

dlr Age Friendly Magazine 2025



Inside

Theme of 2025 Magazine
"Stay Connected – Health & Wellbeing"
Local Activities, Services and Supports
Creative Writing
Heritage
Bio-diversity
Puzzles... *and lots more...*



Contents

dlr Age-Friendly Alliance	3	The Adult Education Service Southeast	
Foreword	4	Dundrum & Dún Laoghaire	34
Welcome	4	Engaging Dementia	37
dlr Age-Friendly Programme	5	Foxrock Age Friendly Village	38
dlr Older People's Council	6	Working towards an Age Friendly Train Station in Dalkey	38
DLR Older People's Council Member Groups	7	An Experience, by Peter Carroll	39
Creative Ireland dlr	8	Senior Wellness Activity Programme (SWAP)	40
Senior Crafts Showcase	8	Dún Laoghaire-Rathdown (dlr) Integration Forum	41
Music in the Moment	9	ALONE	41
Let's Get Social dlr	9	Dance Theatre of Ireland	42
dlr Libraries	10	dlr Social Prescribing for Health & Wellbeing	43
Local Studies Collection	10	DLR Social Prescribing	44
The Joy & Benefits of Reading	11	The Community Connector	45
Top 10 Adult Fiction titles	11	Living Well with Dementia Programme	46
Short Loan Collections	11	Choosing the Right Light Bulbs to Save Energy in Your Home	47
Book CLUBS	11	Healthy Food Made Easy	49
Top 10 Young Adult Fiction titles	11	Get Moving with Active Cities Dublin!	50
Top 10 Junior Fiction titles	12	Sports Partnership	51
Book Sets	12	Crossword	52
Reader Pens	12	dlr Leisure Facilities Age-Friendly Programmes	53
Adult Literacy	12	Recipe, Lilian's Chocolate Biscuit Cake	53
Borrow a laptop in your local dlr Library	13	Garda Older Persons Association (GOPA)	54
Borrow a Hublet in your local dlr Library	13	Sudoku	55
Borrow an ACORN tablet to take home	13	AS I AM	56
Libraries' Events Programme	14	Making Connections	57
Creative Brainwaves on Brain Health: Listen Back	14	Age & Opportunity's Changing Gears Bereavement course helps people meet different challenges	58
Virtual Reality Kits	14	The Way, by Pat Fitzgerald	59
Craft & Hobby Groups in dlr Libraries	14	Colouring	60
Services for those with additional needs	15	Ballybrack Project Centre	61
Musical Memories Choir	15	Men's Sheds in Dún Laoghaire-Rathdown	62
ScanEZ	15	Women's Sheds	63
Magic Tables - Tovertafels	16	Alzheimer's Society of Ireland Day Centre Services	64
Home Energy Saving Kits	16	dlr Community Facilities & Centres	66
Vision Aids and Looky Book Pro	16	Dún Laoghaire - Rathdown County Council	
My Open Library	16	Spotlight Series	67
dlr Libraries: Our resources and services	17	Sallynoggin Community & Senior Centre	67
Cuairt agus Cultúr Programme	17	Kilcross Resource Centre	68
Creative Writing	18	Ballinteer Active Retirement Association (BARA)	69
dlr Arts Office	19	Rosemount: Family Resource Centre	70
Arts Activities and Gallery Tours for Brain Health	19	Hillview Family Resource Centre (FRC)	70
dlr Community Art Grants and Arts Access for Older People	19	Creating a dementia inclusive community	71
'Yellow Days' a new collection of poetry by the Harbour Poets	20	dlr Biodiversity, The Red Squirrel	72
Harbour Friends Programme supporting people with Younger Onset Dementia	21	The Bike Hub	73
Living Well - A Programme for Adults with Long-term Health Conditions	22	Irish Countrywomen's Association (ICA)	75
PPN@10 – Dún Laoghaire-Rathdown Public Participation Network Celebrates A Decade of Participation	24	Women's Collective Ireland DLR	76
Dún Laoghaire-Rathdown Volunteer Centre	25	The Power of Connection: Tips for Staying Connected at Any Age	77
HSE -Day Centres in Dún Laoghaire-Rathdown		Age & Opportunity's FitLine Telephone Mentoring Service	78
Social activity day centres for older adults	26	LGBT Ireland Telefriending	79
Shankill Day Care Centre: A Pillar of Connection for our Elderly Community	27	Age Action	80
Scéal, Le Traolach Ó Síocháin	28	dlr Parks	81
Word Search	28	Healthy Eating for Older Adults	82
dlr Heritage	29	Food Pyramid	83
Southside Travellers Action Group (STAG)	30	ExWell Medical	84
Healthy Age Friendly Home Programme	31	Upcoming dlr Events	85
dlr Integration Forum	31	Support Groups	86
Lifelong Learning Programme, UCD	33	Answer to puzzles	87

dlr Age-Friendly Alliance

The dlr Age-Friendly Alliance is a strategic partnership that was set up in 2014 to work together effectively and in harmony on supporting older people in Dún Laoghaire-Rathdown (dlr).

During 2023, the dlr Age-Friendly Strategy 2022 -2026 was launched. The main responsibility of the dlr Age-Friendly Alliance is to oversee the implementation of the 60+ actions identified in the Strategy in making dlr an Age-Friendly County and to support our older and ageing population over the coming years.

The shared vision of the Alliance is Dún Laoghaire-Rathdown as a “a vibrant place where people can thrive and fulfil their potential in their local communities and neighbourhoods throughout their lives” and is dependent on all organisations working well together to incrementally improve our physical, social and cultural environments and the quality of our joined-up services.

The dlr Age-Friendly Alliance meets 4 times a year. Mr. Frank Curran, Chief Executive Officer of Dún Laoghaire-Rathdown County Council is Chair of the Alliance which is currently

made up of representatives from Age-Friendly Ireland, ALONE, An Garda Síochána, dlr County Council, dlr Drugs & Alcohol Taskforce, dlr Older People’s Council, dlr Public Participation Network (PPN), DLR Sports Partnership, dlr Volunteer Centre, Dublin Bus, Dublin & Dún Laoghaire Education and Training Board, Dún Laoghaire Chamber of Commerce, HSE, Institute of Art, Design + Technology, Dún Laoghaire (IADT), Go-Ahead Ireland, Irish Senior Citizen’s Parliament, Living Well with Dementia, Making Connections, Southside Partnership DLR, Southside Travellers Action Group and UCD.



*Mr. Frank Curran,
Chief Executive
Officer of
Dún Laoghaire-
Rathdown County
Council*

dlr Age Friendly Programme
Dún Laoghaire-Rathdown County Council,
Community, Cultural Services & Parks Department
County Hall, Marine Road, Dún Laoghaire,
Co Dublin, Ireland. A96 K6C9
Tel: 01 205 4893 Email: community@dlrcoco.ie
www.dlrcoco.ie



@AgeFriendlydlr

Printed using paper made from 100% recycled post-consumer waste certified to FSC standards. Please recycle after use.
Produced by dlr Age-Friendly Programme.

Photographs © Son Photographic Ltd Coalesce Ltd & Peter Cavanagh Photography

Foreword An Cathaoirleach, Councillor Jim O'Leary

Fáilte – Welcome to the 2025 dlr Age-Friendly Magazine, funded by Creative Ireland, Dún Laoghaire-Rathdown County Council and Healthy Ireland.

This is the fifth edition of our annual magazine, produced by the dlr Age-Friendly Programme and dlr Age-Friendly Alliance members organisations. The main theme of this year's magazine is **"Stay Connected – Health & Wellbeing"**.

The 2025 magazine is packed with information on services and programmes to encourage and support you to take part and enjoy the many social, cultural, creative, educational, leisure and fitness activities that are available across the county. There is advice on staying connected as well as creative writing, puzzles, local heritage and much more – all gathered together in this very valuable magazine.

We congratulate and thank the many groups, organisations and individuals who contributed content to this edition and previous editions of the dlr Age-Friendly Magazine and for offering wonderful service and supports to older people in dlr. We sincerely appreciate the huge role that you play in enhancing and supporting the wellbeing, health and happiness of many older people across dlr.

I hope that you will enjoy reading the 2025 dlr Age-Friendly Magazine and that you will find it useful, informative, inspiring and engaging and that it will help us all stay connected as we age.

Go dté sibh slán agus gach dea-ghuí,
Councillor Jim O'Leary



Welcome

Mary Ruane, A/Director of Community,
Cultural Services & Parks



We are delighted to present the fifth issue of the annual 2025 dlr Age-Friendly Magazine. The focus of this year's free publication is on raising awareness about the many activities, groups, organisations and events taking place in Dún Laoghaire-Rathdown that support **"Stay Connected - Health & Wellbeing"**.

I hope you enjoy this publication and that it will give you some insight into some of the many Age-Friendly activities taking place in dlr. There are numerous groups to join and activities to get involved with; an abundance of creative, cultural and community opportunities and events to experience; impressive parks, and sites to visit and explore on our doorstep; enriching history and heritage, many accessible life-long learning programmes as well as invaluable support provided by many services across the county – all of these helping us stay connected as we age and highlighted in this year's Age-Friendly Magazine.

This magazine has proven to be a very useful and much sought after publication for older people and their families, produced by the dlr Age-Friendly Programme.

For individuals, families and carers who are struggling with staying connected, I hope that this magazine will be of benefit and offer some support and guidance. We are extremely grateful to everyone who has contributed to this magazine and to Creative Ireland, Healthy Ireland and dlr County Council for the provision of funding. Please contact the Community Section of Dún Laoghaire-Rathdown County Council to learn more about the dlr Age-Friendly Programme and if we can support you in any way. We look forward to hearing from you

Tel: (01) 205 4893

Email: community@dlrcoco.ie.



dlr Age-Friendly Programme

The dlr Age-Friendly Programme, based in dlr County Council, is part of the National Age Friendly Ireland Programme. All 31 Local Authorities have dedicated Age-Friendly Programmes.

The Dún Laoghaire-Rathdown Age-Friendly Programme is working with many partners to improve the well-being and quality of life of older people in dlr and to prepare for the rapid ageing of our population. The work of the dlr Age-Friendly Programme includes:

- Collaborating across dlr County Council to provide walkable streets, age-friendly public realm, housing, community centres & transport options as well as age-friendly social, cultural, community, leisure, sports and physical activities and programmes.
- Co-operating with local community & volunteer groups and organisations, Active Retirement Associations, Men's Sheds, Women's Sheds, Older Persons groups, Nursing Homes and Day Care Centres as well as Southside Partnership, Family Resources Centres and older people's organisations in supporting older residents' needs.
- Providing information on resources and activities available in dlr through the dlr Age-Friendly Directory of Activities and Services; the dlr Age-Friendly Magazine, leaflets, information videos, publications etc. during the year.
- Support & administration for the dlr Older People's Council and dlr Age-Friendly Alliance
- Collaborating with the dlr County Council Local Enterprise Office in growing the dlr Age-Friendly Business Recognition Programme & supporting Age-Friendly Towns & Villages in dlr.
- Organising the annual dlr Festival of Inclusion, UN International Day of Older Persons events and collaborating on Bealtaine Festival, dlr Age Well Expo and other events during the year.
- Promoting Digital Inclusion and providing Funding to various Age-Friendly groups and projects in dlr.

dlr Older People's Council

The Dún Laoghaire-Rathdown Older People's Council (dlr OPC) was established as "Dún Laoghaire-Rathdown Network for Older People" in 2001. The dlr OPC is a representative group of and for older people, with over 40 members groups, clubs and associations across the county and is open to all non-commercial groups, organisations and individuals. It is committed to improving the quality of life for older people in the county.

The role of the dlr OPC is to:

- Identify priority areas of need and to speak with a unified authentic voice on matters of concern for older people in dlr,
- Inform and influence the decision-making process of the dlr Age-Friendly Alliance and dlr Age-Friendly Programme,
- Represent the diversity that exists among our ageing population in dlr,
- Participate in the National Network Committee of Older People's Councils.



Getting a little light reading done before dlr OPC Variety Show - looking at Age Friendly 2024 Magazine

Every year, the dlr Older People's Council run a small Transport Grant Scheme for its registered member groups to help cover the cost of transport during the year as well as arranging an annual event and AGM for its members groups. This year the dlr OPC held a Variety Show in the Royal Marine Hotel on

9th October 2024 which was opened by An Leas Chathoirleach Councillor Kazi Ahmed and was attended by over 200 people.

Member groups also receive regular updates on events, activities and funding opportunities and membership of the OPC is free of charge and open to all older people's groups, clubs, associations, Day Care Centres, Nursing Homes, designated older persons accommodation etc. located in dlr. The dlr OPC works in co-operation with and received funding from the dlr Age-Friendly Programme and is part of the national Age-Friendly Ireland Programme. The dlr OPC Committee meet on a bi-monthly basis in County Hall, Dún Laoghaire and from time to time, in the Dundrum area.

The dlr OPC have the support of a part-time Administrator, Sinead O'Sullivan and Sinead is located in the designated OPC Office located in 88 Inagh Court, Ballybrack. Open Times: Monday – Friday from 9 am – 12.30 pm

At this location photocopying and shredder services are available at a much-reduced rate to our members' groups.

Currently, the dlr Older People's Council Committee are looking for new members from the western side of the county who are committed to improving the quality of life of older people in dlr. Please support us as we continue our work to enhance the quality of life for older people living in Dún Laoghaire-Rathdown.

If your group is interested in registering with the dlr OPC and availing of the many supports available or if you would like more information on joining the dlr OPC committee, contact Sinead O'Sullivan

Administrator, dlr Older People's Council,
88 Inagh Court, Ballybrack, Glenageary,
Co Dublin, A96 H1F8

Tel: 01 282 2425

Email: dlrolderpeoplescouncil@gmail.com



Leas Chathaoirleach with dlr OPC members and cake

DLR Older People's Council Member Groups

Killiney/Shankill

Recycled Teenagers
Shankill ICA
Shankill Day Care Centre
Ballybrack ICA Guild
Ballybrack Ladies Club
Johnstown-Killiney ARA
Loughlinstown Over 50'S
Young at Heart Club
Women's Collective Ireland -DLR (SWAN)

Stillorgan

The Wednesday Club
Mount Merrion ARA
Cabinteely ARA

Blackrock

Blackrock-Monkstown ARA
Foxrock ARA

Glencullen/Sandyford

Ballyogan ARA
Southside Travellers Action Group (STAG)
Kilcross Ladies Club
St Olaf's Ladies Club
Sandyford ICA Guild

Dundrum

Balally Parish Hospitality Group
Ballinteer ARA
Brehon Community ARA
Dom Marmion Society
Dundrum-Windy Arbour Men's Shed
Dundrum Flower Club
Marlay Guild ICA
Rebel Aines
Hillview Resource Centre

*ARA= Active Retirement Association
ICA= Irish Countrywomen's Association-*

Dún Laoghaire

Sallynoggin Young at Art
Carraig Ladies Club
Dalkey Island Probus Club
Irish Senior Citizens Parliament
National Yacht Club Dún Laoghaire
Central Dún Laoghaire Senior Citizens
Dublin Central Missions Sheltered Housing
Dún Laoghaire Blackrock Senior Citizens Association

Dun Laoghaire Men's Shed
Kill O' the Grange ARA
Dún Laoghaire ARA
Dalkey ARA Shoots Club
Beaufort Day Care Centre

Creative Ireland dlr

Creative Ireland dlr is a fun and vibrant programme that seeks to engage dlr's communities in creative and cultural activity. The aim of the Creative Ireland Programme is to connect people, creativity and wellbeing. Creative Ireland is an all-of-Government culture and wellbeing programme that inspires and transforms people, places and communities through creativity.



*Katy Fitzpatrick,
Creative Communities
Engagement Officer dlr*

The Creative Ireland Programme was established as a legacy initiative in response to the hugely successful 2016 / 1916 Centenary commemorations. This unique programme enjoys the accolade of being the only programme of its kind in the world. It has been running in every local authority and across the country through national and cross border initiatives ever since.

Over the past 8 years dlr has been delivering a rich variety of programmes for and with the people of Dún Laoghaire, this has included a number of projects with older people. A lot of our projects take place in community and care settings, engaging with different groups over longer-term projects. An important part of the Creative Ireland Programme in dlr is collaboration, working with different teams across the Council and with lots of external partners, groups and organisations.

Here are some highlights from 2024:

Senior Crafts Showcase

In May 2024 through dlr's Age-Friendly Programme, we were thrilled to invite groups of local older crafts people to come together to showcase their creations. Taking place in the Studio Theatre, dlr LexIcon, we had over 350 attendees on the day. There were 18 Exhibitor Tables which included participants from the ICA [Irish Countrywomen's Association], knitting and crafting groups, STAG [Southside Travellers Action Group], Men's and Women's Sheds, art and ceramics groups, and adult education groups. The event enabled participants to share their creations, skills and knowledge with visitors on the day. It also gave an opportunity for older creatives to get to know each other and build and develop their community in dlr.



Music in the Moment

Music in the Moment was an engaging programme of live performances across Dún Laoghaire-Rathdown. It brought high quality music experiences to older people living in residential settings in the area, with the aim of having a positive impact on the lives of older people, including those living with dementia. From April to November five care settings enjoyed six performances with and for their residents and wider communities. Feedback from care home staff included *“It was a very positive experience that benefitted the residents – moods were lifted and they were smiling. They all really enjoyed the music and the interaction”*.



Let's Get Social dlr

Let's Get Social seeks to connect people across dlr with the aim to enhance wellbeing and creativity. There are 4 projects running under this programme, these are:

- Libraries and Community Creative Café workshops with Southside Partnerships Social Prescribing for Health and Wellbeing team, taking place in library and community settings.
- The Libraries, Age-Friendly and Global Brain Health Institute Creative Brainwaves talks and workshop series which explores how the creative arts can improve brain health with contributions from neuroscientists, researchers and creative artists.
- Two new dance and drumming projects in the Dundrum area with dlr's Age-Friendly Programme and Local Authority Integration Team.
- Arts Office training for artists and healthcare workers in the specialised area of creativity in healthcare contexts and in particular working with those living with dementia.



Let's Get Social dlr

making creative connections and
inspiring inclusivity across the county

Creative
Health & Wellbeing



Rialtas Áitiúil Éireann
Local Government Ireland



Clár Éire Ildánach
Creative Ireland
Programme



Dún Laoghaire-Rathdown County Council

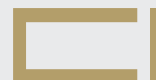
dlrcoco.ie

The dlr Creative Ireland Programme also helps fund this magazine, hoping to bring creative ideas and information on creative opportunities to its older population.

If you are interested in finding out about how you can take part in any of our Let's Get Social events and projects, or any other 2025 events, please do get in touch creativeireland@dlrcoco.ie or go to www.creativeireland.gov.ie/en/dun-laoghaire-rathdown/

We hope to see you at a Creative Ireland event in 2025!

Clár Éire Ildánach
Creative Ireland
Programme



2025 will be another busy year as we open a brand-new Library in Ballyogan, continue the building of the new Stillorgan Library and celebrate the 10th anniversary of dlr LexIcon's opening in the heart of Dún Laoghaire.



We look forward to welcoming you to Ballyogan library in the Samuel Beckett Centre, D18 HT72. The new library is bright and spacious, comprising 1,300 square metres over two floors, accessible by a lift, and includes an outdoor area. The library will cater to adults, children and young people, with a dedicated Teen area, Cubbie sensory hub and events room. There are lots of study spaces, free Internet and Wifi, PCs, printing, copying and scanning facilities. There are nice seating areas to sit and relax with a book, so do please drop by and see the new facility. We have taken lots of feedback on board, but we are always delighted to hear from you about how you feel about our library services.

On our website you can browse national and international newspapers or read magazines/comics. You can learn a language, do an online course with Universal Class, watch a film on Kanopy or listen to music through Freegal and Medici. You just need your library card number and your PIN, and it's all free!

For 2025, we will continue to support national initiatives around literacy, creativity and Healthy Ireland at your Library initiative. One of our aims is to continue to make our libraries places of reading discovery for readers of all ages.

If it's been a while since you visited your local dlr Library, we would love to welcome you to our library spaces in 2025. Read on to find out more about some of our collections, services and resources. There really is something for everyone!



As well as books, dlr Libraries also stock large-print books, audio books, music CDs, DVDs, daily newspapers and a wide variety of magazines. Free Internet access and Wi-Fi is available in all branches. Black and white or colour photocopying, scanning, and printing are available for a small charge. You can print from the library computers but also directly from your laptop, tablet, smartphone, or remotely from your computer at home.

All dlr Libraries are accessible buildings, and are welcoming, inclusive community spaces. Libraries are free to join with no charge to borrow books, and no charge on overdue items. All library authorities in Ireland are connected and share a national catalogue. This means if you would like an item from a different county, it is possible to have it sent to your local library for collection.



"The only thing that you absolutely have to know, is the location of the library."

Albert Einstein (1879-1955. Theoretical physicist)

Local Studies Collection

The Local History collection is housed on Level 5, dlr LexIcon, Dún Laoghaire. This resource is invaluable for anyone who is interested in learning more about the history of the county. Among the many items are books, periodicals, newspapers and maps. Access to the Local Studies Collection is currently available by appointment only. To make an appointment, please email localhistory@dlrcoco.ie or phone (01) 204 7219.

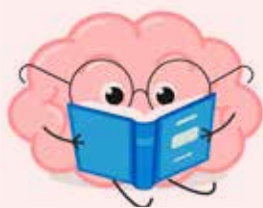
"Nothing is pleasanter than exploring a library"

*Walter Savage Landor (1775-1864.
English writer and poet)*

The Joy & Benefits of Reading

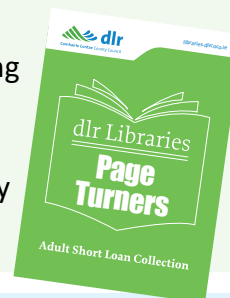
Anyone who has ever picked up a book and become completely lost in it, will know the joy and pleasure reading brings. Reading can make us feel a range of emotions; from happiness and surprise to sadness, fear and anger, all of which helps us to build our resilience and ability to deal with difficult situations. Scientists have found a link between reading and longevity as reading keeps our brains active and promotes mental and emotional fitness while enhancing critical thinking skills and creativity. Research also shows that regular reading can lower blood pressure, reduce stress, release endorphins and improve sleep quality. Reading a book broadens our vocabulary, boosts our knowledge and stimulates our imagination, helping us to develop empathy and connect with people as we learn about other cultures and experiences through storytelling.

So what are you waiting for? If you don't already have a library card, call in to your local dlr Library and prescribe yourself some cognitive, physical and emotional well-being!



Short Loan Collections

Our short loan collections, **dlr Page Turners** for adults, and **Rapid Reads** for children, are now available in each of our libraries. These collections consist of multiple copies of popular, must-have books which library users can access without the need to reserve ahead of time. You can borrow each title for 10 days, rather than the usual 3 weeks, offering a speedier turnover for readers. These books can't be reserved or renewed so there are no long waiting lists. The collections are updated regularly with popular titles. Chat to library staff to find out more!



BOOK CLUBS

Did you know that dlr Libraries currently have a total of 21 Book Clubs in operation; 19 in-person and 2 online? So, if you feel like starting a new book-related activity, why not contact your local dlr Library and see what's on offer to suit you? If you are already a member of a book group, read on to find out more about our Book Sets.

Looking for some reading ideas? Here are the top 10 adult and children's fiction titles borrowed from dlr Libraries in 2024:

Top 10 Adult Fiction titles

1	The Secret	Lee and Andrew Child
2	Strange Sally Diamond	Liz Nugent
3	It Starts With Us	Colleen Hoover
4	The Lighthouse Secret	Carmel Harrington
5	The Mystery Guest	Nita Prose
6	The Last Devil to Die	Richard Osman
7	Resurrection Walk	Michael Connelly
8	So Late in the Day	Claire Keegan
9	The Trap	Catherine Ryan Howard
10	Three Little Birds	Sam Blake

Top 10 Young Adult Fiction titles

1	The Final Gambit	Jannifer Lynn Barnes
2	Declaration of the Rights of Boys and Girls	Elisabeth Bami
3	K-Pop Confidential	Stephen Lee
4	The Boy Next Door	Jenny Ireland
5	The Odd 1s Out: how to be cool and other things I definitely learned from growing up	Robert James Rallison
6	The Screaming Staircase	Jonathan Stroud
7	Yona of the Dawn: Vol. 18	Mizuho Kusanagi
8	Always the almost	Edward Underhill
9	Braids Take a Day	Zainab Boladale
10	Caraval	Stephanie Garber

Top 10 Junior Fiction titles

- 1 **Dog Man**
- 2 **Looshkin: The Maddest Cat in the World**
- 3 **Dog Man Unleashed**
- 4 **Investigators**
- 5 **Bunny Vs Monkey: Rise of the Maniacal Badger**
- 6 **Big Nate : the gerbil ate my homework**
- 7 **Big Nate : Beware of Low-flying Corn Muffins**
- 8 **Bunny vs Monkey and the Supersonic Aye-aye**
- 9 **Investigators: Take the Plunge**
- 10 **Dog Man : Mothering Heights**

Dav Pilkey
Jamie Smart
Dav Pilkey
John Patrick Green
Jamie Smart
Lincoln Peirce
Lincoln Peirce
Jamie Smart
John Patrick Green
Dav Pilkey

*"I have always
imagined that
Paradise
will be a kind of a
Library."*

*Jorge Luis Borges (1899-
1986. Argentine writer)*

Book Sets

dlr Libraries maintain a large collection of book sets for schools, reading groups and book clubs. They have been divided into an Adult Book Club set list, plus Classroom Sets for Primary and Secondary Schools. If you're interested in starting a book club amongst your friends or you are a teacher looking to borrow a set for your class, visit our website for a list of available titles. To enquire about availability of any of our sets, or to reserve them, email librarybib@dlrcoco.ie.



Reader Pens



Other resources for ease of reading include Reader Pens which are still available both in the branch and for loan. You can run the pen over any text in order to have it read aloud. You could also try the translation function, to help you learn another language! With the built-in dictionary, you can also get definitions of particular words that make it easier to understand the text. The Reader Pens can read English, French, and Spanish. As well as pens for individual loans, we have a number of pens available for block loan to schools

Adult Literacy

If you or someone you know has difficulty with letters or numbers, each of our libraries has a collection of books to help you gain more confidence with reading, writing and maths. We're also actively working with organisations like NALA [National Adult Literacy Agency] and the local ETB [Education and Training Board] to provide information, events and activities for you in addition to training our staff to be better informed and better able to help you in your literacy journey.

In 2025, our event programmes will include workshops on financial literacy – learning more about banking, household budgeting along with media literacy – learning more about how to evaluate and question the information we get to ensure we are not being manipulated with misinformation.



within the County during the academic year. Please note, Reader Pens must be borrowed from and returned directly to a dlr Library. The loan period is 8 weeks. If you are interested in borrowing a Reader Pen please email libraryculture@dlrcoco.ie

Borrow a laptop in your local dlr Library

We have laptops available for lending in each branch which may be borrowed by adult library members on a first come, first served basis. Laptops can be borrowed for 3 hours and are for use within the library building. So, if you want to try out a laptop, or need to use one for a few hours, just ask a member of staff. All laptops have Microsoft Office and other basic applications installed so you can work on documents, access your email, or simply browse the Web. Regular 'desktop' computers are also available for use in each branch, and all libraries have printing, photocopying, and scanning facilities available.



Borrow a Hublet in your local dlr Library

Hublets are tablets which can be borrowed on a self-service basis for use within the library building and are currently available in dlr LexIcon, Blackrock and Dalkey libraries. With dozens of pre-installed apps and web browsers available, you can relax with an e-Book, browse the web, check your email, or bring a set of headphones to stream your favourite music and TV. You will need a valid adult library card to borrow one of these handy devices, but both adult and junior profiles are available. Simply scan your card at the docking station, enter your PIN, and take a Hublet for a loan period of up to two hours.



Borrow an ACORN tablet to take home

Acorn tablets are similarly available to borrow; these are particularly age friendly devices that come with support both from the company (Origin Healthcare), and also library staff, who are available as always to help navigate use of them. Book a one-on-one informal session in any dlr library local to you.

The ACORN tablet was designed with user-friendly, easy-to-use technology, aimed at older people with limited computer or smart device experience.

The home screen is clear and easy to navigate with four main options:

- Calendar – to help you keep track of appointments, birthdays or social events
- Explore – providing access to websites and apps
- Talk – allowing you to make calls and send/receive messages and emails
- Camera – a two-way camera with options for photographs to be stored and shared

We have now shared curated content with the developer Origin Care Group, on misinformation, media literacy, and tips on how to protect yourself and avoid financial scams.



"Librarians are our guides for all of knowledge."

Patrick Ness

(b. 1971. British-American author, journalist, lecturer, and screenwriter)

Libraries' Events Programme



Ciara Jones,
*Senior Executive
Librarian*

In 2024, we programmed over 2,700 events across our network of libraries which were attended by 50,000 people. We always endeavour to provide our audiences with accessible, inclusive and sustainable events, both in-person and online, live and recorded. This allows us to offer a varied and vibrant programme of events suiting

a variety of tastes and interests, based on the feedback you continue to give us.

In 2025, we will expand our events programme even further with the addition of our new library space in Ballyogan. We'll also celebrate the Book and the joy of reading, through our Readers' Days, our book collections, book clubs and other book-led event programming. We will continue to record a selection of our events, to build on our collection of podcasts, to have a permanent archive of events available for you to listen back to, at the touch of a button. To listen back to these events, go to our website libraries.dlrcoco.ie and search Podcast

Creative Brainwaves on Brain Health: Listen Back

In 2024, dlr Libraries, the Arts Office, dlr Age-Friendly Programme and Creative Ireland were delighted to partner again with Global Brain Health Initiative (GBHI) for two series of engaging and uplifting talks that examine and explore the connection between the creative arts and brain health. These talks and workshops featured neuroscientists, researchers and creative artists, all working to improve brain health. These sessions were recorded and are now available as podcasts on our website. To listen back to these fascinating sessions, go to our website libraries.dlrcoco.ie and search Podcast. We will be programming further events with GBHI in 2025.



Virtual Reality Kits

We have also invested in Rendever virtual reality kits. Rendever are an American company interested in older persons' health & well-being. Their award winning kit with virtual reality headsets and content creates shared experiences for the senior age cohort, where the group can be transported into a shared immersive experience anywhere in the world! Try diving with dolphins, flying in a hot air balloon or racing in Grand Prix style without leaving the comfort of your chair! Rendever has developed customised reminiscence therapy tools, allowing people to revisit their past, travelling via 3d google maps to old haunts, rekindling old connections and creating new via the shared experience with the group. If you or your group would like to visit the library to try it out, contact libraryit@dlrcoco.ie for more information.

Craft & Hobby Groups in dlr Libraries

Why not keep busy, get creative or try something new by joining one of our library clubs or groups this year? We have everything from Scrabble and Craft Circles to Language Exchanges and Film Clubs. These sessions are a fantastic way to meet new people while acquiring a new skill, so contact your local dlr Library to find out what's on for you.



Services for those with additional needs



We continue to try and make your library services and spaces more accessible, especially for those with additional needs.

Some services to make you aware of:

- Quiet evenings in Cabinteely, Dalkey, Dundrum and Stillorgan Libraries
- Bookable Cubbies (immersive sensory spaces) in Ballyogan Library and dlr Lexlcon, that help regulate sensory stress through tailor-made programmes.
- Bookable Quiet Room in Deansgrange Library
- Sensory boxes available in each dlr Library
- ASC collection [Accessible Services Collection] which includes toys, equipment for those with additional and/or sensory needs, including See and Learn Kits for those with Down Syndrome. To borrow items from this collection, email libraryculture@dlrcoco.ie to check availability. Requested items will be sent to your nearest dlr Library for collection
- Reader Pens for those with dyslexia, literacy issues or a visual impairment
- Inclusive events programming and events specifically programmed for those with additional needs

For enquiries and to join our mailing list, email: libraryculture@dlrcoco.ie



ScanEZ

dlr Libraries launched the ScanEZ service in 2024, available at three of our libraries - dlr Lexlcon, Blackrock & Dundrum. ScanEZ is a multi-functional device which can be used for high-speed scanning of documents, restoring old photos and faded documents, scanning hand-written documents and converting to Word format, as well as translation services, with over 100 languages available. You can then edit, print, save or email your newly created documents. The system has a multi-lingual interface and includes accessibility features for visually impaired users including screen narration. For more information, drop into one of the three libraries and find out more from staff.



"What in the world would we do without our libraries?"

*Katharine Hepburn
(1907-2003. American actress)*

Musical Memories Choir

The Musical Memories choir is delighted to be returning to Deansgrange Library in 2025. In association with Newpark Academy of Music, this choir is aimed at older people, specifically welcoming to people affected by dementia and their family carers. Led by a professional choral director, Musical Memories will take place every Thursday from

11.00am – 12.00pm. For more information, contact Newpark Academy of Music via email: enquiries@newparkmusic.ie or Tel (01) 288 3740



dlr Libraries



Magic Tables - Tovertafels

dlr Libraries have three Tovertafels (Magic Tables), one each in dlr Lexlcon, Deansgrange and Dalkey Libraries. The Magic Tables consist of a series of interactive games projected onto a flat surface. The images respond to hand and arm movements, allowing users to play with light. Designed originally for those with dementia, the Tovertafels now include programmes for adults with intellectual disabilities and for children/young people with additional needs. Tovertafels are playful, interactive light projections that entice children, adults, and older people to get moving and have fun together. Individuals or organisations wishing to book the Tables should contact the relevant library for further information.

Home Energy Saving Kits

As we all become more energy-conscious, whether it be from a climate or money-saving perspective, these useful kits will help you identify possible problem areas such as poorly insulated walls and appliances that are driving up electricity bills. These kits contain five practical energy-saving tools which allow you to carry out a mini energy audit of your home and find the easiest and most important areas to save energy. The kits are supplied in partnership with CODEMA and are available to borrow from all dlr Libraries. Please note there is a short waiting list for the kits, but you can also borrow some items individually including thermal leak detectors and plug-in energy monitors. If you are interested in borrowing one of these items, please talk to staff in your local dlr Library.



Vision Aids and Looky Book Pro

We have recently launched the dlr Vision aid packs including reading glasses available to borrow, for use in all branches. Strengths available range from +1.5, +2, +2.5, to +3. Also available in the packs are magnification sheets in A4, or mini sizes, and reading overlays in various colours. Many readers find that certain text formats make reading uncomfortable. Coloured page overlays can help reduce visual stress. Library users will be able to avail themselves of these items free of charge for the duration of their library visit.

Additionally, Looky Book Pro electronic magnifiers are available in Cabinteely, Dundrum, Deansgrange, Lexlcon and Shankill Libraries. These portable magnification devices can be used to enlarge text while also offering a choice of background colours and a read-aloud function. These can help users with visual impairment read or listen to their favourite books, magazines, or newspapers, while visiting the branch.



My Open Library

This service is currently available in Deansgrange and Dalkey Libraries. My Open Library (MOL) allows library members access to the Library space and some services outside of staffed hours, from 8am to 10pm, 7 days a week, 365 days a year. Now you can browse our collection of books, magazines and newspapers, access study spaces, Wi-Fi and internet PCs, or do some printing or photocopying at a time that suits you.

To avail of this particular service, you must first call in and register with staff in Deansgrange or Dalkey Libraries.



dlr Libraries: **Our resources and services**

To find out more about our Clubs and Groups, our ASC [Accessible Services Collection], Reader Pens, Vision Aids, Acorn Tablets, Home Energy Saving Kits, Book Sets and all our online resources, call in and chat to a member of staff, visit our website at libraries.dlrcoco.ie, sign up for our fortnightly ebulletin on our website, and follow us on social media.



Contact us:

Ballyogan Library

Tel: 01 204 7222

Email: ballyoganlib@dlrcoco.ie

Blackrock Library

Tel: 01 204 7215

Email: blackrocklib@dlrcoco.ie

Cabinteely Library

Tel: 01 204 7216

Email: cabinteelylib@dlrcoco.ie

Dalkey Library

Tel: 01 204 7217

Email: dalkeylib@dlrcoco.ie

Deansgrange Library

Tel: 01 204 7218

Email: deansgrangelib@dlrcoco.ie

dlr LexIcon

Tel: 01 204 7219

Email: dlrlexiconlib@dlrcoco.ie

Dundrum Library

Tel: 01 204 7220

Email: dundrumlib@dlrcoco.ie

Shankill Library

Tel: 01 204 7224

Email: shankilllib@dlrcoco.ie

Stillorgan Library

Tel: 01 204 7225

Email: stillorganlib@dlrcoco.ie

Cuairt agus Cultúr Programme

Artists and Wellbeing Facilitators in Residential Care Settings and Day Centres

Since 2018, dlr Arts Office and dlr Libraries have collaborated on an arts and culture programme with residential care settings in the County. In 2023, the dlr Age Friendly Programme joined the programme and we expanded to include Day Services for older people. Partly funded by the HSE as part of the dlr Arts and Health Programme.

The Cuairt agus Cultúr Programme funds artists and wellbeing facilitators and therapists to explore and



enjoy creativity and wellbeing together with older people in residential care and day centres. This includes visual art, music, storytelling, dance, creative writing and wellbeing therapies.

The programme aims to deepen the value and impact of arts and wellbeing in care settings.

For more information on how to get involved in the programme please email cagusc@dlrcoco.ie or phone Arts Office 01 236 2759 or Libraries 01 236 2700



Creative Writing

by Breandán Ó Conaire,
Éigse © 1974

BUDRAGÁR

Is mise ‘Pavarotti’,
Is budragár mé,
Cloistear mé ag canadh
Ag fáinne an lae.

Ó bím ag caoineadh
De ló is d’óiche,
De bharr bheith saite
Sa chás seo, choíche!

Ag feadaíl a bhíonn m’úinéir
Is do mo phógadh a bhíonn sé
Lena liopaí móra –
Ní maith liom é!

Feicim éin fhiáine,
Bíonn frustrachas orm,
Dá bharr bainim cleití
De mo bhrollach gorm.

Teastaíonn saoirse uaim,
Ba cheart dom bheith saor,
Ag foluain thart
Thuas sa spéir.

Susan

BUDGIE

I’m ‘Pavarotti’,
I’m a budgie,
I’m heard singing
At the dawning of the day.

Oh I cry
By day and night,
Due to being absorbed
In this case, forever!

My owner is whistling
It’s for my kissing
With her big lips –
I don’t like it!

I see wild birds,
I get frustrated,
As a result I remove
feathers
Of my blue chest.
I need freedom,
I should be free,
Soaring around
Above in the sky.

Susan

dlr Arts Office

We offer a range of supports and services for people of all ages and interests in arts and culture. From working with early childhood services to supporting projects in residential care settings for older people. Our Arts in Health Programme, supported by the HSE, supports a wide range of activities with local services in care settings, community groups and aims to reduce social isolation and improve wellbeing for all involved.

We send an e-bulletin every two weeks by email to let people know what events, projects and supports are coming up. Another great place to get up to date information is to follow us on social media, we are on Facebook and Instagram.

For more information on any of our programme please phone 01 236 2759 or email arts@dlrcoco.ie

Sign up to our ebulletin if you don't already; www.dlrcoco.ie/arts

Visit the Gallery and join in our Gallery Learning Programme

dlr Arts Office manages the Gallery on Level 3, dlr LexIcon. We offer a range of talks, workshops, tours and other events as part of our Gallery Learning Programme, available for all ages. The emphasis is on exploring together as we all try new things out.

Give it a go! No experience necessary to join in on any of these activities.

See our website www.dlrcoco.ie/arts for more information and booking or ring us to find out what's coming up.

Arts Activities and Gallery Tours for Brain Health

Enjoy a seated, informal tour of our exhibitions, a cup of tea and a chance to chat and meet new people. These tours are designed for anyone who is interested in promoting their brain health, anyone who notices changes in their memory and anyone living with dementia.

Artists trained to support people living with dementia will facilitate these sessions to ensure an inclusive experience.

We also host a range of other arts inclusive events and projects. Examples include live music in the Gallery and creative workshops in care settings across the County.

If you are booking a group from a residential/day care setting, we will arrange tours/workshops at a time and date that suits your needs. We can also deliver an online experience if that suits the needs of participants best.

These tours and activities are free and funded by the HSE/dlr County Council Arts and Health Partnership and supported by the Azure network.

To book or for further information please ring Máire or Pia on (01) 236 2759 or email artbookings@dlrcoco.ie.

dlr Community Art Grants and Arts Access for Older People

Did you know that we fund **Community Arts Grants** and **Arts Access Grants for Older People** as part of the dlr Grants Scheme. These are available to support local arts activities and projects with services and community groups throughout the County. For help or advice on these two grants please contact Máire in the Arts Office. Email: mdavey@dlrcoco.ie or by phone (01) 236 2756.

‘Yellow Days’ a new collection of poetry by the Harbour Poets

Dún Laoghaire-Rathdown County Council and the HSE’s Memory Harbour service are delighted to announce the launch of ‘Yellow Days’ a new poetry pamphlet by the Harbour Poets. The Memory Harbour is part of a national network of HSE Memory Technology Resource Rooms (MTRRs). These are assistive technology and memory enablement demonstration sites where people with memory concerns or dementia and their families, when referred, can meet with an Occupational Therapist for a consultation.

Through this project, the poets navigated the brain health challenges of planning, organising, meeting new people as well as challenging their language skills to reflect and write this fantastic collection of poetry. They came together with poet Grace Wilentz and Catherine Daly, Senior Occupational Therapist to create this collection of poetry.

Here’s a sample of poems from the collection, if you are interested in receiving a copy of ‘Yellow Days’ or would like more information about this project, please contact the Arts Office.



Bring home the blackberries

Bring home the blackberries,
she said, to make a shortcrust pie.
And here I sit on the ground,
my body in whirl
just about to cry.
Of course I had to climb the cliff
to pick the huge ones at the top.
Now here I am,
blackberries strewn around,
landing with a big plop,
hearing my mother’s voice say
A bird in the hand is worth two in the bush.
(Harriet)



Yellow

As the sun was rising over the sea
yellow turning gradually to orange
shining on the yellow sail of my boat
and reflecting yellow onto the blue sea,
I thought how lucky I was
to be able to enjoy my time sailing
my yellow boat on the blue sea!
(Roger)

Harbour Friends Programme supporting people with Younger Onset Dementia to live well

There are 24 HSE Memory Technology Resource Rooms (MTRRs) across the country providing Occupational Therapy Services to people affected by memory issues and dementia. The Memory Harbour in Clonskeagh is part of this network of MTRRs, supporting people affected by Younger Onset Dementia to live well through their Harbour Friends Programme. It is here that Catherine Daly and Gillian Dullea, Senior Occupational Therapists, HSE Primary Care have co-created a support programme with the help of their service users.

Catherine Daly, HSE Dublin South and Wicklow, recalls “the Harbour Friends Programme came about two years ago, and it started with a conversation that Gillian and I had. On both our caseloads we had a number of people who were affected by younger onset dementia. What they were telling us was that they wanted to be together, and they wanted to gain that peer support from sitting with somebody else who was also affected”.

Gillian Dullea, HSE Dublin South and Wicklow adds “so we designed a two hour programme for six weeks. The main things that we designed there was to have a social component so that people come in and have the chat over a cup of tea or coffee, and just kind of get to know each other in a relaxed setting”.

The service users were involved in designing the programme and their feedback helped to shape the delivery of the programme. Padraig Boland, member of the Harbour Friends Programme says “I love coming here. I’ve spent lots of time here and lots of happy time here with all the people. And it’s just that whole thing, about people who are there are people who care, and people who do the best they can for everyone around them. And actually, it’s one of the highlights of my week”. David Finucane, another service user agrees, “I have been diagnosed with Alzheimer’s. I was anxious initially coming here, but everyone here has such a positive attitude. Not only that, they are obviously very caring people”.



Gillian Dullea notes that “one of the huge things that came out of the co-creation process is that people wanted information on brain health. So we would have explored different activities through our time here and just advise them on what they could be doing at home, or how they could adapt things to suit their needs”.

The programme is sponsored by HSE Health and Wellbeing, HSE Dublin South and Wicklow. Frances Joyce, Health Promotion and Improvement Officer says “we’re delighted to be involved in the project. And this collaboration at Memory Harbour has meant that we’ve added value to the services and the community for those who have younger onset dementia and their families”. Gillian Dullea highlights another importance aspect of the programme, adding that “when people come in here they have families or partners or friends, who are supporting them. So one of our main roles as the Occupational Therapist, would also be to link back with them”.

Family members can attest to the value of the programme. Michele Cannon, whose husband attends the Harbour Friends Programme, says “because Vincent was so young when he got it, he was 60, so to find somewhere that he had his own age group and that he was comfortable, for us, this is like a lifeline”. Shauna Kavanagh, whose mother Deirdre also attends agrees. She says “I think the Harbour Friends Programme is the first place that Mum met other people here living with younger onset dementia. And having the right support in place, you know, it really makes a difference in my mum’s life and my life”.

For more information about a Memory Technology Resource Room in your area, search “HSE Dementia Support” or visit www.understandtogether.ie/get-support/memory-technology-resource-rooms

Living Well - A Programme for Adults with Long-term Health Conditions



What is covered each week?

Week 1	<ul style="list-style-type: none">• Using your mind to manage symptoms• Fatigue and getting a good night's sleep• Introduction to action plans
Week 2	<ul style="list-style-type: none">• Dealing with difficult emotions• Physical activity, exercise, preventing falls
Week 3	<ul style="list-style-type: none">• Decision making• Pain management• Healthy eating
Week 4	<ul style="list-style-type: none">• Better breathing• Reading food labels• Communication skills
Week 5	<ul style="list-style-type: none">• Medication management• Positive thinking, dealing with low mood and feelings of depression
Week 6	<ul style="list-style-type: none">• Making informed treatment decisions• Planning for the future

Living Well – A Programme for Adults with Long-term Health Conditions

Are you living with a long-term health condition such as asthma, COPD, diabetes, cardiovascular disease, arthritis, multiple sclerosis, stroke or other? If so, you may be interested in attending the **HSE Living Well Programme for Adults with Long-term Health Conditions**. This **Free** Chronic Disease Group Self Management Programme supports people to develop the practical skills and confidence to live well with their condition.

The **Living Well Programme** is for adults aged 18 years and over. It is delivered over 6 weekly workshops, each lasting 2.5 hours. Two trained Leaders deliver the workshops. At least one of them will have a long-term health condition themselves so they truly understand the challenges of living with a health condition. The workshops are very relaxed and friendly, with people sharing experiences and learning from each other.

The **Living Well Programme** is delivered online and in person in various locations across Dublin South and Wicklow. Support is given to get online if required.

What do people say about the Living Well Programme?

'Not only did sharing problems with others help enormously, but the course and the accompanying book are packed with tips and information on my specific condition and guidance that anyone would benefit from receiving.' 'I feel more informed and empowered facing into a difficult phase of my life. The programme has given me skills to help me to stay mobile & well, facing into the future'

'This 6 week course encourages us to take a more positive view of our lives, and look forward to better health'

'The sharing was often very enlightening and I learnt a good deal from hearing what the other participants had to say'



To find out more and to enroll, people should contact our Living Well Coordinator, Triona McNamee, on 087 405 3880 or email LivingWellCHEast@hse.ie.

Also check out www.hse.ie/LivingWell and listen to our podcast available on the HSE Health & Wellbeing YouTube channel: <https://youtu.be/Jd9TXot-PzA>



PROGRAMME SCHEDULE 2025				
Start	End	Day x 6	Time	Venue
06/05/2025	10/06/2025	Tuesdays	9:30am - 12pm	Bray Primary Care Centre
07/05/2025	11/06/2025	Wednesdays	10:30am – 1pm	Shankill Primary Care Centre
08/09/2025	13/10/2025	Mondays	10am – 12:30pm	Dun Laoghaire Primary Care Centre
10/09/2025	15/10/2025	Wednesdays	10:30am - 1pm	Bray Primary Care Centre

If you are living with a long-term health condition, this TIPS BOOKLET is for you.

In Ireland almost 2/3 of adults over the age of 65 years have two or more chronic or long-term health conditions. If you have a long-term health condition, you can learn how to manage it and to live well with it. This is called self-management. Self-management refers to the tasks that a person with a long-term health condition does every day to manage their health. It includes all the actions taken by the person to recognise, treat and manage their own health condition. It happens in partnership with their healthcare providers. Research shows that people feel more confident and engaged when they are empowered to self-manage thereby making it key to person-centred care.

The HSE Self-management Support Coordinators have created a resource designed to support people living with chronic or long-term health conditions to self-manage. 'Tips for Self-Managing your Health when Living with a Long-term Health Condition' is a practical booklet which explains self-management, its benefits and where people can get more information and support. The booklet covers key self-management topics including the following:

- learning about your condition
- getting the most from your appointments

- medication management and the importance of keeping a medicine list
- being as healthy as you can be
- looking after your mental health
- setting SMART self-management goals and action planning to achieve these goals.

The booklet is available to download on bit.ly/HSEHealthConditionTips
Printed copies can be ordered from your local HSE Self Management Support Coordinator, Mary Gowing, on mary.gowing@hse.ie

For more information on Self-management Support go to www.hse.ie/selfmanagementsupport. The booklet also includes information about the Living Well Programme for Adults with Long-term Health Conditions. The Free 6 week programme supports people to develop the practical skills and confidence to self-manage their health. See www.hse.ie/LivingWell for more information or contact Triona McNamee on 087 405 3880 or email LivingWellCHEast@hse.ie for details of programmes in this area.



PPN@10 – Dún Laoghaire-Rathdown Public Participation Network Celebrates A Decade of Participation

Can you believe it's been 10 years since PPNs were established? We were delighted to celebrate this important milestone during the Autumn Plenary Network Meeting, which took place in November 2024 in the Assembly Hall. More than 80 members and guests joined the DLR PPN Secretariat and Staff for an evening of looking back and looking forward on a decade of public participation in Dun Laoghaire Rathdown.

We were honoured to welcome An Cathaoirleach, Councillor Jim O'Leary, as well as Frank Curran, the dlr County Council Chief Executive Officer and Mary Ruane, Chief Officer of DLR LCDC/Senior Executive Officer, Community and Cultural Services and Parks Department among the special guests.

After the few opening addresses from our distinguished guests, current and former PPN Representatives shared their experience as part of a panel discussion aptly moderated by Aileen Eglinton, DLR PPN Secretariat Member. The members of the panel were: Pierrot Ngadi (Congolese Anti-Poverty Network), Diarmuid McAree (Crann Trees for Ireland), Kay Gleeson (Sandycove and Glasthule Residents Association) and Tony McCarthy Active Retirement.

The evening concluded with a special recognition of four PPN members whose longstanding contribution has been instrumental in the success of the DLR PPN: Kay Gleeson, Aileen Eglinton, Tony and Margaret McCarthy.

A special thank you goes to the PPN Representatives and Secretariat members, all volunteers whose participation, dedication and work for their community makes DLR PPN one of the strongest and high performing PPNs in the country. Here's to 10 more years of Public Participation!

About DLR PPN:

The Dún Laoghaire-Rathdown Public Participation is the independent network of more than 630 community, voluntary, social inclusion and environmental organisations, active in the Dún Laoghaire-Rathdown County area.

DLR PPN provides training for groups right across the county in key areas such as digital upskilling, grant writing, governance, and climate action awareness, as well as publishing regular newsletters on community activities, events and consultations taking place in dlr. DLR PPN acts as a conduit for key citizen information to be imparted, as well as having a role in DLR's Community Integration Forum, Age Friendly DLR and more.

Key contact:

To find out more and to register your community group with dlr PPN, contact the DLR PPN Team.

E: enquiries@dlrppn.ie

W: www.dlrppn.ie



About us

Volunteering is about choosing to give some of your time to benefit your community or society. In Dún Laoghaire Rathdown Volunteer Centre, our mission is to promote the value of volunteering and to increase the range and quality of opportunities in our county.

Why Volunteer?

Social connections can positively impact people's health, both mentally and physically, and help meet our need for belonging and support.

Volunteering allows people to stay connected and to grow new connections while supporting causes which are meaningful to them.

Some thoughts our Volunteers shared recently:

"Volunteering fosters personal growth by exposing one to new perspectives, cultures, and life experiences."

"It's inclusive and broadens my life experiences"

"Gives me a renewed sense of purpose in life"

Ways to Volunteer:

Whether you are interested in sharing your knowledge and skills or learning new ones there are a wide range of opportunities available from a variety of organisations. Depending on your situation you might choose to volunteer at once off events or on a weekly/monthly basis, it's your choice.

Or you might consider joining our Community Volunteers programme which allows volunteers to volunteer at events or in response to an emergency or urgent community need depending on their availability. DLR Community Volunteers were

busy over the past year, supporting at events including the bi-annual clean-ups of the Booterstown Nature Reserve, delivery of DLRCC Age Friendly Magazines, DLRCC Big Sing and the DLR Sports Partnership Santa Dash. This programme is ideally suited to people who want to meet new people and get involved in different kinds of events, a lovely way to make a difference in the community.



If this is of interest, please contact us by calling on 01 441 4444 or emailing to placement@volunteerdrlr.ie. You can also find more details on our website at www.volunteerdrlr.ie

Dún Laoghaire Rathdown Volunteer Centre is a company limited by guarantee and with Charity Status (CRO 443866 /CHY 17883 / Charity Registration Number 20067441). The Volunteer Centre is funded by:



Rialtas na hÉireann
Government of Ireland





Day Centres in Dún Laoghaire-Rathdown Social activity day centres for older adults

Ailt an Óir – Glenageary

Upper Glenageary Road, Dún Laoghaire, A96 W7W9
Tel: 01 284 4066

Email: info@dublincentralmission.ie

Clients need a referral from their public health nurse, allied health care professional or G.P. Hot lunch & activities provided and there is a cost for this service.

Opening Hours: Monday to Friday 10.30am - 3.30pm

Beaufort Day Centre

Beaufort, Glasthule Road, Sandycove, Glasthule, Co. Dublin, A96 X8N7

Tel: 01 280 9720 or 087 359 1509

Email: manager@beaufortdaycentre.ie

Service is Primary Health Care team referrals only. Hot lunch, activities & transport may be available and there is a cost for this service.

Opening Hours: Monday to Thursday 10.30am - 3.30pm and Friday 10.30am - 1.30pm

Dalkey Day Centre

Kilbegnet Close, Dalkey, A96 X603

Tel: 087 383 2445

Email: nora.coogan@hse.ie

Clients need a referral from their public health nurse, allied health care professional or G.P. Hot lunch & activities provided and there is a cost for this service.

Opening Hours: Monday to Friday 10am - 3.30pm

Leopardstown Day Centre

Foxrock, Dublin 18

Tel: 01 295 5055 Email: daycentre@lph.ie

Clients need a referral from their public health nurse, allied health care professional or G.P. Hot lunch & activities provided and there is a cost for this service.

Opening Hours: Monday to Sunday 10am - 3.30pm

Mimi Care- Dementia Day Centre

Shrewsbury House, Cabinteely, D18 KX60

Tel: 01 906 1014 Email: info@mimicare.ie

Dementia specific day centre. Transport provided. Referrals from GP, Public Health Nurse or self-referral. This is a private service - there is a cost for this service.

Opening Hours: Monday to Friday 9.00am - 16.00pm

Mount Merrion Friendship Club

c/o The Community Centre, North Ave, Mt. Merrion, Co. Dublin, A94 R2Y4. Tel: 01 288 4411

Email: mountmerrionseniorsclub@gmail.com

All referrals must be made through a Public Health Nurse or other Health Care Professional.

Covers Mount Merrion, Stillorgan, Kilmacud, Booterstown and parts of Blackrock. Hot lunch and activities provided, and transport may be available. There is a cost for this service.

Opening Hours: Wed, Thurs, and Fri 11am to 2.30pm. Two Ladies groups and a Men's Lunch Club on Thursday.

Park House Day Centre (Rehab)

Park House, Stillorgan, Co. Dublin

Tel: 01 210 8567 Email: info@rehab.ie

Park House is a Day service which supports adults with physical disabilities. Our Centre is located close to Stillorgan Village in South Dublin. Referral through GP, Community Nurse or Disability Day Service.

There is no cost for this service.

Opening Hours: Monday to Thursday 9.30am - 3.30pm
Fridays: 9.30am - 2.30pm

Saint Joseph's Shankill, Dedicated to Dementia Care Crinken Lane, Shankill, Co Dublin

Tel: 01 282 3000 or 087 663 7917

Email: saintjosephs@sjog.ie

Called 'The Club'! Day Centre places are referral only via Public Health Nurse. Waiting list in operation. Hot lunch and activities provided, and transport may be available.

There is a cost for this service.

Opening Hours: Monday to Friday 9.45am - 3.30pm

Shankill Day Centre

Lower Road, Shankill, Dublin 18, D18 HW95

Tel: 01 282 6364 Email: shankilldcc@gmail.com

Shankill Day Centre accept self-referrals and referrals from Public Health Nurse or GP. Requirement for Clients to be mobile. Shankill Day Centre is a social day centre, not a clinical or dementia centre with Hot lunch and activities provided, and transport may be available.

There is a cost for this service.

Opening Hours: Monday, Wednesday, Thursday, Friday 10.00am - 4.00pm

The Orchard Day Centre

Alzheimer Society of Ireland, Temple Rd, Blackrock,

Tel: 01 207 3836 or 086 020 1668

Email: mhickey@alzheimer.ie

Day Centre is dementia specific and a referral is necessary. Referral can be from a family member but needs to contain a diagnosis of dementia signed by the GP or hospital consultant.

The service includes a hot lunch and activities, and transport may be provided and there is a cost for this service.

Opening Hours: Monday to Friday 9.30am - 4.00pm

Shankill Day Care Centre: A Pillar of Connection for our Elderly Community

Shankill Day Care Centre is nestled in the heart of Shankill and has become a vital resource for the elderly in the area. Funded by the Health Service Executive (HSE), along with additional support from Dún Laoghaire- Rathdown County Council (dlr) Community grants and generous donations, the centre provides a range of essential services aimed at promoting health, well-being, and a real sense of connection among its members. dlr Community, Cultural Services and Parks Department visited Shankill Day Care Centre, and were welcomed by Manager Mandy Khan and Assistant Manager Jennifer Bellingham. They took us on a tour of the centre and we had the opportunity to ask the ladies some questions about the services provided and the importance of **“Staying Connected- Health and Wellbeing”**

Could you tell us about some of the activities offered here at the day care centre?

Shankill Day Care Centre offers a diverse range of activities designed to enhance physical, emotional, and social well-being. From keep-fit classes that encourage mobility and strength to the soothing benefits of aromatherapy, the centre's programmes cater to various needs and preferences. Yoga sessions help participants improve flexibility and mindfulness, while music therapy and art and crafts workshops provide creative outlets for self-expression and relaxation.

One particularly cherished program is the reminiscence class, where participants share memories, stories, and experiences. These sessions not only strengthen cognitive functions but also foster deeper connections within the group, creating a vibrant and supportive community.

What days do these activities take place?

We operate our Day Care Centre four days a week (closed Tuesday) and our Meals on Wheels service runs Monday to Friday.

Can you tell us about the Meals on Wheels programme and how this can help to foster social interaction?

The service delivers up to fifty hot, nutritious meals daily to individuals in Shankill and the surrounding areas. This initiative ensures that older adults, especially those with limited

mobility or access to cooking facilities, receive regular, healthy meals in the comfort of their homes.

The Meals on Wheels service is a collaborative effort, made possible by fully qualified staff and the invaluable assistance of local volunteers. Together, they provide not just food but also a friendly face and a caring presence, often becoming a lifeline for those who might otherwise feel isolated and less connected within our community. Nourishment for the body and the mind.



During our tour we came across a room full of books could you tell us about this?

An essential part of the centre's fundraising efforts is its popular monthly book sale, held on the first Saturday of each month. This event has become a beloved tradition in the Shankill community, drawing book lovers and supporters of all ages.

The book sale offers a wide selection of gently used books, ranging from novels and biographies to cookbooks and children's literature. Proceeds from the event directly support the centre's programmes and services, ensuring its continued ability to serve the elderly in the area. The book sale is also a wonderful opportunity for the community to come together, connect, and contribute to a worthy cause.

The Community, Cultural Services and Parks Department would like to thank Mandy and her team for the warm welcome and tour of the centre.

Shankill Day Care Centre stands as a testament to the power of community collaboration. Staffed by trained professionals and passionate volunteers, the centre is more than just a facility; it is a home away from home, offering companionship, support, and a sense of connection to the elderly population.

For more information, or to get involved, please visit or contact Shankill Day Care Centre on 01-2826364 or email shankilldcc@gmail.com.

Together, we can continue to build a stronger, more connected community for our elderly residents.

UAIREANTA BÍONN SÉ ÚSÁIDEACH BEAGÁN GAEILGE A ÚSÁID

Le Traolach Ó Síocháin

Anuraidh ghlac mo bhean chéile agus mé féin saoire ghearr i München. Déanaim staidéar ar an nGearmáinis agus bíonn fonn orm beagáinín Gearmáinise a úsáid agus mé ar saoire sa Ghearmáin. Nuair a bhí mé ag seiceáil isteach inár n-óstán, labhair mé leis an bhfáilteoir i nGearmáinis. Bhí cuma an-dáiríre ar an bhfear, cuma nach raibh an-fháilteach.

Labhair sé liom i mBéarla. Béarla foirfe. Rinne mé cúpla iarracht labhairt leis i nGearmáinis ach cur amú ama a bhí ann. Déarfainn go raibh a chuid Béarla níos fearr ná mo chuidse.

Tar éis dom an cath a chailleadh bhí mé sásta éirí as agus dul i muinín an Bhéarla nuair a rith sé liom nár chuala sé mé ag úsáid focail amháin i mBéarla le linn ár gcomhrá. Mar sin shocraigh mé labhairt leis as Gaeilge.

“An bhfuil cóip den Fhoirm Aíonna agat i gcomhair mo mhná céile?” a d’fhiafraigh mé de. Thrasnaigh cuma scaollmhar a aghaidh.

Thosaigh sé ag labhairt liom i nGearmáinis agus rinne mé an rud céanna leis.

SOMETIMES IT IS USEFUL TO USE A LITTLE IRISH

By Traolach Ó Síocháin

Last year my wife and I took a short holiday in Munich. I study German and want to use a little German while on holiday in Germany. When I was checking into our hotel, I spoke to the receptionist in German. The man looked very genuine, a look that was not very welcoming.

He spoke to me in English. Perfect English. I tried to talk to him in German but it was a waste of time. I would say his English was better than mine.

After losing the battle I was happy to quit and resort to English when it occurred to me that he didn’t hear me use one word in English during our conversation. So, I decided to talk to him in Irish.

“Do you have a copy of the guest form for my wife?” I asked him. A panicked look crossed his face.

He started speaking to me in German and I did the same thing with him.

Word Search

(Answers page 87)

SPRING

Birds	Flowers	Showers
Blossom	Grass	Sprout
Breeze	Grow	Storms
Buds	Newborn	Sunshine
Butterfly	Plant	Thaw
Clouds	Rain	Warming
Cultivate	Rainbow	Wind

Y O U N C A S N C U T A L L
T P H R E D S U N S H I N E
F L L O U G N I M R A W O W
E A B B E B U T T E R F L Y
S N L W R T S B S N I A R U
R T O E W T A R B G R A S S
E Y S N O O E V U I T C A N
W S S N O W B T I U R K E B
O M O E O W T N O T P D R S
H R M L G H I R I P L E S R
S O F I A R P N N A E U G F
R T O W M S O C D Z R O C M
I S N G Q R D W E L R R J Q
N L J N P T S D U O L C N P

Connecting with the ground beneath our feet

Granite is everywhere in Dún Laoghaire-Rathdown, in walls, buildings, piers, and footpaths. Have you ever thought about where it came from?

Stretch your imagination and think of two continents colliding over 400 million years ago, the collision causing a huge mountain chain to fold upwards. Now stretch your imagination even further and think of molten rock deep beneath this rising mountain chain, cooling slowly over millions of years to form the granite we see all around us. We can see the glistening granite now because the covering mountains gradually eroded over millions of years.

Did you know the stone walls in Blackrock and Booterstown tell of a great meeting?

At Blackrock and Booterstown, two areas of bedrock meet – granite and limestone. To the south of Booterstown, a great mass of granite extends through south Dublin and Wicklow into Carlow. To the north, the bedrock is limestone (known as Calp limestone), formed around 340 million years ago at the bottom of a deep sea.

When historic walls were built, the stone was quarried nearby, so if you look at the older walls of Booterstown and Blackrock you can see both granite and limestone, while the walls become exclusively granite as you move southwards. This fascinating meeting of two masses of bedrock is reflected in the modern paving at the Booterstown entrance to Blackrock Park where dlr Parks have used new paving to reflect what is going on further below!



Deirdre Black
Heritage Officer

The last two million years have had the most impact on the landscape in Dun

Laoghaire-Rathdown. Glaciers in the Wicklow Mountains meet with ice flowing across the lowlands, moulding our now domed hills.



Dalkey Quarry

10,000 years ago the temperature rose, the ice melted and Mammoths and Great Elks grazed where now we have houses, shops, parks and roads. Many of the rivers of the county were formed at this time, peat formed across the Dublin Mountains and the coast, as it is now, began to take shape, with beaches deposited between Killiney and Bray. Not long after this time, we have evidence for people arriving in Dún Laoghaire-Rathdown, their flint tools have been discovered by archaeologists at Dalkey Island.

If you would like to learn more about the geology of our county, contact the dlr Heritage Officer for a new series of geology booklets.



Blackrock park

Southside Travellers Action Group (STAG)

The mission of the Southside Traveller Action Group (STAG) is to support “a resilient, vocal and empowered Traveller Community in Dún Laoghaire-Rathdown County (dlr) where Travellers provide leadership to their community and reach out to the wider community of Travellers in Ireland”

STAG offer many supports and services to the Traveller community in dlr for all ages including a Primary Health Care Programme supporting older members of the Traveller community. The aim of STAG’s Primary Health Care Programme is to improve the health and life expectancy of those in the Traveller Community living in dlr. Travellers trained as primary health care workers provide health information directly to the community through home visits and support individual Travellers to access health services.

The programme also runs health promotion activities, workshops and supports local health services to develop their understanding of Traveller ethnicity and the issues affecting the community through information talks and training. Please contact the STAG Primary Health Care Coordinator at (01) 295 7372 if your service is interested in participating.

The STAG Men’s Shed meet on Thursday evenings in the STAG building in St. Kieran’s Enterprise Park, Furze Road, Sandyford and is a dedicated, friendly and welcoming meeting place where men can come together.

The STAG Women’s Group come together on Tuesday evenings in the STAG building and is an opportunity for women to come together to chat and relax, discuss issues, receive health information and take part in the many activities organised including arts, crafts, flower arranging, healthy eating, etc..

In 2024, the Southside Travellers Action Group celebrated 40 years in operation. To celebrate this achievement, an Archivist team was engaged

to support STAG in their ambition to safeguard archival material representing STAG’s 40-year history. The project was supported and funded by dlr County Council Creative Ireland Fund, dlr Heritage Office, Social Inclusion, the Heritage Council and STAG.



The Archivists, working closely with a team from STAG assembled, catalogued and digitised key documents, photos and items and carried out oral history interviews with those involved in the setting up and work of STAG. From this project 3 beautiful books of information were created, these books will be kept by STAG for future generations. A copy of all 3 books will also be kept in the National Irish Folklore Collection. An exhibition celebrating this new archive was launched in the dlr Lexicon on 29th January 2025. An Cathaoirleach Councillor Jim O’Leary opened the exhibition and said “this exhibition is more than a collection of photos, articles and interviews. It is a living archive, a testament to resilience, collaboration, and a steadfast commitment to breaking down barriers and building bridges between communities. It is often said that the strength of a community lies in its ability to embrace diversity and foster mutual respect. The Southside Travellers Action Group exemplifies this principle, demonstrating the power of grassroots action to bring about meaningful change.”

If you would like to find out more, contact the Southside Travellers Action Group at:
Unit 5 St. Kieran’s Enterprise Park, Furze Road, Sandyford, Dublin 18. **Tel:** (01) 295 7372;
Email: info@southsidetravellers.ie
Web: www.southsidetravellers.org

Healthy Age Friendly Homes Programme Available in DLR

Would you like to get advice and guidance on how to age with comfort and confidence, in your own home?

Would you like to know what supports are available in your area that will help you to continue to live independently? Would you like to avail of a free service which is led by Age Friendly Ireland, on behalf of your Local Authority?

Then you should contact the **Healthy Age Friendly Homes Programme!** Your Local Coordinators, Clodagh Whelan and Mary White are here to help. The Healthy Age Friendly Homes Programme is available through Dún-Laoghaire Rathdown County Council, **free of charge** and is **available to anyone aged 65+ years**. The Programme involves a Local Coordinator calling to the home of the older person to do a home-based assessment. The type of support that the Local Coordinator can offer, includes providing information on adapting the home to better suit the older person's needs. The Local



Photo (L-R): Healthy Age Friendly Homes Programme Participant, Nola Watt & Danielle Monahan (HAFH Local Coordinator, Fingal)

Coordinator will also provide advice on how to access a range of health and social care supports available in the local community. All of this is with the aim of helping the older person to live the life they want, to the best of their ability and in the comfort of their own home, for as long as possible.

If you are 65 years or over, or you have a family member over 65, and you would like to request a free visit from your Local Coordinator, then please contact our national office: Tel: 046 924 8899

Email:

healthyagefriendlyhomes@meathcoco.ie

Website: www.agefriendlyireland.ie

Once your referral is received, your Local Coordinator will be in-touch as soon as possible, to arrange a home visit.

Dún Laoghaire-Rathdown (dlr) Integration Forum

The dlr Integration Forum, established in 2010 is a non-profit network that strives towards the integration of migrant communities and helps provide a sense of belonging for minorities in Dún Laoghaire-Rathdown. Its members consist of people from across the globe, representing the broad cultural and linguistic diversity of minority groups in dlr.

The dlr Integration Forum organise, run and co-ordinate activities that promote integration in the community as well as addressing issues faced by migrant communities living in dlr.

The aim of dlr Integration Forum is to help develop an inclusive, supportive, secure and intercultural community that is based on the principles of equality, diversity, healthy communication, empowerment, social justice and mutual respect.

The dlr Integration Forum is supported by Dún Laoghaire-Rathdown County Council and co-operates with many stakeholders. The Forum meets regularly to organise community activities to promote migrant communities, for training and awareness raising opportunities as well as developing representation and engagement of minority migrant communities in policy making decisions affecting all in dlr.

For more information, contact Thomas Joseph, Chairperson of dlr Integration Forum on admin@dlrintegration.ie



Members of dlr Integration Forum Executive Committee at dlr Integration Forum AGM, September 2024, New Council Chamber, Dún Laoghaire-Rathdown County Council.

Lifelong Learning Programme

2024 – 25



75TH ANNIVERSARY | 1949–2024



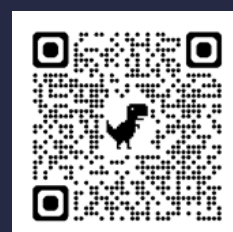
University College Dublin
University for All



Age-friendly
University
Global Network

To find out more, please get in touch:

all@ucd.ie | www.ucd.ie/lifelonglearning | (01) 716 7123



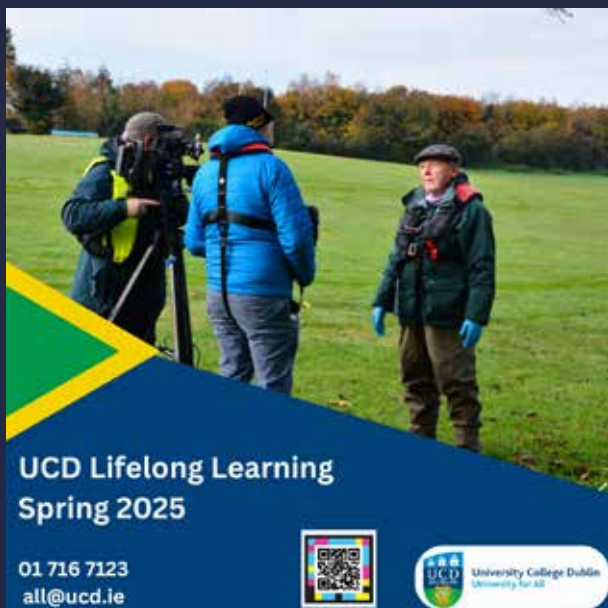
Lifelong Learning Programme

Open to learning something new?

UCD Access and Lifelong Learning are excited to share with you our Lifelong and Open Learning programme. UCD has a long tradition of recognising the wider benefits of lifelong learning, which are reflected in our vibrant and engaging part-time programmes.

UCD Lifelong Learning

Our Lifelong Learning courses take place in the evening or off-campus during the day. Choose from over 60 courses, taught by subject experts each year in a variety of locations. Classes commence in September and January and there are discounts and fee concessions available.



FREE Taster Lectures, Events and FEE Concessions

If you'd like to experience our programme, please join one of our Free Taster Lectures which we offer throughout the year. This will give you a taste of what our programme has to offer and also the opportunity to meet our tutors and other learners.

We also offer a full Lifelong Learning Fee Concession on our short-term, interest-based Lifelong Learning courses. The criteria to apply is on our website or you can call for more information on the application process.

You can also sign up to our mailing list to receive our Lifelong Learning Brochure and regular newsletter on our website.

www.ucd.ie/lifelonglearning

UCD Open Learning

Open Learning lets you study subjects from across UCD's colleges, with over 400 modules on offer. From Physics to Art History, Languages to Social Science, you can take classes with or without assessment. If you complete enough modules, you could also gain a Certificate in Open Learning and apply to one of 16 full-time undergraduate degrees.

You can apply directly on our website when applications open in August 2025.

www.ucd.ie/openlearning

Contact Us

Call 01 716 7123

Email all@ucd.ie



The Adult Education Service Southeast Dundrum & Dún Laoghaire

The Adult Education Service is part of Dublin & Dún Laoghaire Education Training Board. We provide an innovative, flexible supportive service for those who want to learn new skills or upskills, for people who are feeling left behind with technology and for those who want to participate in community-based education.

Our courses can provide new learning opportunities on your lifelong learning journey. Our FREE classes are part-time and take place in the morning, afternoon, or evening, offering learners flexibility and choice. Classes include accredited and non-accredited courses.

We have experienced, friendly and learner centered tutors.

South East Adult Education Service includes:

KEY SKILLS SERVICE

The key skills service provides free part-time classes to improve your reading, writing, spelling and maths. We also provide classes to help you to learn about computers and using your phone. If you are a complete beginner, or you would like to brush up on any of these skills, please come and talk to us!

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 learner's 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 everyday budgeting.

ADULT GUIDANCE SERVICE:

The Adult Guidance Service provides guidance and information on education, training,

and career options to anyone over the age of 18 and not in full-time education. It is for all learners of all backgrounds, identities, and abilities, at all stages in their lives. The service is free and confidential. In a friendly atmosphere, support is offered to you as you need it, while you make your choices and decisions. In addition, you may be lined with a wide number of services in the area, which could be part of a bigger picture of opportunities for you.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

Free part time English classes for Speakers of Other Languages. Learners must be over 18 years Beginners, Intermediate and Advanced Levels available. 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 beginners up to and including QQI Level 5

COMMUNITY EDUCATION

Free Part time provision delivered in partnership with local community groups including Active Retirement Groups, Men's Shed, Unemployment Support Groups, Local Community & Family Resource Centers etc. Contact us and we can let you know where your local community group is. Alternatively, if you are part of a local community group, please link in with your local Community education Facilitator as we may be able to provide provision for your group's needs. As part of our commitment to the Age Friendly Alliance, our service provides multiple short digital technology courses running every 6 weeks. Please see timetable below for further information.

** Some eligibility criteria apply. Priority will be given to those with less than upper secondary level education. **Timetables are subject to change*

Why not quickly visit one of our information hubs for a chat about our courses?

Adult Education Service Dundrum:	Friday 10.00am - 12.00pm
Adult Education Service Dun Laoghaire: (Loughlinstown Training Centre)	Wednesdays 9.30am - 12.00pm
Lexicon Library, Dun Laoghaire:	Tuesdays 10am - 12.30pm

If you are interested in finding out more, please contact us for further information.

Adult Education Service South East – Dundrum

Sydenham Road

Dundrum

Dublin 14

Telephone: 01 298 9283

Email: learningdundrum@ddletbaes.ie

Adult Education Service -Dún Laoghaire

Loughlinstown Training Centre

Loughlinstown Drive (off Wyattville Road)

Loughlinstown

Co Dublin, A96 YC66

Telephone: 01 204 3652 / 01 204 3676

Email: learningdunlaoghlaire@ddletbaes.ie

www.adulteducationsoutheast.ie

DUNDRUM ADULT EDUCATION SERVICE

Course	Day	Time
Keeping Up with Social Media: I'd like to learn more about Facebook, Instagram, TikTok and X	Monday	10.00 - 11.30
Literacy through Literature: Practise your literacy skills through famous books, poems and plays	Monday	12.00 - 13.30
Getting the Most out of your Tablet/ IPAD/ Acorn	Monday	2.00 - 4.00
Confidence with Computers and Smartphones	Monday	15.00 - 16.30
Basic Maths	Tuesday	14.30 - 16.00
Getting the most from your smart phone	Tuesday	11.45 - 1.30
Over 55's Computers	Tuesday	2.00 - 4.00
Reading, Writing and Spelling: You can read and write, but you'd like to brush up your Grammar, Spelling and Punctuation	Wednesday	12.30 - 14.00
Getting the most from your Laptop	Wednesday	2.00 - 4.00
Getting the most from your Smart phone	Wednesday	2.30 - 4.30

Reading, Writing and Spelling	Wednesday	14.00 - 15.30
How to Manage Dyslexia: Tips for you or to support someone you know	Thursday	10.00 - 11.30
Literacy through Film: Improve your reading, writing and spelling and learn about the film industry	Thursday	14.00 - 16.00
Confidence with Computers and Smartphones	Friday	12.30 - 14.30
Getting the most from your Smart phone	Friday	11.15 - 12.45

DÚN LAOGHAIRE ADULT EDUCATION SERVICE

Course	Day	Time
Start to feel confident using a computer	Monday	09.15 - 11.15
Understanding Artificial Intelligence (AI)	Monday	11.30 - 13.30
Budgeting Skills – smarter money management	Monday	14.30 - 15.30
Improvers Computers using MS365 (Cloud)	Thursday	09.15 - 11.15 11.30 - 13.30
Beginner & Improver Computer Night classes	Monday	18.00 - 20.00
Getting the most out of your smartphone	Thursday	12.15 - 13.45
Using an Acorn device – discover a new age-friendly tablet that doubles as a phone	Friday	09.15 - 11.15
Using your Smartphone	Various days	09.15 - 11.15 11.30 - 13.30
Improve your reading, writing, spelling, grammar, punctuation, maths and computer skills	Various days	Various times

Come join us on your lifelong learning journey.



Engaging Dementia™

At **Engaging Dementia** we offer information and training to people living with dementia, and those who support them. This includes family members, healthcare workers, activity coordinators, and multidisciplinary teams who work in the area of dementia care.

Our popular **Sonas Programme** practitioner training is Ireland's leading therapeutic activity for people living with dementia. We have been providing this training for over 30 years, with more than 7,000 people having completing the course.

We also provide training courses in

- Cognitive Stimulation Therapy
- Understanding and Answering Responsive Behaviours
- Discover, Design and Deliver Evidence-Based Activity Programmes
- Engaging People Living with Dementia in Conversation
- Sensory Modulation to Enrich and Expand Activities



Annual International Dementia Conference

Our **17th Annual International Dementia Conference**, sponsored by Home Instead, will take place on 7th & 8th May 2025 at the Athlone Springs Hotel in County Roscommon. Our theme for this year's conference is **'Bridging Worlds in Dementia Care: Connecting Global Perspectives and Local Solutions'**.

The conference will host a line-up of expert speakers, panel discussions and demonstrations. Tickets will be on sale on our website in early 2025.



Our YouTube Channel

We have 65+ videos on our YouTube channel, which include recordings of experts in dementia from our conference, choir performances as well as our Crafting with Care series which was designed by Social and Therapeutic Horticulturist **Joyce Fitzpatrick**. Search for Engaging Dementia on YouTube and look for the orange logo!

Spotify Playlists

From classic crooners to Christmas crackers we have 10 carefully curated Spotify playlists, so there's something to suit every mood! You can find our profile on Spotify by searching for **"Engaging Dementia"** and clicking on 'profiles'.

Find out more about our training and all of our upcoming events on **www.engagingdementia.ie** or you follow us on X (Twitter), Facebook, and LinkedIn. To join our newsletter email admin@engagingdementia.ie

Foxrock Age Friendly Village

The local community and businesses in Foxrock have been busy working together to make Foxrock an Age Friendly Village. Over the last year, Foxrock Area Community and Enterprise (FACE) have worked alongside Dún Laoghaire-Rathdown County Council to make Foxrock an even better place for people to live and grow old in.

Age Friendly parking spaces have been introduced in the village. Work is also being carried out to upgrade footpaths and to improve accessibility throughout the village. FACE have carried out repair works on flower beds, and unnecessary street clutter has been removed, including old post boxes. Changes to the traffic lights crossing time will help those with additional mobility requirements.

Beckett Square, at the heart of the village, now boasts some new age friendly seating, which

has proven very popular. There are further plans to introduce wheelchair accessible tables in the Square.

In December 2024 the hard work carried out by businesses in the area to take steps to become more Age Friendly was acknowledged when 15 businesses were awarded Age Friendly Ireland Business Recognition certificates. The certificates were presented at a ceremony attended by An Cathaoirleach of Dún Laoghaire-Rathdown County Council, Councillor Jim O'Leary and the Chief Executive Frank Curran, Director of Services Therese Langan and Aidan Blighe and Mary Fitzsimmons, Age Friendly Ireland East Regional Manager.

Age Friendly DLR are working with Age Friendly Ireland to achieve formal recognition for Foxrock as an Age Friendly Village, and we are hopeful that this will be achieved in 2025.



Working towards an Age Friendly Train Station in Dalkey

Dún Laoghaire-Rathdown County Council's Age Friendly Programme is collaborating with partners to enhance the quality of life for older people across the county. Through targeted initiatives and strategic partnerships, the programme aims to create a more inclusive, supportive and Age Friendly environment for all residents.

In line with our vision of creating an Age Friendly County, we are delighted to collaborate with Iarnród Éireann to transform Dalkey Train Station into an Age Friendly facility. Iarnród Éireann have an ambition to make all their train stations age friendly across their network. Building on the success of the first age friendly train station at MacDonagh station in Kilkenny in 2022, Iarnród Éireann



are seeking to obtain age friendly recognition for their station at Dalkey, one of nine train stations nationally under this phase of their age friendly programme. A walkability audit was completed at the station on 5th December 2024 to assess the universal design principles of the train station. The walkability audit forms part of the World Health Organization model of principles and steps for creating age-friendly environments, as shown in the diagram above. Dún Laoghaire-Rathdown County Council will be working collaboratively with Iarnród Éireann in advancing improvements to the train station and ensuring the station is accessible, welcoming and supportive of the needs of older people, enhancing their experience and independence.

An Experience

By Peter Carroll



Sit back, relax and come with me on a journey, from London to Singapore. Unfortunately, I cannot reproduce climatic conditions, sounds, smells or the sense of movement necessary, to give you a true impression of my experiences. Nevertheless, I hope that you will enjoy this trip to the Far East, in the depths of your imagination.

At 10pm on Thursday 3rd March 1960, three coaches left Hendon for the journey to London Airport. One coach was for servicemen's wives and their children, one for the Officers and the other for the men. The journey was uneventful and finished at 10:35pm.

All the passengers then proceeded to Channel 8 – the reception area for this particular flight – and went through the procedure of having their documents scrutinized and of being checked in. There was a delay of about thirty minutes, while the final details were being checked. Each passenger had a seat number on the plane and it was by seat numbers that they were called forward to another three coaches, viz, rows A – H first coach, rows Q – Z second coach rows J – P in the last coach. This facilitated an easy entry into the plane.

The plane itself was one of the famous Bristol Britannia aircraft. It was a turbo-prop aeroplane which cruised at about 300-350 miles per hour at an approximate height of 25,000-30,000 feet above sea level, thereby avoiding most of the unpleasant weather conditions and ensuring a smooth journey. The seats are rearward facing and have been specifically designed to provide a high standard comfort for all. They are adjustable and the passenger may, at the press of a button, tilt the back of the seat until he is reclining at an approximate angle of 45 degrees. This does not cause any discomfort to the person who is sitting behind and whose seat might still be in the upright position. The galley equipment is up to date

and it is here that the meals, which are first class, are prepared.

On the overhead racks there is a permanent fixture – a type of cradle which may be hung over the side. Babies and small children are secured therein by three straps running from one side of the cradle to the other. These cradles are invaluable to the peace of mind and the well-being of the poor mother who, after all, cannot be expected to stay awake all the time to keep an eye on her charges and offspring. She, too, must get some rest and sleep. In the care of nursing mothers a special private compartment is provided.

The Britannia became airborne 11.40pm Greenwich Mean Time, on the first leg of the journey, to Istanbul. Behind and beneath us, lay a city made slightly chilly by the breeze which wafted over it, and clear in the light of the moon from a cloudless sky. The city was London which to us “way up in the sky was no more than a mass of twinkling lights. The route to Istanbul took us over the English Channel to Paris, straight across France to Geneva and onwards over the Alps, at Mont Blanc, to Milan. Unfortunately it was too dark, and I was asleep anyway, because it is said that the Alps are “a really breathtaking sight in fine weather, with the summit of Mont Blanc (15,782 feet) standing out in solitary splendor.” From Milan the flight continues down the centre of Italy, over Florence, Brindisi and out over the Adriatic Sea. Out over the sea, once more, this time the Aegean Sea and the Sea of Marmara, at the eastern end of which, stands Istanbul and Yesilkoy airport. The Britannia touched down at 04:35 GMT – four hours and fifty five minutes after leaving London airport.

To continue learning about Peter's “Experience”, please contact dlr Age-Friendly Section at community@dlrcoco.ie or phone (01) 205 4893 to receive a copy of the full journey.



Healthy
Dún Laoghaire
- Rathdown

SWAP



SOUTHSIDE
PARTNERSHIP^{DLR}
SUPPORTING PEOPLE,
SUPPORTING COMMUNITIES

(Senior Wellness Activity Programme)

'The aim of 'SWAP' is to bring older people together in groups and support them in improving their own health & wellbeing. We do this by providing a range of workshops/classes promoting positive mental & physical wellbeing in your local Community, in a social and friendly way.'

"SO IF YOU ARE A COMMUNITY GROUP/CENTRE WHO WISH TO BE INVOLVED, PLEASE GET IN TOUCH"



*'Chair exercise classes'
'Mindfulness', 'Arts/Crafts',
'Zumba, Gold & seated'*



CHAIR EXERCISE



Floristry & Garden

Contact: Ben Stapleton

SWAP Programme (Senior Wellness Activity Programme)

SSP Holly House Community Resource Centre

Ph. 01 2722020 Email: ben.stapleton@sspship.ie

Mobile. 0873591484

SWAP PROGRAMME
SENIOR WELLNESS ACTIVITY PROGRAMME



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



pobal
government supporting communities



Comhairle Contae Cauley

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.

dlr Local Authority Integration Team (LAIT)

Our Role:

The Dún Laoghaire-Rathdown County Council Local Authority Integration Team works with

- New arrivals to dlr including Applicants for International Protection, Beneficiaries of Temporary Protection (BOTP), Programme Refugees & people with Refugee, Subsidiary Protection, or Permission to Remain Status
- dlr Integration Forum and Migrant Community Groups based in dlr
- Organisations & Groups supporting integration programmes and activities in dlr

The team consists of an Integration Support Coordinator, two Integration Support Workers and an administrator.

We offer support and guidance in linking new arrivals with local service providers appropriate to the needs of the person, which may include access to employment, developing English language proficiency, accessing education and healthcare services and to connect to social, cultural, sporting and other local and community activities.

We visit accommodation centres and hold clinics regularly to assess needs and we organise activities with groups and organisations that encourage and promote integration in the community. We also offer Training, Small Grants Funding and will be developing a Strategy for Migrant Integration in dlr.

We look forward to working with you or your group in supporting and promoting integration in dlr and please be in touch!

Email: integration@dlrcoco.ie

Phone: 01 205 4893

We can help and support you to live independently at home, safely and securely



ALONE is a national organisation that works to enable older people to age at home, safely and securely, for as long as they wish.

We work with all older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties.

CALL OUR NATIONAL SUPPORT AND REFERRAL LINE ON

0818 222 024

FROM 8AM-8PM, SEVEN DAYS A WEEK

Once you've made contact, ALONE staff will work with you to find a solution to your challenge.

We look forward to hearing from you!



YOU'RE NOT ALONE

Dance Theatre of Ireland



DANCING encompasses all 3 of these things: social connection, exercise and learning healthy new things.

Dance Theatre of Ireland's popular **Well-Dance for Seniors** is an **Award-winning Modern Dance programme** recently featured on the **RTE 1's Nationwide programme** and proven by **Trinity College** to improve quality of life.

Weekly classes to exhilarating music seamlessly transport you to a place of joy, whilst improving your balance, flexibility and strength. These classes empower you in a refreshing and very fun way and are "do as you are able" classes.

Classes take place weekly; all are welcome. They are free ON-LINE with ZOOM and LIVE (in-person) at their beautiful Centre for Dance in Dun Laoghaire at Bloomfields.

Dance Theatre of Ireland have dance **Classes for Seniors**, and for those with **Parkinson's and Dementia, and their Carers.**

Supported by The Arts Council, dlr County Council and the HSE.

Dance Theatre of Ireland are also the home of **VINTAGE YOUTH**, a **Seniors Dance Ensemble** creating original work for **Festivals, Theatres and Events.**

LIVE weekly classes, join anytime, Open to all, Live & On-line (free)

Well Dance for Seniors

Wed. & Thurs. 11-12 at DTI Centre for Dance, Bloomfields, Dun Laoghaire

Well Dance for Seniors – FREE On-Line – with Zoom

a "do as your able" class from the comfort of your own home (3 classes)

Tuesdays: 11-12:00 and 12:30-1:30

Thursdays: 11-12

Dancing Well with Parkinsons

Fridays: 11-12 on-Line (FREE)

Fridays: 12:30-1:30 (Live Class at DTI Studio, Bloomfields, Dun Laoghaire)

Dancing Well with Dementia

Wednesday 1:45-3:15 at Baker's Corner, open to carers also

To register OR for further information:
01 280 3455

info@dancetheatreireland.com

www.dancetheatreireland.com



43

Do you need some support with minding your health & wellbeing?

Are you interested in trying something new or in accessing supports but are not sure about what is available?

Would you like to meet new people or try out social groups?

Who we are

The DLR Social Prescribing Programme for Health & Wellbeing is a free service which can support you to connect with activities and services in your local community to improve your health & wellbeing.



Benefits include

- ✓ Learning a new skill or trying a new activity
- ✓ Improving your mental and physical health
- ✓ Increasing your confidence
- ✓ Meeting new people & exploring your local area
- ✓ Becoming involved in your local community

How it Works

The Social Prescribing Team will talk to you about what activities might interest you or what supports you may need and will then assist you in availing of these activities.

Who is it for?

The programme is for anyone who feels that they need some support in minding their wellbeing. Using resources within the community can help you to feel more connected and it can support you in minding your mental and physical health.

Contact Us:

For more information please contact our DLR Social Prescribing Team on 01 706 0100 or email dlrsocialprescribing@sspship.ie.

Due to available funding the service is currently accessible through participating GP practices, St. Michael's Hospital, selected other healthcare providers and through self-referral in in Dun Laoghaire-Rathdown East. Check www.southsidepartnership.ie for more information.

The Community Connector:

A specialist social prescribing service for older people in HSE Community Healthcare East



Community Connector, Tina Hannan provides a specialist service to older people in the community similar to Social Prescribing (which involves referring people to a range of non-clinical community supports which can have significant health and wellbeing benefits), however the Community Connector role focuses on people over 65 who have more complex care needs. This HSE pilot programme is an integral part of the Integrated Care Programme for Older Persons (ICPOP) Service in Community Healthcare East.

The service supports older individuals who may have difficulties accessing activities and interests that they may have previously enjoyed, or have always wished to try, but never have. Tina says of her role,

"I feel privileged to hold this role and believe very strongly that all older members of our community have a right to be able to access limitless activities and supports that they hold as important to them and being supported to do so each step of the way by the Community Connector."

HSE Health & Wellbeing fund Southside Partnership, which directly employs and hosts the Community Connector. Lisa Sieger-Jamison, Social Prescribing & Wellbeing Project Leader at Southside Partnership DLR, supports the implementation of the Community Connector programme, which work alongside other Southside Partnership wellbeing supports such as the DLR Social Prescribing Programme for Health & Wellbeing and the Living Well with Dementia Programme, also funded by the HSE.

Lisa says:

"Having a specialised social prescribing service for older community members linked directly with the Integrated Care Hub is providing a non-medical intervention straight after discharge to support people to stay well in their own community, discover what is available and encourage new connections along the way."

The Community Connector programme ensures a further step forward in providing personalised health and wellbeing plans to our older population. Patients can be referred to the Community Connector service by local ICPPOP teams. After engaging with the Community Connector Service, patients are usually referred back into community Social Prescribing Services.



Tina Hannan - Community Connector and Lisa Sieger-Jamison - Social Prescribing & Wellbeing Project Leader - Southside Partnership DLR.

Living Well with Dementia programme

The Living Well with Dementia programme (LWwD) is an award-winning initiative which develops and delivers innovative services and supports to people living with dementia and their families in their communities.

Fundamental and central to the success of the programme is respect for the dignity, welfare and wellbeing, will and preferences, beliefs and values of each person living with dementia, promoting at all times their safety, social and cultural values, and their potential.

The LWwD programme is a community-based programme which focuses on the strengths and personhood of the individual.

Our vision is: **that people living with dementia live in a community that respects, supports, values, and empowers them, and a community where they can participate in a safe environment as a valued citizen.**

Our key message is to **See the Person not their Dementia.**

LWwD encourages all people to help maintain good brain health by increasing their levels of socialisation and engagement with others. One hour of social interaction a week or ten minutes per day can decrease the risk of cognitive decline.

The Sweet Memories Choir

The Sweet Memories choir gives people an opportunity to come together in a relaxed environment to reconnect through music. Music and singing helps lift mood, provides cognitive stimulation, and supports social interaction.

Sunshine Dancers Movement to Music

The therapeutic effects of music and dance have been shown to increase self-awareness, encourage social interaction, help with depression, provide fun and healthy self-expression, maintain and, at times, improve memory and cognitive function.

Friday Friends Art Group

Art provides an opportunity for participants to engage in meaningful self-expression, pleasure, and enjoyment as well as in enhanced communication with others in the group. It can put people in touch with their life's memories and experiences. Art is often a powerful method to express the physical changes as well as the emotional difficulties in relation to dementia.

Keep Moving, Keep Well Exercise

This is a programme of enjoyable physical activities to promote health and autonomy that is delivered by a trained physical therapist. Exercise can improve your physical fitness and help maintain strong muscles and flexible joints and may also reduce the risk of falls by improving strength and balance.

Bridge

Playing Bridge can help to keep the mind sharp and improve cognitive function by challenging players to think critically and make quick decisions.

Our activity groups are open to all but are specifically supportive and welcoming to people affected by dementia. We would be delighted to welcome new members to all our activity groups.

Contact us: We would be delighted to welcome new members to all our activity groups. For more information, contact **Mary Spain** on 086 041 8450 or **Angie Lennon** on 087 109 0106. Email: info@livingwellwithdementia.ie Follow us on Facebook at <https://www.facebook.com/livingwellwithdementia.ie> Visit our website at: www.livingwellwithdementia.ie

Choosing the Right Light Bulbs to Save Energy in Your Home

By Eibhlin Curley, Senior Executive Planner, DLR Energy Team

If you are replacing a bulb that has blown, you may notice that most sold now are LED (light emitting diode) bulbs. While you can still get some of the old-fashioned ones and they might be a bit cheaper, they just can't compete with the energy efficiency, bulb life and light quality of LED bulbs.

Check your bulb base size and bulb shape

If you are just replacing one bulb then the easiest thing is to take a photo of the old one so you can match the base size and bulb shape to compare and make sure it fits when you get home. Most bulbs will have a marking on them to tell you the wattage, voltage, and even the base type of the bulb.

Lumens are the new unit of measurement for light bulbs

Gone are the days when the wattage on a light bulb package tells you how bright it is. When shopping for LED bulbs, look for the number of lumens. Wattage equivalents, usually on the front of the package, are only meant to get you in the ballpark. As lighting becomes more and more energy efficient, the same number of lumens can be achieved with lower and lower wattages, for example a 60 Watt

standard light bulb is the equivalent of a 10 Watt LED bulb, providing over 700 lumens.

Choose Warm White or Cool White to suit your use

Pay particular attention to the colour appearance of the white light you want from an LED. The colour temperature is measured as Kelvin (K). For table lamps or living room light fixtures, you will probably want a bulb of about 2,700 to 3,000 K to get a warm white light. For task lighting in places like the bathroom and laundry room, pick a bulb of about 5,000 K for a cool white bluish light that looks more like natural daylight.

Replace the lights you use most to maximize savings

If you use a specific space regularly or if you keep a certain light on for long periods of time, you are spending more money powering those bulbs than others in your home. Target these areas for upgrades first to save money immediately.

09 AUG

BRIGHTNESS IN LUMENS

	220+	400+	700+	900+	1300+
STANDARD	25W	40W	60W	75W	100W
HALOGEN	18W	28W	42W	53W	70W
CFL	6W	9W	12W	15W	20W
LED	4W	6W	10W	13W	18W

TYPES OF LIGHT BULBS

	Standard Incandescent	Halogen Incandescent	CFL	LED
				
Energy use	60W	43W	13W	9W
Typical life	1 Year	1-3 Years	6-10 Years	15-20 Years

Consider bulb longevity

Unlike other bulbs, LEDs do not burn out, they progressively dim over time. LEDs are considered to be at the end of their life when light output drops below 70% of its initial brightness at purchase. Traditional bulbs have a much shorter life than LEDs. Halogen bulbs may last around 2,000 hours, where a CFL could last as long as 5,000-10,000 hours. LEDs are rated to maintain their initial brightness for 10,000-25,000 hours. If you have a bulb that is difficult to replace because it is installed in a hard-to-reach spot, you may want to consider replacing it with an LED. Then you won't have to replace it again for years. For example, bulbs rated at 25,000 hours last for more than 20 years when used approximately 3 hours a day.

Start with one bulb. Or two...

Now that you know what to look for, you're ready to buy your first LED bulbs. For your first LED purchase, it's okay to start small. Buy just one or two LED bulbs for a lamp or ceiling fixture. Do you like the quality of light the bulbs produce? Are they bright enough? Are they the right colour temperature? It is

important to find the right replacement bulbs before investing in many bulbs for your entire home.

Enclosed fixtures need special bulbs

LED light bulbs can last for decades, but only if the heat they generate has a way to dissipate. If it can't, heat will damage the electronics inside the bulb and it will fail prematurely. If you need to buy a bulb for a fully enclosed fixture, read the packaging carefully to make sure it is approved for that use.

If you or your friends or family are struggling to pay home energy bills this winter there is help and support available. For more information, please visit gov.ie/ReduceYourUse.

With thanks to SEAI and the OPW's Optimising Power @ Work Programme





HEALTHY FOOD MADE EASY

A COMMUNITY BASED HEALTHY FOOD COURSE DELIVERED BY SOUTHSIDE PARTNERSHIP DLR IN CONJUNCTION WITH THE HSE

All weeks include a theory session and a cookery session in which all participants become actively involved.

The topics covered are as follows:

Session 1 'Building a Food Pyramid'

Session 2 'The Fibre Providers'

Session 3 'Focus on Fats'

Session 4 'Food for Life'

Session 5 'Shop Smart'

Session 6 'The Road Ahead'

A typical course runs for six weeks depending
on the group's needs.
Each session lasts 2.5 hours.

The course is available to community groups and individuals.

If you would like more information about our courses please contact

Angela Lennon

☎ 087 109 0106 ✉ angela.lennon@sspship.ie

Get Moving with Active Cities Dublin!



Embrace an Active Lifestyle Together

Active Cities Dublin, a fantastic initiative funded by Sport Ireland's dormant account fund and run through the DLR Sports Partnership, is dedicated to helping everyone, regardless of age, ability, or background, engage in sports and physical activities. This project not only aims to increase participation but also fosters a community that values the benefits of leading a healthy, active lifestyle.

Breaking Barriers to Enjoyment

Active Cities Dublin understands that many older adults may face barriers to physical activity. That's why we offer accessible and enjoyable initiatives designed to make it easier for you to get moving! Join us for the **Parks & Trails Challenge** and the **DLR Boules Winter League**, both tailored to encourage outdoor fun and social interaction.

Discover the Parks & Trails Challenge 2025

Get ready for the **Parks & Trails Summer Challenge** returning this year! This exciting initiative invites you to explore the beautiful parks and scenic trails throughout DLR and the greater Dublin area. With a variety of leisurely walks to choose from, you can enjoy the fresh air while discovering your local environment.

As an added incentive, participants can enter exciting prize draws simply by completing walks in all four Local Authority areas. It's a wonderful opportunity to stay active, enjoy nature, and possibly win some fantastic prizes along the way.

Don't miss out – download the app from **Dublin Discovery Trails** website, using the QR code and get ready to embark on this wonderful summer adventure!



Join the DLR Boules League!

If you enjoy socializing and a little friendly competition, consider joining the **DLR Boules League**! This engaging league, featuring local clubs from Cabinteely, Martello, Marlay, and Seapoint, launched in October 2024 and will return for its second season after summer. Matches take place on Friday afternoons, rotating between clubs, and culminate in a fun-filled Finale Day at Seapoint, where you can enjoy social games, prizes, and the prestigious DLR Winter League Perpetual Cup.

This league is organized by fellow boules enthusiasts and supported by Active Cities Dublin. It's the perfect way to make new friends, stay active, and have a great time!

For more information on how to get involved, contact sportpartnership@dlrcoco.ie.





Scan the
QR Code
for more info
on Older Adults

Supporting Older Adults



DÚN LAOGHAIRE - RATHDOWN SPORTS PARTNERSHIP — SPORT IRELAND —

Programmes & Initiatives Run By DLR Sports Partnership

*Women in Sport
Coastival
Walking Programmes
HER Outdoors
and many more programmes*

*We run many Tea Dances
throughout the year.
Contact Kevina at
kmalone@dlrcoco.ie for
more information.*

www.dlrsportspartnership.ie



Crossword

Answers on page 87

Across

- 1 Ballet move
- 5 They're rigged
- 10 Spanish flower
- 14 Daughter of James II
- 15 Wedding band, maybe
- 16 Blackhearted
- 17 City on the Rhine
- 18 Letter before iota
- 19 Constellation between Carina and Pyxis
- 20 Pieces of material
- 22 South American plains
- 24 Mars, to the Greeks
- 25 Steal

26 Claw

29 Lamé

33 Old and feeble

34 Before fat or Atlantic

35 Adam's madam

36 Sheet of stamps

37 False

38 Ancient greetings

39 "Wheel of
Fortune" buy

40 Colossal

41 Ship board

42 Clemency

44 Summer wear

45 Learned one

46 Bypass

47 Works hard

50 Kind of heel

54 Spirited horse

55 Trainee

57 Wheedle

58 Bubbly drink

59 Reef ring

60 Like some rumors

61 Water carrier

62 Hawthorne and Bacon,
to their buds

63 Yemeni port

Down

- 1 Science rooms
- 2 Sufficient, old-style
- 3 Ballerina Pavlova
- 4 5-pointed star
- 5 One parent
- 6 Partner of pains
- 7 Fr. saints, briefly
- 8 Holiday abroad
- 9 Dragging one's feet
- 10 Overhaul
- 11 Bread maker
- 12 Missile housing
- 13 "What a shame!"
- 21 Native Canadian
- 23 Cuts off
- 25 Money award
- 26 Kind of cross
- 27 Ludicrous
- 28 Sheer curtain fabric
- 29 Sidekick
- 30 "Star Trek" actor Burton
- 31 Happening
- 32 Office stations
- 34 Tiny amount
- 37 An albatross has the largest one of these
- 38 Baldness
- 40 Equipment
- 41 Pop singer Collins
- 43 Weather map line
- 44 Abilities
- 46 Fence feature
- 47 Shoestring
- 48 Lined up
- 49 Cotton bundle
- 50 Parking place
- 51 Mrs. Lincoln's maiden name
- 52 Narrative
- 53 Beasts of burden
- 56 Hagen of Broadway

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21					22	23				
			24					25						
26	27	28					29				30	31	32	
33						34					35			
36					37						38			
39				40						41				
42			43						44					
			45					46						
47	48	49					50				51	52	53	
54					55	56					57			
58					59						60			
61					62						63			

dlr Leisure Facilities Age-Friendly Programmes:



dlr Leisure operate 3 leisure facilities in Dún Laoghaire-Rathdown in Meadowbrook, Loughlinstown & Monkstown

dlr Leisure facilities run concession rate access programmes to both pool and gym and fitness activities for older adults, including:

- Aqua Aerobics
- Active Fit (Gym)
- Assisted Gym Exercise Equipment use
- Swimming Lessons

dlr Leisure also run site-specific sessions in the following

- Water Rehab (Monkstown)
- ExWell Medical (Loughlinstown)

All three facilities have regular opportunities to meet up and socialise with fellow participants and do so in the company of qualified friendly encouraging staff.

You are very welcome to call into any of the facilities and talk to a member of staff, they are very happy to showcase what is on offer and help to find an activity you may enjoy.

We also have coffee shop and free to use WIFI stations in our Loughlinstown and Meadowbrook facility.

There is always something going on and someone to talk too.

Contact: 01 537 5036 or visit our website on www.dlrleisure.ie for further details or just pop in.



Lilian's Chocolate Biscuit Cake

INGREDIENTS

226 grm (real) Butter

226 grm white Sugar

453 grm digestive biscuits

2 good sized heaped dessert spoons of cocoa powder

2 large eggs

METHOD

Melt butter and sugar in large saucepan.

Add broken digestive biscuits gradually coating with the melted butter and sugar mixture.

In a small bowl, mix cocoa powder with beaten eggs.

Add to saucepan with butter coated biscuits.

Mix well and transfer to 2lb (900 grm) loaf tin.

Chill in fridge overnight.

Easy Peasy, Enjoy

Submitted by Alison Williams.

Garda Older Persons Association (GOPA)

The Garda Older Persons Association (GOPA) was established in 2009 with the purpose of meeting the policing requirements of older persons who reside within the Garda DMR Eastern Division.

What we do

GOPA is a public consultation committee chaired by An Garda Síochána and comprises of representatives from local statutory and voluntary agencies who have an interest in addressing the needs of older persons.

Each year, GOPA chooses a theme and hosts a number of Garda Safety and Security seminars centred on the chosen theme.

At each GOPA seminar, ambassadors for older persons are invited to attend and give presentation on older person issues. Over the years, these speakers have included former Justice Minister Nora Owen, Mike Hanrahan from Stockton's Wing and TDs Jennifer Carroll McNeil and Cormac Devlin.

Below are some initiatives that may be of interest to you, a family member, friend or neighbour.



The Seniors Alert Scheme is funded by the Department of Rural and Community Development and the Gaeltacht and provides pendant alarms. Its aim is to keep over-65s safe in their homes and gardens. Pendant alarms which can be worn around the neck or as a watch are provided and installed



free. The first year's monitoring fee is also free and costs €66 per annum after that. If you do not have a landline, you can get a wireless version at an additional charge of €72 per annum including the first year. Other qualifying persons in a household can also get it at no extra cost. The pendant alarm can be worn in the bath or shower and is designed so that it can be worn in bed. You can apply for this scheme through your local community, voluntary and not for-profit group who are registered with Pobal to administer the scheme in your area. A list of registered groups are available on the Pobal website www.pobal.ie or phone 01 51172222

Garda Mobile support service



An Garda Síochána 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.

Blackrock	01 666 5200
Dundrum	01 666 5600
Bray	01 666 5300
Rathfarnham	01 666 6500
Cabinteely	01 666 5400
Shankill	01 666 5900
Donnybrook	01 666 9200
Dún Laoghaire	01 666 5000

Sudoku

Easy

					5	4		9
4	5	1			2	3		
9	8	2				5	6	1
6		7				9	8	
		3	4	6				
5			2	8	7		1	
	4			7			9	6
3						7		
		5	9	4	6	8		2

Medium

			5	9				
	5		8				4	9
	8	4		2	7			
	3	2		7				
	9				8			
		5	3		9			8
	2		7	3	6	1		
					1			
	6		9	8			7	4

Hard

		6						
					9	7		
7				2		1	6	
5	3				7	9		
		9		8		2	7	
8				5		6		
		5	3					2
	6	2		4			8	

Expert

7			9		1			
8							5	
	3					9		
		5		4		8		
	6	4	3					
				6				
					2			3
				7	3			8
						5	6	4

2	7	3	8	1	9	5	6	4
5	4	9	6	7	3	1	2	8
6	1	8	4	5	2	7	9	3
3	8	7	2	6	5	4	1	9
1	6	4	3	9	8	2	7	5
9	2	5	1	4	7	8	3	6
4	3	1	5	2	6	9	8	7
8	9	2	7	3	4	6	5	1
7	5	6	9	8	1	3	4	2

Expert

9	6	2	5	4	1	3	8	7
1	8	5	3	7	6	4	9	2
3	7	4	8	9	2	5	1	6
8	2	7	9	5	4	6	3	1
6	4	9	1	8	3	2	7	5
5	3	1	2	6	7	9	4	8
7	5	3	4	2	8	1	6	9
2	1	8	6	3	9	7	5	4
4	9	6	7	1	5	8	2	3

Hard

5	6	1	9	8	2	3	7	4
3	7	8	4	5	1	9	6	2
4	2	6	7	3	6	1	8	5
7	4	5	3	9	2	1	8	
1	9	6	2	4	8	7	5	3
8	3	2	1	7	5	4	9	6
9	8	4	6	2	7	5	3	1
2	5	7	8	1	3	6	4	9
6	1	3	5	9	4	8	2	7

Medium

1	7	5	9	4	6	8	3	2
3	6	9	1	2	8	7	4	5
2	4	8	5	7	3	1	9	6
5	9	4	2	8	7	6	1	3
8	1	3	4	6	9	2	5	7
6	2	7	3	5	1	9	8	4
9	8	2	7	3	4	5	6	1
4	5	1	6	9	2	3	7	8
7	3	6	8	1	5	4	2	9

Easy



IRELAND'S
AUTISM
CHARITY

AsI Am is Autistic-led and focused on representing, connecting, coordinating and unifying the Autism community in Ireland. AsI Am empowers and supports Autistic people to reach their full potential, while simultaneously challenging society to be fully accepting and accessible to every Autistic person.

What we do...



- ✓ Training for Schools, HEI's, Workplaces, Organisations and more
- ✓ Adult Support & Wellbeing Programme – Men & Women's Peer Support Groups, Mindfulness Classes, Book Club, Creative Writing and more!
- ✓ Child & Family Support Groups – Examples: Nationwide Hangout Clubs, Lego Club, Little Fitness Club, History Club and more. For children aged 3-18
- ✓ AsI Am Information Line – Autism Specific information available Monday to Thursday 10am-3pm

- ✓ Free Legal Clinic
- ✓ Policy & Advocacy
- ✓ Autism ID Cards
- ✓ Autism Friendly Towns

Contact us...



AsIAm.ie



info@asiam.ie



[@AsIAmIreland](https://www.facebook.com/AsIAmIreland)





How can we support you as you age?



Call us today: (01) 2951053

- ✓ **Stay social:** Join activities, events, or avail of volunteer support.
- ✓ **Health & Wellbeing:** Access physical activity programs, wellbeing support, and link with health services.
- ✓ **Practical support:** From decluttering to home adaptations and help with forms, we're here for you.

Making Connections is your local organisation, proudly working with HSE to empower those aged 65+ to age well at home.


What matters to you, matters to us.

**Ageing is
inevitable...
Loneliness
doesn't have
to be**



**Email: info@makingconnections.ie
Website: www.makingconnections.ie**

Registered Charity Number CHY 21301 CRA No. 20149635 | Company No. 559418

A photograph of a person's back and shoulder, wearing a floral-patterned top. A monarch butterfly is perched on the shoulder. The background is a bright, hazy sky with a rainbow visible at the top. The quote is in orange text.

*‘When you’ve been thinking of the dead
you notice how the living hurry.’*

(Graham Swift, *Last Orders*)

Age & Opportunity’s Changing Gears course helps people meet different challenges

Bereavement is one of life’s major Transitions, which has a big impact upon us. It is an emotional and psychological journey, which can be destabilising or disorientating. As Sylvia Thompson expressed it: ‘The French word *bouleversé* seems to capture the feeling of grief very well. And while there is no exact English equivalent for the word, the sentiment is to be upended or turned upside down or inside out by feelings of grief. The physicality of the experience is important because the body holds on to so much grief as it waits for the emotions to be ready to release it.’

Dealing with bereavement is a process which takes time. Each of us is unique in how we handle the different stages. The initial phase often involves a sense of shock, followed by a search and a struggle – a search to make sense of what happened (all the more acute in the case of sudden death), and a struggle to manage a whole range of conflicting emotions (sadness, grief, confusion, uncertainty, loss of confidence, disillusionment, depression). With time and support, the struggle gradually gives way to acceptance, which allows for resolution and a readjustment to the new. The key to

successful integration is to be patient, to allow oneself time and space to negotiate the different stages of this challenging emotional and psychological journey.

Age & Opportunity’s Changing Gears course supports people in dealing with transitions or significant life-challenges in mid to later life. The course invites participants to reflect on challenges they have experienced in the past and life-lessons they have learned. In this way strategies for building resilience and managing change draw on personal experience to lay the foundations for a more positive and fulfilling future.

Age & Opportunity’s Changing Gears courses run nationwide. If you are interested, please enquire with Age & Opportunity if a course is taking place near you. They also deliver to groups so if your organisation/group is interested, get in touch.

For information contact Fiona via e-mail engage@ageandopportunity.ie or call 01 913 3922.

The Way

By Pat Fitzgerald

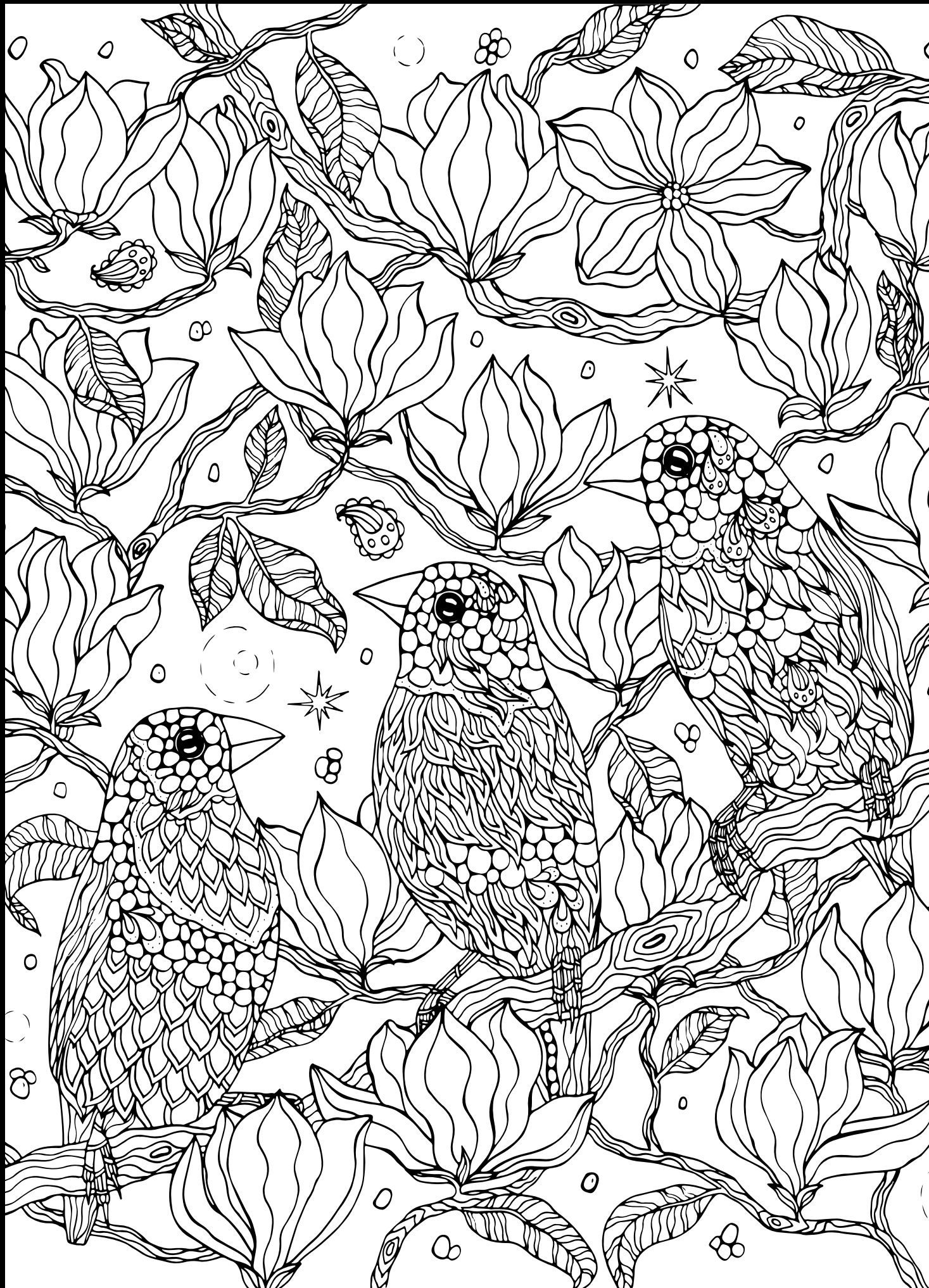
In remembrance of Mr. Pat Fitzgerald, published with the kind permission of his family

Tramping through fallen autumn leaves.
'Neath Rathmichaels' woodland crown,
Heading for historic Laughanstown,
Whose venerable ruins are of a time when pilgrims' footsteps echoed mine
Along the track where I now thread,

Án Slí Chulainn, the Wicklow Way,
The road from Tara to Glendalough,
A holy place of great renown,
Situated in storied valleys, three,
From where Irish monks went forth to free Europe,
From the ignorance of dark eons,
When injustice and inhumanity were the norm,
And to spread the Christian message wide.

Beside Glendasan, the site of now long gone,
Luganore Mine,
Which provided work and wealth and housing,
And of which all that now remains,
A few scattered ruins, refuge for the hiker from the sudden rain.
But has been replaced by Turlough Hill, whose power and energy sustains us still.

And majestic Glenmalure,
Redoubt of Fiach Mac Hugh O Byrne, Michael Dwyer and Kathleen Lynn,
Doctor, Socialist, Freedom Fighter and Humanitarian,
And Shay Elliot, whose monument, still,
Sits atop its steep and winding hill.



Ballybrack Project Centre **Connecting. People. Together.**

Ballybrack Project Centre is a well-established and busy community resource centre offering many services for the surrounding communities

Meet the Team at the forefront of community development in the Ballybrack area and providing excellent community care



Along with all of the groups and classes that we have on offer, we also have QQI Accredited Further Education Courses available. Please get in touch with Angie if you wish to avail of this training

Gina Hogan - Centre Co-Ordinator

Patrick Finnegan - SICAP/Admin

Angie Loughlin - Project Worker



We have a range of youth services available from our Centre delivered by Crosscare for ages 10-25yrs.

If you would like more information or wish to register please contact Ewan 0861082372 or Isabel

Monday

Healthy Foods Made Easy 11.30-1.30pm

Tuesday

Coolevin Art Group 9.45-11.45am

CreatAbility Art Group 12.00-1.30pm

Ballybrack Belles 2.00-4.00pm

Ladies Social Club 8.00-10.00pm

Catherine 0892154576

Wednesday

Aqua Fit Dalkey 10.00-11.00am

Craft Group 10.00-12.30pm

Walking Group 12.00-1.30pm

Young At Hearts Over 50's Social Club 8-10pm

Marie 0876454817

Thursday

Introduction to Community Development 9-12.30pm

Resistance Training Women 55+ 6-7pm

Resistance Training for Men 55+ 7-8pm

Friday

Over 65's Chair Gym with Seil Bleu 10.30-12.00pm

Saturdays

Helium Arts

Free art workshop for children aged 6-16 with lifelong physical health conditions. 9 - 5pm

Every day

Library open 9am-1pm

Our Supported Charitable Organisations

Team Hope Shoebox appeal

Aoibheann's Pink Tie

Hospice Foundation

SAVE

Down Syndrome Ireland

Grubs Up

The Red Door School

Purple House Cancer Support

Dun Laoghaire Rotary Club

The Lions Club



Men's Sheds in Dún Laoghaire-Rathdown

There are currently 10 men's sheds operating in the County. Each shed is unique and offers a variety of activities to its members. Activities include art, woodwork, drama, boules, gardening, positive mental and physical health activities and socialising. There really is a shed for everyone!

Ballinteer Men's Shed

Contact: Sean McLoughlin 087 741 1638

Email: ballinteertoday@gmail.com

Web: www.dlrcommunity.ie/mens-shed

Tuesday 14.00-16.30

Blackrock Community Men's Shed

Contact: Allan Kilpatrick 086 854 3985

Email: blackrockcommunitymensshed@gmail.com

Web: www.dlrcommunity.ie/mens-shed

Tuesday and Thursday 10.30 -14.30

Dundrum/Windy Arbour Men's Shed

Contact: Arthur Cater 086 335 4155

Email: Arthur.cater@ucd.ie

Web: www.dlrcommunity.ie/mens-shed

Thursday 13.00-15.00

Dún Laoghaire Men's Shed

Contact: Robbie Burns 086 824 0497

Email: dlmensshed@gmail.com

Web: www.dlrcommunity.ie/mens-shed

Monday, Wednesday, Friday 14.00-17.00

Tuesday, Thursday 10.00-13.00

Glencullen's Men Shed

Contact: John Farrell 086 604 2025

Email: jjmfarrellaugust@gmail.com

Web: www.dlrcommunity.ie/mens-shed

Friday 19.00 – 21.00

LBS -Loughlinstown, Ballybrack and Shankill Men's Shed

Contact: Mark 086 362 5736

Email: lbsmensshed@gmail.com

Web: www.dlrcommunity.ie/mens-shed

Monday to Friday 10.00- 14.00

Nutgrove and Loreto Men's Shed

Contact: Brendan 087 385 0000

Email: nutgroveloretomensshed2023@gmail.com

Web: www.dlrcommunity.ie/mens-shed

Tuesday 11.00-12.30 and Thursday

11.00-12.30

Sandyford Men's Shed

Contact: Frank Hedderman 086 394 1668

Email: sandyfordmensshed@gmail.com

Web: www.dlrcommunity.ie/mens-shed

Monday, Thursday 19.00 -21.00

Southside Travellers Action Group Men's Shed

Contact: STAG 01 295 7372

Web: www.dlrcommunity.ie/mens-shed

Thursday 17.30-19.30

Kilmacud Community Men's Shed (2023)

Contact: Hugh Campbell 086 810 6845

Web: www.dlrcommunity.ie/mens-shed

Mondays 11.00

For more information on current Men's Sheds or setting up a new shed, contact:

Irish Mens Shed Association

Contact: 01 891 5150

Email: info@menssheds.ie



BUILDING CONNECTIONS

Nutgrove and Loreto Men's Shed is a sanctuary at the back of Loreto Community Facility in Rathfarnham. Once a derelict garage, the group, through grant funding and with the help of other local men and past members transformed the space into a colourful and vibrant hub. The Shed has become a place for building social and community connections with chats, cups of tea and a bit of music. The members have a keen interest in upskilling, community engagement, and sharing their knowledge. Throughout the year the Shed work on gardening and biodiversity projects onsite and in Nutgrove Shopping Centre. They have had talks on Safety in the Home, woodworking skills training from DDLETB, and visits for sight and hearing tests.



The men don't stay put in Loreto and have visited Dáil Éireann, the local fire station, and other local men's sheds. You will see them out and about providing their support to community events as stewards, at the Marlay Park concerts or the Mini World Cup, or collecting for Coins for Kids. Coming into the warmer weather the Shed will kick off their summer Boules series in Loreto Park. In 2025 the members will be continuing their activity from last year with an exciting new focus on the extension of their workshop to continue upskilling in carpentry and woodwork. New members are always welcome and encouraged!

Nutgrove and Loreto Men's Shed meet on Tuesday and Friday from 11am – 12.30.

Contact:
nutgroveloretomensshed2023@gmail.com
or call 087 385 0000

Women's Shed

Women's Sheds in Dún Laoghaire – Rathdown.

Women's Sheds were setup for Women of all ages to meet with new friends, connect with the community, learn and share new skills while having fun. Women empowering other women in a safe non-judgemental environment is the essence of each shed.

There are three sheds across the county always looking to welcome new members.

Loughlinstown Community Rooms Women's Shed.

Contact: 085 111 3524
Email: lcrwomensshed@gmail.com
Monday, Friday 10.00-14.00
Wednesday, Thursday 18.00-21.30

Sandyford Sister Shed

Contact: sandyfordsistershed@gmail.com
Wednesday 19.00-21.00

Rosemount Women's Shed

Contact: 01 216 6131
Email: info@rosemountfrc.ie
Thursday 10.00-13.00



Members of Loughlinstown Women's Shed

Alzheimer's Society of Ireland Day Centre Services.

For many people with dementia, our Day Centres are a home away from home, offering a crucial social outlet which boosts emotional well-being, mental stimulation and stress relief. For carers and supporters, they offer vital respite. The Orchard Day Centre centres provide dementia-specific, person-centred care to meet the needs of the person with dementia in a warm, welcoming and safe environment while providing support and stimulation. We work with each person to ensure they feel comfortable and supported and their individual needs are met as far as possible. We offer a wide range of activities including reminiscence therapy, music sessions, gentle exercises, arts and crafts, inter-generational programmes and personal care.



National Helpline

Monday to Friday 10am to 5pm, Saturday 10am to 4pm

Call 1800 341 341 or

Email helpline@alzheimer.ie



THE **Alzheimer**
SOCIETY OF IRELAND

Alzheimer Society of Ireland Services in South Dublin:

DEMENTIA ADVISER SERVICE

South Dublin: Free, confidential support.

Call: 085 805 2000 (leave a message)

Email: referrals.sdublindas@alzheimer.ie

HOME CARE SERVICES

Dementia-specific, person-centred care.

Our Lady's Hospice, Harold's Cross, Dublin 6W, D6W RY72

Contact: Adrienne McAvinue /
Frances Redmond

Call: 01 207 3836 / 086 020 1668

Email: amcavinue@alzheimer.ie /
frances.redmond@alzheimer.ie

DAY CARE SERVICES

The Orchard Day Care: Temple Rd, Blackrock, Co. Dublin, A94 N8Y0

Contact: Andrea Lai

Call: 01 207 3836 / 086 020 1668

Email: andrea.lai@alzheimer.ie

FAMILY CARER TRAINING

In-person & online for family carers.

Call: 1800 341 341

Email: familycarertraining@alzheimer.ie

Web: <https://alzheimer.ie>



SUPPORT GROUPS

For families affected by dementia.

Contact: Adrienne McAvinue / Frances Redmond

Call: 086 838 1215 / 086 792 6766

Email: amcavinue@alzheimer.ie / frances.redmond@alzheimer.ie

UNDER 65 FAMILY CARER GROUP

(last Tuesday, 8-10pm):

Call: 086 838 1215 / 086 792 6766

ONLINE CARER SUPPORT (every 3 weeks):

Call: 1800 341 341

Email: onlinesupportgroup@alzheimer.ie

ALZHEIMER CAFÉ

Balally Parish Pastoral Centre, Cedar Rd, Balally, D16 K7C3

Contact: Frances Redmond

Call: 086 792 6766

Email: scdalzcafe@gmail.com

DAY CARE AT HOME

Dementia-specific activities at home.

Contact: Alzheimer South Dublin Office

NATIONAL DEMENTIA CHOIR

Mindful Melodies (Virtual Choir):

Contact: Anne-Marie Veale / Catherine Bartels

Call: 087 238 8444 / 086 049 0548

Email: annemarie.veale@alzheimer.ie / cbartels@alzheimer.ie

RESPIRE CARE

The Orchard Respite Centre: Temple Rd, Blackrock, Co Dublin, A94 N8Y0

Contact: Sebastian Stoica

Call: 01 278 3830

Email: managerorchard@mowlamhealthcare.com

SOUTH DUBLIN BRANCH OFFICE

The Orchard Day Care, Temple Rd, Blackrock, Co Dublin

Contact: Eilis Walsh, Chairperson

Call: 01 207 3836

EASTERN CENTRE OF OPERATIONS:

1st Floor, 7A The Village Centre, Lucan Co Dublin, K78E2D3

Contact: Debbie Kenny

Call: 087 655 1173

Email: debbie.kenny@alzheimer.ie

The Alzheimer Society of Ireland Sporting Memories Programme

Sporting Memories uses the power of sports reminiscence to recall good times past and to reconnect people with their communities, helping to improve health and wellbeing, especially of people living with Dementia.

This programme aims to tackle depression, and loneliness through safe, friendly sessions, led by people with a passion for sport and a desire to help people stay engaged in their communities.

Sporting Memories brings people together to reminisce about their lives through the medium of sport, using images, video, and other tools to spark memories and encourage social engagement.

Whether a person played a sport, was a club member, or a supporter, sport creates a sense of identity and a set of memories that last a lifetime. By using sporting cues, it is possible to stimulate memory, improve communication and social skills as well as creating a sense of belonging within a local community.

Reminiscence is very powerful for everyone but particularly for people living with Dementia as it can give them sense of competence and confidence through using a skill they still have. We all possess memories, we all have our own unique life history. Recalling the past is a means of owning it hence preserving ourselves.

Many people with dementia find themselves routinely having things done 'for' or 'to' them. When a person shares something about their past and another person shows interest, it is a wonderful opportunity for that person to feel that they are the one who is giving something to another human being, rather than always being the one who is receiving or listening.

Would you be interested in bringing Sporting Memories to Your community, if so The Alzheimer Society of Ireland can support you in organising the event. Contact communityengagement@alzheimer.ie or call 085 8566478

dlr Community Services



Sandra Kelly,
Senior Community
Officer

dlr Community Facilities & Centres

The Community Section of Dún Laoghaire-Rathdown County Council provide support and funding to community facilities and centres located across the County of dlr. Community Centres provide a focus to support community development and a sense of well-being and quality of life in our local communities. Our Centres provide spaces where people can interact, learn, engage in recreational activities, be supported and grow. In many areas, they are the focus of socially sustainable communities.

dlr invests in the physical infrastructure as well as community activities to support the development and delivery of services in line with local community need.

Activities and services which take place in Community Centres include: Early Years and Afterschool Childcare, Dance Classes, Arts & Crafts, Adult Education, Music Lessons, Exercise & Yoga Classes, Older Persons Social and Support Groups, Healthy Cooking, Youth Services, Language Classes, Social Meetups and Public Meetings as well as classes in using computers and smart phones, accessing the internet and much more.

Each of our centres is unique in the activities on offer and space available for rent to community groups. If there is something you would like to see running in your local community facility, call in and have a chat with the staff on site. Working together and staying connected, we can ensure our communities are strong and resilient.

The dlr Community team are happy to support you with linking in with activities in your local area. We also offer support to groups that are interested in setting up a residents' association or setting up a community group.

For further details and a comprehensive directory of centres please visit www.dlrcommunity.ie

Community Grants

Dún Laoghaire - Rathdown County Council provides a wide range of Grants to community groups to assist with actions and projects being undertaken in their local area. These grants are intended to sustain community activity and active citizenship. Community Grant applications open online every September.

Community and Volunteer Awards

Dun Laoghaire-Rathdown County Council are delighted to host the annual dlr Community and Volunteer Awards which bring together community groups and volunteers and provide an opportunity for the Council to recognise and celebrate the wealth of people and projects across our county which all contribute to make this a vibrant place to live.

In 2024, 61 community groups and 54 volunteers were formally acknowledged for the valuable contributions they make to their communities.

Nominations for the 2025 Community and Volunteer Awards will open in Autumn. If you know of a volunteer or community group who you feel should be recognised for their ongoing commitment and work, supporting and connecting through local activities and shared interests then please submit a nomination.

You can contact the dlr Community Team by calling 01 205 4893 or emailing community@dlrcoco.ie

Dún Laoghaire - Rathdown County Council (dlrcoco) Spotlight Series



Sallynoggin Community & Senior Centre

Sallynoggin Community & Senior Centre is one of over 25 Community facilities funded and supported across the county by Dún Laoghaire- Rathdown County Council.

The centre was completely transformed, and a one storey extension added. Officially opened in May 2019 it is a warm, welcoming and bright space. The “Young at Art” Group connect in the community centre every Wednesday morning.

Below the group eloquently echo how the centre enhances their social wellbeing and help foster new social connections through a variety of weekly activities and programmes.

“Young at Art gives me the motivation to get out and about especially during the Winter months. I was a little apprehensive before my first visit, but the group and staff immediately made me feel at ease. I really look forward to the chats and laughter shared here every Wednesday “

“Chair fitness is an absolute highlight for me. Our lovely instructor sets us individual plans so the programme can be as gentle or energetic as you require. I find it helps with my balance and coordination and I get a real sense of accomplishment from the class”



“Throughout the year we have a series of art workshops. Last year we had flower and wreath making workshops, we created the most beautiful arrangements. It was amazing fun. I find art and craft therapeutic; it is wonderful I get to enjoy my hobby in the community centre surrounded by those with a shared interest”

“The staff and volunteers are outstanding and offer so much community support to our group”

For more information on how to get involved, please visit or call Sallynoggin Community Centre on 01-2351952 weekdays between 9am and 1pm.

Breda and her team will be delighted to discuss the weekly activities and workshops on offer.



Spotlight Series

KILCROSS RESOURCE CENTRE

Kilcross Resource Centre provides an accessible, open-door centre working with the local community for the local community. It provides a neutral hub to build rewarding social connections, develop skills and discover new activities. The centre is multifaceted with Kilcross Ladies and Over 50's club, The Gardening Club, The Estate Management Forum and Kilcross Youth Club working independently and collectively pioneering projects and programmes that encourage and enhance community development.

Kilcross Resource Centre Management Committee spoke about some of the activities that take place in the centre throughout the year that help to foster deeper social connections in the community and surrounding areas. Pins & Needles fondly referred to as "singing & eating" takes place in the centre every Friday. You do not need to live in Kilcross to join and there is no commitment to stay the full morning, you can pop in at any time. The club knit, sew and crochet for many charities, this year they raised nearly €2000 for a local charity; The Down Syndrome Centre in Sandyford.

The Club meet on Fridays from 10am-12.30pm

The Garden Club is open to all budding gardeners, a great place for a seasoned gardener to share their knowledge or a novice looking to pick up some basic skills. There is a keen focus on biodiversity and learning to work with our natural landscape and wildlife. Learning how to grow herbs, vegetables, flowers and plants. New members are always warmly welcomed. **The club meet on Saturdays from 10.30am-12.00pm.**

Kilcross Ladies and Over 50's group organise many activities and programmes during the year from arts and crafts, cooking and amateur dramatics. Last year the group of 56 invaded Sligo for a lively five-day trip which was a highlight for all. Another stand out event is the Pensioners Party which takes place the second Wednesday of January annually. This year the party was attended by 35 pensioners who enjoyed a three-course meal accompanied by much song and dance. Congratulations to Debbie and Anita who prepared a delicious banquet of desserts that Mary Berry herself would be envious of. **The group meet every Monday 8.00pm-10.00pm.**

The centre works in synergy with The Estate Management Programme, Thomas Reck from dlrcoco Community Department speaks of the great work accomplished under the programme and how to get involved with your local forum.

"The Estate Management Programme offers social inclusion, training and development. It's an opportunity for all ages to get active, learn new skills, make social connections and develop their local public realm. Some recent examples of the work/activities in the Estate Management Programme are: A summer training event to Bloom Festival 2024, community clean ups, seasonal social inclusion events, community recycling skip days, pensioners parties, community garden initiatives and much more. The programme also offers a direct contact with dlrcoco through a dedicated Community Worker for each area. I'd encourage anyone living in one of the 12 Estate Management Areas to get in touch with their local Forum or contact community@dlrcoco.ie for more information and to get involved"

Kilcross Resource centre is also home to Kilcross Youth Club which make Friday evenings fun.

The youth club run an array of sports and arts activities and last years Summer camp was a tremendous success, full of fun and adventure!

The youth club meet every Friday evening from 7.00pm - 8.30pm.

In conjunction to the clubs and forums the centre runs a series of chair yoga, computer classes, creative writing and bingo. There really is something for everyone in this lively centre.

To get involved in any of the activities, please contact the centre or pop in for a chat and a cuppa. **Tel - 01 295 3259**

Email: Kilcrosssrc@gmail.com



Ballinteer Active Retirement Association (BARA) scoops top spot at IPB National Pride of Place Awards

At the annual IPB National Pride of Place Awards held in Monaghan in November 2024 BARA were awarded the National Award for Age Friendly Communities.

The Pride of Place Competition was initiated 22 years ago through a Co-operation Ireland Programme to acknowledge the invaluable work undertaken by volunteers and those involved in local community development. It has grown into the largest competition recognising community development achievements on the island of Ireland.

This prestigious all island competition celebrates the efforts of communities coming together to shape, change and improve people's daily lives in their respective areas. This award is a recognition of all the hard work and dedication displayed by the members of Ballinteer Active Retirement Group (BARA) which showcases their passion for making a positive impact in the Ballinteer Community. BARA was constituted in 2005 and straddles the Dundrum and Glencullen electoral areas on the west side of Dún Laoghaire-Rathdown

County Council. BARA is open to men and women of retirement age, has over 240 members and meets in Ballinteer St. John's GAA Clubhouse. BARA aim to encourage a positive attitude to ageing and retirement by providing a diverse weekly activity programme which includes physical activities such as chair aerobics, line dancing, yoga, walking groups, and non-physical activities such as choral singing, folk and traditional group, book club, art exhibition, history group and quizzes.

DLR are proud to have such an outstanding community group within its area and look forward to continuing to support and celebrate their efforts in the future.

Each year dlr Community Section submit entries to the IPB National Pride of Place Awards. If you would like to nominate a local volunteer led group, who you feel make a significant positive impact on their community, please contact our dlr Community Team by calling 01 205 4892 or emailing community@dlrcoco.ie



Rosemount: Family Resource Centre

At Rosemount Family Resource Centre, we pride ourselves on being a welcoming hub for people of all ages, truly offering services and activities “from cradle to grave.” Our mission is to foster connection, well-being, and lifelong learning within our community.

We host a wide range of age-friendly classes and activities tailored to suit everyone’s needs and interests. Weekly offerings include walking groups, Tai Chi, Pilates, chair yoga, knitting, crafts, Angel Art, and a computer class every Friday from 10:30 AM to 12:30 PM. These activities not only promote physical and mental well-being but also provide opportunities to build friendships and create lasting memories.

Once a month, we organize social trips that allow participants to explore new places, share experiences, and have fun together. These outings are a highlight for many, bringing joy and connection beyond the regular routine.

For our active retirement group, we take things a step further with an annual three-night getaway. This cherished tradition offers an opportunity for relaxation, adventure, and deepening bonds within the group.

Rosemount Family Resource Centre is more than just a place for activities; it’s a community where people of all ages feel valued, supported, and connected. Whether you’re looking to stay active, explore creative pursuits, or simply enjoy the company of others, we’re here to provide a space where everyone belongs.

Join us and become part of the Rosemount family!

Rosemount Family Resource Centre, 3 Waldemar Terrace, Main Street, Dundrum, D14FX79
01-2166131



Hillview Family Resource Centre (FRC)

Hillview Family Resource Centre (FRC) provides programmes for all Ballinteer residents, from cradle to grave. Our 2025 Age Friendly programmes include Tuesday and Thursday evening fun knitting/crochet groups, 6-8pm @€3 per session. Knitting/crochet group meet every Monday morning, 10am - 12noon.



Every Monday morning, we have a large Chair Aerobics class with a trained tutor, suitable for adults recovering from surgery, illness or for those who like to keep fit and flexible.

Monday afternoons, 2-4pm, register for Adult Art classes with a trained, creative teacher.
You don’t have to be Vincent Van Gogh!

Do you like to meet others, sing without being judged? Then register for our Fun Singing Group, Fridays @11am.

STAY CONNECTED - HEALTH & WELLBEING, HILLVIEW FRC. Call 087 117 3475

Hillview FRC, 33/34 Hillview Grove, D16P9V9, Tel. 01 296 5025, Tel. 087 1173475

Creating a dementia inclusive community



With more than 64,000 people living with dementia in Ireland, and this figure set to double by 2045, many of us are and will be affected by dementia. The majority of people with dementia live in the community, and want to continue doing so. We can support them, and their families, to stay socially active and engaged and make a real difference to their health and wellbeing.

Dementia: Understand Together aims to create an Ireland that embraces and includes people living with dementia, and displays solidarity with them and their loved ones.

The campaign, led by the HSE, is supported by a coalition of over 40 national partners, ranging from transport, retail, financial services, community based organisations and academia and more than 1200 individuals, community champions, who are working together to create dementia inclusive communities in which people with dementia are respected, connected and supported.

For people with dementia and their families it is often the small things that mean the most.

Things like staying in touch with family or friends, supporting someone to keep doing the things they enjoy or making a small change in a business so that the person can use a service independently can make a big difference to the life of someone living with dementia.

To highlight the many services and activities that are already inclusive, the campaign developed a national **dementia inclusive community symbol**. All organisations and community groups across the country are encouraged to display the symbol as a sign of solidarity and support.

Marguerite Keating and Kathleen Farrell, are co-Vice Chairs of the Irish Dementia Working Group



and members of the Dementia: Understand Together Working Group. Kathleen, who is living with Lewy body dementia says, "I was delighted to be involved in developing this symbol and I am looking forward to seeing it when I am out and about. It is very supportive to think that businesses and communities are making

changes that mean I can continue to do the things I enjoy and stay connected in my community. Being able to travel and attend appointments or use my bank is very important to me and it sends a strong message that I am a valued and respected member of my community. Living with dementia is a new life but you have got to embrace it".

Marguerite shares, "I'm not ready to give up my riding boots just yet, I have this thing about being remembered, it's not really important to me, but what is important is that we come together and make a difference for all the Marguerite's coming behind me".

Sean O'Dowd, Consultant Neurologist and Clinical lead for the HSE's National Dementia Office explained, "It is wonderful to see so many people and organisations embracing this new community symbol. Social isolation is often more likely with a person with dementia. Staying socially active and engaged in their communities can help in many ways.

"As well as slowing the progression of dementia, it can positively affect a person's mood and overall health and wellbeing. Seeing this symbol displayed and people's commitment to learn more about the condition, will help people with dementia to retain some independence and routine and feel more open to new opportunities."

Community champions make a difference. Will you join the campaign?

We all have a role to play in making our communities inclusive for everyone. A friendly word, a smile, a gesture. By getting involved in this campaign, you are joining other individuals around Ireland who recognise that a community consists of all of its people and that this is what makes it stronger.

Marguerite shares the actions she takes in her own community in this video <https://www.youtube.com/watch?v=JcdOuKb-DzM>

You can find out more about the campaign, check out dementia awareness training opportunities, sign up to become a champion and order materials, including dementia inclusive community window stickers or badges at www.understandtogether.ie/get-involved

Red Squirrel – the tree planters

by Anne Murray, Biodiversity Officer

Did you know we often call red squirrels ‘nature’s tree planters’ and they are helping us in the face of climate change! Often the nuts and seeds they buried in the ground are left after the winter, allowing them to grow into trees and expand the squirrel’s natural habitat and our woodlands.

Although rarely seen, red squirrels also can swim !

dlr have been working for many years to try to conserve this species and, in consultation with NPWS aim to restore the red squirrel habitats on Killiney Hill to help this species survive as they are the only remaining viable population in Dublin.

There is nothing quite like watching red squirrel dash about through the canopy and jump from tree to tree or burying their seeds and nuts on the woodland floor. Unfortunately, this is not a common sight anymore in Killiney Hill as they have faced many challenges. The loss and deterioration of suitable habitat, especially the woodland areas, is a challenge for red squirrels and many other mammals. This is due to increasing visitor pressures, dog walkers and their dogs, along with competition and disease from the introduction of their non-native cousin grey squirrel, which have all led to their severe decline in Killiney Hill.

We are trying to bring back the wonderful red squirrel on the hill in numbers that will keep the population going and it will take careful effort and time. Looking at the wider landscape that these creatures use throughout the Dublin and Wicklow area, we are working with our other county councils together to see what can be done. A similar project has shown success in Aberdeen with red squirrel reappearing in locations where they had declined including peoples’ back gardens. If Aberdeen can do it – we can. We are excited to get going and using the Aberdeen example and experience, hopefully we can make a difference!

We cannot do anything without the cooperation of the DLR public and especially you.





THE BIKE HUB.IE

TRY AN INCLUSIVE BIKE!

We have two electric-assist Cycling Without Age trishaws available to book for free inclusive cycles along the Coastal Mobility Route in Dun Laoghaire. Designed for those with mobility issues or less able, the trishaws can carry two people, piloted by a trained volunteer pilot. We also have an electric-assist adult and child tricycle, a wheelchair bike, a handcycle and a tandem bicycle. All free to book online at www.thebikehub.ie.



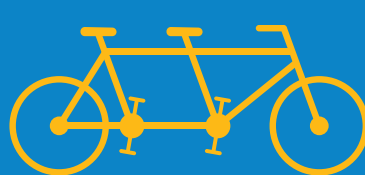


LIFE IS BETTER ON WHEELS

#GET YOUR PEDALS TURNING

www.thebikehub.ie | contact@thebikehub.ie | 01 - 2641000

Located opposite the RNLI shop near the East Pier,
Dun Laoghaire. Online bookings only.



To train as a volunteer pilot, email Clara@Cyclingwithoutage.ie



The Bike Hub, a social enterprise, also offers bicycle repair, DIY mechanics, TY Workshops, bike upcycling and recycling.

#BikeForAll

An initiative of www.dlrcoco.ie, www.dlrsportspartnership.ie,
www.cyclingwithoutage.ie and www.canadalifere.com

'Stay Connected - Health & Wellbeing'

The main objectives of the Irish Countrywomen's Association are to advance education and benefit the community through bringing women together in fellowship and friendship thus developing and improving the well-being, knowledge and skills of women and improving the general quality of life in Ireland through co-operative effort of women.

The importance of good mental health and positive wellbeing has been highlighted by many of our Guilds nationwide through a variety of means in the last few years. Guild members of Bantry Guild in Cork Federation have engaged in 'Forest bathing', a practice where we are encouraged to take a break from our busy lives and connect with nature. Three Mile House Guild in Monaghan Federation and Brotenstown Ballinea Guild in Westmeath Federation have undertaken wellness, aromatherapy and mindfulness workshops. The members of Warrenstown Drumree Guild of Meath Federation address loneliness and isolation among their members by hosting elegant tea parties encouraging everyone out of the house to take part. The members of Renmore Guild in Galway Federation and Douglas Guild in Cork Federation know the benefit of singing for their mental health and their choral works are enjoyed by all. Longford Federation joined in the Green Ribbon Walk and Talk which

aims to spread awareness about all mental health difficulties to help end mental health stigma and discrimination; Guild members were encouraged to Talk and Walk to end Mental Health stigma. Marlay Guild in Dublin Federation have dedicated time to learning holistic gardening and studying the healing properties of weeds, they find gardening to be a great source of joy, improving their overall wellbeing.



For so many of our members just simply meeting with each other improves their feelings of wellbeing, giving them the vital connection, just like our Kilnamanagh Guild in Dublin Federation, who recently celebrate their 30th anniversary as a Guild. (pictured)



Women's Collective Ireland DLR



Women's Collective Ireland DLR is a community centre based in Loughlinstown, Dún Laoghaire. We work with women throughout the DLR area. We are 1 of 17 Women's Collective Ireland projects throughout Ireland.

Follow us on Facebook for more information on what we have to offer you:
<https://www.facebook.com/womenscollectiveirelanddlr>

We support women in our communities through:

- Providing information, advice and supports on a wide variety of topics
- Delivering accessible, affordable, recreational and education courses
- Offering holistic and well-being sessions, programmes and workshops
- Providing space for women's groups to come together to develop their own groups
- Offering printing, photocopying, CV preparation and typing.
- We can help you in completing forms that you may find difficult to fill out
- We offer low-cost counselling for those experiencing mental health issues or concerns
- DLRCAT Family support worker works from here, her role is to support family members affected by other's drug or alcohol use.

In supporting "Staying Connected – Health & Wellbeing" we offer many different opportunities to come together and connect with others in your community.

These include:

- Yoga sessions – both in house and online
- Mindfulness meditation – both in house and online



- Tai Chi – online
- Aqua aerobics for wellbeing – every Tuesday
- Women walking for wellness – every Wednesday
- We also organise community lunches and workshops throughout our terms

Addiction Support Services @ WCI DLR

DLRCAT offer free addiction support services here. For more information contact Elaine, Family Support worker from DLRCAT: 087 2240927

Low-Cost Counselling @ WCI DLR

Kathleen offers low-cost counselling on Wednesday and Thursday afternoons

For more information, please contact her directly on: 083 4304750

Lifelong Learning:

We're delighted to offer a range of recreational courses such as: Arts & Crafts, Personal development course, Cooking for one, Jewellery Making and Women in Leadership programme

Contact us for more information on any of our courses. **WCI - DLR - TEAM: Sandra, Tracey, Melanie, Cliona, Martha, Sharon**

086 1744863 - Sandra
 086 1382482 - Tracey
 086 8233596 - Sharon

57 Ennel Court, Loughlinstown,
 Co. Dublin, A96 YR92

Email: dunlaoghaire@womenscollective.ie
 Landline: 01 2825932



The Power of Connection: Tips for Staying Connected at Any Age

As we grow older, staying connected becomes even more important. Maintaining meaningful relationships and staying engaged can improve mental and physical health, reduce feelings of isolation, and provide a sense of purpose. Here are some practical tips for maintaining connection and enriching your life.

Embrace Technology at Your Own Pace

While technology may seem intimidating, it can open doors to maintaining connections. Start with simple tools like a smartphone or tablet to send messages, share photos, or make video calls with loved ones. Platforms like FaceTime or WhatsApp allow you to stay in touch easily. If you need help, ask a tech-savvy family member to show you or look for classes at your local library or community Centre.

Join a Class

Many communities offer clubs and activities specifically designed for older adults. From knitting circles and card games to chair yoga and chair aerobics classes, these groups provide regular opportunities to meet new people and stay active.

Volunteer Your Time and Skills

Volunteering can be deeply rewarding and an excellent way to stay connected with other people. Whether it's reading to children, mentoring younger generations, or helping at a food bank, your life experiences and skills are invaluable. Check with your local community centre or volunteer centre for opportunities to give back.

Strengthen Family Connections

Staying close to family can be incredibly fulfilling.

Plan regular family gatherings or set aside time for phone or video calls. If mobility allows, attend your grandchildren's school events or activities. Sharing your stories and wisdom with younger family members can create valuable bonds and keep family traditions and stories alive.

Reconnect with Old Friends

It's never too late to reach out to old friends. A phone call, a letter, or meeting for a cuppa, can rekindle former relationships. Reminiscing about shared memories can bring joy and strengthen bonds.

Explore Lifelong Learning Opportunities

Staying mentally active is vital for overall wellbeing. Many universities and community groups offer courses or classes for seniors, often at discounted rates. Subjects like history, art, or creative writing can spark curiosity and introduce you to others with similar interests.

Adopt a Pet

Pets provide companionship, reduce loneliness, and encourage routine. If a high-energy pet feels like too much responsibility, consider adopting a senior cat or dog that fits your lifestyle. Walking a dog can also lead to interactions with neighbours or other pet owners.

Staying connected is key to living a fulfilling and vibrant life at any age. Whether through technology, volunteering, or strengthening family bonds, there are countless ways to nurture meaningful relationships. Check out your local community groups for opportunities to build new connections and strengthen old ones.

This article is from resources co-designed by Mental Health Ireland and partners. For more resources, visit www.mentalhealthireland.ie/resources/

Age & Opportunity's FitLine Telephone Mentoring Service assisting participants to get more active

FitLine is a volunteer-led telephone mentoring service that supports people aged 50+ to be more active. It is designed to help people who want to feel healthier but just don't have the motivation, confidence or information to get moving.

"We are launching a call-out for FitLine participants," says Meg Hegarty, FitLine Coordinator with Age & Opportunity's Active Programme. "It's a nationwide initiative that has supported many people to date and we're excited to be growing FitLine in 2025."

"If you sign up as a FitLine participant you will receive regular calls from our friendly volunteers who understand the challenges of getting active. They will discuss your life situation and preferences and can offer suggestions to encourage you to be more active."

Feedback from FitLine participants has been resoundingly positive.

"It's very nice that someone calls. It does encourage me to do more," says Anne in Carlow.

"It's going well. My mentor is very good and interested. By working with him, it gives me more incentive," says Niall in Louth.



"The calls do encourage me. If I'm inclined to get lazy, it encourages me because I want to be ready to tell my mentor a whole lot of things that I've done," says Moira in Dublin.

A promotional flyer for the FitLine service. At the top right is the Age & Opportunity logo. Below it, in smaller text, is "Incorporating Age & Opportunity active, The National Sport and Physical Activity Programme for Older People". On the left, a pink circle contains the text "FREE initiative for over 50s". The center of the flyer features three circular photographs: one of a woman talking on a phone, and two others showing people engaged in physical activities like cycling and walking. Below the photos, the word "FitLine" is written in a large, bold, blue font. Underneath that, in a smaller blue font, is the tagline "A friendly word to get you more active." Below the tagline, the text "Free phone: 1800 303 545" is displayed. At the very bottom, in a small grey font, is the text "FitLine Volunteer Mentors make regular phone calls to people who would like to get more physically active."

If you are interested in joining FitLine as a participant, or if you work with others (for example as a GP, Physiotherapist, Social Prescriber) and you would like to refer someone with their agreement, call us on freephone 1800 303 545 or email fitline@ageandopportunity.ie.

FitLine is a free initiative of Age & Opportunity, a 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. FitLine is an initiative within Age & Opportunity's Active programme, funded by Sport Ireland and the HSE. Visit our website at ageandopportunity.ie.

LGBT Ireland Telefriending

Would you like to have a chat with a fellow member of the LGBTQI+ community once a week? Or do you know someone who might benefit? If so, please reach out to the LGBT Ireland Telefriending service on telefriending@lgbt.ie or through 01 437 1209.

Telefriending is intended for LGBTQI+ people over 50 and provides service users with a weekly telephone call from a friendly, trained volunteer who is Garda vetted. The service provides friendship, security and support to help people feel more connected to their community and to alleviate a sense of loneliness and isolation.

People who have used the service have found the experience to be positive, rewarding and confidence-building.



**LGBT
IRELAND**

For Inclusion
For Equality
For Everyone

More details on the service are available at www.lgbt.ie/telefriending

Non-Judgemental Listening Service

The National LGBT Helpline operates 7 days a week, at evenings and weekends. If you would like to chat to one of our trained volunteers, you can contact us on freephone **1800 929 539** or through www.lgbt.ie (online chat option).

LGBT Ireland also provides a range of peer support groups to facilitate mutual support between members of the LGBTQI+ community. For more information on our peer support groups, please visit <https://lgbt.ie/our-services/peersupport/>



My Telefriend is very open, friendly and very inspiring in life.

A supportive weekly call for Older LGBT+ people.

Sign-up? Call us on 01 437 1209 or email telefriending@lgbt.ie

WWW.LGBT.IE/TELEFRIENDING



We Support Older LGBT+ People...



With no friends or family support, I sometimes get very lonely.

A supportive weekly call for Older LGBT+ people.

Sign-up? Call us on 01 437 1209 or email telefriending@lgbt.ie

WWW.LGBT.IE/TELEFRIENDING



We Share A Lot of Joy and Laughter...



Age Action

Age Equality



Care and Repair

Age Action's Care and Repair programme carries out minor repairs for older and vulnerable people free of charge and gives them access to reliable tradesmen for larger jobs.



Getting Started

As part of our fight against digital exclusion, Age Action's Getting Started programme delivers one-to-one training on computers, tablets and smartphones to people over the age of 55.



Campaigning and Policy

Our Advocacy team works hard to give a voice to older people and ensure that their rights are always on the Government agenda.



Fundraising

Age Action support and services rely on the kind donations of people like you. To show your support donate today at www.ageaction.ie or call us on 01 475 6989.

Stay Connected: How Parks Boost Health and Wellbeing for Older Adults

DLR Parks are more than just green spaces; they're vibrant hubs of community and wellness, especially for older adults. Parks offer a vital connection to nature, physical activity, and social interaction, all of which contribute significantly to healthy aging.

The benefits of parks for older people are numerous and well-documented.

- **Physical Health** - Regular visits to parks encourage physical activity, even if it's just a gentle stroll. This can help improve cardiovascular health, maintain mobility, and reduce the risk of falls.
- **Mental Wellbeing** - Nature has a calming effect. DLR Parks provide a space for relaxation, stress reduction, and improved mood.
- **Social Connection** - DLR Parks are places where people come together. They offer opportunities for social interaction, reducing feelings of loneliness and isolation. Joining a walking group, attending outdoor events, or simply chatting with other park visitors can foster a sense of community and belonging.

DLR Parks are invaluable assets for promoting health and wellbeing among older adults. By providing spaces for physical activity, mental relaxation, and social connection, parks contribute to a higher quality of life.

Flagship Parks in Dun Laoghaire – Rathdown

BLACKROCK PARK: Open Access

CABINTEELY PARK: Sep 8am – 8pm | Oct 8am to 7pm | Nov – Jan 8am to 5pm | Feb 8am to 6pm | Mar 8am to 7pm | Apr 8am to 8pm | May – Aug 8am to 10.30pm

DEER PARK: Open Access

FERNHILL PARK & GARDENS: 9am – 6pm

KILBOGGET PARK: Open Access

KILLINEY HILL PARK: Open Access

MARLAY PARK: Sep 9am to 8pm | Oct 9am to 6pm | Nov – Jan 9am – 5pm | Feb – Mar 9am to 6pm | Apr 9am to 9pm | May – Aug 9am to 10pm

PEOPLE'S PARK, DUN LAOGHAIRE: Dec – Mar 8am – 4.30pm | Apr – May 8am to 7.30pm | Jun – Sep 8am to 8pm | Oct – Nov 8am to 7.30pm

SHANGANAGH PARK: Open Access

TULLY PARK: Open Access

Healthy Eating for Older Adults



Food Pyramid guidelines for
adults aged over 65



Food Pyramid for Older Adults

A guide for adults aged over 65



Foods and drinks high in fat, sugar and salt

! Foods from this shelf should not be eaten every day
– maximum once or twice a week



NOT every day

Fats, spreads and oils

Foods from this shelf provide essential fats, but use these in very small amounts.

In very small amounts



Meat, poultry, fish, eggs, beans and nuts

Foods from this shelf are the best sources of high-quality protein and iron, for strong muscles and healthy blood.

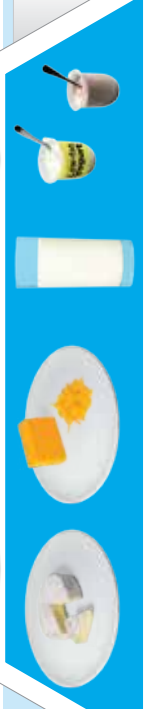
2-3 Servings a day



Milk, yogurt and cheese

Dairy foods are the best sources of the calcium you need to keep your bones strong. Low-fat is best. These foods are also high in protein.

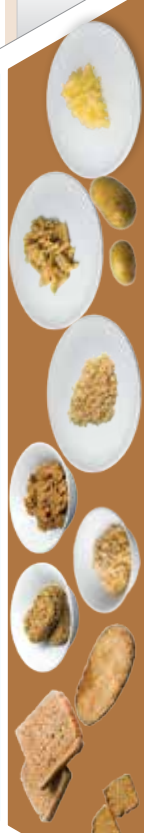
3-4 Servings a day



Wholemeal cereals and breads, potatoes, pasta and rice

Choose high-fibre foods from this shelf to help prevent constipation.

3-5 Servings a day



Vegetables, salad and fruit

Choose brightly coloured fruits and vegetables – they are good sources of vitamin C to help your body absorb iron.

5-7 Servings a day



Boost your B vitamins

B vitamins support brain function as we age. Eat plenty of fruit and vegetables, high-quality protein foods, cereals and milk with added B vitamins to ensure you are getting enough.



Eat enough high-quality protein in at least two meals a day

High-quality protein promotes and maintains good muscle strength as you age. Muscle loss can lead to frailty and a higher risk of falls so choose foods from the Meat (and alternatives) as well as from Milk (and alternatives).



Be active everyday

Small bouts of exercise for 10–15 minutes several times a day is much better than doing all your activity in one go. Strengthening exercises are also important.



Daily vitamin D

You need to take a 15 microgram (µg) vitamin D supplement every day of the year. A good diet and sunlight is not enough to keep your bones strong and prevent falls.

For more food facts and healthy eating tips visit www.healthyireland.ie

Source: Department of Health/Health Service Executive 2023

ExWell Medical

ExWell Medical is an established community-based chronic illness rehabilitation programme with a patient-centred ethos. ExWell Medical offers affordable and community-based supervised exercise classes, as well as home programmes to people with many different long-term illnesses.

ExWell Medical is a not-for-profit company that has over 3,000 in-person patient visits per week, across 25 centres which illustrates the confidence it has gained from the HSE, hospital physicians and boasts a strong and steady referral base from local GPs and other allied health professionals.

ExWell accept all chronically ill participants, meaning those with any long-term conditions such as heart disease, neuromuscular disease, mental health, cancer, diabetes, arthritis, bowel disease etc.

Classes are 45 -50 Minutes in duration & involve a combination of aerobic (walking/ cycling/rowing), resistance (using weights), core strength and balance exercises, led by trained instructors. At ExWell, enjoyment and fun are a priority along with safety.



Medical Referrals

ExWell Medical accept referrals from any healthcare professional that has access to your medical background. All participants must complete an induction/baseline assessment, which will be booked after a referral is received and all referrals must be sent via email or post to:

1. referrals@exwell.ie or exwellmedical@healthmail.ie (HSE/healthmail accounts only)
2. Referrals can be sent directly through Healthlink
3. Post to: ExWell Medical, IWA, Blackheath Drive, Clontarf, Dublin 3, D03 AW62.

ExWell Loughinstown – Exercise classes available 4 days a week

Location: Loughinstown Leisure Centre, Loughinstown Drive, Loughinstown, Dún Laoghaire, Co. Dublin

Tel: (01) 282 3344

Email: info@exwell.ie
cmcgowan@exwell.ie
for Loughinstown related queries



Upcoming dlr Events

Save the date for DLR Events coming to you in 2025, most of which are FREE. Please come and join us.



Cabinteely Seed Gardening Club, Cabinteely Library

First Thursday of every month at 6.45pm

For more information
Email: cabinteelylib@dlrcoco.ie
or Tel: (01) 285 5363



Music Memories, Deansgrange Library in association with Newpark Academy of Music

Every Thursday from 11am to 12pm

For more information contact
Newpark Academy of Music via
Email: enquiries@newparkmusic.ie or
Tel: (01) 288 3740

Chai & Chat, Furry Hill Community Centre, D16 Y6X9

The Women's Programme invite all women to their monthly multicultural tea/coffee morning in a relaxed atmosphere every last Monday of the month.

Monday 28th April, 26th May & 23rd June from 10am to 11am

For more details please contact via
Email: agata.radzio@sspship.ie or
Tel: (01) 442 1004 or Mobile: (087) 612 8740

DLR Sports Partnership Walking Programme

Cabinteely Park – Duration 5 weeks starting
Tuesday 29th April from 10am to 10.45am

SPRING DLR EVENTS

Caint agus Cupán, Cabinteely Library

Mondays from 3pm to 4pm.

Do you want to be able to have a conversation as Gaeilge? A new weekly group in Cabinteely Library may be the answer. This weekly group is for those who would like to revisit the Irish Language and improve comhrá as Gaeilge over a cupán tae. All levels welcome, this is an informal conversation group not a taught class.



For more information
Email: cabinteelylib@dlrcoco.ie or
Tel: (01) 285 5363

SUMMER DLR EVENTS

Bealtaine Festival

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 and poetry readings – come join us; look up our libraries website at: www.libraries.dlrcoco.ie/events

DLR Sports Partnership Tea Dances

Midweek Tea Dances with tea, sandwiches, music and dancing will take place in 2 locations across the county in May. Register your interest with Kevina on kmalone@dlrcoco.ie

Bike Week 10th to 18th May

various events throughout the county

DLR Sports Partnership Walking Programme

Dún Laoghaire – Duration 4 weeks starting
Tuesday 1st July from 10am to 10.45am

Coastival

Dún Laoghaire

Saturday July 5th to Sunday July 13th

Atmosphere

Newtownsmith (part of Coastival)

Sunday July 6th from 1pm to 5pm

Outdoor Movies

The Green (part of Coastival)

Sunday July 13th from 2pm to 8.30pm

DLR Sports Partnership Tea Dances

Midweek Tea Dances with tea, sandwiches, music and dancing will take place in 2 locations across the county in July. Register your interest with Kevina on kmalone@dlrcoco.ie

Autumn / Winter DLR Events

DLR Boules Winter League: 6 week winter league programme between Cabinteely, Martello, Marlay and Seapoint Boules Clubs will return this Autumn / Winter. Matches will take place on Friday afternoons, rotating between clubs and culminating in Finale Day at Seapoint. For more information contact: sportpartnership@dlrcoco.ie

DLR Sports Partnership Walking Programme

Fernhill Park – Duration 3 weeks starting **Tuesday 23rd September from 10am to 10.45am**

SAMHAIN

Marlay Park

Saturday October 25th and Sunday October 26th

DLR Sports Partnership Tea Dances

Midweek Tea Dances with tea, sandwiches, music and dancing will take place in 2 locations across the county in October. Register your interest with Kevina on kmalone@dlrcoco.ie

Santa Dash

Cabinteely Park

Sunday December 7th



DLR Sports Partnership Tea Dance

Support Groups

Age Action 01 475 6989

ALONE 0818 222 024

AWARE 01 661 7211/
1800 80 48 48

Blackrock Hospice 01 206 4000

Citizen Advice 0818 07 4000

Dementia Carers Campaign Network (DCCN)
01 207 3813

dlr Local Drugs Task Force 01 706 0125

GROW 0818 474 474

Irish Dementia Working Group
1800 341 341

Irish Hospice Foundation 01 679 3188

Irish Senior Citizen's Parliament
085 260 4955

Mental Health Ireland 01 284 1166

Minding Creative Minds 1800 814 244

National Traveller Mental Health Service	01 872 1094
Neurodiversity Ireland info@neurodiversityireland.com	
Parkinson's Association of Ireland	01 872 2234
Pieta	1800 247 247 Text HELP to 51444
Retirement Planning Council of Ireland	01 478 9471
Safeguarding Ireland	061 461 358
Senior Line	1800 804 591
St John of God Memory Assessment Service	01 277 1400/ 1800 341 341

Hillview Resource Centre	01 296 5025
Irish Association for Counselling/ Psychotherapy	01 230 3536
MyMind	0818 278 604
National Counselling Service HSE	1800 234 111
Rosemount Family Resource Centre	01 216 6131
Traveller Counselling Service	086 308 1476
Turn to me (Online Counselling) turnonme.org	

Local Counselling/ Psychotherapy Service

Balally Family Resource Centre	01 295 2167
Blackrock/Donnybrook Counselling	01 283 8735
Counselling in Primary Care	01 280 5862 (GP referral required)
Connect Counselling	1800 477 477

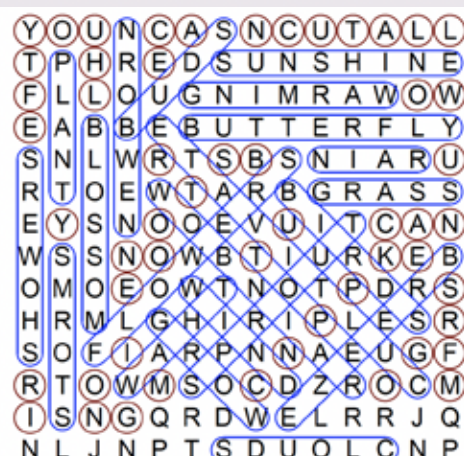
Other Services

Dublin Bus	01 873 4222
Dún Laoghaire Rathdown County Council	01 205 4700 info@dlrcoco.ie
DLRCC Emergency Services (after 5pm & Weekends)	
Surface Water/Flooding, Dangerous Structures & Places, Transportation	01 677 8844
EBS Emergency/Fault	1800 372 999
Gas Emergency	1800 20 50 50
GoAHead Ireland	0818 804071

With special thanks to all our contributors, Deirdre Cronin, Interim Age-Friendly Programme Manager and Rachel Hallissey, Community Worker

Answers to Puzzles

Word Search - Page 28



Crossword Puzzle - page 52



dlr Age Well Expo 2025

Talbot Hotel Stillorgan, Stillorgan Road, Dublin, A94 V6K5

Wednesday 11th June 2025

10.00a.m - 4.00p.m

Age Well Expo showcasing services and supports
for Positive Ageing in Dún Laoghaire-Rathdown

Information stands

Guest speakers

Music

Dance

Talks

**Crafts &
creativity**

Demonstrations

& much more!

All welcome, free entry, gift bags

More information:

Community Section, Dún Laoghaire-Rathdown County Council,
01 205 4893 / community@dlrcoco.ie



Organised & Funded by:

Dún Laoghaire-Rathdown County Council & dlr Age-Friendly Alliance



Rialtas na hÉireann
Government of Ireland



Sláintecare.
Right Care.Right Place.Right Time.



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



The information contained in this publication is for general information purposes only and is provided by Dún Laoghaire-Rathdown County Council's Community & Cultural Services and Parks Department. Whilst every care has been taken to ensure that information compiled for this publication is correct, changes in circumstances after the time of publication may impact on the accuracy of this information and Dún Laoghaire-Rathdown County Council will not be held responsible for any loss, damage or inconvenience caused as a result of any inaccuracy or error within it. We are extremely grateful to the authors who have consented to the inclusion of their work and to all who have contributed to this publication.