Museum

Tel: 085 198 2218 **Email:** joycetower@failteireland.ie

Web: www.joycetower.ie

Embrace the work of James Joyce at this Martello Tower in Sandycove, which famously features at the beginning of Ulysses and contains a treasure trove of the author's letters and personal possessions.

Dalkey Castle

Tel: 01 285 8366 **Email:** info@dalkeycastle.com

Web: www.dalkeycastle.com

Writers Gallery, Dalkey Castle

Tel: 01 285 8366 **Web:** www.dalkeycastle.com

Explore the local literary connections of more than 40 famous authors – from Joyce to Jennifer Johnston, Beckett to Binchy, Bono to Flann O'Brien. Learn about their inspirations on interactive panels.

Meave Binchy & Irish Writers Guided Walk

Tel: 01 285 8366 **Web:** www.dalkeycastle.com

Enjoy readings, references and local anecdotes from Binchy work, and that of Joyce, Shaw and many others as you traverse the streets of Dalkey.

Irish Author Collection

Tel: 01 280 1147 **Web:** www.libraries.dlrccoco.ie

A comprehensive collection at the LexIcon which is Ireland's largest public library and hosts more than 800 events a year.

National Maritime Museum

Haigh Terrace, Dún Laoghaire

Tel: 01 280 0969 **Web:** www.mariner.ie

Embark on a voyage of discovery with enthralling maritime stories of exploration, heroism, history, technology, war, wildlife and disaster at sea.

The Oratory

Tel: 01 280 6964 **Web:** www.dlrtourism.ie

This gem of Celtic renaissance art houses a statue of the sacred heart Donated by a French Town to commemorate Dún Laoghaire men who fought and died during World War 1.

Comhaltas Ceoltóirí Éireann

32 Belgrave Square, Monkstown, Co. Dublin

Tel: 01 280 0295 **Web:** www.comhaltas.ie

Traditional Irish Music, ceilís and Irish Language

Cultural, Libraries and Arts

COCO MARKETS

Marlay Park, Rathfarnham

Saturday 10.00 am – 4 pm

Sunday 11.00 am – 4 pm

Peoples Park, Dún Laoghaire

Tel: 01 204 7024 **Email:** market@dlrcoco.ie

Website: www.dlrcoco.ie/markets

Sunday 11.00 am – 4 pm

During the summer there are longer opening hours and CoCo Markets stay open until 6 pm

For a full list of events held in CoCo Markets please look up www.dlrcoco.ie/events



dlr NATURAL HERITAGE

Fernhill Gardens, Stepside

Stunning and rare collections of plants, trees, scrubs including rhododendrons and magnolias make this a delightful stop off.

Cabinteely House, Caabinteely Park, Cabinteely

You might recognized this grand house from films such as Brooklyn and The General. It boasts stunning views over Dublin Bay and the mountains.

Marlay Park, Rathfarnham

Visit the historic stately home, Saturday Farmer's market, playground, model railway, running and walking trails and much more.

Airfield Estate

Airfield Estate, Overend Way, Dundrum, Dublin 14, D14 EE77

Tel: 01 969 6666 **Email:** hello@airfield.ie

A wonderful 38-acre working urban farm with stately home tours, a vintage car museum, walled ornamental garden and excellent café.

HISTORICAL SOCIETIES

Dún Laoghaire Borough Historical Society

Royal Marine Hotel, Dún Laoghaire, Co. Dublin

Web: www.dunlaoghairehistorical.com

Kilmacud & Stillorgan Local History Club

Email: stillorganlocalhistory@gmail.com

Web: www.kilmacudstillorganhistory.ie

Mount Merrion Historical Society

Mount Merrion Community Centre. North Ave., Mount Merrion, Co. Dublin

Email: mountmerrionhistoricalsociety@gmail.com

Website: www.mountmerrionhistorical.com

Irish Georgian Society

City Assembly House, 58 South William Street, Dublin 2

Tel: 01 676 7053 **Web:** www.igs.ie

LOCAL CINEMAS

Many cinemas have discounts for off-peak hours.

IMC Dún Laoghaire

Tel: 01 230 1367

Web: www.imccinemas.ie

Movies at Dundrum

Tel: 1520 888 3333

Web: www.moviesat.ie/dundrum/

Odeon Cinema Stillorgan

Web: www.odeoncinema.ie

Pavilion Theatre

Tel: 01 231 2929 (Monday Cinema Nights)

Web: www.paviliontheatre.ie

dlr Cemeteries

Dean's Grange and Shanganagh Cemeteries

Tel: 01 289 3416 **Email:** cemeteries@dlrcoco.ie.

Web: www.dlrcoco.ie/en/cemeteries/

dlr operates Dean's Grange and Shanganagh Cemeteries and maintains the following closed cemeteries in the County: Kilgobbin, Bishops Lane, Rathmichael, Old Connaught, Kill Abbey, Tully Vale, Carrickbrennan and Dalkey (St. Begnet's). Burial records for Dean's Grange and Shanaganagh cemeteries are available online to the public via the Council's website at www.dlrcoco.ie/en/cemeteries/burial-records at no charge. Tours of Dean's Grange Cemetery are also arranged free of charge as part of the Summer of Heritage programme of events. These tours are led by a member of the Cemetery staff and feature graves of note including Commonwealth graves, MV Leinster graves and War of Independence graves.



Religious and Spiritual Organisations



Religious and Spiritual Organisations

There are many physical, educational, spiritual and social activities available to older people in the Dún Laoghaire-Rathdown area based in religious institutions and local parish halls. Each parish has a range of activities which may be of interest to you. Contact details for some religious minority groups are also included in this section.

ROMAN CATHOLIC PARISHES

Balally

Church of the Ascension of the Lord, Cedar Road,
Wedgewood, Dublin 16

Tel: 01 295 4296

Web: www.balallyparish.ie

Ballinteer

St. John the Evangelist, Ballinteer Ave, Ballinteer, Dublin 16

Tel: 01 499 4203 **Email:** ballinteeroffice@gmail.com

Web: www.ballinteer.dublindiocese.ie

Ballyboden

Church of Our Lady of Good Counsel, Whitechurch Green,
Ballyboden, Dublin 16

Tel: 01 424 1000

Web: www.ballybodenparish.ie

Blackrock

St. John the Baptist, Newtown Ave, Blackrock, Co. Dublin

Tel: 01 288 2104 **Email:** Johnthebaptist@eircom.net

Boosterstown

Church of the Assumption, Booterstown Ave, Co. Dublin

Tel: 01 283 1593 **Email:** info@boosterstownparish.ie

Pastoral Centre: 01 441 9303 **Email:** centre@boosterstownparish.ie

Web: www.boosterstownparish.ie

Cabinteely

St. Brigid's Church, Johnstown Rd, Kilbogget, Dublin 18

Tel: 01 285 8835 **Email:** info@cabinteelyparish.ie

Web: www.cabinteelyparish.ie

Cornelscourt

Holy Year Oratory, Cornelscourt

Tel: 01 493 2073

Churchtown

The Good Shepherd, Nutgrove Ave Churchtown Dublin 14

Tel: 01 298 4642 **Email:** info@goodsheperdschurchtown.ie

Web: www.goodshepherdchurcdhtown.ie

Clonskeagh

Church of the Miraculous Medal, Bird Ave, Clonskeagh, Dublin 14

Tel: 01 283 7948 **Email:** parishofficeclonskeagh@eircom.net

Web: www.clonskeaghparish.ie

Dalkey

Assumption of the Blessed Virgin Mary, 3 Castle St, Dalkey,
Co. Dublin

Tel: 01 285 9418 **Email:** office@dalkeyparish.ie

Religious and Spiritual Organisations

Dundrum

Dundrum Holy Cross, Main St, Dundrum, Dublin 14

Tel: 01 298 3494 **Email:** dundrumparish@gmail.com

Web: www.dundrumparish.com

Dún Laoghaire

St. Michael's, Marine Road, Dún Laoghaire, Co. Dublin

Tel: 01 280 4969 **Email:** stmichd12@eircom.net

Web: www.dunlaoghaireparish.ie

Foxrock

Our Lady of Perpetual Succour, Kill Lane, Foxrock, Dublin 18

Tel: 01 289 3492 **Email:** secretary@foxrockparish.ie

Web: www.foxrockparish.ie

Glasthule

St. Joseph's, Glasthule Road, Glenageary, Glasthule, Co. Dublin

Tel: 01 663 8604/ 663 8605 **Email:** stjosephsglasthule@gmail.com

Web: www.glasthuleparish.com

Johnstown/Killiney

Our Lady of Good Counsel, Churchview Road, Glenageary,
Co Dublin

Tel: 01 235 1416 **Email:** johnstownparish@gmail.com

Web: www.johnstownkillineyparish.com

Kill o' the Grange

Church of the Holy Family, Kill Lane, Co Dublin

Tel: 01 284 5299 **Email:** holyfamily2000@eircom.net

Web: www.holyfamilyparish.info

Kilmacud

St Laurence O' Toole, Kilmacud Road Upper, Stillorgan, Co. Dublin

Tel: 01 288 4009 **Email:** kilmacudparish@eircom.net

Web: www.kilmacudparish.com

Loughlinstown

St. Columbanus, Loughlinstown Drive, Loughlinstown, Co. Dublin

Tel: 01 282 4085 **Email:** parishofloughlinstown@gmail.com

Web: www.loughlinstownparish.ie

Marley Grange

The Divine Word, Hermitage Downs, Rathfarnham, Dublin 16

Tel: 01 494 4295 **Email:** marleyparish@eircom.net

Web: www.marleygrangeparish.ie

Meadowbrook

St. Attracta's Oratory, 16 Ludford Dr, Ballinteer, Dublin 16

Tel: 01 298 7401 **Email:** info@meadowbrookparish.ie

Web: www.meadowbrookparish.ie

Monkstown

St. Patrick's, Monkstown Road, Monkstown Village, Co. Dublin

Tel: 01 280 2130 **Email:** secretary@monkstownparish.ie

Web: www.monkstownparish.ie

Religious and Spiritual Organisations

Mount Merrion

St. Therese, The Rise, Mount Merrion, Co. Dublin

Tel: 01 288 1271 **Email:** parishoffice@mountmerrionparish.ie

Web: www.mountmerrionparish.ie

Newtownpark

Church of the Guardian Angels, Newtownpark Ave, Stradbrook, Blackrock, Co. Dublin

Tel: 01 283 2988 **Email:** newtownparkparish@eircom.net

Web: www.newtownparkparish.com

Rathfarnham

The Annunciation, Willbrook Rd, Rathfarnham, Dublin 14

Tel: 01 495 8695 **Email:** rathfarnhamparish1@eircom.net

Web: www.annunciationrathfarnham.com

Sallynoggin/ Glenageary

Our Lady of Victories, Pearse Street, Sallynoggin, Co Dublin

Tel: 01285 4667 **Email:** sallynogginparish@gmail.com

Web: www.sallynogginandglenagearyparish.com

Sandyford

St Mary's Church, Sandyford Village, Dublin 18

Parish of Sandyford, Kiltarnan and Glencullen

Tel: 01 295 6414 **Email:** office@sandyfordparish.org

Web: www.sandyfordparish.org

CHURCH OF IRELAND/PRESBYTERIAN PARISHES

Boooterstown

St. Philip & St. James, Cross Avenue, Blackrock, Co. Dublin

Tel: 01 283 5873

Carrickmines & Foxrock

Tullow Church of Ireland Carrickmines / Foxrock

Brighton Road, Carrickmines, Dublin 18

Tel: 01 289 3154 **Email:** tanner1@eircom.net

Web: www.tullow.dublin.anglican.org/

Crinken

St James Church, Crinken, Bray, Co. Wicklow

Tel: 01 282 0150 **Web:** www.crinken.ie

Dalkey

St. Patrick's, Harbour Rd, Dalkey, Co. Dublin

Tel: 01 284 5941 **Email:** dalkeyparish@gmail.com

Web: www.stpatricksdalkey.com

Dundrum

Dundrum Methodist Church, Ballinteer Road, Dundrum, Dublin 16

Tel 01 295 1940 **Email:** info@dundrummethodist.com

Web: www.dundrummethodist.com

Dún Laoghaire

The Methodist Church.

Northumberland Ave. Dún Laoghaire, Co. Dublin Ireland

Email: minister@dlmc.org

Religious and Spiritual Organisations

Dún Laoghaire Presbyterian Church

York Road, Dún Laoghaire, Co Dublin

Tel: 01 280 1200 **Email:** minister@dl-pc.org

Christ church Church of Ireland

Park Road, Dún Laoghaire, Co Dublin

Web: www.ireland.anglican.org

Deansgrange

Kill O'The Grange, Kill Lane, Blackrock, Co. Dublin

Tel: 01 289 6442 **Email:** office@kotg.ie

Glenageary

St. Paul's, 31 Silchester Road, Glenageary, Co. Dublin

Tel: 01 280 1616 **Email:** stpaulsdub@gmail.com

Web: www.glenageary.dublin.anglican.org

Killiney

Holy Trinity Parish, Killiney Hill Road, Scalpwilliam, Killiney, Co. Dublin

Tel: 01 285 2695 **Email:** rector.htkilliney@dublin.anglican.org

Web: www.holytrinitykilliney.wordpress.com

Killiney

St Matthias Church, Church Road, Killiney, Co Dublin

Email: stmatthiasballybrack@gmail.com

Web: www.stmatthias.ie

Kilternan

Kilternan Parish Church of Ireland, The Kilternan Centre
Enniskerry Road, Kilternan, Co. Dublin

Tel: 01 295 2643 **Email:** office@kilternanparish.ie

Web: www.kilternan.dublin.anglican.org

Monkstown

Monkstown Parish Church, Monkstown Rd, Monkstown, Co. Dublin

Tel: 01 214 7714 **Email:** monkstownparish@hotmail.com

Web: www.monkstownparishchurch.com

Mount Merrion

St Thomas' Church, Foster's Avenue, Blackrock, Co. Dublin

Tel: 01 280 6596 **Web:** www.boosterstown.dublin.anglican.org

Rathfarnham

Rathfarnham Parish Church, Church Lane, Rathfarnham, Dublin 14

Tel: 01 490 5543 **Email:** rathfarnhamparish@gmail.com

Rathmichael

Rathmichael Parish Church, Ferndale Rd, Shankill, Co. Dublin

Tel: 01 282 2803 **Email:** rathmichael@dublin.anglican.org

Web: www.rathmichael.dublin.anglican.org

Stillorgan

St. Brigid's Stillorgan & All Saint's Blackrock Parish, Stillorgan,
Co. Dublin

Tel: 01 288 1091 **Email:** office@stbrigidsandallsaints.com

Web: www.stbrigidsandallsaints.com

Religious and Spiritual Organisations

Taney Christchurch

Taney Road, Dundrum, Dublin 14

Tel: 01 298 5491 **Email:** info@taneyparish.ie

Web: www.taneyparish.ie

Whitechurch

Whitechurch Parish, Whitechurch Road, Rathfarnham, Dublin 16

Tel: 01 493 4973 **Email:** whitechurchparish@eircom.net

Web: www.whitechurch.dublin.anglican.org

Hindu Cultural Centre

Email: info@hindu.ie **Web:** www.hindu.ie

Jewish Ireland

Tel: 01 492 3751 **Email:** office@jewishireland.org

Web: www.jewishireland.org

Islamic Cultural Centre of Ireland

19 Roebuck Road, Clonskeagh, Dublin 14

Tel: 01 208 0000 **Email:** info@islamireland.ie

Web: www.islamireland.ie

Ahlul Bayt Islamic Centre, Ireland

Milltown Bridge, Dundrum, Dublin 14

Tel: 01 260 4491 **Fax:** 01 260 4495

Useful Telephone Numbers



Useful Telephone Numbers

Please complete and keep by your telephone

Family Member

1. _____

2. _____

Neighbour / Friend

GP / Doctor

Medical Card No.

Public Health Nurse

Chemist

Plumber

Electrician

House Alarm Company

Personal Alarm Company

Priest / Paster

Shop/Supermarket

Other

EMERGENCY

Dial 999 or 112

Ask for the emergency service you require
e.g Ambulance, Fire Brigade, Gardai

- **ESB Fault/Emergency line**

Tel: 1850 372 999

- **GAS Emergency & Leaks Dial**

Tel: 1850 20 50 50

dlr Emergency numbers DLRCC Emergency Service
(after 5pm & weekends)

Surface Water/Flooding

Tel: 01 677 8844

Dangerous Structures & Places

Tel: 01 677 8844

Transportation

Tel: 01 677 8844

