Directory of Activities & Services
for older people in Dún Laoghaire-Rathdown County
# Contents

- **CULTURE & ENTERTAINMENT**
  - Background and Introduction 5
  - Active Retirement Associations and Groups 6
  - An Garda Síochána 19
  - Garda Older Persons Association (GOPA) 19
  - Bowling 20
  - Bridge Clubs 21
  - Care and Repair 25
  - Carer Support 25
  - Chamber of Commerce 26
  - Chess Clubs 27
  - Cinema 28
  - Citizens Information Centres 29
  - Community Welfare Officers 30
  - Concert & Performance Venues 32
  - Dublin Dún Laoghaire Education Training Board 33
  - University College Dublin 42
  - Open Education 44
  - Dún Laoghaire-Rathdown County Council 46
  - Community Buildings 48
  - Cemetery 51
  - Housing 52
  - Libraries 53

- **HEALTH & WELLBEING**

- **INFORMATION & EDUCATION**

- **RELIGION & SPIRITUAL**

- **SUPPORT & COMMUNITY GROUPS**
Every effort has been made to provide the most accurate details and were correct, as far as possible, at the time of going to print.
Background and Introduction

The development of this directory originated from the Dún Laoghaire-Rathdown County Development Strategy 2002-2012, and the second implementation Plan 2006-2008. The Older Person Service Providers Forum, a sub structure of the Healthy County Forum, identified the need for a Directory of Activities & Services for Older People in the Dún Laoghaire-Rathdown County. During the most recent Age Friendly Roundtable Conversations in late 2015 that need was reaffirmed.

It was envisioned that the original directory would include a description of all the Older Person relevant activities and services available within the County area together with descriptions of personnel and contact details. The HSE was the original lead agency in the compilation of the Directory in collaboration with personnel from Dún Laoghaire-Rathdown County Council, Dublin Dún Laoghaire Education Training Board, Dún Laoghaire-Rathdown Network of Older People, Dún Laoghaire-Rathdown Chamber and An Garda Síochána. The information contained in this updated version of the directory is the original data but has been updated to reflect the changes of contact details and personnel. We hope that this directory will be a valuable resource to both Older People and service providers alike.

We wish to acknowledge the major piece of original work carried out by Ms. Evelyn Flavin, Physiotherapy Manager, HSE, Local Health Office Dublin South East and her team for the compilation of the original data for this directory. We thank Eilís Hession, Manager of Services for Older Persons, HSE, Local Health Office, Dún Laoghaire for her leadership and determination with the development of the original directory.

I hope this Directory will be of benefit to all who use it.

Donal Marren
Chairman of dlr Age Friendly Alliance
Active Retirement

Age Action Computers for Older People
(Supported by Southside Partnership)
If you are interested in learning some computer skills then contact the Age Action Team. All classes are free of charge and are all tutored by trained one to one volunteers. Classes are for learning the basics of getting online.
Tel: 01 475 6989

Ballinteer Active Retirement Association
Ballinteer St. John’s GAA club,
Grange Road, Ballinteer, Dublin 16
Tel: 086 803 8662  Contact: Anne Lucas
Activities: Bowls, walking / ramblers, history groups, drama, book club, Irish speaking group, yoga, choir, bridge, female singing group, folk & trad. group.

Ballybrack I.C.A Guild
St. Matthias Church Hall,
Church Road, Ballybrack, Co. Dublin
Tel: 086 287 0218  Contact: Monica Farren
Email: ballybrackica@gmail.com
Activities: Meet every second Tuesday of the month

Ballybrack Ladies Club
Project Centre, Coolevin Ballbrack
Tel: 089 472 6749
Balally Hospitality Group
C\O Parish Centre, Church of The Ascension, Cedar Road, Balally, Dublin 16
Tel: 01 295 5043   Contact: Tony Brooks
Activities: Meet every Wednesday morning. Theatre outings, trips, poetry and tea. Every second week, aerobics and rings.

Balally Ladies Club
St. Olaf’s School Hall, Balally Drive, Dundrum, Dublin 16
Tel: 087 763 8737
Contact: Ann Glass
Activities: Quiz’s, demonstrations, outings.

Ballyogan Young at Heart Group
Samuel Beckett Civic Centre, Ballyogan Court, Carrickmines, Dublin 18.
Tel: 01 294 3870   Email: dwballyogan@gmail.com
Activities: Outings, crafts, courses and socialising

Blackrock & Monkstown Active Retirement Association
Parish Hall, St. John the Baptist Church, Blackrock, Co. Dublin
Tel: 086 245 6518   Contact: Anne Sweeney
Activities: Meet every Thursday - Outings, Irish and continental holidays, bridge, Italian classes. Meet up for lunch. Exercise classes (extra charge).
**Blackrock I.C.A.**
Holy Family Resource Centre, 
Kill O' The Grange, Blackrock, Co. Dublin.  
**Tel:** 087 272 0073  **Contact:** Beverly Hanley  
**Email:** blackrockguild@gmail.com  
**Activities:** Meet 2nd and 4th Thursdays at 7.30pm

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**Blackrock Old Folk Association**  
Parish Hall, St. John the Baptist Church, Blackrock, Co. Dublin  
**Tel:** 01 288 9273  **Contact:** Siobhan Dillon  
**Activities:** Tuesday: Bingo & Tea. Outings arranged during the year.

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**Cabinteely Active Retirement Association**  
St. Brigid’s Pastoral Centre, Johnstown Road, Cabinteely, Dublin 18  
**Tel:** 01 285 4389  **Contact:** Maritta Malcolm  
**Activities:** Theatre and concert outings, going to places of interest, book club, play reading, walks, pitch & putt, Tai Chi, bowls, French bowls/petanque, 10 pin bowling, art, mahjong

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**Carraig Ladies Club**  
Johnstown Killiney Pastoral Centre, Churchview Road, Killiney, Co. Dublin  
**Tel:** 01 284 9455  **Contact:** June Kelly  
**Activities:** Debates, Quizzes, Fashion shows, Auctions, Charity Work... And Lots of Fun
Central Dún Laoghaire Senior Citizens
Park House, Library Road, Dún Laoghaire, Co. Dublin
Tel: 01 286 1864  Contact: Nancy Forsyth
Activities: Outings, art, crafts, social gatherings, bingo, tea and a chat.

Churchtown Active Retirement Association
Parish Hall, Church of the Good Shepard, Churchtown, Dublin 14
Tel: 01 298 2981  Contact: Mai O’Mahony
Activities: Social events, outings, card games, scrabble, chat, indoor bowls, bingo, holidays and day tours.

Dalkey Active Retirement Association
Our Lady’s Hall, 40 Castle Street, Dalkey, Co. Dublin
Tel: 01 285 8399  Contact: Rosemary Pearson
Activities: Art, bridge, short-mat bowling, garden club, hill-walking, book club, theatre outings, music, aerobics, Irish and Spanish conversation, holidays in Ireland

Dalkey Island Probus Club
C/O Killiney Golf Club, Ballinclea Road, Killiney, Co. Dublin
Tel: 01 280 7549 or 087 288 8371  Contact: Peter Lynch
Email: peter.lynch@ucd.ie

Dom Marmion Society
Dom Marmion House, County Council Car Park, Sandyford Road, Dundrum, Dublin 14
Tel: 01 298 2051  Contact: Olive Daly
Activities: Gentle keep-fit exercises, bowling and bingo, outings.
Active Retirement

Dundrum Flower Club
Gort Muire, Ballinteer, Dublin 16
Tel: 087 638 4216  Contact: Roberta Cochrane

Dundrum & Ballinteer Indoor Bowling Club
Methodist Church Hall, Ballinteer Rd, Ballinteer, Dublin 16
Tel: 01 493 4650  Contact: Fraser Pelley 086 191 87910
Activities: Bowling and Social Club.

Dún Laoghaire Active Retirement Association
Boylan Centre, Sussex St, Dún Laoghaire, Co. Dublin
Tel: 085 235 7858  Contact: Gabrielle Lowe
Email: g.m.lowe2@gmail.com
Activities: Bridge, exercise class, indoor bowls, walking, gardening, DIY, theatre, outings, computer classes, holidays, creative writing, beginner art classes.

Dún Laoghaire Ladies Club
Park House, Library Road, Dún Laoghaire, Co. Dublin
Tel: 01 298 9340 or 087 970 3690  Contact: Mary McGuire
Email: mcguiremary137@yahoo.com

Dún Laoghaire I.C.A
27 Corrig Ave, Dún Laoghaire, Co. Dublin
Tel: 01 280 1703  Contact: Helen Carolan
Email: icadunlaoghaire@gmail.com
Activities: Meet every 2nd Monday of the month at 8:00pm (except July & August)
Dún Laoghaire Ladies Probus
The National Yacht Club, Dún Laoghaire, Co. Dublin
Tel: 01 280 5725  Contact: Helen Middleton

Dún Laoghaire Marine Probus
Royal St George Yacht Club, Dún Laoghaire, Co. Dublin
Tel: 087 251 1626  Contact: Jim Farrelly
Activities: Meet every Monday at 10:30am

Dún Laoghaire-Rathdown Ladies Group
Parish Pastoral Centre, Foxrock, Dublin 18
Tel: 01 289 3871  Contact: Emily Caragher

Dún Laoghaire Borough Old Folks Association
27 Corrig Avenue, Dún Laoghaire, Co.Dublin
Tel: 01 214 7608  Contact: Blathnaid McGinty
Activities: Every Wednesday: Bingo and afternoon tea, 1pm - 3.45pm. We also have outings.

Foxrock Active Retirement Association
Foxrock Community Centre, Kill Lane, Foxrock, Dublin 18
Tel: 01 289 5650  Contact: Maureen Nolan
Activities: Cards, table tennis, golf, indoor bowling, holidays, concerts, quizzes, parties.
Glencullen Active Retirement Association
C/O Glencullen Community Hall, Ballybetagh Road, Glencullen, Dublin 18
Tel: 01 295 4774  Contact: Mary Mahon

Hillview Club 55
Hillview Family Resource Centre,
Hillview Grove, Ballinteer, Dublin 16
Tel: 01 296 5025  Contact: Clare McEwen
Activities: Bingo, flower arranging and outings.

Irish Senior Citizens Parliament
Tel: 086 253 6933  Contact: John O’ Neil

Johnstown/Killiney Active Retirement Association
Johnstown Pastoral Centre, Churchview Road, Killiney, Co. Dublin
Tel: 01 285 4236  Contact: Flora McRedmond
Activities: Bowling, bridge, whist, gardening, scrabble, art, crafts and computer classes.

Kill O’The Grange Active Retirement Association
The Parish Resource Centre, Kill Avenue, Co. Dublin
Tel: 01 285 1894  Contact: Josephine Hickey
Activities: Bowls, painting, outings and holidays.
Kilcross Women’s Group - over 50’s
Kilcross Resource Centre, 1 Kilcross Way, Sandyford, Dublin 18
Tel: 01 295 3259
Activities: Tai Chi, watercolours, flower arranging, bowling, bingo and graphic communications.

Kilternan I.C.A
C/O Glenbroc, Ballycorus Road, Dublin 18
Tel: 087 246 5382  Contact: Freda Keady
Email: kilternanica@gmail.com

Leopardstown & District Active Retirement Association
Leopardstown Inn, Brewery Road, Leopardstown, Co. Dublin
Tel: 01 288 7897  Contact: John McGuire
Activities: Visits to historic buildings and National Concert Hall, trips at home and abroad, cultural and artistic activities.

Loreto Ladies Club
Community Centre, Loretto Ave, Rathfarnham, Dublin 14
Tel: 086 120 8175  Contact: Marie Levins

Loughlinstown Over 50’s Activities Club
Loughlinstown Community Rooms, Rear of Loughlinstown Shopping Centre, Loughlinstown Drive, Co. Dublin
Tel: 01 282 6775  Contact: Maureen Barry
Activities: Bingo, cards, billiards, dancing, indoor bowls, badminton, outings and holidays.
Active Retirement

Loughlinstown Raging Hormones Drama Group
Loughlinstown Community Rooms, Rear of Loughlinstown Shopping Centre, Loughlinstown Drive, Co. Dublin
Tel: 01 252 2792  Contact: Anne Keegan

Marlay I.C.A
C/O Parish Centre, Rathfarnham, Dublin 16
Tel: 086 051 0832

Monkstown Senior Citizens
Monkstown Community Centre, Monkstown Grove, Co. Dublin
Tel: 01 280 0301  Contact: Paddy Cahill

Mount Merrion Active Retirement Association
Mount Merrion Community Centre, North Ave, Mount Merrion, Blackrock, Co. Dublin
Tel: 01 288 6476  Contact: Eileen O'Kane
Activities: Art, bridge, crafts, chairobics, dancing, cards, walking, bowling, outings and holidays.

Mount Merrion Friendship Club
Mount Merrion Community Centre, North Avenue, Mount Merrion, Blackrock, Co. Dublin
Tel: 01 288 4411
Activities: A full hot three course meal is served each day along with tea or coffee on arrival. Activities include: Talks, Music, Quizzes / crosswords, Newspaper discussions, Arts/ Crafts, Reminiscences, Summer and Christmas outings.
Active Retirement

Mountain View Together
Loreto Court, Nutgrove Ave, Rathfarnham, Dublin 14
Tel: 087 930 3886  Contact: Teresa Wolfe

Rathfarnham Active Retirement
St Mary’s Parish Centre, Willbrook Road, Rathfarnham, Dublin 14
Tel: 087 673 9935

Recycled Teenagers
Shanganagh Park House, Community Centre,
Rathsallagh Avenue, Shankill, Co. Dublin
Tel: 01 282 7694  Contact: Caroline McDermott
Activities: Social outings, bingo and chat.

Sallynoggin Old Folks Association
Sallynoggin Youth and Community Facility,
Church Place, Sallynoggin, Co. Dublin
Tel: 087 764 5530  Contact: Breda O’Brien
Activities: Bingo, Sing Song, Arts & Crafts, Ten Pin Bowls, Day Trips, Visiting Speakers, Tea & Chat

Sandyford ICA
St Tiernan’s Community School, Parkvale, Balally, Dublin 18
Tel: 01 295 3783  Contact: Anne Tynan
Email: sandyfordica@gmail.com
Shankill Active Retirement Association
St. Anne’s Resource Centre, Shankill, Co. Dublin
Tel: 01 282 0733  Contact: Pat O’Connor
Activities: Scrabble and outings

Shankill Day Care Centre
Shankill Day Care Centre, Lower Road, Shankill, Co. Dublin
Tel: 01 282 6364  Contact: Jacinta O’ Sullivan

Shankill ICA
St. Anne’s Resource Centre, Shankill, Co. Dublin
Tel: 087 675 8919  Contact: Patricia Vaughan
Email: shankillica@gmail.com
Active Retirement

Silverthreads
Shanganagh Park House, Shankill, Co. Dublin
Tel: 01 282 7694  Contact: Anne Farrell
Activities: Meet Tuesday evenings at 7:00 pm

Furry Hill Community Resource Centre
Furry Hill Community Centre, Furry Hill, Sandyford Road, Sandyford, Dublin 16
Tel: 01 442 1004  Contact: Rafika or Marese Hegarty
Activities: Support services and courses, Arts & Crafts, Yoga, Healthy Food Made Easy.

Southside Partnership Women’s Programme & the dlr women4women network.
Tel: 01 442 1004  Contact: Marese Hegarty
Web: www.women4women.ie
Activities: Located in Furry Hill Community Centre a range of supports and services are offered for women, including older women including: Free English language and communication classes for Migrant Women in Dún Laoghaire, Sandyford, Ballyogan and Dundrum.

Ballybrack Project Centre
Coolevin, Ballybrack, Co. Dublin
Tel: 01 235 0778  Contact: Gina Hogan
Email: gina.hogan@sspship.ie
Activities: Art Classes, Ladies Club, Jewellery Group, Young at Heart Group
Active Retirement

Stillorgan/Kilmacud
The Parish Hall, St. Laurence O’ Toole Church, Kilmacud, Stillorgan, Co.Dublin
Tel: 01 288 0387  Contact: Evelyn Smyth
Activities: Meetings every second Monday - bowls, theatre & concert, outings and visits to places of interest

The Rotary Club of Dún Laoghaire
Tel: 086 826 4625  Contact: Eamonn O’Raghallaigh
Email: vivaverdi37@eircom.net
Web: www.dunlaoghairerotaryclub.org
Activities: Meets every Thursday evening at 6pm in The National Yacht Club, Dún Laoghaire. It organises events and supports local and international charities.

Young At Hearts Ballybrack
The Project Centre, Coolevin, Ballybrack, Co. Dublin
Tel: 01 284 9388

Young at Art - Sallynoggin
Church Place, Sallynoggin, Co. Dublin
Tel: 087 764 5530
dlr has a well-established Joint Policing Committee since 2009. The purpose of the Joint Policing Committee public meetings is to hear views of the local community and assist in the formation of a work plan for the Joint Policing Committee. In doing this, it seeks to prioritise key community policing issues and identify initiatives which would contribute to improved community policing and prevention or reduction of future crime in Dún Laoghaire-Rathdown.

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

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

GARDA OLDER PERSONS ASSOCIATION (GOPA)  
Tel: 01 204 7269

Dún Laoghaire-Rathdown is the only county in the country that has a Garda Older Persons Association. The purpose of the group is to bring matters that concern older people to the attention of An Garda Síochána in a formalised meeting space where confidentiality and discretion are guaranteed.

GOPA has successfully reduced the time and effort required to get a personal monitored alarm reduced from 16 to 6 weeks. The cost per alarm is €60 and applicants can simply call 086 160 4718 to place an order.
Bowling (Tenpin)
There are a number of tenpin bowling alleys in Dublin. Most of these alleys are part of leisure complexes and many are open 24 hours a day. Admission depends on the day and time, although it’s often cheaper to bowl before 6pm on weekdays. The alley in Stillorgan is the venue for all major Competitions, including the ‘Irish Open’.

Bowling Centres in dlr
Leisureplex Stillorgan
Stillorgan, Co. Dublin
Tel: 01 288 1656

Bowls (Lawn)
Blackrock Bowling & Tennis Club
Green Road, Blackrock, Co. Dublin
Tel: 01 288 1938

Dún Laoghaire Bowling Club,
Eglinton Park, Dún Laoghaire, Co. Dublin
Tel: 01 236 0583

Shankill Bowling Club
Quinn’s Rd Shankill Co. Dublin
Tel: 01 281 4885

St Matthias Bowls Club
Church Hall, Church Road, Dún Laoghaire, Co. Dublin
Tel: 087 249 3155
Bridge Clubs

Dún Laoghaire Bridge Club
2 Clarinda Park North, Dún Laoghaire, Co. Dublin

Club information: Club bridge every Monday and Thursday evening. Open bridge (non-members welcome) every Wednesday and Saturday evening. Play commences at 7.30pm. Table Money (visitors) €6.

Belfield
Arts Building, UCD, Belfield, Dublin 4


Elm Park
Elm Park Golf Club, Nutley Lane, Dublin 4

Club information: Wednesday & Friday at 7.30pm Members only - guests welcome once a month. Bar, tea/coffee. Car parking.

Milltown Golf Club
Lower Churchtown Road, Dublin 14

Club information: Tuesday & Thursday at 7.30pm Wednesday at 2.30pm Members Only. Spare partner available. Classes run in winter time. Bar tea/coffee. Car parking. Tuesdays open All year round. Wednesday & Thursday: Closed May to September

Milltown Parish
Milltown Parish Centre Maple Hall, Milltown Rd, Dublin 6

Bridge Clubs

**Churchtown**
De La Salle College, Dublin 14

**Club information:** Wednesday at 7.30pm Mixed grades. Open except for competitions. Spare partner available. New members accommodated. Tea/coffee. Car parking. Open All year round.

**Newpark**
Marian Community Centre, 103-111 Marian Road, Rathfarnham, Dublin 14

**Club information:** Thursday at 7.30pm Mixed grades. Visitors welcome. Tea/coffee. Car parking. Closed three weeks in August.

**Ballinteer**
St Johns GAA Club, Grange Road, Dublin 14 (Beside Marley Park)

**Club information:** Monday at 7.30pm Mixed grades. Spare Partner. Guests welcome with members. Tea/coffee. Car parking. Open All year round.

**Dundrum**
Dundrum Family Resource Centre. Behind Meadowbrook Swimming Pool, Ballinteer, Dublin 16

**Club information:** Thursday at 7.30pm Mixed grades. Open. New members accommodated. Tea/coffee. Car parking. Open All year round.
**Marley Grange**  
Divine Word National School, Marley Grange, Dublin 14  
**Club information:** Wednesday at 7.30pm  
Mixed Grades but mostly N’s & B’s. Open to new members. Beginner classes. Tea/coffee. Supervised car parking. Open All year round depending on numbers.

**Cabinteely**  
Leopardstown Park Hospital, Foxrock, Dublin 18  
**Club information:** Thursday at 7.30pm  
Novices and Intermediate B. Mixed grades. New members and guests welcome. Open All year round.

**Carysfort**  
**Club information:** Monday at 7.30pm - Foxrock Pastoral Centre, Kill Lane, Foxrock  
Wednesdays at 7.30pm - Leopardstown Park Hospital  
Novice section both nights. All grades. New members welcome in the summer and visitors All Year Round. Classes for beginners and improvers. Tea/coffee. Supervised car parking. Open all year round.

**King of Clubs**  
Leopardstown Park Hospital, Foxrock, Dublin 18  
**Club information:** Monday at 7.30pm  
Bridge Clubs

Newpark
Leopardstown Park Hospital, Foxrock, Dublin 18
Club information: Friday at 7.30pm

Sandyford
Carnegie Library, Sandyford, Dublin 18
Club information: Monday at 7.30pm

Foxrock
Foxrock Pastoral Centre. Kill Lane, Foxrock, Dublin 18
Club information: Wednesday at 7pm - 10.30pm approx.
Care and Repair

Scout's Den, Coolevin, Ballybrack, Co. Dublin

Tel: 01 445 5450
Email: careandrepair@sspship.ie

Information: We provide a repair service for anyone over the age of 65 living in the Dún Laoghaire-Rathdown area. A suitable ‘job’ for us to help with, is one that you expect will take up to two hours max and might include a garden tidy-up, replacing light bulbs, fitting door chains or smoke alarms, putting up shelves or moving light pieces of furniture to another room. Our staff will provide a helping hand with a variety of small tasks that an older person may find difficult.

Carer Support

Carer support groups for family carers are provided to sustain carers of all ages, caring for all age groups and disabilities. The support group offer information, training and support to assist carers with their work in caring for their loved ones. The carer support groups are facilitated by the following organisations and for further information on venues, dates and times in your area contact the following:

- The Carers Association  
  Tel: 086 021 3749
- Age Action Ireland  
  Tel: 01 475 6989
- Alzheimer’s Society of Ireland  
  Tel: 01 207 3800
- National Helpline  
  Tel: 1 800 341 341
Dún Laoghaire-Rathdown Chamber
Kilcullen House, 1 Haigh Terrace, Dún Laoghaire, Co. Dublin
President: Pat Neil
Tel: 01 284 5066   Email: office@dlrchambers.ie
Web: www.dlrchambers.ie

Information: Chambers Ireland is the national chamber of commerce for Ireland and part of the international network of chambers of commerce. With 60 member chambers representing over 12,000 businesses throughout the island, Chambers Ireland is the country’s largest business organisation. It is a company limited by guarantee, owned by its member chambers, who pay an annual membership subscription fee. Dún Laoghaire - Rathdown Chamber is a member of Chambers Ireland and represents the entire county.

What does the Dún Laoghaire - Rathdown Chamber do?
The Dún Laoghaire-Rathdown Chamber is made up of local businesses working together to promote the economic and social development of the county and make it a better place to live, work and do business.

The Chamber offers a variety of services including; lobbying Government on behalf of business, organising business networking events, providing business news and information to members and interested parties, organising business training and education seminars and maintaining a programme of member to member affinity discounts.

Dún Laoghaire - Rathdown Chamber is a private not for profit company governed by a Council comprised of representatives of member businesses who are elected at an Annual General Meeting (AGM). The Council meets monthly and the meetings are open to all members.
Chess Clubs

Chess is a great way to stimulate the brain and meet new people through club membership.

**Bray/Greystones**
The Conservatory, The Esplanade Hotel, Strand Road, Bray, Co. Wicklow
**Email:** bray/greystoneschessclub@gmail.com
**Web:** www.braychessclub.com
Meet on Wednesdays.

**Dún Laoghaire**
3, Eblana Avenue, Dún Laoghaire, Co. Dublin
**Tel:** 087 977 3069
**Web:** www.dlchess.org
Meet on Wednesdays.

**St. Benildus**
St. Benildus College, Upper Kilmacud Road, Stillorgan, Co. Dublin
**Tel:** 087 754 7436
**Web:** www.stbenilduschessclub.wordpress.com
Meet Wednesday and Saturday nights.
Cinema

Cinema is that source of entertainment which gives us all a complete package of action, romance, thrill, adventure and all facets of life rolled into one. Many cinemas have discounts for off-peak hours.

Local Cinemas

IMC Dún Laoghaire  Tel: 01 230 1399
Movies at Dundrum  Tel: 01 291 6802
Ormond Cinema, Stillorgan  Tel: 01 707 4106
Pavilion Theatre  Tel: 01 231 2929 (Monday Nights)
Citizens Information Centres

Dún Laoghaire Citizens Information Centre
Marina House, Clarence Street, Dún Laoghaire, Co. Dublin
Tel: 076 107 7400  Email: dunlaoghaire@citinfo.ie
Web: www.citizensinformation.ie
Hours: Mon - Fri 9.30am - 4pm

Dundrum Citizens Information Centre
Unit 2, Level 5, Dundrum Town Centre, Sandyford Road, Dublin 16
Tel: 076 107 7430  Email: dundrum@citinfo.ie
Hours: Mon - Fri 10am - 4pm

Stillorgan Citizens Information Service
St. Laurence’s Parish Centre, Lower Kilmacud Road, Stillorgan, Co. Dublin
Tel: 076 107 7440  Email: stillorgan@citinfo.ie
Hours: Mon/Thurs 2pm - 4.30pm. Tues/Wed/Fri 10am-1pm

Services Provided:
Information on your rights
Help to get what you are entitled to
Information on payments and allowances
Help to fill out forms
Help with an appeal or to make a complaint

Additional Specialist Clinics by appointment:
Free Legal Advice
Family Law
Citizenship Application Support Service
Employment Law
Taxation advice.
The Department of Social Protection’s representatives, formerly known as Community Welfare Officers (CWOs), are employed throughout Ireland by the Department of Social Protection. CWOs were previously employed by the Health Service Executive (HSE). In legislation they are called designated persons. They are based in Department of Social Protection Offices and are responsible for the day-to-day administration of the Supplementary Welfare Allowance Scheme. To contact your local office:

**Dublin 14**

**Community Welfare Service**

Nutgrove Intreo Centre, Nutgrove Shopping Centre, Dublin 14  
**Tel:** 01 673 2000  
**Clinic times:** Monday - Friday: 9.30am - 11.30am / 2pm - 4pm

**Dublin 16**

**Community Welfare Service**

Nutgrove Intreo Centre, Nutgrove Shopping Centre, Dublin 14  
**Tel:** 01 673 2000  
**Clinic times:** Monday - Friday: 9.30am - 11.30am / 2pm - 4pm

**Dublin 18**

**Intreo Centre Dún Laoghaire**

18-21 Cumberland Street, Dún Laoghaire, Co. Dublin  
**Tel:** 01 214 5540  
**Clinic times:** Monday - Friday: 10am - 12.30pm
South County Dublin
18-21 Cumberland Street, Dún Laoghaire, Co. Dublin
Tel: 01 214 5540
Clinic times: Monday - Friday: 10am - 12.30pm
For South County area covered by the Intreo Centre Dún Laoghaire only which includes: Shankill (up to Dublin side of the bridge) Killiney, Dalkey, Ballybrack, Glasthule, Monkstown, Sallynoggin, Cabinteely, Cornelscourt, Foxrock, Carrickmines, Sandyford, Stillorgan, Blackrock and Booterstown

Asylum Seekers & New Communities Unit
77 Upper Gardiner Street, Dublin 1
Tel: 01 673 2030
Clinic times: Monday to Friday: 10am - 11.30am and 2pm - 3.30pm

Homeless Persons Unit Women & Family Team
77 Upper Gardiner Street, Dublin 1
Tel: 01 673 2030
Clinic times: Monday to Friday: 10am - 11.30am and 2pm - 3.30pm

Homeless Persons Unit Men’s Team
Department of Social Protection, North Cumberland Street, Dublin 1
Tel: 01 673 2575 / 1800 724 724
Fax: 01 8749203
Appointment Service: Monday to Friday
please contact 1800 724 724 to make an appointment
There are often reduced rates for older people and free concerts in the following venues.

**Airfield Estate**  
Overend Way, Dundrum, Dublin 14  
**Tel:** 01 969 6666  
**Web:** www.airfield.ie

**Pavilion Theatre**  
Marine Road, Dún Laoghaire, Co. Dublin  
**Tel:** 01 231 2929  
**Email:** boxoffice@paviliontheatre.ie  
**Web:** www.paviliontheatre.ie

**The Mill Theatre Dundrum**  
Mill Theatre, Dundrum Town Centre, Dundrum, Dublin 16  
**Tel:** 01 296 9340  
**Web:** www.milltheatre.ie

Events generally advertised through newspapers, radio and libraries etc.
Adult Education Service - Adult Education Guidance Service

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

The aim is to support adults who are:
- Considering adult basic education and community education options
- Returning learners participating in programmes
- Completing programmes and considering the next step
- Considering options in a college of further education

The Following Services are available:
Tailored guidance and information on education, training, careers and related supports.

The service is free and confidential. In a friendly atmosphere, support is offered to you, as you need, while you make your choices and decisions. In addition, you may be linked with a wide number of services in the area, which could be part of a bigger picture of opportunities for you.
Adult Guidance Service: Loughlinstown
Dublin & Dún Laoghaire Adult Education Service, Adult Learning Centre, DDLETB Training Centre Loughlinstown, Wyattville Road, Loughlinstown, Co. Dublin
Tel: 01 204 3609
Email: dunlaoghaireguidance@ddletb.ie
Website: www.dublinadulteducation.ie / www.ddletb.ie

Adult Guidance Service: Dundrum
Adult Education Service - Dundrum, Sydenham Road, Dundrum, Dublin 14
Tel: 01 298 9283
Email: dundrum@dublinadulteducation.ie
Website: www.dublinadulteducation.ie / www.ddletb.ie
Adult Education Service - Basic Education

Purpose of Service:
The service provides support to people who would like to improve their reading, writing, spelling, maths, computer and study skills. It also provides opportunities for people to participate in QQI accredited programmes. Priority is given to people who have not completed the Leaving Certificate.

Programmes:
The centres deliver a range of courses in spelling, writing and reading. We also deliver courses in maths particularly practical maths useful in everyday life. Introduction to computers is another popular course and this is especially useful for people starting to use the computer. The groups are small and allow people to develop their skills and improve their confidence in a supported environment. The courses run from 2 to 6 hours per week.

At the centre we also deliver Quality and Qualifications Ireland accredited courses from level 2 to level 4 and these are in a range of subjects including communications, maths, computers, teamwork, and in various vocational areas such as horticulture, customer service, business, health and beauty. Minor awards are achieved when people successfully complete the courses and there are options to gain major awards at each level.

We also deliver non-accredited and accredited courses in English for people whose first language is not English and our Workplace Education Programme is delivered in the centre in partnership with local employers.

We also deliver literacy awareness training for referring agencies, public services and other interested organisations.
Adult Education Service - Community Education

The aim:
The Community Education Service in Dublin and Dún Laoghaire Education Training Board works in partnership with a wide range of community groups who provide accessible education and learning options to adults.

Community education programmes are chosen by the local community partners, delivered locally in a convenient supportive environment. Providing part time opportunities and flexibility for participants that suits their needs.

Community groups supported through the service prioritise a number of groups which are included in this section. These are:

- Adults with Disabilities
- Homeless People
- Older People
- Parents of School Going Children
- People in Recovery from Addiction
- Foreign Nationals
- Travellers
- Youth

For further information about community education and groups in your locality please contact the Community Education Facilitator contact details on page 37.
Community Education: Dún Laoghaire / Loughlinstown
DDLETB Training Centre Loughlinstown, Adult Education Service, Wyattville Road, Loughlinstown, Co. Dublin
Tel: 01 204 3623
Email: Dunlaoghaire@dublinadulteducation.ie
Web: www.dublinadulteducation.ie / www.ddletb.ie

Community Education: Dundrum
Adult Education Service - Dundrum, Sydenham Road, Dundrum, Dublin 14
Tel: 01 298 9283
Email: dundrum@dublinadulteducation.ie
Web: www.dublinadulteducation.ie / www.ddletb.ie
Colleges of Further Education
The Colleges of Further Education offer a wide range of career and professional courses, recognised nationally and internationally. They also provide flexible learning arrangements, for example some programmes are timetabled for mornings only. The colleges are open to discuss arrangements to suit particular mature student needs and welcome adults to visit on open days or by appointment. In addition, the colleges offer accredited and interest courses for adults in the evening.

Dún Laoghaire Further Education Institute
17 Cumberland Street, Dún Laoghaire, Co. Dublin
Tel: 01 280 9676
Email: info@dfei.ie
Web: www.dfei.ie

Sallynoggin College of Further Education
Pearse Street, Sallynoggin, Co. Dublin
Tel: 01 285 2997
Email: reception@scfe.ie
Web: www.scfe.ie

Blackrock Further Education Institute
Main Street, Blackrock, Co. Dublin
Tel: 01 288 9717
Email: office@bfei.ie
Web: www.bfei.ie
Cabinteely Community School
Future Studies, Johnstown Road, Dublin 18
Tel: 01 285 2137
Email: office@cabinteelyycs.ie

Stillorgan College of Further Education
Old Dublin Road, Stillorgan, Co. Dublin
Tel: 01 288 0704
Email: admin@stillorgancollege.ie
Web: www.stillorgancollege.ie

Dundrum College of Further Education
Main Street, Dundrum, Dublin 14
Tel: 2985412
Email: info@cfedundrum.com
Web: cfedundrum.com
Mature Students in Further Education:
You can apply to a College of Further Education as a mature student. Applications are accepted from Autumn onwards. Entry is based on an interview rather than formal qualification. Interviews usually take place between February and June, however late applications are accepted.

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

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

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

Access Programmes to Higher Education:
Access courses are one-year preparation courses to enter third level. They aim to give mature students the skills and confidence to progress with their learning. The age of entry to qualify varies between colleges, but you must be at least 21. The big plus of access courses is that they have no standard educational requirements such as Leaving Certificate. Access courses are usually made up of the following elements - study/writing skills, computer skills, other selected academic subjects and educational guidance.
Dún Laoghaire Institute of Art, Design and Technology
Kill Avenue, Dún Laoghaire, Co. Dublin
Tel: 01 214 4600  Access Officer: 01 214 4628
Email: patricia.byrne@iadt.ie
Web: www.iadt.ie
Programme Information: Full-time
Qualifications: Foundation Certificate - FETAC certified
Financial Supports: Back to Education Allowance
- fees do not apply

Trinity Access Programmes
Trinity College Dublin, Goldsmith Hall, Pearse Street, Dublin 2
Tel: 01 896 2754
Email: lisa.coady@tcd.ie
Web: www.tcd.ie/trinity_access/
University College Dublin

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

Tel: 01 716 7584

Email: adult.education@ucd.ie

Web: http://www.ucd.ie/all/study/

Programmes: UCD Access to Arts & Social Sciences and UCD Access to Science, Engineering & Agriculture. Students completing these courses, and achieving the required academic grades are guaranteed entry to selected degree programmes in UCD.

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

Fees: Fees apply but students who are registered as unemployed and/or in-receipt of one of the following payments: Job-seekers Benefit, Job-seekers Allowance or One-Parent Family Allowance or Disability Benefit may qualify for a Mature Years Access Scholarship.

Qualifications: UCD’s Access to Arts & Social Sciences and Access to Science, Engineering & Agriculture are Special Purpose Level 6 Awards which guarantee entry to selected courses in UCD.

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

Other Institutes of Technology and Universities also run Access Programmes. More details of the options available can be obtained by contacting the Access Officer / Mature Student Officer of the college you are interested in entering. You are also welcome to contact us in the Adult Guidance Service.
Mature Students in Higher Education

A person who is at least 23 years of age on 1st January, will generally be considered a mature student. Some institutes require application for entry to be made directly to themselves, but the majority require applications to be made through the Central Applications Offices (CAO). Mature students tend to be considered on an individual basis taking into account motivation, potential to benefit from the course, knowledge and skills gained through work and life experiences along with prior academic achievement.

Today, there are more entry routes to higher education than ever before. For many mature students the preferred route is through a course related to the chosen area of study in a College of Further Education, or an access programme in a third level college. If you decide to continue your studies at third level, you can apply directly through the CAO. Each year the Department of Education and Skills produces a Guide for Mature Students. It provides information on application procedures, supports available and course details and is available on the web at www.qualifax.ie

Higher Education, also known as third level education, is made up of Universities, Institutes of Technology, Teacher Training Colleges and some private/independent colleges. There is a range of study options to suit the adult learner, for example, some degree courses are offered in the evening (not UCD). The colleges also offer interesting courses that you can do for your own enjoyment in a relaxed and supportive environment.

University College Dublin, Belfield, Dublin 4
Tel: 01 716 7777
Email: admissions@ucd.ie  Web: www.ucd.ie
Mature Student Admissions Administrator: 01 716 1536
Mature Student Adviser: 01 716 7542
Disability Support Service: 01 716 7179
Open Learning: 01 716 7566
Open Learning Courses
UCD Open Learning gives you the opportunity to study a range of undergraduate modules in UCD. There are no entry requirements and the Open Learning modules are open to everyone. You can take any combination of modules for interest only (audit) or you can complete the course assessment (credit). Each module is worth 5 European Credit Transfer System points and you can then accumulate the module towards an award of a Certificate or Diploma in Open Learning.

Financial Supports
SUSI and BTEA

Additional Information: The Mature Student Admissions Administrator is available to provide information, guidance and assistance throughout the admissions process. The Mature Student Adviser offers a support and advisory service for mature students throughout their time in UCD.

Distance Learning- Open University in Ireland
Holbrook House, Holles Street, Dublin 2
Tel: 01 678 5399
Email: Ireland@open.ac.uk
Web: www.openuniversity.edu/Ireland
Courses: Arts, Psychology, Maths, Computing, Education
Additional Information: No entry requirements, but must be aged over 18. Tutor support and tutorials included in course fee.
Open Education Unit Dublin City University
Glasnevin, Dublin 9
Tel: 01 7005481
Email: openeducation@dcu.ie
Web: www.dcu.ie/openeducation

Courses: Arts and Humanities, Information Technology, Nursing Studies and Management

Additional Information: Access course for nursing
Leaving Certificate Applied for Adults

The Leaving Certificate Applied is different to schooling you may have experienced in the past:
The course is based on project and practical work rather than exams. Drama, craft and design, computer skills and practical maths are examples of subjects studied.
Dún Laoghaire-Rathdown County Council plays a major role in the physical, economic, social and cultural development of the county. The elected councillors adopt a 5 year County Development Plan which serves as the blue print for the provision of infrastructure such as housing, roads and parks and community facilities. In addition the Council has adopted a Local Economic and Community Plan (LECP) into which the other major public service providers strategies feed. The implementation of the LECP is overseen by the Local Community Development Committee.

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

Office: 01-6791032  Mobile: 087 053 5887

dlr Support Coordinator: Lisa Fennelly

dlr County Council in collaboration with ALONE and the Age Friendly Alliance commenced a new service for all people aged 60 and over.

A support coordination service has been developed to promote independence, choice and well-being to all older people in the county. Support coordination works in partnership with all statutory bodies and community organisations to guarantee the best use of local services.

This service provides person centred supports in a wide variety of areas including:

Health, Housing issues, Company & Friendship, Finance, Linking with services, Advocacy and support

Support Coordination bridges the gap between services so there is no issue too big or too small.

If you know any older person who may benefit from this service or would like further information please do not hesitate to contact the dlr Support Coordinator Lisa Fennelly.

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Community Development & Social Inclusion

Dún Laoghaire-Rathdown County Council through Community Development and Social Inclusion Section provides a comprehensive support and advisory service to voluntary community based organisations throughout the County. The Community Development and Social Inclusion Section administer the annual Community Support Grant programme which offers financial support to clubs, groups, societies and organisations operating in the county.
Community Buildings

Ballybrack Project Centre
Coolevin, Ballybrack. Co. Dublin
Tel: 089 472 6749  Contact: Ms Aileen Graham

Belarmine Community Centre
Belarmine Plaza, Stepaside, Dublin 18
Tel: 01 295 9149  Contact: Fiachra O'Mathúna

Cois Cairn Youth & Community Facility
Cois Cairn, Old Connaught Avenue, Bray, Co. Wicklow
Tel: 01 239 0884  Contact: Jean Brown

Furry Hill Community Centre
Sandyford Rd, Sandyford, Dublin 16
Tel: 01 442 1004  Contact: Marese Hegarty
Email: daniela.naab@sspship.ie

Glencullen Community Centre
Ballybetagh, Glencullen, Dublin 18
Tel: 01 294 6618
Email: glencullencommunityhall@gmail.com

Hillview Resource Centre
33/34 Hillview Grove, Ballinteer, Dublin 16
Tel: 01 296 5025  Contact: Clare McEwen
Community Buildings

Kilcross Community Centre
1 Kilcross Way, Sandyford, Dublin 18
Tel: 01 295 3259  Contact: Mairead McLoughlin

Loughlinstown Community Rooms
Rear of Loughlinstown S.C., Loughlinstown Drive, Loughlinstown, Co. Dublin
Tel: 01 272 0289  Contact: Ms Linda Carroll

Loreto Community Facility
Loreto Old School, Loreto Avenue, Rathfarnham, Dublin 16
Tel: 01 495 0569  Contact: Mary Smyth

Mounttown Community Facility
Mounttown, Dún Laoghaire, Co. Dublin
Tel: 01 663 6131  Contact: Peter Tobin

Park House
Library Road, Dún Laoghaire, Co. Dublin
Tel: 01 280 1864  Contact: Ms Nancy Forsyth

Patrician Community Centre
Patrician Villas, Stillorgan, Co. Dublin
Tel: 087 260 7188
Email: bookingpatriciancc@gmail.com
Community Buildings

Sallynoggin Youth & Community Facility
Church Road, Sallynoggin, Co. Dublin
Tel: 01 235 1952  Contact: Breda O’Brien

Samual Beckett Civic Campus
Ballyogan Court, Ballyogan, Dublin 18
Tel: 01 295 9149  Contact: Fiachra O'Mathúna
Email: sandyfordccentre@eircom.net

Sandyford Community Facility
Lambs Cross, Enniskerry Road, Sandyford, Dublin 18
Tel: 01 295 9149  Contact: Fiachra O'Mathúna
Email: sandyfordccentre@eircom.net

Shanganagh Park House
Rathsallagh Park, Shankill, Co. Dublin
Tel: 01 282 7694  Contact: Ms Caroline Mc Dermott

St Nathy’s Community Centre
St Nathy’s Villas, Churchtown, Dublin 14
Tel: 085 284 9881  Contact: Imelda O Keefe
Email: imelda@southsidetravellers.ie

Stonebridge Community Facility
7 Stonebridge Grove, Shankill, Co. Dublin
Tel: 01 282 4355  Contact: Ann Curry
Cemeteries

**Cemeteries in use**
Shanganagh
Deansgrange

For all cemetery enquiries please call 01 289 3416
**Email:** cemeteries@dlrcoco.ie

**Closed Cemeteries**
Bishops Lane
Rathmichael
Old Connaught
Kill Abbey
Tully Vale
Carrickbrennan
Dalkey

For all cemetery enquiries please call 01 289 3416
Housing Aid Grants for Older People

The Housing Aid for Older People Grants scheme is available to assist older people (over 66 years of age) living in poor housing conditions to have essential repairs or improvements carried out to their home. The only works available under this scheme are re-wiring, re-roofing and the provision of central heating (where none exists).

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

Mobility Aids Housing Grants

Tel: 01 205 4847
Email: housing@dlrcoco.ie

The Mobility Aids Housing Grant Scheme is available to fast track grant aid to cover a basic suite of works to address mobility problems, primarily, but not exclusively, associated with ageing. The grant is means tested and the level of grant is determined by taking account of the annual gross income of the registered property owner together with all household members over 18 (or 23 if in full time education) in the previous tax year. In order to qualify for a grant under this scheme the gross household income must not exceed €30,000 (some applicants may qualify for certain income disregards). The maximum grant available is €6,000 or 100% of the approved nett cost of proposed works. The applicant may qualify for a refund of the VAT from the Revenue Commissioners subject to certain conditions once they have paid the contractor in full.
Books, Periodicals and Newspapers

Over 1.4 million books are available for lending throughout the eight branches. These include books for adults and young people, fiction and non-fiction, large print and literacy material. Periodicals are held in all branches. They supplement the book stock and provide up-to-date information on both general and specialised areas of interest. Back issues of most periodicals are available for lending. Newspapers are available in all branches. There is online access to the Irish Times archive and the Irish Newspaper Archives in all branches.

Reference and Information

A selection of reference books is available for consultation in each library. Each branch also holds a variety of application forms, including those for passport and voters register. While Dún Laoghaire Library houses the main local history collection, each branch keeps files containing historical information specific to the surrounding area.

Audio-Visual Material

Language learning CDs and books may be borrowed from all branches. Deansgrange Library holds regular informal language exchange sessions where members of the public meet in groups to share their respective language abilities.
IT
Free public Internet access is available in all branches. Booking is strongly advised. The online catalogue can be searched in branches or from home. Members can view their personal details and renew and request items.

Home Library Service
This service is run from Stillorgan Library and involves regular visits to members of the public who are unable to visit a library and have nobody to visit the library service for them. There are four weekly rotas per month, readers being visited once a month, mostly in their own homes but also in nursing homes. Books are taken by van for selection by the individual reader who may also request particular titles.

Language Exchange Sessions
Deansgrange Library holds regular informal language exchange sessions, where members of the public meet in groups to share their respective language abilities. Please see website for further details: www.libraries.dlrcoco.ie

Music Rooms Dalkey Library
Tel: 01 285 5277
Email: dalkeylib@dlrcoco.ie
A music room is available in Dalkey Library. The room contains a piano, guitar and harp and is available for anyone wishing to practise or learn to play these instruments. Either room may also be used for practising other instruments, in particular stringed and wind instruments. Please contact Dalkey Library to check availability.
Libraries

Parent and Toddler Groups

Blackrock Library
Parent and Toddler Group
Sessions are free and take place on Wednesdays at 10am.

Shankill Library
Parent and Toddler Group
Sessions are free and take place on Mondays at 10.30am.

Dundrum Library
Parent and Toddler Group
Sessions are free and take place on Mondays at 10.30am.

Scrabble Sessions for Adults
Scrabble club meetings are held in Deansgrange Library on Thursdays at 2.30pm.
All are welcome to join these friendly and sociable sessions.

Blackrock Library  Tel: 01 288 8117  E: blackrocklib@dlrcoco.ie
Cabinteely Library  Tel: 01 285 5363  E: cabinteelylib@dlrcoco.ie
Dalkey Library  Tel: 01 285 5317  E: dalkeylib@dlrcoco.ie
Deansgrange Library  Tel: 01 285 0860  E: deansgrangelib@dlrcoco.ie
Dundrum Library  Tel: 01 298 5000  E: dundrumlib@dlrcoco.ie
dlr LexIcon  Tel: 01 280 1147  E: dlrlexiconlib@dlrcoco.ie
Shankill Library  Tel: 01 282 3081  E: shankilllib@dlrcoco.ie
Stillorgan Library  Tel: 01 288 9655  E: stillorganlib@dlrcoco.ie
Marlay Park Market
Saturday 10.00am - 4pm and Sunday 11.00am to 4pm

People’s Park Market
Park Road, Dún Laoghaire, Co. Dublin
Sunday 11.00am - 4.00pm
**Tel:** 01 205 4848

Shanganagh Park
Old Dublin Road, Shankill, Co.Dublin

Killiney Hill Park
Dalkey Ave, Dalkey, Co Dublin

Cabinteely Park
Park Drive, Cabinteely, Dublin 18

Blackrock Park
Rock Road, Blackrock, Co. Dublin

For all parks enquiries please call County Hall
main office number 01 205 4700 and ask for Parks
Sports & Physical Activity in dlr
County Hall, Marine Road, Dún Laoghaire, Co. Dublin
Tel: 01 271 9502
Email: info@dlrsportspartnership.ie
Web: www.dlrsportspartnership.ie

Dún Laoghaire-Rathdown Sports Partnership (dlr Sports Partnership) was set up in 2007 and the Sports Coordinator was appointed in April 2008. dlr Sports Partnership works closely with the Dún Laoghaire-Rathdown County Council’s Sports Development Office and other key partners to promote participation, inclusion and coordination in sport at a local level.

All those statutory bodies, organisations and groups operating in Dún Laoghaire-Rathdown with a responsibility for or interest in sports development are invited to participate in the Local Sports Partnership. This includes the involvement of the ETBs, Local Authorities, Health Service, third level colleges, commercial interests, sports clubs/organisations, schools and voluntary/community

The Sports Inclusion Disability (SID) programme promotes greater participation & inclusion in sport and physical activity for people with a disability in the County. We do this by:

- Providing training programmes to volunteers, coaches, care staff etc. to improve access to sport for people with disabilities.
- Delivery of a wide range of inclusive events and sessions annually
- Provision of information and links on activities for people with disabilities
dlr Leisure Services

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

They operate 4 Leisure Centres at Loughlinstown, Meadowbrook, Monkstown and Ballyogan. They provide fully equipped gyms, excellent pool facilities, fitness studios and all weather pitches. They also have a skate park in Monkstown and a large indoor sports hall in Loughlinstown. They also operate two golf courses at Stepasaside and Marlay. These courses are located in stunning scenic locations with excellent putting greens. Their enthusiastic and qualified staff are always on hand to assist with your queries. The centres are the perfect place for a family day out; to keep fit; to meet new friends; or just to relax and unwind.

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

- **Loughlinstown**  
  **Tel:** 01 282 3344

- **Meadowbrook**  
  **Tel:** 01 299 5610/14/16

- **Monkstown**  
  **Tel:** 01 230 1458

- **Ballyogan**  
  **Tel:** 01 294 3880

- **Stepasaside Golf**  
  **Tel:** 01 295 2859

- **Stepasaside Pitches**  
  **Tel:** 01 537 5011

- **Marlay Golf**  
  **Tel:** 01 295 2859

- **Marlay**  
  **Tel:** 01 537 5011

- **Kids Sports**  
  **Tel:** 01 537 5011
Golf

Golf Driving Range
Leopardstown Tel: 01 289 5341
Stepaside: Tel: 01 295 3312
Golf Union of Ireland Tel: 01 295 4281 (For local clubs)
Carrickmines Golf Club Tel: 01 295 5972
Castle Golf Club Tel: 01 490 4207
Dargle View Golf Club Tel: 01 274 5274
Dublin Mountain Golf Club Tel: 01 458 2622
Dún Laoghaire Golf Club Tel: 01 272 1866
Edmondstown Golf Club Tel: 01 493 1082
Enniskerry Golf Club Tel: 01 286 7521
Foxrock Golf Club Tel: 01 289 3992
Glencullen Golf Club Tel: 01 294 0898
Grange Golf Club Tel: 01 493 2889
Killiney Golf Club Tel: 01 285 1983
Leopardstown Golf Club Tel: 01 289 5341
Blackrock Society
Comhaltas Ceolteoirí Eireann, Belgrave Square, Monkstown, Co. Dublin
Tel: 01 288 9195  Contact: David Huffey
Email: quinnpaul49@gmail.com

Dún Laoghaire Borough Historical Society
Royal Marine Hotel, Dún Laoghaire, Co. Dublin
Tel: 01 280 6213  Contact: Anna Scudds
Web: www.dunlaoghairehistorical.com
3rd Wednesday of the month at 8:00pm

Kilmacud & Stillorgan Local History Club
Tel: 01 298 4848  Contact: Clive O'Connor
Web: www.kilmacudstillorganhistory.ie

Mount Merrion Historical Society
Mount Merrion Community Centre.
North Ave., Mount Merrion, Co. Dublin
Email: mountmerrionhistoricalsociety@gmail.com
Monthly meetings

Rathfarnham Historical Society
Tel: 01 493 1840  Contact: Vera Bannigan
Rathmichael Historical Society
Rathmichael School, Stonebridge Road, Shankill, Co. Dublin
Tel: 01 285 3960  Contact: Richard Ryan
Email: rathmichaelhistoricalsociety@gmail.com
Web: www.rathmichaelhistoricalsociety.ie
Monthly Meetings
The development of primary care services is a key element of the HSE overall health reform process. The key objective is to achieve a more balanced health service by ensuring that the vast majority of patients who require urgent/planned care are managed within primary and community based settings. Primary care services include primary care teams (PCTs), which is a team of health care professionals comprising of Nursing, Physiotherapy, Occupational Therapy, Speech & Language Therapists, Social Work, Dietician, Psychology, General Practice, Home Support and Administrative Staff. There is a network of other services available to support the team including Podiatry, Dental, Ophthalmology, Palliative & Hospice Care, Mental Health and Environmental Health Services. You can contact your local health centre / primary care team listed below or by visiting www.hse.ie/dunlaoghaireglasthulepct

Tel: Callsave 1850 241850

Health Centres/Primary Care Centres are listed below:

Balally Primary Care Centre Tel: 01 292 4500
Ballinteer Health Centre Tel: 01 216 4500
Blackrock Health Centre Tel: 01 288 2980
Bray Health Centre Tel: 01 274 4100
Cabinteely Health Centre Tel: 01 289 6195/97
Churchtown Primary Care Centre Tel: 01 491 6400
Dalkey Health Centre Tel: 01 285 9291/285 9233
Donnybrook Health Centre Tel: 01 268 0380
Dún Laoghaire Health Centre Tel: 01 280 8471
Leopardstown Primary Care Centre Tel: 01 299 6600
Loughlinstown Health Centre Tel: 01 282 2122
Rathfarnham Health Centre Tel: 01 493 3431
Sallynoggin Health Centre Tel: 01 280 0786
Shankill Health Centre Tel: 01 282 0344
Stillorgan Health Centre Tel: 01 217 2918
Meals on Wheels / Day Care/ Respite Services

Referrals for Meals on Wheels are made through the public health nurses in your local health centre.

Nursing Home Support Scheme (Fair Deal)

HSE Nursing Home Support Office

Tel: 045 880 400

The Nursing Home Support Scheme (NHSS) is a programme of financial support for people who need extended nursing home care. Under the scheme you make a contribution towards the cost of your care and the state pays the balance. This applies whether the nursing home is public, private or voluntary.
HSE Adult Safeguarding & Protection Team
Ballinteer Health Centre, Ballinteer Avenue, Ballinteer, Dublin 16
Tel: 01 216 4511
Email: safeguarding.CHO6@hse.ie

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

Other Entitlements and Allowances
The Department of Social Protection
Tel: 01 704 3000

Contact the Dept. of Social Protection for: Free Travel, Living Alone Allowance, Gas/Electricity/Telephone, Carer’s Allowance and Carer’s Benefit.
Irish Heart Foundation

Tel: 01 668 5001 (The Slí Office)

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

The Fitness League of Ireland

Safe Effective Low Impact Exercise Classes
Exercise and music - a terrific combination
Friendly sociable atmosphere
New members may join anytime
Classes available in North & South Dublin, Wicklow and Wexford.

Regular exercise is the key to boosting energy levels. Exercise does not mean that you have to suffer pain, exhaustion or embarrassment in the name of fitness. Healthy exercise is fun, it can be exhilarating, protecting against the effects of today’s sedentary and stressful lifestyle. An hour or two every week, the recommendation of health professionals, not only improves fitness flexibility and stamina levels, it challenges your body, making it stronger and more efficient. Far more enjoyable than a solitary and expensive workout in the gym! The combination of powerful exercise and popular music makes classes both stimulating and lively.
Benefits of Exercise

Develop maximum range of movement
Improve physical agility, reducing the risk of aches and pains
Strengthen muscle groups enabling daily activities to be carried out more easily
Improve fitness level
Music increases enjoyment and encourages maximum effort
Opportunity to meet new friends
Exercising within a group cheers you up and gives you more energy and motivation

IT’S NEVER TOO LATE TO GET ACTIVE!

Classes are available at the following venues:
Dún Laoghaire, Dundrum, Foxrock, Glasthule, Killiney, Kill O' The Grange, Monkstown, Mount Merrion, and Shankill.

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**Monday**

**Dundrum** 2.00pm
Taney Parish Centre, Taney Road, Goatstown, Dublin 14
**Tel:** 087 419 5474  **Contact:** Vivienne

**Glasthule** 2.15pm
Parish Hall, Main Street, Glasthule, Co. Dublin
**Tel:** 01 285 2255  **Contact:** Mary

**Kill O' The Grange** 11.15am & 12.15
Parochial Hall, Kill Lane, Dún Laoghaire, Co. Dublin
**Tel:** 086 390 0223  **Contact:** Yvonne
Tuesday

Foxrock  11.15am
Foxrock Parish Centre, Kill Lane, Dún Laoghaire, Co. Dublin
Tel: 086 390 0223  Contact: Yvonne

Mount Merrion  11.00am
Monk Gibbon Hall, Fosters Avenue, Blackrock, Co. Dublin
Tel: 01 288 8761  Contact: Alison

Shankill  2.00pm
St. Anne’s Church Resource Centre,
Shanganagh Road, Shankill, Co. Dublin
Tel: 086 156 5126  Contact: Mary

Wednesday

Monkstown  10.40am
St. Patrick’s Parish Centre, Carrickbrennan Road,
Monkstown, Co. Dublin
Tel: 087 630 5930  Contact: Yvonne McGuinness

Thursday

Dún Laoghaire  9.45am
Presbyterian Church Hall, York Road, Dún Laoghaire Co. Dublin
Tel: 01 2841187  Contact: Sylvia

Killiney/Johnstown  12.15pm
Johnstown Parish Centre, Churchview Road, Killiney, Co. Dublin
Tel: 086 390 0223  Contact: Yvonne
Living well with Dementia (LWWD)
The Memory Harbour, Clonskeagh, Dublin 6
Tel: 01 268 0392
Contact: Joan Fitzpatrick, Senior Occupational Therapist and Dementia Co-ordinator  Email: joan.fitzpatrick@hse.ie
or
Tel: 086 041 8450 / 01 706 0100
Contact: Mary Spain, Volunteer and Activities Co-ordinator  Email: mspan@livingwellwithdementia.ie

Who is it for?
For people concerned about their memory, those diagnosed with dementia, their families and carers living in the following areas
Shankill, Loughlinstown, Sallynoggin, Dalkey, Cabinteely, Dún Laoghaire, Blackrock, Stillorgan

Service
The Memory Harbour provides advice and information given by an Occupational Therapist. There is a display of equipment and assistive technology, items that can be helpful when living at home. LWWD runs some activities inclusive of people with dementia, e.g. Sweet Memory Choirs, Physical Exercise Classes, Dance and Art Therapy, and Bridge. Direct support in the form of Carers Information evenings and Befriending service. Volunteers play a pivotal role in our service to help with all activities and we welcome people to come and work with us. Training is provided.
Men’s Sheds

Ballyroan Men’s Shed
Ballyroan Community & Youth Centre, Marian Road, Rathfarnham, Dublin 14
Tel: 01 495 8576  Contact: Grainne Wall

Glenageary Men’s Shed
C\O Dr. Robbie Burns
Tel: 01 280 9066
Email: dlmensshed@gmail.com

Loreto Men’s Shed
Old School Building, Loreto Avenue, Rathfarnham, Dublin 14
Tel: 087 220 3116  Contact: Raymond O’Kelly

Sandyford Men’s Shed
Step Building, Carmanhall Road, Sandyford Industrial Estate, Dublin 18
Tel: 086 273 1812  Contact: Aidan Carty

Shenta Na Fir (Men’s Shed)
125a Cedar Court, Loughlinstown, Dún Laoghaire, Co. Dublin
Tel: 086 402 5148  Contact: Mr Noel Blake

Southside Travellers Men’s Shed
Unit 5 Furze Road, St Kieran’s Enterprise Park, Sandyford, Dublin 18
Tel: 086 388 5982  Contact: Eamonn Gillen
Men’s Sheds

Glencullen Men’s Shed
C/O Glencullen Community Hall,
Ballybetagh Road, Glencullen, Dublin 18
Tel: 01 294 6618

Rosemount Men’s Shed
Rosemount Family Resource Centre, 3 Waldemar Terrace,
Main St. Dundrum, Dublin 14
Tel: 01 216 6131  Contact: Mark Garvey
MABS is made up of 53 Money Advice and Budgeting Services operating from over 60 offices nationwide. The MABS offices operate an appointment scheduling system and each service is staffed by experienced Money Advisers who work with clients experiencing difficulties with a wide range of personal debts including personal loans, mortgages, credit card debt, catalogue debts, debts to legal moneylenders and hire purchases.

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

**MABS also has a Helpline (076 107 2000) that operates Monday to Friday from 9am to 8pm.**

MABS is funded and supported by the Citizens Information Board.

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**Dún Laoghaire MABS**

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

**Tel:** 076 107 2530  
**Email:** dun_laoghaire@mabs.ie  
**Opening Hours:** Monday - Friday 9am-1pm and 2pm-5pm  
Wheelchair Accessible

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**Dundrum / Rathfarnham MABS**

1A Upper Kilmacud Road, Dundrum, Dublin 14

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

Dalkey Castle
Tel: 01 285 8366  Email: info@dalkeycastle.com

James Joyce Tower
Tel: 01 280 9265
Email: joycetower@failteireland.ie

National Maritime Museum
Haigh Terrace, Dún Laoghaire
Tel: 01 280 0969
Network for Older People (NOP)
14 Loughlinstown Park, Loughlinstown, Co. Dublin
Tel: 01 282 2425
Email: www.olderdlr.ie

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

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

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

To work with but not duplicate other associations and to speak with a unified voice in matters of concern for older people in our area.

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

To establish a Newsletter.

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

For members to give freely their knowledge and experience and to set up sub-committees where necessary
Age Action Ireland
Tel: Lo Call 1890 369 369/ 01 475 6989
Web: www.ageaction.ie

Age Action Ireland is the national organisation which works to improve the quality of life of all older people and their carers - especially those who are most disadvantaged and vulnerable - by enabling them to live full, independent and satisfying lives for as long as they wish in their own homes.

In collaboration with Southside Partnership they have developed Care and Repair Services for older people in Dún Laoghaire Rathdown.

Age Action Ireland sees the Care and Repair Programme as an opportunity to create new services of value to older people in Ireland and to help Age Action fulfill its core goal of making Ireland the best country in the world in which to grow older.

The Care and Repair Programme consists of five services:
1. The Repair Service uses a pool of volunteers and handypersons to carry out small repairs and to complete minor home tasks for older people. The most common services required by older people are:
   - Minor gardening - e.g. mowing lawns
   - Minor home decorating - e.g. interior painting, taking down carpet, hanging curtains, installing handrails, security locks, chains, smoke alarms, changing plugs fuses and light bulbs.
2. The Care Service is a home visiting or befriending service using volunteers to provide social contact to older people who are at risk of isolation in their own homes. (See also Making Connections)

3. The Trades Referral Service is an option whereby a register of reliable and honest tradespersons is maintained. Through this means informed recommendations can be made to older people who may have job requirements which are beyond the scope of the Care and Repair Programme. In this way, clients can have confidence that the prices charged for these larger jobs by professional tradespersons will be reasonable and that the service provided will be of a good standard.

4. The Quote Check Service is a service whereby an experienced volunteer visits the older person’s home, assesses a large job and gives an informed opinion about quotations received by the client from professional tradespersons. Quote Check gives the older person peace of mind and the assurance that the prices being quoted do not constitute a “rip off”.

5. The Daily Contact Service is a daily phone call made to the client at a pre-arranged time by a volunteer. The purpose of the call is to make sure that the client is in good spirits and not in need of urgent support (especially medical attention).
Making Connections
Glenard, 36 Roebuck Road, Clonskeagh, Dublin 14
Tel: 01 2951053
Email: info@makingconnections.ie
Web: www.makingconnections.ie

Making Connections is a local charity with a vision of; communities where no older person is lonely or isolated. The core programme involves volunteer befriending to improve the wellbeing and mental health of vulnerable older people in critical need of social support. Making Connections also run campaigns and action projects to inspire wider social change. At Making Connections experience has taught that something as simple as a regular home visit can have a very positive impact on an older person’s general health and well-being. To help achieve this, volunteers, who are fully screened, are connected with an older person - to do one weekly hour long visit. Volunteers are matched with the older person based on common interests. There is a magic in the relationships that develop and often the volunteers get as much enjoyment from the contact as the older person.

Southside Womans Action Network (SWAN)
57 Ennel Court, Loughlinstown, Dún Laoghaire, Co. Dublin
Tel: 01 282 5932 / 086 823 3596  Contact: Ms Sharon Perry

The Grace O’Malley Foundation
Tel: 01 499 5096
Web: www.graceomalley.ie
Supporting our elderly on the margins to preserve their independence and dignity.
Nursing Homes

Aclare House Nursing Home
4/5 Tivoli Terrace, Dún Laoghaire, Co. Dublin
Tel: 01 280 1345

Altadore Nursing Home
Glenageary Road Upper, Dún Laoghaire, Co. Dublin
Tel: 01 284 2233

Annabeg Nursing Home
Meadow Court, Wyattville Road, Killiney, Co. Dublin
Tel: 01 272 0201

Ashbury Nursing Home
1a Kill Lane, Kill O' The Grange Co. Dublin
Tel: 01 284 1266

Ashford House Nursing Home
6 Tivoli Terrace, Dun Laoghare, Co. Dublin
Tel: 01 280 9877

Beechfield Manor
Shanganagh Road, Shankill, Co.Dublin
Tel: 01 282 4874

Belmont House
Galloping Green, Stillorgan, Co. Dublin
Tel: 01 278 4393
Nursing Homes

Cairnhill Nursing Home
Westminster Road, Foxrock, Dublin 18
Tel: 01 289 6885

Carysfort Nursing Home
Arkendale Road, Glenageary, Co. Dublin
Tel: 01 285 9301

Cedar House Nursing Home
35 Mount Anville Park, Dundrum, Dublin 18
Tel: 01 283 1024

Dalkey Lodge
Ardburgh Road, Dalkey, Co. Dublin
Tel: 01 285 1436

Ferndene Nursing Home
Deansgrange Road, Blackrock, Co. Dublin
Tel: 01 236 0028

Glebe House
Kilternan Care Centre, Enniskerry Road, Kilternan, Dublin 18
Tel: 01 206 3382

Glengara Nursing Home
Glenageary, Dún Laoghaire, Co. Dublin
Tel: 01 280 6168
Nursing Homes

Harvey Nursing Home
25 Upper Glenageary Road, Dún Laoghaire, Co. Dublin
**Tel:** 01 280 0508

Killiney Grove Nursing Home
Killiney Hill Road, Killiney, Co. Dublin
**Tel:** 01 285 1855

Newtown Park House
Mount Albany, Newtown Park, Blackrock, Co. Dublin
**Tel:** 01 288 7403

Our Ladys Manor
Bulloch Castle, Dalkey, Co. Dublin
**Tel:** 01 280 6993

Rickard House
Temple Hill Road, Blackrock, Co. Dublin
**Tel:** 01 283 3900

Silver Stream
Killiney Grove, Killiney, Co. Dublin
**Tel:** 01 285 1855

Sophie Barat Residence
29, The Old Farm, Lr Kilmacud Rd, Dublin 14
**Tel:** 01 298 4717
St Josephs Crinken Glen
Crinken Lane, Shankill, Co. Dublin
Tel: 01 282 3000

Friendship Club Mount Merrion
Community Hall, Mount Merrion, Co. Dublin
Tel: 01 288 4411

Marley Nursing Home
Kellystown Road, Rathfarnham, Dublin 16
Tel: 01 499 44 44

Beaufort Day Care Centre
Hudson Road, Glasthule, Co. Dublin
Tel: 01 280 9720

Leopardstown Park Hospital
Foxrock, Dublin 18
Tel: 01 295 5055

Clonskeagh Community Nursing Unit
Clonskeagh Road, Clonskeagh Dublin 6
Tel: 01 268 0300
There are many physical, educational, spiritual and social activities available to older people in the Dún Laoghaire-Rathdown area based in religious institutions and local parish halls. Each parish has a range of activities such as old folk clubs, exercise, art, Bethany Support Groups, bridge, historical, lectures, chess etc. which may be of interest to you. Contact details for some religious minority groups and cultural organisations are also included in this section.

**ROMAN CATHOLIC PARISHES**

**Balally**
Church of the Assumption of the Lord, Cedar Road, Balally, Dublin 16
**Tel:** 01 295 4296
**Web:** www.balallyparish.ie

**Ballinteer**
St. John the Evangelist, Ballinteer Ave, Ballinteer, Dublin 16
**Tel:** 01 499 4203
**Email:** editor@ballinteer.dublindiocese.ie
**Web:** www.ballinteer.dublindiocese.ie

**Ballyboden**
Church of Our Lady of Good Counsel, Whitechurch Green, Ballyboden, Dublin 16
**Tel:** 01 424 1000
**Web:** www.ballybodenparish.ie
Religious & Cultural Organisations

Blackrock
St. John the Baptist, Newtown Ave, Blackrock, Co. Dublin
Tel: 01 288 2104
Email: Johnthebaptist@eircom.net

Bootsertown
Church of the Assumption, Booterstown Ave, Co. Dublin
Tel: 01 283 1593
Email: info@booterstownparish.ie
Web: www.booterstownparish.ie

Cabinteely
St. Brigid’s, 18 Johnstown Rd, Kilbogget, Dublin 18
Tel: 01 285 8835
Email: info@cabinteelyparish.ie
Web: www.cabinteelyparish.ie

Churchtown
The Good Shepherd, 14 Nutgrove Ave Churchtown Dublin 14
Tel: 01 298 4642
Web: www.goodshepherschurchtown.ie

Clonskeagh
Immaculate Virgin Mary of the Miraculous Medal, Bird Ave, Farranboley, Dublin 14
Tel: 01 283 7948
Email: parishofficeclonskeagh@eircom.net
Web: www.clonskeaghparish.ie
Religious & Cultural Organisations

**Dalkey**
Assumption of the Blessed Virgin Mary, 3 Castle St, Dalkey, Co. Dublin  
**Tel:** 01 285 9418  
**Email:** office@dalkeyparish.ie

**Dundrum**
Dundrum Holy Cross, 14 Main St, Dundrum, Dublin 14  
**Tel:** 01 298 3494  
**Email:** dundrumparish@gmail.com  
**Web:** www.dundrumparish.com

**Dún Laoghaire**
St. Michael’s, Marine Road, Dún Laoghaire, Co. Dublin  
**Tel:** 01 280 4969  
**Email:** stmichdl2@eircom.net  
**Web:** www.dunlaoghaireparish.ie

**Foxrock**
Our Lady of Perpetual Succour, Kill Lane, Foxrock, Dublin 18  
**Tel:** 01 289 3492  
**Email:** secretary@foxrockparish.ie  
**Web:** www.foxrockparish.ie

**Glasthule**
St. Joseph’s, Glasthule Road, Glenageary, Glasthule, Co. Dublin  
**Tel:** 01 663 8604/ 663 8605  
**Email:** stjosephglastule@gmail.com  
**Web:** www.glastuleparish.com
Johnstown/Killiney
Our Lady of Good Counsel, Churchview Road, Glenageary, Dublin
Tel: 01 235 1416
Email: johnstownparish@gmail.com
Web: www.johnstownkilliney parish.com

Kill o’ the Grange
Church of the Holy Family, Kill Lane,
Kill O' The Grange, Blackrock, Co. Dublin
Tel: 01 284 5299
Email: holyfamily2000@eircom.net
Web: www.holyfamilyparish.info

Kilmacud
St Laurence O’ Toole, Kilmacud Road Upper, Stillorgan, Co. Dublin
Tel: 01 288 4009
Email: kilmacudparish@eircom.net
Web: www.kilmacudparish.com

Loughlinstown
St. Columbanus, Loughlinstown Drive, Glenageary,
Loughlinstown, Co. Dublin
Tel: 01 282 4085
Email: loughlinstownparish@gmail.com
Web: www.loughlinstownparish.ie
Religious & Cultural Organisations

Marley Grange
The Divine Word, Hermitage Downs, Rathfarnham, Dublin 16
Tel: 01 494 4295
Email: marleyparish@eircom.net
Web: www.marleygrangeparish.ie

Meadowbrook
St. Attracta’s Oratory, 16 Ludford Dr, Ballinteer, Dublin 16
Tel: 01 298 7401
Email: info@meadowbrookparish.ie
Web: www.meadowbrookparish.ie

Monkstown
St. Patrick’s, Monkstown Road, Monkstown Village, Co. Dublin
Tel: 01 280 2130
Email: secretary@monkstownparsh.ie
Web: www.monkstownparish.ie

Mount Merrion
St. Therese, The Rise, Mount Merrion, Co. Dublin
Tel: 01 288 1271
Email: mountmerrionparishoffice@eircom.net
Web: www.mountmerrionparish.ie
Religious & Cultural Organisations

**Newtownpark**  
Church of the Guardian Angels, Newtownpark Ave, Stradbrook, Blackrock, Co. Dublin  
**Tel:** 01 283 2988  
**Email:** newtownparkparish@eircom.net  
**Web:** www.newtownparkparish.com

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**Rathfarnham**  
The Annunciation, Willbrook Rd, Rathfarnham, Dublin 14  
**Tel:** 01 495 8695  
**Email:** rathfarnhamparish1@eircom.net  
**Web:** www.annunciationrathfarnham.com

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**CHURCH OF IRELAND/PRESBYTERIAN PARISHES**  
**Botherstown**  
St. Philip & St. James, Cross Avenue, Blackrock, Co. Dublin  
**Tel:** 01 283 5873  
**Email:** mountmerrion@dublin.anglican.org

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**Crinken**  
St James Church, Crinken, Bray, Co. Wicklow  
**Tel:** 01 282 0150  
**Web:** www.crinken.ie

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**Dalkey**  
St. Patrick’s, Harbour Rd, Glenageary, Dalkey, Co. Dublin  
**Tel:** 01 284 5941  
**Email:** dalkeyparish@gmail.com  
**Web:** www.stpatricksdalkey.com
Religious & Cultural Organisations

Deansgrange
Kill O’The Grange, Kill Lane, Blackrock, Co. Dublin
Tel: 01 289 6442
Email: office@kotg.ie

Sandford
Sandford Parish Church & St Philip’s,
Sandyford Village, Co. Dublin
Tel: 086 038 6432
Email: sandfordandstphilips@eircom.net
Web: www.sandfordandstphilips.dublin.angican.org

Glenageary
St. Paul, 31 Silchester Road, Glenageary, Co. Dublin
Tel: 01 280 1616
Email: stpaulsdublin@gmail.com
Web: www.glenageary.dublin.anglican.org

Killiney
Holy Trinity Parish, Killiney Hill Road, Scalpwilliam,
Killiney, Co. Dublin
Tel: 01 285 2695
Email: rector.htkilliney@dublin.anglican.org
Web: www.holytrinitykilliney.wordpress.com
Kilternan Parish Church
Anglican Communion, Enniskerry Road, Glebe, Kilternan, Co. Dublin
Tel: 01 295 5603
Email: office@kilernanparish.ie
Web: www.kilternan.dublin.anglican.org

Monkstown
Monkstown Parish Church, Monkstown Road, Monkstown, Co. Dublin
Tel: 01 214 7714
Email: monkstownparish@hotmail.com
Web: www.monkstownparishchurch.com

Mount Merrion
St Thomas’ Church, Foster’s Avenue, Blackrock, Co. Dublin
Tel: 01 280 6596
Email: mountmerrion@dublin.anglican.org
Web: www.booterstown.dublin.anglican.org

Rathfarnham
Rathfarnham Parish Church, Church Lane, Rathfarnham, Dublin 14
Tel: 01 490 5543
Email: rathfarnhamparish@gmail.com
Religious & Cultural Organisations

Rathmichael
Rathmichael Parish Church, Ferndale Rd, Shankill, Co. Dublin
Tel: 01 282 2803
Email: rathmichael@dublin.anglican.org
Web: www.rathmichael.dublin.anglican.org

Stillorgan
St. Brigid & All Saints, St Brigid's Church Road, Stillorgan, Co. Dublin
Tel: 01 288 1091
Email: office@stbrigidsandallsaints.com
Web: www.stbrigidsandallsaints.com

Taney Christchurch
Taney Road, Dundrum, Dublin 14
Tel: 01 298 5491
Email: info@taneyparish.ie
Web: www.taneyparish.ie

Whitechurch
Whitechurch Parish, Whitechurch Road, Rathfarnham, Dublin 16
Tel: 01 493 4973
Email: whitechurchparish@eircom.net
Web: www.whitechurch.dublin.anglican.org
Hindu Cultural Centre  
**Email:** info@hindu.ie  
**Web:** www.hindu.ie

Jewish Ireland  
**Tel:** 01 492 3751  
**Email:** office@jewishireland.org  
**Web:** www.jewishireland.org

The Methodist Church  
Dublin Central Mission, 9c Lower Abbey Street, Dublin 1  
**Tel:** 01 874 4668  
**Web:** www.dublincentralmission.ie

Islamic Cultural Centre of Ireland  
19 Roebuck Road, Clonskeagh, Dublin 14  
**Tel:** 01 208 0000  
**Email:** info@islamireland.ie  
**Web:** www.islamireland.ie

Ahlul Bayt Islamic Centre, Ireland  
Milltown Bridge, Dundrum, Dublin 14  
**Tel:** 01 260 4491
Support Groups

Age Action Ireland Ltd
30-31 Lr. Camden Street, Dublin 2
Tel: 01 475 6989
Email: info@ageaction.ie
Web: www.ageaction.ie

Age and Opportunity
Marino Institute of Education, Griffith Avenue, Dublin 9
Tel: 01 805 7709
Web: www.ageandopportunity.ie

Alone
Olympic House, Pleasants Street, Dublin 8
Tel: 01 679 1032
Email: enquiries@alone.ie
Web: www.alone.ie

Alzheimer Society of Ireland
National Office, Temple Road, Blackrock, Co. Dublin
Tel: 01 207 3800
Email: info@alzheimer.ie
Web: www.alzheimer.ie

Aware
72 Lower Leeson Street, Dublin 2
Tel: 01 661 7211 / 1800 804 848
Web: www.aware.ie
Support Groups

Bethany Bereavement Support Group
See website for contact details
Web: www.bethany.ie

Care Alliance Ireland
Coleraine House, Coleraine Street, Dublin 7
Tel: 01 874 7776
Email: info@carealliance.ie
Web: www.carealliance.ie

Crosscare
Holy Cross College, Clonliffe Road, Dublin 3
Tel: 01 836 0011
Web: www.crosscare.ie

Family Carers Ireland
Smithfield Business Centre, The Distillers Building, New Church Street, Smithfield, Dublin 7
Tel: 01 894 3174 / 1800 240 724
Email: info@familycarers.ie
Web: www.familycarers.ie

Caring for Carers Ireland
2 Carmody Street Business Park, Ennis, Co. Clare
Tel: 065 686 6515
Email: support@caringforcarers.org
Web: www.caringforcarers.ie
Support Groups

Friends of the Elderly
25 Bolton Street, Dublin 1
Tel: 01 873 1855
Web: www.friendsoftheelderly.ie

National Association of Widows in Ireland
Coleraine House, Coleraine Street, Dublin 7
Tel: 01 873 3622 / 01 872 8814
Email: info@nawi.ie
Web: www.nawi.ie

National Federation of Pensioners’ Associations
56 Parnell Square West, Dublin 1
Tel: 01 878 2541
Web: www.nfpa.ie

Retirement Planning Council of Ireland
First Floor, 14-15 Lower Camden Street, Dublin 2
Tel: 01 478 9471
Email: information@rpc.ie
Web: www.rpc.ie

Senior Help Line
National Confidential Listening Service for Older People
Third Age Centre, Summerhill, Co. Meath
Tel: 046 955 776
Locall: 1850 440 444 (10am-1pm & 7pm-10pm)
Support Groups

St. Vincent de Paul
SVP House, 91-92, Sean McDermott Street, Dublin 1
Tel: 01 838 6990
Email: info@svp.ie
Web: www.svp.ie
What is a Community Transport Service?

Community transport provides door to door on-demand, accessible transport for people with disabilities and older people with mobility difficulties, across the county. The community transport providers operating in the dlr area are not for profit limited companies with charitable status. Each one of the companies operates as an independent travel club - which requires each client to register as a member and pay a very small annual membership fee. Clients can then use the service in a normal taxi way by calling to make a booking.

The advantages of this service are:

- The services are generally available 7 days a week 7.00am to 10.00pm
- Generally cheaper than a regular taxi
- Driver will assist client into and out of the vehicle and is trained in Disability Awareness
- Payment is managed by invoice at the end of each month and can be managed via bank transfer
Transport Providers (Community)

ACTS Community Transport
Unit 1 Ballyogan Business Park, Ballyogan Road, Dublin 18
Tel: 01 292 1573 or 01 292 1574
Fax: 01 292 1575
E-mail: info@actsltd.ie
Web: www.actsltd.ie

Easi-Cab
APC Building, Southern Cross Business Park, Boghall Road, Bray, Co. Wicklow
Tel: 01 276 5488
Web: www.easi-cab-travel-club.org

LIFTS Community Transport
Mounttown Community Facility, Meadowlands, Fitzgerald Park, Dún Laoghaire, Co. Dublin
Tel: 086 392 4571
Theatres

Amharclann Naithi
Boradford Road, Ballinteer, Dublin 16
Tel: 01 296 2462

Deilg Inis Ltd Dalkey
Tel: 01 285 780

Lambert Puppet
Clifton Lane, Monkstown, Co. Dublin
Tel: 01 280 0974
Web: www.lambertpuppettheatre.ie

Pavilion Theatre
Marine Road, Dún Laoghaire, Co. Dublin
Tel: 01 231 2929
Web: www.paviliontheatre.ie

The Mill Theatre
Dundrum Town Centre, Dundrum, Dublin16
Tel: 01 296 9340
Web: www.milltheatre.ie
Useful Numbers

Centre for Independent Living
Carmichael House, North Brunswick St., Dublin 7
Tel: 01 873 0986
Web: www.dublincil.org

Comhaltas Ceoltóirí Éireann
32 Belgrave Square, Monkstown, Co. Dublin
Tel: 01 280 0295
Traditional Irish Music, ceilís and Irish Language
Web: www.comhaltas.ie

Dublin Toast Masters
Tel: 086 835 4274  Contact: Michael
Email: info@dublintoastmasters.ie

Friends of Dublin Central Mission Sheltered Housing
Ailt An Óir, Upper Glenageary Road, Dún Laoghaire
Tel: 01 284 4066

Irish Country Women’s Association
Tel: 01 668 0002
Web: www.ica.ie

Irish Federation of Women’s Clubs
Tel: 01 868 0080
Useful Numbers

Irish Georgian Society
City Assembly House
58 South William Street, Dublin 2
Tel: 01 676 7053
Web: www.igs.ie

Irish Patchwork Society
P.O. Box 45, Blackrock, Co. Dublin
Email: admin@irishpatchwork.ie
Web: www.irishpatchworksociety.blogspot.ie

Mental Health Ireland
Mensanna House, 6 Adelaide Street, Dún Laoghaire, Co. Dublin
Tel: 01 284 1166
Email: info@mentalhealthireland.ie
Web: www.mentalhealthireland.ie

Hospitals
Blackrock Clinic
Rock Road, Blackrock, Co Dublin
Tel: 01 283 2222
Web: www.blackrock-clinic.ie

Beacon Hospital
Sandyford, Dublin 18
Tel: 01 293 6600
Web: www.beaconhospital.ie
Useful Numbers

National Rehabilitation Hospital
Rochestown Ave, Dún Laoghaire, Co Dublin
Tel: 01 235 5000
Web: www.nrh.ie

St. Columcille’s Loughlinstown
Loughlinstown, Co Dublin
Tel: 01 282 5800

St. John of Gods Stillorgan
Stillorgan Road, Stillorgan, Co. Dublin
Tel: 01 277 1400
Web: www.stjohnofgodhospital.ie

St. Michaels Dún Laoghaire
Lower George’s Street,
Dún Laoghaire, Co. Dublin
Tel: 01 280 6901
Web: www.stmichaels.ie

St. Vincent’s Elm Park
Merrion Road, Dublin 4
Tel: 01 221 4000
Web: www.stvincents.ie
What is a Volunteering?

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

Volunteers are involved in virtually every aspect of society – from health, education and social services to arts, culture and media or sports and recreation. There are volunteering roles out there to suit all interests and skills.

We are available to meet with anyone who wants to find out more about volunteering, so if you would like to have a chat in person or over the phone, give us a call (01) 209 0630. You can also email us on info@volunteerdlr.ie

Dún Laoghaire - Rathdown Volunteering Centre
Main Street, Blackrock, Co. Dublin
Tel: 01 209 0630
Web: www.volunteerdlr.ie
Walking Clubs

The Trekkers Mountaineering Club
Tel: 086 823 5597
Email: trekkerssecretary@hotmail.com
Web: www.trekkers.ie
The Trekkers Mountaineering Club is for members aged 20 - 70+. There are 3 grades of walks and 5 walks per month in the Wicklow Mountains.

Shanganagh Ramblers
Tel: 087 786 3970  Contact: Aidan Walsh
Email: info@shanganaghramblers.com
Web: www.shanganaghramblers.com

Marley Walkers
Email: secretary@marleyhillwalkers.org
Web: www.marleyhillwalkers.org