



# dlr Age Friendly

MAGAZINE  
2022

INCLUDES

Health & Wellbeing

Local Information  
& Supports

Short Stories & Poetry

Recipes, Puzzles

and lots more...



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## dlr Age Friendly Alliance

The dlr Age Friendly Alliance was set up in 2014 to work collaboratively on supporting older citizens in the County and to lead on dlr's Age Friendly Strategy development and implementation.

The Alliance is made up of representatives from Age Friendly Ireland, An Garda Síochána, dlr County Council, dlr Drugs & Alcohol Taskforce, dlr Older Peoples Council, dlr Volunteer Centre, Dublin Bus, Dublin & Dún Laoghaire Education and Training Board, Dún Laoghaire Chamber of Commerce, HSE, IADT, Irish Senior Citizen's Parliament, Making Connections, Southside Partnership, Southside Travellers Action Group and UCD.

The Alliance meet 4 times a year and is currently chaired by Eugene Magee, the former Chairperson of the Board of Leopardstown Park Hospital, current member of the Governing Authority of Maynooth University and resident of Blackrock.



*Eugene Magee*



*Age Friendly information leaflet*

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Produced by dlr Age Friendly Programme

## dlr Age Friendly Programme

Dún Laoghaire-Rathdown County Council signed the Dublin Declaration on Age Friendly Cities and Communities in 2013, committing to working with our partners to improve the quality of life of older people in the county.

### dlr Age Friendly Programme:

The dlr Age Friendly Programme based in dlr County Council is part of a national programme working with partners to improve the quality of life of older people across the county by:

- Collaborating within dlr County Council to provide walkable streets, age friendly public realm, housing and transport options, age friendly activities and programmes with dlr Libraries & Arts Office; the dlr Age Friendly Business Recognition Programme and organising opportunities for older people to participate in community activities;
- Co-operating with local community & volunteer groups and organisations, Active Retirement groups, Men's Sheds, older persons, nursing homes and Day Care Centre's in supporting older residents;
- Providing information on resources and activities available through the dlr Age Friendly Directory of Activities and Services; the dlr Age Friendly Magazine and Leaflets; information videos etc.;
- Supporting the dlr Older Peoples Council and dlr Age Friendly Alliance;
- Organising Festival of Inclusion and International Day of Older Persons events and collaboration on Bealtaine festival events;
- Promoting Digital Inclusion and providing Funding to various Age Friendly projects.



*Ian Smalley*



*Mary White*



*Siobhán Nic Gaoithín*

dlr Age Friendly Programme  
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[www.dlrcoco.ie/en/community/dlr-age-friendly-county](http://www.dlrcoco.ie/en/community/dlr-age-friendly-county)

@AgeFriendlydlr

## Foreword An Cathaoirleach, Councillor Lettie McCarthy



I am delighted to support the 2022 dlr Age Friendly Magazine, funded by Creative Ireland, Healthy Ireland and dlr County Council Libraries and Community section. This magazine has been produced by the dlr Age Friendly Programme, supported by dlr Library Services.

This is the second year that Dún Laoghaire-Rathdown County Council have produced this Age Friendly Magazine and it holds an array of information on the assistance, services and activities available to older people, provided by dlr County Council including our Libraries, Arts, Community, Heritage, Parks, Leisure, Economic Development, Sports Partnership, Housing and Environment services.

You will find essential information on all the Age Friendly support organisations, services and pursuits taking place across the county to keep active and connected as well as assisting us all with our wellbeing and mental health.

The magazine also provides guidance on getting started with digital technology - how to access the supports that are available to help you get connected with digital technology and staying active online.

We are extremely grateful to everyone who has contributed to this year's magazine, especially the wealth of creative writing and articles that were submitted by individuals and active retirement groups. We hope that you will enjoy reading this Age Friendly magazine and holding onto it as a valuable resource and that it will inspire you to get involved with the many Age Friendly groups, organisations and activities taking place across Dún Laoghaire-Rathdown county in 2022.

## Welcome

I want to welcome you to the second edition of the dlr Age Friendly magazine.

Since March 2020, the Covid 19 pandemic has changed our lives dramatically. As we navigate our way through regulations and restrictions towards better and brighter days, we hope that this magazine will provide you with key information that will assist and support you, as well as encourage you to reach out for help, if required.

The magazine is also packed with stories, poems and articles that were contributed by individuals and groups over the year and they showcase the breadth of creativity in Dún Laoghaire-Rathdown. We hope that you enjoy the many activities and recipes included in the magazine and that the digital advice and information given might inspire you to go online and get connected digitally with friends and family, wherever they may be.

We are very grateful to all our funders and all the many organisations and individuals who have contributed and supported this magazine.



The production of this magazine is a key action in the dlr Age Friendly Strategy to communicate, support, inform and engage with older people living in Dún Laoghaire-Rathdown.

We hope that you enjoy the 2022 dlr Age Friendly magazine and please contact the Community and Cultural Development Section of Dún Laoghaire-Rathdown County Council at 01- 205 4893 / [community@dlrcoco.ie](mailto:community@dlrcoco.ie) if we can support you in any way - we look forward to hearing from you.

*Therese Langan, Director, Community & Cultural Development*

# dlr Library Services



Catherine Gallagher  
County Librarian

dlr Libraries provide services across the county through a network of eight branch libraries, including dlr LexIcon. All dlr Libraries are accessible buildings, and are safe, welcoming, inclusive community spaces. Libraries are

free to join with no charge to borrow books, and no charge on overdue items. All library authorities in Ireland are connected and share a national catalogue. This means if you need to reserve books from a different county, it is possible to have them sent to your local library for collection.

As well as books, dlr Libraries also stock large-print books, audio books, music CDs, and DVDs. 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. You can also borrow laptops to use in the library.

## Book Drop Service

For those members of our community who remain unable to visit their local dlr Library in person, staff in dlr LexIcon are available to deal with requests for books. A selection of books is boxed and then delivered safely to your home. For further information about this service, please contact dlr LexIcon staff by telephone on 01 280 1147 or email [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie)

## Redevelopment of Stillorgan Library

Stillorgan Library is in the process of being redeveloped. While the new library is being built on the existing site in St Laurence's Park, we have opened a Stillorgan Village Library Hub upstairs in the Shopping Centre. For the next couple of years, the Library Hub will deliver all our core library services, including books, a designated children's section with incorporated sensory elements, study spaces, PCs, printing/copying/scanning services, and daily newspapers.

Stillorgan Village Library is located on the first floor of the Stillorgan Shopping Centre (Unit J next to Peter Mark hair salon). Staff can be contacted by telephone on 01 288 9655 or email [stillorganlib@dlrcoco.ie](mailto:stillorganlib@dlrcoco.ie). Drop in for a visit and say hello to the team!

Read all about the redevelopment plans on our website: <https://www.dlrcoco.ie/en/architecture-projects-case-studies/st-laurence-park-library-and-apartments>



Stillorgan Library

## Contact us:

### Blackrock Library

Tel: 01 288 8117

E: [blackrocklib@dlrcoco.ie](mailto:blackrocklib@dlrcoco.ie)

### Cabinteely Library

Tel: 01 285 5363

E: [cabinteelylib@dlrcoco.ie](mailto:cabinteelylib@dlrcoco.ie)

### Dalkey Library

Tel: 01 285 5317

E: [dalkeylib@dlrcoco.ie](mailto:dalkeylib@dlrcoco.ie)

[libraries.dlrcoco.ie](http://libraries.dlrcoco.ie)

### Deansgrange Library

Tel: 01 285 0860

E: [deansgrangelib@dlrcoco.ie](mailto:deansgrangelib@dlrcoco.ie)

### Dundrum Library

Tel: 01 298 5000

E: [dundrumlib@dlrcoco.ie](mailto:dundrumlib@dlrcoco.ie)

### dlr LexIcon

Tel: 01 280 1147

E: [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie)

### Shankill Library

Tel: 01 282 3081

E: [shankilllib@dlrcoco.ie](mailto:shankilllib@dlrcoco.ie)

### Stillorgan Library

Tel: 01 288 9655

E: [stillorganlib@dlrcoco.ie](mailto:stillorganlib@dlrcoco.ie)

Keep up with what's happening in dlr Libraries by signing up for our fortnightly ebulletin on our website at: [libraries.dlrcoco.ie/events-and-news/dlrlibraries-ebulletin](http://libraries.dlrcoco.ie/events-and-news/dlrlibraries-ebulletin).

## dlr Digital Inclusion initiative during the pandemic



The dlr Digital Inclusion working group is made up of Libraries, Community, and IT staff. It has identified a priority to reach out to people who need access to devices as well as training to improve their confidence online. Earlier this year, a one-to-one training programme was designed and implemented with all members of the Older People's Council (OPC). Each member was contacted by phone and their level of need was established

in terms of upskilling on devices they were already using, or hoped to use, including tablets, PCs, and laptops. Some of these devices had been provided by Dún Laoghaire-Rathdown County Council, as part of the Digital Strategy.

The aim of the training programme was to enable all members of the OPC to learn new skills in order to allow them to attend virtual meetings via Zoom. Training was then tailored to suit the individual. All of this was undertaken while the country remained in lockdown, so face-to-face communication was not an option. This proved challenging at times for both tutors and learners, but all members reported that they gained confidence as well as skills in using their devices, not only for the purposes of scheduling Zoom calls, but more broadly to access goods and information and to keep connected to their communities.

## ACORN tablets – Accessible technology in your hands

Since the onset of the pandemic, we have all had to rely a lot more on technology to stay connected, and to access goods and services. But those without access to devices, or those who do not have the skills to use them, can find themselves increasingly excluded from society.

The ACORN tablet project hopes to help bridge the digital divide by providing age-friendly, easy-to-use technology. The ACORN tablet is designed with the older person in mind, and the principle behind the tablet is to provide more accessible options for those with little or no 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 – this option provides access to websites and apps
- Talk – allows the user to make calls and send/receive messages and emails
- Camera – the tablet has a two-way camera where photographs can be stored and shared.

We have purchased ACORN tablets for every nursing home and daycare centre in the county, and tablets will be available for lending to all library members via your local library. Library staff members recently ran a trial with dlr's OPC and the feedback was very positive.

***“Very rewarding ... It's not just the knowledge you observe, but the confidence that comes with it. I've sent my first email, so I was over the moon!”*** Nancy Forsyth, OPC member

For more information on this lending scheme, contact your local library.



John O'Neill using an ACORN tablet

## Libraries' Events Programme



Ciara Jones  
Senior Executive  
Librarian

In 2022, as we gradually and safely welcome you back through our doors for live, in-person events, dlr Libraries will continue to offer you a hybrid programme of in-person and online events, giving you the choice to join us in the library or from home.

### Online Book Club



Our popular online book club meets on the last Wednesday of the month at 7.30pm via Zoom. The Club is chaired by Mary Burnham of DuBray Books. Physical copies of the books for discussion are available for collection in advance from dlr LexIcon with some titles also available online on our e-book platforms Overdrive and BorrowBox. Please email: [libraryculture@dlrcoco.ie](mailto:libraryculture@dlrcoco.ie) for more information.

### Online 500-Word Writing Challenge

Are you a prospective writer who itches to put pen to paper but has never got around to it? Have you ever thought about writing a short story, putting your memories down for future generations, or getting started on a novel? Each month, we'll send out a prompt word and your challenge will be to write 500 words around that word. It can be about you and your family, a personalised account; it can be completely inventive and imaginative, it can be factual as in a report of an event or an occasion; it could even be an epic poem. You choose! We meet and discuss your writing on the second Wednesday of each month at 7.30pm via Zoom. There will be a facility to upload your work to a protected site so that all members of the group can read and enjoy it. With useful tips and plenty of encouragement from our moderator, Mary Burnham, you should be well on your way to writing success in whatever genre you choose. Please email: [libraryculture@dlrcoco.ie](mailto:libraryculture@dlrcoco.ie) for more information.



Mary Burnham

## Health and Wellbeing programme

dlr Libraries are involved in the National Healthy Ireland at your Library programme. We purchase bookstock and programme events with an emphasis on health and wellbeing. This includes workshops and sessions on meditation, tai chi, and yoga as well as talks from well-known experts on parenting, maintaining resilience, coping with loss, and using mindfulness in your daily life. Keep an eye on our website and our events guide to see what we've planned in 2022!

### Bealtaine Festival

Every May, dlr Libraries participate in Bealtaine, the national programme celebrating creativity in older people. Previous events have included film, theatre and dance performances, creative writing courses, poetry readings, and the national Bealtaine Book Club, where everyone reads the same book during the month of May.

### Cuairt agus Cultúr programme

**Cuairt agus Cultúr** is a cultural events programme run by dlr Libraries and dlr Arts Office in residential care settings for older people in the county. Running since 2018, the annual programme moved online during 2020 with many live, interactive, as well as pre-recorded sessions delivered via Zoom. For 2022, our events programme will continue online and hopefully in-person and we're looking to get involved with more residential care homes around the county. For more information, please email the Cuairt agus Cultúr team at: [cagusc@dlrcoco.ie](mailto:cagusc@dlrcoco.ie)



### Local History

dlr Libraries offer a wealth of local history information to all levels of researcher. Each branch has a selection of books and articles on the history of the surrounding area, including a handy *Directory of Local Studies Articles and Book Chapters in Dún Laoghaire-Rathdown*. This publication lists articles, book chapters, and websites published on subjects relating to the county. It is based primarily on material available in the dlr

Libraries Local Studies Collection, which is housed on Level 5 in dlr LexIcon in Dún Laoghaire. While not an exhaustive listing, the Directory may be considered as a snapshot of material identified by the dlr Local Studies Librarian from 2014-2021. It's purpose is to assist the researcher in identifying topics of interest from the wide-ranging resources in the Collection. Access to the Local Studies Collection is by appointment only. To make an appointment, please email: [localhistory@dlrcoco.ie](mailto:localhistory@dlrcoco.ie) or telephone (01) 280 1147. Many other resources are available on our website at: <https://libraries.dlrcoco.ie/library-services/local-history/local-studies>.

### Stirring Memories exhibition

**Stirring Memories** is an oral history project, that connected with 390 service users across six daycare centres in the county in the summer of 2021. The project aimed to help participants tell us their stories and reminiscences of their favourite daytrips or nights out at well-known landmarks and venues across Dún Laoghaire-Rathdown and old Dublin county. Storyteller Helena Byrne has collected and recorded many written and audio reminiscences, which will culminate in an audio-visual exhibition, both online and on-site in dlr Libraries in 2022.



### Digital Literacy programme

Our ongoing digital learning programme includes group courses on using Zoom, using your smartphone or tablet, and how to make the most of your Library card.

### Book sets

dlr Libraries holds over 300 sets of books for schools, reading groups, and book clubs. So if your book club is looking for some inspiration for your next group discussion, please see the full list of available titles for lending on our website: <https://libraries.dlrcoco.ie/find-and-renew/book-choices/book-sets>. To enquire about the availability of any of these sets, please contact your local dlr Library or email [librarybib@dlrcoco.ie](mailto:librarybib@dlrcoco.ie).

### dlr Scéal Trails

A scéal trail or story walk is a book displayed outdoors in an exhibition format that you can follow, from beginning to end, as you walk with your family or friends. At present, you can find dlr Scéal Trails in Shankill Library Garden and at Bracken Road Park in Sandyford. Please check our website or contact your local library to find out more about our Scéal Trails!



### dlr Library App

Did you know that dlr Libraries have an app which allows you to access your library account from your smartphone or tablet? Here are some of the great features included:



- **Self-check** allows you to borrow and return books using the app, which means you can avoid using self-service touch screen kiosks
- Access your **library account** to view and renew your loans
- Search the library catalogue and **order books** from the comfort of your home
- The **Scan a barcode** feature allows you to scan the ISBN found on the back cover of any book, then links you through to the library catalogue to allow you to request it
- Links to eBooks, audiobooks, music and other **online resources** available from dlr Libraries
- Links to our **social media** accounts, news and **library events** calendar
- **Nearest libraries**, with directions via Google maps along with library contact details
- Your **library card barcode** is saved in the app in case you forget your card (library cards are still required for My Open Library service when available)

The library app is free to download from the Google Play Store (for Android users) or the App Store (for Apple users). Just search for "dlr Libraries" on these apps or contact your local dlr Library for more information.

## Reading Pens

We recently purchased new pen scanners for each dlr branch library. These are lightweight, pocket-sized devices that you run across a page and they read the text aloud to you.

At present, the Pens can read text in English, French and Spanish. The Pens can be used by those who have difficulty reading, those with dyslexia, or those looking to hear the written word while they read. The in-built dictionary allows you to simply pass the Pen across a word and it instantly displays the definition and reads it aloud. It can also be used as a scanner for capturing lines of text and uploading to a PC or Mac, making it ideal for students, teachers and others to capture essential information.

Enquire about the Reading Pens during your next visit to your local dlr Library!



## Tovertafels – Magic Tables

dlr Libraries have three Tovertafels (Magic Tables), one each in dlr Lexlcon, Deansgrange Library, and Dalkey Library. The Tables consist of a series of interactive games projected onto a normal table. The images respond to hand and arm movements, allowing users to play with light. Originally designed for those with dementia, the Tovertafels now include programmes for adults with intellectual disabilities and for children/young people on the Autism spectrum. 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.



## Online resources

We have lots of resources/services available on our website. You can:

- Download eBooks and eAudiobooks from **BorrowBox** and **Overdrive** and read them on your tablet, laptop or smartphone
- **Tumblebooks** is an online collection of e-books for children. You can use your computer, tablet, or mobile phone. All you need is an Internet connection. There are no downloads - books are streamed right to your device at the click of a button.
- Read magazines and newspapers online with **Overdrive** and **PressReader**
- Take an online course with **Universal Class** With over 400 courses, Universal Class is committed to providing the highest quality online training. Over 300,000 students around the world have benefited from Universal Class' unique instructional technologies. Courses are available in accounting, business, psychology, exercise and fitness, entrepreneurship, arts and music, home and garden care, cooking, computers and technology, health and medicine, writing skills, law and legal ... plus hundreds more.
- Learn a language online with **Transparent Language Online** With over 100 languages to choose from, you can learn at home, in the library, or on the go!
- Stream or download music to your device with **Freegal**
- Listen to a podcast with **DLR Soundcloud**
- Watch an exhibition on your tablet, laptop, or PC



**You just need your library card number and your PIN, and it's all free!**

Visit: <https://libraries.dlrcoco.ie/online-library>

## dlr Older People’s Council

The Dún Laoghaire-Rathdown Older People’s Council was established as ‘Dún Laoghaire Rathdown Network for Older People’ in 2001 on the initiative of then Cathaoirleach Cllr. Donal Marren.

The dlr Older People’s Council (OPC) is a representative group of older people with some 50 affiliated groups, clubs and associations and is open to all non-commercial organisations and individuals, committed to improving the quality of life of older people in the county.

The role of the OPC is to identify priority areas of need, raise issues of importance, inform and influence the decision-making process and to speak with a unified voice on matters of concern for older people in Dún Laoghaire-Rathdown.

The mission of the Older People’s Council is to enhance the longevity, quality of life and care provision for the older citizens in the communities and the society of Dún Laoghaire-Rathdown and since its inception, the OPC has, without doubt, been instrumental in improving the quality of life of older people in the county.

The OPC work in co-operation with and receive funding from the Community Section of Dún Laoghaire-Rathdown County Council and are an integral member of the dlr County Age Friendly Alliance.



Are you committed to improving the quality of life of older people in Dún Laoghaire-Rathdown? Currently the dlr Older People’s Council are looking for new members. Please join us as we continue our work to change the landscape of what it means to be old and enhance the quality of life for older people living in Dún Laoghaire-Rathdown.

**Please contact: Dún Laoghaire-Rathdown Older People’s Council, 88 Inagh Court, Ballybrack, Gleneageary, Co Dublin, A96 H1F8 Tel: 01 282 2425 or Email: [dlrolderpeoplescouncil@gmail.com](mailto:dlrolderpeoplescouncil@gmail.com)**



## dlr Arts Office

Make sure and keep up to date with dlr Arts Office. A great place to get up to date information is to follow us on social media, we are on Facebook, Twitter and Instagram.

Sign up to our ebulletin if you have not already; [www.dlrcoco.ie/arts](http://www.dlrcoco.ie/arts) or email us at [arts@dlrcoco.ie](mailto:arts@dlrcoco.ie). For more information on any of our upcoming online workshops and events please phone 01 2362759 or email [arts@dlrcoco.ie](mailto:arts@dlrcoco.ie)



*Kenneth Redmond,  
Arts Officer*

### Online Dementia Inclusive Tours

Are you living with dementia, or would you like to try something different with your loved one living with dementia?

While face-to-face tours are not available in the Gallery at the moment, Julie, Claire, and Orla have adapted our tours to an online experience that we hope you will enjoy. Explore and discuss a selection of artworks from our County Collection in these specially created online tours that you can easily join using a mobile phone, tablet, or computer.

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

To book, please ring Máire or Pia on (01) 236 2759 or email [artbookings@dlrcoco.ie](mailto:artbookings@dlrcoco.ie).

We look forward to seeing you back in dlr Municipal Gallery as soon as possible.



*Chiesa Di San Domenico by Tom Roche, part of dlr County Collection*

### Gallery Learning Programme

An online Exhibition Learning Programme is available every season to make sure that everyone can still have opportunities to get creative at home. The programme is jam-packed full of talks, conversations, demonstrations, and art-making workshops.

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 workshops or discussions.

The full programme includes lots of talks, events, and workshops for all abilities and ages.

See our website, [www.dlrcoco.ie/arts](http://www.dlrcoco.ie/arts), for more information and booking.



*MJ Four Elements.  
Photo: Lee Welch.*



*Cora Cummins in her studio. Photo: Aine Teehan*



## About us

The mission of Dún Laoghaire Rathdown Volunteer Centre is to promote the value of volunteering and increase the range and quality of volunteering in Dún Laoghaire-Rathdown. We believe in a vibrant county, where every person feels connected to their community through active participation in voluntary activities.

## A variety of ways to get involved

There are so many different ways to volunteer in Dún Laoghaire-Rathdown! Hundreds of volunteers register with us each year and find interesting opportunities on our database, iVol.

Volunteers help their communities in many ways, e.g., delivering meals, doing admin work, tutoring, taking environmental actions, and joining boards. This year, we were delighted to involve volunteers in the public health mass vaccination effort. We invite you to connect with our service to explore how you can support others, and the organisations you care about, in a way that works for you!



Volunteer Geraldine says: *"I would most definitely encourage someone to volunteer. Certainly, for someone like myself, recently retired, it is a great opportunity to stay connected, to find a renewed sense of*

*meaning and purpose, and to help in a small way to make our society a better place."*

We recently launched DLR Community Volunteers, a



flexible programme that allows volunteers to support their local community at events, or in response to an emergency or urgent community need. In this programme, you choose the projects that interest you and suit your schedule.

Our Volunteer from Home initiative offers flexible and bite-sized opportunities to join in; that can be carried out from your own home to suit your schedule. Please visit <https://volunteerdlr.ie/volunteerfromhome/> to see current roles.

## Thinking about volunteering and want to find out more?

If you would like to find out more about our service, or the above programmes, you can get in touch with the Volunteer Engagement Team by calling 01 441 4444 or emailing [placement@volunteerdlr.ie](mailto:placement@volunteerdlr.ie). You can also check out our website, [www.volunteerdlr.ie](http://www.volunteerdlr.ie).



We also offer online appointments with a member of the team, so do call or email if you would like a member of the team to get in touch.

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





## Network of Community Facilities

The last few years have been difficult for everyone. We have had limited opportunities to take part in activities and to socialise. Community facilities across the county have continued to operate in a limited capacity throughout to support the running of essential services.

The Network of Community Facilities, which is made up of representatives from community facilities across the county, has continued to meet to prepare and plan for full reopening. Sincere thanks to this group for their commitment to meeting the needs of the local communities they serve.

Community Facilities offer activities and events suitable for all age ranges, including chair yoga, healthy cooking, flower arranging, dance classes, knitting and crochet, social meetups as well as classes in using computers or accessing the internet.

If there is something you would like to see running in your local community facility, call

in and have a chat with the manager. Working together and keeping connected, we can ensure our communities are strong and resilient.

The Community team is happy to support you with identifying activities in your local area. They can also offer support to groups that are interested in setting up a residents' association or applying for grants for activities. Give one of the community workers a call!

**W: [www.dlrcoco.ie](http://www.dlrcoco.ie)**

**T: 01 205 4893**

**Email: [community@dlrcoco.ie](mailto:community@dlrcoco.ie)**

Dún Laoghaire Rathdown County Council have a wide range of community facilities located across the county catering for the needs of our citizens. Each of our centres is unique in the activities on offer and space available for rent to community groups. Below is a small sample of the community facilities in dlr, for further details and a comprehensive directory of what is available in your area, visit [www.dlrcommunity.ie](http://www.dlrcommunity.ie)

### Facility

**Coiscairn Youth and Community Facility**  
**Glencullen Community Centre**  
**Mounttown Community Facility**  
**Sandyford Community Centre**  
**Samuel Beckett Community Facility**  
**Shanganagh Park House**

### Contact Number

**01 235 0778**  
**01 294 6618**  
**01 663 6131**  
**01 295 9149**  
**01 292 1643**  
**01 282 7694**

# Mother Ireland

by Carmel Uí Cheallaigh, Deansgrange Library

I took to the bed that day. There was nothing else for it. If only he hadn't sent that bloody text.

"Thanx 4 da lift n e/thing over da yrs, X".

Up to that point, I'd been coping fine. After reading the message, the floodgates opened, the sunny April day suddenly filled with rain. My rain. Gushing out, my wailing and weeping in this vale of tears. I'd kept it together for the airport run, deliberately planning to say goodbye in the set-down only area so as to avoid a long, lingering scene. Now, reality hit me hard, three hundred and sixty-five days minimum, looming, stretching ahead, too far to see.

God knows, I'd had plenty of notice, time to prepare myself, nearly a year in fact.

How his face glowed as he told me his good news.

"I've booked Australia, visa for a year initially, but who knows? It could be the start of a whole new life."

Maybe it hadn't registered fully or maybe I was secretly excited that one of my grown-up children would at last be out from under my feet. He was flying the nest, hardly a fledgling and it was voluntary, unlike us, his parents, who were forced to emigrate from our respective villages at a much earlier age. I just hadn't foreseen how devastated I would feel on the actual departure day.

"We suffer in their coming and their going"

Words from Pearse's "The Mother" swirled around in my brain. It was ludicrous and insane to compare my situation to that of a woman who lost not one but two fine sons forever, not just for a year. I had hope at least.

I'd been there for every query and question, on hand to help. I borrowed a "Live and work" book from the library for him, gave him a deluxe travel insurance package for his twenty-fourth birthday, even put a Sydney pocket city guide into his Christmas stocking.

Yes, I encouraged him every step of the way. So, what was wrong with me now? He'd always been an intrepid traveller, having just returned from a four-month tour of the US, Greece every year for whole summers while at college, a six-month stint in Florence to study TEFL and brush up on his Italian. In fact, I couldn't remember his last family

holiday; it must have been eight years or more.

As a child he loved the sun, the sea, the sand. Of my four offspring, he was always the one most inquisitive about new cultures. Yes, the warning signs were there early on. This trip was inevitable really. He was an adventurer, an explorer, avidly reading about others' pursuits and experiences in pastures new. Now, he was one of them, boldly going where certainly no other member of the Kelly clan, bar Ned of course, had gone before!

Was I just being selfish? That was another possibility. After all, he was my firstborn and he was much more than that, my friend and confidante, made me laugh, made my heart swell with pride. Now, who would help me with downloads and apps, bring me chocolate on a Friday evening, notice or compliment me on a new hairstyle or outfit?

I had behaved in a composed manner at the airport, put my own emotions aside and wished him well, hugging him whilst stuffing Aussie dollars into his jacket pocket. He would never know my anguish, be embarrassed by my wretchedness. Indeed, no one would be privy to that, hence the taking to the bed. I was a wreck, a minefield of emotions. Then, without warning, the initial feeling of loneliness gave way to worry, worry about that long-haul flight. Twenty-four hours in the air, Dublin to London, London to Singapore, Singapore to Sydney. A multitude of disasters could strike.

***"The little names that were familiar once  
Round my dead hearth"***

Churning over and over ... Those immortal lines, inescapable, midst my misery.

Then, two days later, as I knelt beside the bed, a familiar bleeping heralded the news.

"Arrived safe n sound, beautiful city, unbelievable weather, X".

Slowly, the cloud over me began to lift too. Only 363 days to go. I will share good times with him again.

Three years on and I'm still waiting, longing and yearning for that day.

***"Lord, thou art hard on mothers"***



# PARK SMART

## SECURE YOUR VEHICLE

**22%** of all thefts from vehicles are at **Residential Locations**.

**12am to 7am** is when over half of these thefts occur.

**33%** of vehicles broken into are **unlocked** at the time.

**Driveways** are the most common place for these thefts.

### ITEMS MOST COMMONLY STOLEN FROM VEHICLES



(KEY FACTS: 3 YEAR AVERAGE 2015-2017)

## TIPS TO PREVENT THEFT

- ✓ Wherever you park your car or van, take your property with you.
- ✓ Ensure your vehicle is locked, alarmed and parked in a secure, well-lit location.
- ✓ Store your keys safely, away from windows and letterboxes.

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AN GARDA SÍOCHÁNA | WWW.GARDA.IE



## Shop Local, Click Local!

Did you know that for every €10 you spend locally, a further €40 is generated in the community through employment and purchase of other goods and services?

Since the onset of the pandemic, people have really understood the importance of their local shops and businesses. And after a tough time for everyone, it's never been so important to support local.

There are more ways to support local now, with many businesses expanding to include online shopping.

So there's no longer any need to stick to the big international online retailers – check around to see what's available, you might be surprised to see how many great Irish producers and retailers will now deliver straight to your door.

What you can do to support local:

- Shop locally, safely - observe all safety measures and avail of hours reserved for older customers

- Buy gift cards from local shops and restaurants - many retailers will allow you to do this online
- Order take away from your favourite local restaurant
- When shopping online buy from local stores

Even in extraordinary times, we can all make a difference by staying local, shopping local and clicking local.

**dlr Economic Development Unit**



*An Cathaoirleach, Cllr Lettie McCarthy shopping local at Airfield Market*



## Childhood Memories of Dún Laoghaire

by Nora Pearl Byrne

In my hometown of Dún Laoghaire  
When I was but a child  
I remember all the happy times  
When everything seemed so alive.

The fun I had in Johnny Carr's Park  
Those long summer days  
On swings, slides, and merry-go-round  
With my friends I played.

To the outdoor Baths I would go  
All set for water fun  
Swimming and playing in the pool  
Beneath the Water Fountain in the sun.

On the East Pier I would take a walk  
And watch the sailing boats go by  
Music being played on the bandstand  
Filled everyone's heart with joy.

A trip to the Fun Fair on the Harbour Wharf  
On the Chairplanes I would ride  
Round, and round I would go!  
With laughing eyes.

Then homeward bound before dark  
Walking through The People's Park  
My childhood memories have been made  
In beautiful Dún Laoghaire.



## The Last Farewell

by Eileen Doran

When I must leave you for a little time  
Please do not grieve or shed wild tears  
Or hug your sorrow through the years  
But start out bravely with a gallant smile

And for my sake and in my name  
Live on and do all things the same.

Feed not your loneliness on empty days  
But fill each waking hour in useful ways  
Reach out your hand in comfort and cheer  
And I in turn will comfort you and hold  
you near.

And never never be afraid to die  
For I am waiting for you in the sky.

## Autumn Harvest

by Denise Comerford

In August, they appeared.  
Enhancing bushes outside my door.  
This year, the blackberry bushes,  
Gave harvest fruit galore.

Providing breakfast day by day,  
And now and then, when apples came  
Some crumble with these fruits appeared  
Enjoyed by many grateful friends.

By late September, your job was done.  
The days much shorter, your bushes bare.  
I thank you for the gifts you gave.  
Have peaceful rest, so well deserved.

I'll miss the daily fruits we shared  
But await next year's abundant fare.





## Environmental Awareness

Upcycling is a great way to prevent waste, reduce our carbon footprint and is good for our environment! Within this section you will find some different activities and projects that reuse materials that are commonly found in the home. From making bags out of t-shirts to creating bird feeders from vegetable nets we can all take a step towards upcycling and reuse.

### Upcycling Fabric

#### No Sew T-Shirt Bag

You will need

- An old t-shirt (thick fabric will work better)
- Sharp scissors

1. Cut the sleeves off. The remaining t-shirt shoulders will become the bag handles.
2. Cut around the neckline to widen the area and create the bag opening.
3. Cut a fringe at the bottom of the t-shirt by cutting up 3-4 cm at even intervals. This will create strips of fabric.
4. Tie the strips of fabric (fringe) together.
5. Turn inside out and your bag is ready!

could also be an excellent project for a family, or group of friends, to make individually and join together at a later date.

- Cut out squares of fabric, of equal size, to create the blanket building blocks. Use a range of colours and patterns.
- Line the blocks of fabric out on the floor. Move them around until you find the blanket pattern you wish to create.
- When enough blocks have been made and you are happy with your design plan, each block can be stitched together.
- The blocks can be sewn together by hand or machine, with a quarter-inch seam allowance.

### Patchwork Blanket

Patchwork is the art of sewing together pieces of fabric to create a pattern. These beautiful and unique pieces can be made from odds and ends of material. While any fabric looks great, cotton washes and wears well. Wool will add texture and warmth. Patchwork blankets make great gifts. They





## Upcycling in the Garden

### Compostable Seedling Pot

Compostable pots are easy to make at home and great for seedlings. The pots can be planted straight into the garden without having to disturb the fragile young roots. As the pot breaks down, the plant's roots will get stronger and burst through the sides. These types of pots also help to prevent waste and reduce our carbon footprint!

### Toilet Roll Pots

You will need some toilet rolls and a scissors.

1. Make 4 small slits in the bottom of your toilet roll at 12, 3, 6 and 9 o'clock. This will create 4 flaps.
2. Fold in the flaps in the order numbered in the picture (1 to 3). The 4th flap is folded in and tucked down under flap 1, as shown. This will create the bottom of a cardboard box.
3. Fill the cardboard pot up to  $\frac{3}{4}$  full of a fine potting mix and plant in your seeds of choice, remembering not to plant your seeds too deep

### Recycled Bird Feeders

There are a variety of materials you can repurpose to create a bird feeder at home. To list some, you can use; plastic bottles, oranges, tetra Pack, plastic nets from vegetable carton packaging or toilet rolls.

**Plastic Bottle:** To create a bird feeder out of plastic bottle, clean the bottle and puncture two holes in the bottle. Thread 2 pencils through these holes so create an X shape and an area for the bird to sit. Puncture additional holes above the pencils where the birds can access the feed.

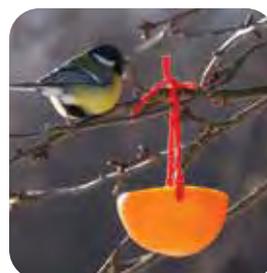
**Oranges:** A great way to reduce food waste is to repurpose orange skins as a bird feeder. You should use a large orange for this. Cut the orange in half and remove the flesh of the orange (ensuring it will be used later). Puncture 2 holes in the segment of orange skin and thread string through it to hang. Fill the orange skin with bird feed and hang.

**Carton Pack:** You can use any clean carton pack (juice or milk carton) to create a feeder. Simply cut a large hole at the front of the carton pack and fill with bird feed. You can thread string through the carton if you wish to hang it.

**Net from vegetable packaging:** It can often be difficult to repurpose the plastic net packaging that is sometimes unavoidable on oranges or onions. This packaging makes a great holder for seed balls. To create simply melt butter and knead it with bird feed or seeds and refrigerate. When solid, place it in the netting and hang.

**Did you know, bread shouldn't be offered to birds in large quantities.**

**It doesn't contain the necessary protein that fat birds need. A bird that is on a diet of predominantly, or only bread, can suffer from serious vitamin deficiencies, or even starve.**



## DIY Bird Bath

Bird baths are essential for birds to have water to both bathe in and drink. A bird bath can be easily made from recycled materials found at home. To make a recycled bird bath you will need the following:

- A shallow sloped container such as a saucer, plant pot base, wide shallow plate
- Items to sit the bird bath on such as a plant pot, bricks, planks of wood or a small wall
- Small stones or pebbles
- Water (Why not use some water collected from a rainwater harvester?)

### Important considerations when making a bird bath

- Any item used to make the bath must be very shallow with sloping sides.
- Have a max depth of 10cm.
- The bath should be as wide as possible.
- When choosing the location of the bird bath, ensure it is near some trees or bushes so that if needed it can leave quickly
- If there are cats nearby ensure it is placed high enough that the birds can see their surroundings clearly and not near anywhere a cat may hide.



### To make your bird bath:

- Place the materials you chose to use as your stand on flat ground and ensure it is stable. If using a plant pot for example, turn the pot upside down so the wider circumference is on the ground.
- Place your saucer or plant pot base on top of your stand and ensure that it is sitting securely.
- Place some pebbles or rocks in the bird bath to ensure that the bath is not too slippery for the bird and fill with water.

## Recycled Bird House

To make a bird house you will need:

- Clean dry carton (milk or juice carton work well)
- String or Twine
- Items to decorate your bird house with moss, paper etc. *\*\*Some paints can be toxic to birds. Please don't use beads, glitter, pom poms or any items that may sit loosely and a bird could ingest.*
- Scissors
- A wooden stick for the birds to perch on (pencil, old wooden spoon, stick found outside etc.)

There are many different materials you can use to create a simple bird house in your garden.

- To begin, clean your carton and let it dry.
- Punch a hole at the top of the carton and thread the string or twine through the carton.
- Cut a small square hole in the front of the carton (consider what size of bird this is to suit when deciding the size of the cut out).
- Punch a hole below the square to thread the stick through.
- Once your bird house is decorated, fill it with bird feed and hang outside. Fix the carton firmly in place.



## Your Community, Your Voice!

The Dún Laoghaire-Rathdown Public Participation Network (DLR PPN) is the umbrella network of Community and Voluntary, Social Inclusion, and Environmental groups in Dún Laoghaire-Rathdown. Our membership is diverse and includes local active retirement groups, men's sheds, residents' associations, chess and bridge clubs, sporting, environmental, and social inclusion organisations operating in Dún Laoghaire-Rathdown county.

We provide our member groups with opportunities for networking, learning, communication, and sharing of information which leads to participating in local decision making and collective action. For example, we provide free training, open to all our members, in areas such as digital skills and technology, governance, committee skills, funding and more. We run regular workshops, linkage groups, and public consultation meetings to ensure that our members' voices are heard. We enable the community to elect representatives to sit on the local government committees which cover these policy areas: Community, Culture and Wellbeing, Economic Development and Enterprise, Environment and Climate Action, Housing, Planning and Transportation, and Marine Strategic Policy Committees and the Local Community Development Committee.

Our aims are:

- To facilitate communication between community groups and Dún Laoghaire-Rathdown County Council. To give voice to a diverse range of views and interests within the local government system and participate in policy making.
- To strengthen the ability of people, groups, and organisations to contribute in a positive way to the community in which they reside or are active within.
- To act as an information hub for local community and voluntary, environmental, and social inclusion groups and organisations.

**Come join us! Membership is free to groups in the Dún Laoghaire-Rathdown area who fulfil the membership criteria. All ages and abilities are welcome.**

*Further information: [www.dlrppn.ie](http://www.dlrppn.ie) or email [enquiries@dlrppn.ie](mailto:enquiries@dlrppn.ie)*



**DLR PPN**  
Dún Laoghaire-Rathdown  
Public Participation Network

## The Age Friendly Housing Technical Specialist in Dún Laoghaire-Rathdown County Council is Edwin Johnson



The Age Friendly Housing Technical Specialist role is to:

- Provide technical advice to members of the public who may need advice on right sizing or adapting their own dwellings with age friendly universal design principles
- Respond to and progress referrals and queries from a range of sectors including local authority staff, private sector developers, Approved Housing Bodies and individuals who have an interest in providing age-friendly housing
- Act as the key point of contact for matters relating to age friendly housing technical queries specifically around designing for life and universal design principles
- Provide clients with information on key contacts within Dún Laoghaire-Rathdown County Council to discuss issues and solutions around age friendly housing and public realm works
- Refer to models of good practice in other areas and share universal design guidelines, technical plans and development specification to inform design
- Provide contacts, as appropriate, of organisation & individuals who might be able to provide further technical guidance and assistance particularly in relation to universal design principles and crime prevention through environmental design principles
- Work closely with dlr Age Friendly Programme Managers and the national Age Friendly Ireland shared service team with drafting & implementing Age Friendly Strategies and national policy objectives at local level
- Record progress and monitoring referrals, developments, adoption of principles and outcomes to inform the national report from Age Friendly Ireland to the Department of Housing Planning & Local Government under the National Implementation Group.

***If you would like to contact  
the dlr Age Friendly Housing  
Technical Specialist,  
please contact  
community@dlrcoco.ie  
or call 01 2054700***



## Jokes for the Young at Heart



**What gives us milk and has one horn?**

A milk truck.

**Did you hear about the first restaurant to open on the moon?**

It had great food, but no atmosphere.

**I couldn't figure out why the baseball kept getting bigger.**

Then it hit me.

**What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle?**

Attire.

## HOW TO LIVE WELL WITH A LONG-TERM HEALTH CONDITION

*“I came away from this programme, and I feel that I can speak for the rest of our group, informed on how to better care for myself mentally and physically and armed with tips, tools and strategies to help me care for myself.”*

These are the words of one of the participants on the HSE-run Living Well programme in Community Healthcare East. Living Well is a free online programme for adults living with long-term health conditions such as asthma, diabetes, heart conditions, COPD, kidney disease, MS, and others.

Over the course of seven weeks, participants learn the necessary skills to help manage their condition(s), and which may help them to feel better, stay active, and live well. This Sláintecare funded programme is delivered by trained leaders who have personal experience of dealing with long-term health conditions.

**Living Well** is normally delivered in person in community settings but is currently successfully delivered online since the COVID-19 pandemic. It is hoped that in-person workshops will resume in 2022 but this will depend on public health advice at the time.



**Living Well** is a group programme with online workshops once a week lasting 2.5 hours with an additional introductory workshop lasting an hour and intended to help people become more familiar with the online platform before workshops begin. IT support is provided throughout the seven weeks.

*“Feedback from the programmes that we have run to date has been very positive,” said Mary Gowing, HSE Self-Management Coordinator, who is leading the programme. “Many people have found the programme to be of great support, particularly during COVID-19, as the isolation of living with a long-term health condition increased. I really hope more people avail of this opportunity to develop skills which can enable them to live well.”*

**To enrol on the programme, please contact the Living Well Coordinator, Triona McNamee, on 087 405 3880 or by email on [triona.mcnamee@hse.ie](mailto:triona.mcnamee@hse.ie). For more information about the programme, please go to [www.hse.ie/livingwell](http://www.hse.ie/livingwell).**



# Lifelong Learning for All

The Adult Education Service Dundrum & Dún Laoghaire

The Adult Education Service is part of Dublin & Dún Laoghaire Education Training Board. We provide a range of free part time courses in a welcoming and supportive environment for those who want to learn a new skill or upskill.

Courses include relaxation and wellbeing courses, language, community development, horticulture and art courses. Computers courses are available for beginners and those more advanced. Accredited courses are available for those wishing to access employment and our tuition team are experienced, friendly and learner centred.

Our Literacy Service supports learners who want to improve reading, writing and maths skills. English courses are available for those who want to improve their English language skills and if you are not sure which course suits best our Adult Guidance Service is available to support and direct you.

We provide an innovative and flexible service – if you do not see a course you are looking for please get in touch with us.

**Call us today, we are looking forward to hearing from you!**



## Adult Education Service Dundrum

Sydenham Road  
Dundrum  
Dublin 14

Telephone:  
**01 298 9283**

Email:  
*learningdundrum@ddletbaes.ie*



## Adult Education Service Dún Laoghaire

DDLETB Training Centre  
Wyattville Road  
Loughlinstown  
Co Dublin

Telephone:  
**01 204 3676**

Email:  
*learningdunlaoghlaire@ddletbaes.ie*

[www.adulteducationsoutheast.com](http://www.adulteducationsoutheast.com)



Bord Oideachais agus Oiliúna Dublin and Dún Laoghaire  
Átha Cliath agus Dhún Laoghaire Education and Training Board





## Making a Song and Dance

by Joan Fitzpatrick, HSE Senior Occupational Therapist

“See the person, not the dementia” is a guiding principle when supporting someone who is living with a diagnosis of dementia. It focuses on the truth that, despite having dementia, people have many of the same abilities, lifelong skills, and needs as before.

Dementia is usually far more than memory loss. The sensory challenges can be more difficult to cope with in day-to-day living. Alongside difficulties with language and expression, there can be issues around auditory and visual perception.

Music and dance can transcend these difficulties as they do not rely on good language skills. They are non-verbal communication channels that can tap into deep memories and promote movement, balance, and confidence.

### Dance to the Music

Dancing is not just about music and steps. It is a perfect combination of physical activity, social interaction, and mental stimulation.

It can move us to a different place and allow us to connect with others.

The Dance Theatre of Ireland offers online music and movement sessions inclusive of people with dementia, their partners, and carers. Music is specially selected to connect creativity with exercise, whether seated or standing, and people have the freedom to move as they are able, with musicality, imagination, and self-expression. Most importantly, everyone has fun.

Speaking of her experience of dance, a spouse, who had become a carer, told me, “This is the first time I have felt that we were a couple for so long. It feels so good and so normal”. The ability of a couple to be just that – a couple – can be part of a dementia diagnosis that is often forgotten about.

### Lifting Spirits

There are lots of choirs that are inclusive of people with dementia. While many are online now due to COVID-19, it is hoped that they

will return to a physical gathering in the near future. Choirs offer a weekly routine with familiar songs and faces. They are often an opportunity for a choir member who can play an instrument to showcase their talents. They provide a sense of belonging and lift spirits. Many community groups also hold tea dances which are another wonderful opportunity for people to relax, enjoy, and connect.

A spouse whose husband had been diagnosed with Alzheimer's said to me, "Joining the choir was one of the best things we ever did. Seeing him close his eyes and tap along with the singing was great. I could see his mood lift and his smile broaden. It lasted all day."

One woman joined with her mum which enabled both to enjoy social time together. "My experience in the choir was transformational. It enabled my mother and I to participate as

equals in a highly enjoyable social activity. She adored singing. It was an activity that she knew she could do well despite the challenges she faced in other areas."

Challenging the brain by remembering or carrying out skills that might otherwise lie dormant is important in maintaining a sense of self and living a full life. Singing, hearing, or playing a favourite piece of music can lessen anxiety and distress and bring real pleasure to the person with dementia and their family member.

***The Living Well with Dementia (LWwD) programme organises activities inclusive of people with a diagnosis of dementia. For more information, contact Mary Spain, Activities and Volunteer Coordinator with LWwD. Email: [mspain@livingwellwithdementia.ie](mailto:mspain@livingwellwithdementia.ie), telephone 086 041 8450.***

## Top 5 Tips to Introduce Music into the Life of a Person with Dementia

### 1. Tailor the experience.

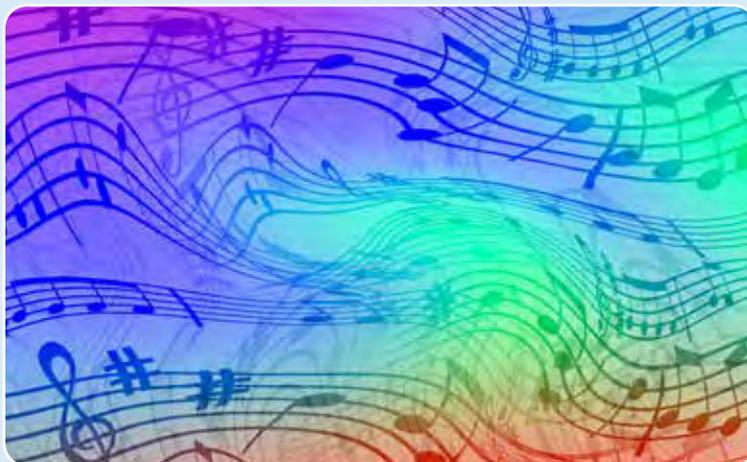
Think about how the person with dementia has engaged with music previously. What music did they listen to? Did they enjoy concerts? Did they like singing? Would they join a choir?

### 2. Think about your environment.

For some, being in a room with lots of movement and activity is great. For others, it can be distressing, and a small gathering is best. People can be sensitive to noise, especially if unsure where it is coming from.

### 3. Bring music into the home.

This can be as simple as playing Lyric FM or downloading favourite music onto a USB stick so that it is always available. Why not dust down the record player and some old vinyl, or find some Golden Oldies or musicals on YouTube?



### 4. Strike up the band.

Did the person play an instrument that has been lying idle in the attic all these years? Would a musical family member or friend play a few of the person's favourite songs?

### 5. Look around you.

A little research about what is happening in your locality can be revealing. When back up and running, a lunchtime recital or an evening concert can be a lovely way to spend some time. This magazine, the library, or the County Council Arts Office are great resources to find out what is happening locally.



We have come to the end of another difficult year, as Queen Elizabeth once called an “Annus Horribilis”. I found the period after Christmas 2020 very difficult, and I know I wasn’t the only one. For those of us who live alone it can be very isolating at the best of times and COVID certainly made things harder. There was one thing that really got me through it though and that was my wonderful neighbours. I really couldn’t have asked for more from them. Thinking of it now, it’s hard to believe I didn’t know some of them prior to COVID-19. Like many people I was terrified to leave the house before getting my vaccine. My neighbours would help with the shopping and any other errands I needed doing. They brought such happiness into some very tough days. Even just a simple coffee or a treat at my front door was such a highlight of the day for me.

Being the eldest of a very large family, I found it so hard not seeing them for months on end. Don’t get me wrong, I enjoy the occasional Zoom as much as anyone but you can’t beat the real thing. Speaking of family, one of my favourite times of year is Christmas with them. As you can imagine, I look after all of the baking and I love it. My Granny, who originally was from West Cork always

did the baking when I was a child and she taught me so much. Before I knew it, I had taken over from her and I am so thankful to her for bringing the joy of baking into my life. If it wasn’t for my mother and granny I wouldn’t have been lucky enough to have had the career I have. As I write this, I am currently steaming two Christmas puddings and it reminds me of that time.

Before I bid you farewell, I have to mention my constant companion and beloved dog, Gucci. Gucci was my best friend and she got me through so much. Sadly, she went to “doggy heaven” two weeks ago and I miss her terribly. Anyone who has had a dog knows the void they leave behind when they pass on. While I am heartbroken, I am so glad to have been a part of her life for so long. People often say she lived a great life and I’d like to think I helped with that. Since she has passed my nephew has been staying with me and he has been a great help. He is actually typing this out for me at the moment. Just one example of how he helps me.

I wish you all a safe and peaceful 2022.

**Catherine Leyden**

## Beef & Guinness Pie

### What you need

- 2 tablespoons Odlums Cream Plain Flour
- 3 tablespoons Oil
- 750g/1½lb Rib or Round Steak, well trimmed and cubed
- 2 Onions, thinly sliced
- 3 Carrots, thinly sliced
- 1 tablespoon Shamrock Dark Muscovado Sugar
- 500ml Guinness or Stout
- Pinch of Goodall's Mixed Herbs or Fresh Thyme
- Salt and freshly ground Black Pepper



### Pastry

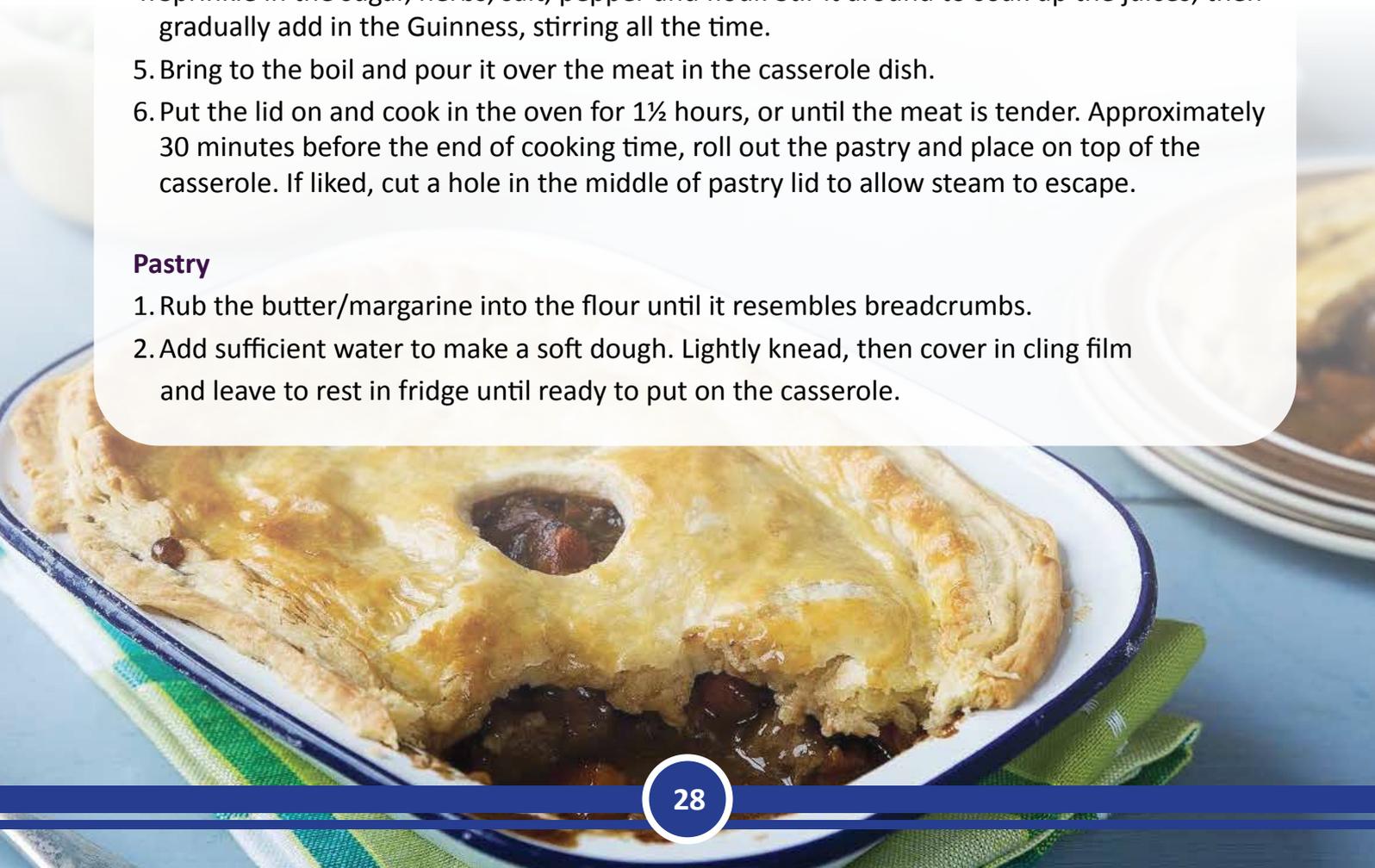
- 225g/8oz Odlums Cream Plain Flour
- 125g/4oz Butter or Margarine
- 4 tablespoons Water (approx)

### How to

1. Preheat oven to 160°C/325°F/Gas 3.
2. Heat the oil in a saucepan. Brown the beef, a few pieces at a time, placing in casserole dish once browned.
3. Add the onion and carrot to the saucepan and cook for a few minutes.
4. Sprinkle in the sugar, herbs, salt, pepper and flour. Stir it around to soak up the juices; then gradually add in the Guinness, stirring all the time.
5. Bring to the boil and pour it over the meat in the casserole dish.
6. Put the lid on and cook in the oven for 1½ hours, or until the meat is tender. Approximately 30 minutes before the end of cooking time, roll out the pastry and place on top of the casserole. If liked, cut a hole in the middle of pastry lid to allow steam to escape.

### Pastry

1. Rub the butter/margarine into the flour until it resembles breadcrumbs.
2. Add sufficient water to make a soft dough. Lightly knead, then cover in cling film and leave to rest in fridge until ready to put on the casserole.



# Crossword

Fill in the blanks with the words provided.

5 letter words

MAPLE

WEIGH

6 letter words

ARTHUR

ARTIST

EMBOSS

FORINT

INGRID

MONDAY

NEVADA

NUMBER

PEEWIT

SKETCH

SYDNEY

TANDEM

8 letter words

EARNINGS

MALAMUTE

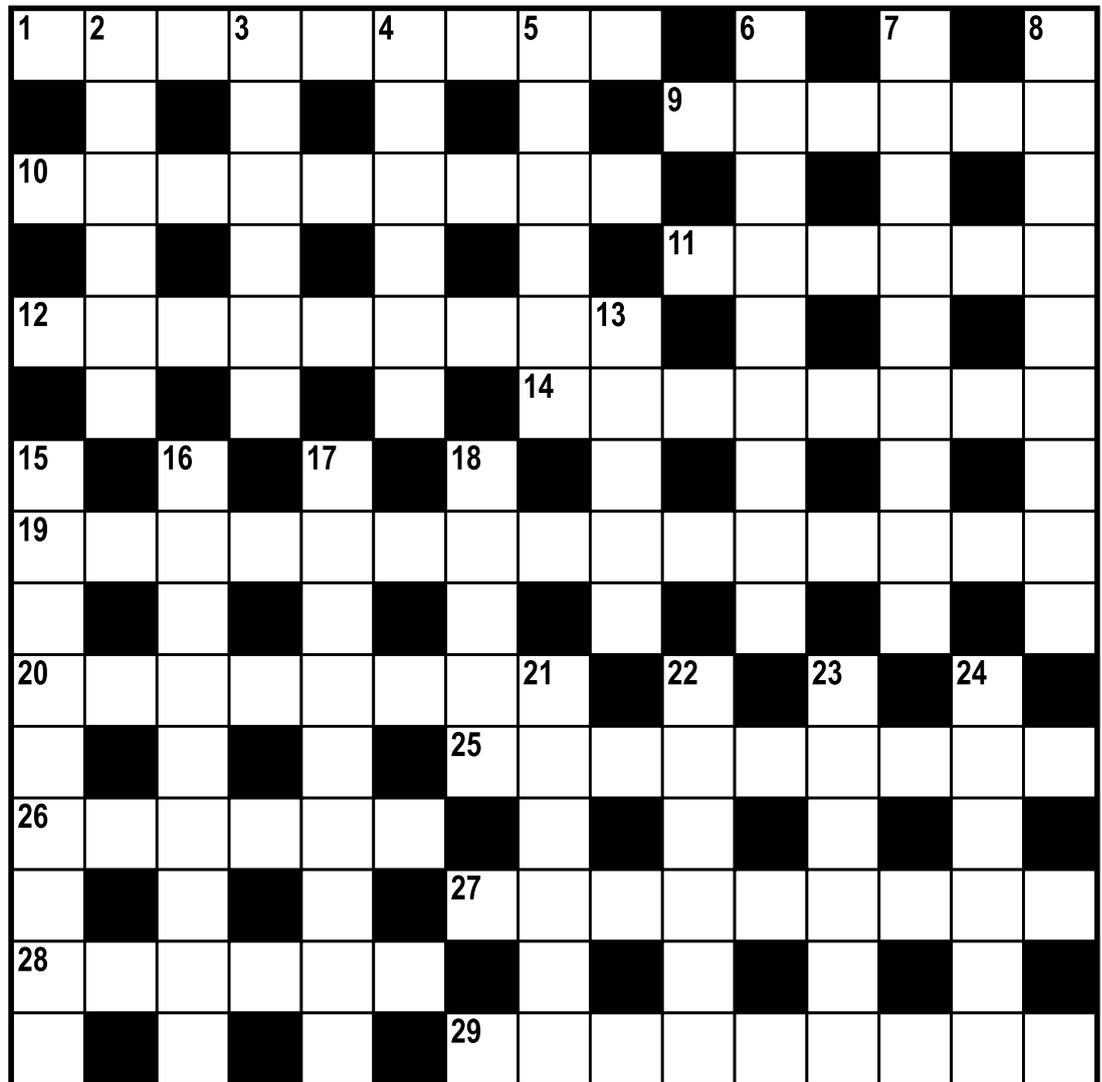
9 letter words

AGREEMENT

ASTRONOMY

COTE D'AZUR

ECOSYSTEM



ESPERANTO

HYBRID CAR

HYDRANGEA

KERBSTONE

LAMINATED

MILWAUKEE

ON THE ROAD

STATUETTE

15 letter word

GUSTAVE FLAUBERT

Answers on  
Page 81

# Living Well with Dementia

HSE CHO 6 Dublin South

The HSE Living Well with Dementia (LWwD) programme is an award-winning initiative which develops and delivers innovative services and supports to people living with dementia and their families in their communities. Our goal is to ensure that people with a dementia diagnosis are supported to remain living at home and active in their community for as long as possible.

The programme is hosted by Southside Partnership and our vision is of a community that respects, supports, and empowers people with dementia, a community in which people with dementia are socially and culturally valued, and where they can actively participate in society in a safe environment.

LWwD run several weekly activity groups that are inclusive of people with dementia including choir, dance, exercise, art, and bridge. We have recently recommenced many of these classes and would be delighted to welcome new members. If you are interested in joining, please contact Mary Spain on 086 041 8450 or email [mspain@livingwellwithdementia.ie](mailto:mspain@livingwellwithdementia.ie).



## SWAP

### (Senior Wellness Activity Programme)

The aim of the SWAP is to support older people and help them improve both their physical and mental health and wellbeing, through socially themed activities like:

- Yoga
- Gardening/flower arranging
- Exercise programmes (including chair exercises)
- Zumba, Zumba Gold and seated Zumba Gold
- Self-defence
- Ceramics
- Mindfulness

These programmes are funded through the HSE Healthy Ireland fund.

If you need more information or would like to join a class, please contact Ben at:

Email: [ben.stapleton@sspship.ie](mailto:ben.stapleton@sspship.ie)

Telephone: 087 359 1484



Healthy  
Dún Laoghaire  
- Rathdown

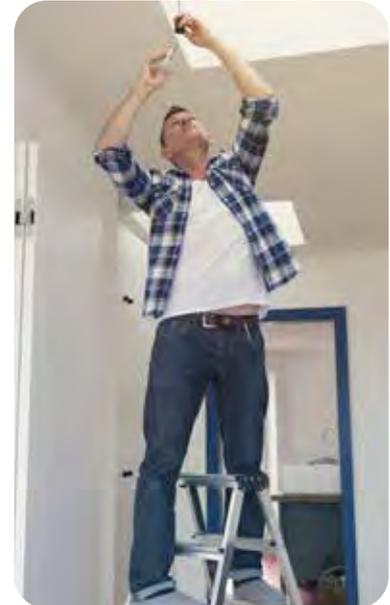


SOUTHSIDE PARTNERSHIP DLR  
COMHPHÁIRTÍOCHT an DHEASBHAILE  
SUPPORTING PEOPLE. SUPPORTING COMMUNITIES.

## CARE & REPAIR

Aged 65 yrs or older.  
Our Care & Repair team can help you with a variety of household tasks: moving furniture, changing light bulbs, grass cutting, jobs that you may find difficult.

The office can be contacted at  
01 445 5450 or  
[careandrepair@sspship.ie](mailto:careandrepair@sspship.ie)



## Ballybrack Project Centre

In the Ballybrack Project Centre, we like to keep our older people busy. We cater for a broad sweep of interests and abilities in a spirit of collective adventure. We are always open to new members and new ideas.

### Our current activities are:

- Tues 10am: Art Group
- Tues 8-10pm: Ladies Club
- Weds 10am: Craft Group
- Weds 8-10pm: Young at Hearts
- Thurs 10am: Drop-in Book-Swap
- Thurs 2pm: Irish Countrywomen's Association
- Fridays 11am: Over 65s Chair Gym

### Coming soon:

- Christmas cakes
- Christmas Shoebox Appeal (Team Hope)
- New Art Class for beginners



We are also available five mornings a week to help with online access issues and form filling.

**Phone Gina or Patrick at 01 235 0778 or 087 815 7408 for details.**



## DLR Heritage



*Deirdre Black,  
Heritage Officer*

The DLR Heritage Office runs an annual programme of walking tours, talks and exhibitions focusing on our County's heritage as well as guided tours of our special historic properties including

the Oratory, Dalkey Castle, Marlay House, Cabinteely House, Martello Towers and ancient burial grounds. We have adjusted our programme at the moment to focus on outdoor heritage walks. Dalkey Castle has attained the Fáilte Ireland Covid safety charter. We also support community groups

in their work to care for and celebrate local heritage with ongoing advice and an annual community heritage grants scheme. The Heritage Team publishes books and maps to celebrate our local built and natural heritage and has prepared a new five year Heritage Plan for the county.

If you have any ideas for celebrating or caring for Heritage in the county you can email [dblack@dlrcoco.ie](mailto:dblack@dlrcoco.ie) or write to the Heritage Officer, Dún Laoghaire Rathdown County Council, County Hall, Marine Road, Dún Laoghaire.

## Cottages in Livery

### The Gate Lodges of Dún Laoghaire-Rathdown

Our Historian in Residence, David Gunning has prepared a wonderful exhibition on the Gate Lodges of the county. It is on display in the Lexicon until February and we share some excerpts from the exhibition here.



*Aerial photo of Dún Laoghaire in 1953, note the People's Park Gate Lodge in the top right*



*This is the only remaining lodge of three that originally served Mount Merrion House, photograph by David Gunning*

The gate lodge is an important but often overlooked element of the cultural heritage of Dún Laoghaire-Rathdown. While these modest buildings are mostly associated with roadside entrances to the great mansions, suburban villas and large farmhouses of the county, they are also found at cemeteries, churches, convents, hospitals, public parks and schools. The improvement of roads along with the opening of the Dublin to Kingstown railway in 1834 allowed the monied classes to move from the chaotic and crowded capital to embrace a healthier rural lifestyle in the sparsely populated countryside south of Dublin city. Most of the gate lodges scattered throughout the Dún Laoghaire-Rathdown region today were erected to serve the big houses built in the area by wealthy landlords and homeowners during the nineteenth century.



*Monkstown Castle gate house, photograph Eamon Sweeney*

Standing alongside decorative gates and gate piers at the opening of an avenue, the gate lodge guarded the entrance to the private and privileged world of the big house, one that few ordinary Irish people, other than those employed on the property, would ever enter.

As a descendant of the fortified medieval gatehouses that controlled access to the interiors of towns and castles, the gate lodge, located at the border of a private estate, was also concerned with site security.

The gatekeeper occupying the lodge acted as sentry with responsibility for monitoring visitors to the property and ensuring that no undesirables breached the gates. However, in some instances, the gatekeeper themselves could pose a threat. During the 1798 rebellion, the gatekeeper at The Grange in Rathfarnham, Mr McDonogh, raided the house of his employer along with a group that included the gardener. Mrs McDonogh also joined the raid and threatened to cut the throats of the occupants of the big house before being dissuaded from doing so!

While gate lodges were designed to be petite and picturesque, they still served a functional



*The gate lodge to Kilmacud House built in 1852 and demolished in the 1960s*



*The gate lodge for the Priory in Monkstown, photograph by David Gunning*

purpose, providing a working and living space for the inhabitants, generally a gatekeeper or porter along with their family. While the external features of the gate lodge were often eye-catching, they enclosed a plain and simple interior, generally consisting of two or three rooms including a scullery and bedroom.

The gate lodge often housed more senior servants such as stewards or gardeners, and it was very often their wives who became the



*The gate lodge to Gortmore House. Courtesy Veronica and David Rowe | Photograph by Veronica Rowe, 1996*

official gatekeepers at the lodge. A number of women are listed as gatekeepers in south County Dublin during the mid-nineteenth century. These include Mary Hackett at Kill Abbey House, Kill of the Grange; Mary McDonnell at Castle Dawson in Williamstown (now Blackrock College); and Mary Rooney at Rockbrook House (now Rockbrook School).

The rapid urbanisation of Dublin during the twentieth century brought about great changes for the county with many of the big houses and private estates in Dún Laoghaire-Rathdown acquired to make way for new housing estates. This often included the demolition of the big house along with its attendant gate lodge.





*The gate lodge to Blackrock College on Rock Road, 1903, Courtesy Blackrock College Archives*

Though small by their nature, the quality of detail and fine architectural features on many of these buildings is enviable and they are a testament to the quality of Irish workmanship at a particular time. Many gate lodges throughout the county have been tastefully renovated to become charming family homes today. For those fortunate enough to live in them, they provide a unique home with a tangible link to the older and quieter days of Dún Laoghaire-Rathdown.



*The gate lodge to Glencairn in Sandymount, the official residence of the British ambassador to Ireland, Courtesy Veronica and David Rowe | Photograph by Sylvia Dockeray, 1996*

**Some of the images used in this exhibition are taken from *Gate Lodges*, a 1996 display curated by Veronica and David Rowe for An Taisce South County Dublin Association, later donated to dlr Libraries. Special thanks are due to Veronica and David Rowe, J.A.K Dean and Peter Pearson for their generous assistance.**

**Many of the buildings featured in this exhibition are located on private property and should not be entered without prior permission.**

**This exhibition is an initiative of the Decade of Centenaries 2021 programme for Dún Laoghaire Rathdown County Council, on the theme of the Big Houses of Dún Laoghaire-Rathdown.**



*The gate lodge at Knocksinna in Foxrock, built c. 1873 and removed for widening of the Stillorgan Road in 2000, Courtesy Veronica and David Rowe | Photograph by Alan Gilmer, 1996*

# QUIZ NIGHT

1. As at 2021, what is the UK's longest running sit-com?
2. In which organs of the body would you find aqueous and vitreous humours?
3. What was composer Mozart's middle name?
4. What term is used for someone who doesn't eat food or use products of animal origin?
5. Which English Rugby League team is known as the Rhinos?
6. According to the Bible, where was Cain sent after killing Abel?
7. Which 1960s musical includes the song "Aquarius"?
8. What name is given to a flower that blooms year after year?
9. Which was the fourth book in the Harry Potter Series?
10. What is the young of an eel?
11. Who wrote the Jack Reacher series of novels?
12. Which journalist and author served as Tony Blair's Director of Communications from 2000-2003?
13. What desert is found in the north of Chile?
14. In which month is ANZAC Day commemorated in Australia?
15. Of which country is Rabat the capital?
16. Which BBC game show shares its name with a Pink Floyd album?
17. In which country is Montego Bay?
18. What does the C in the acronym GCHQ stand for?
19. Which African fly transmits Sleeping Sickness?
20. Which Batman villain was played in the TV series by Burgess Meredith?

**Answers on Page 81**

# JOKES FOR THE YOUNG AT HEART



**Why were they called  
the Dark Ages?**

Because there were lots of knights.

**Why did the picture go to prison?**

Because it was framed!

**What's the best thing about  
Switzerland?**

I don't know, but the flag  
is a big plus.



**A guy goes to a psychiatrist.  
"Doc, I keep having these alternating  
recurring dreams. First I'm a teepee,  
then I'm a wigwam, then I'm a teepee,  
then I'm a wigwam. It's driving me  
crazy. What's wrong with me?"**

**The doctor replies,  
"It's very simple.  
You're two tents."**

## **A genie and an idiot**

**Three guys stranded on a  
desert island find a magic lantern  
containing a genie, who grants them  
each one wish. The first guy wishes  
he was off the island and back home.  
The second guy wishes the same.  
The third guy says: 'I'm lonely.  
I wish my friends were  
back here.'**



**What has many needles,  
but doesn't sew?**

A Christmas tree

**What is cut on a table,  
but is never eaten?**

A deck of cards



# Making a Podcast

## By Bernadette Whelan

A small group of mature students from the Dublin and Dún Laoghaire Education Training Board Adult Education Service in Loughlinstown took part in an iPad and Digital Devices course. The group project was to put together a podcast; they chose SoundCloud to upload their podcasts to.

*You can read and listen to Bernadette's story about kindness by using the link below*

<https://soundcloud.com/user-764766124/short-story-kindness-by-bernadette>

### Kindness

It was a very cold, dark and wet night; it had been raining for hours. The door of number 13 opened, Bill stepped out into the cold, pulled up the collar of his well-worn overcoat.

It was a Friday night, and he was off down the pub. Mary, his loving wife and their six children were at home. Lulu and Ann-Marie, twin girls, were the eldest, like two little mummies, always eager to help. Then there was Billy Boy, he was nine, always getting into trouble, but he was a loveable little lad, the apple of his daddy's eye. Dan was next in age, he didn't talk much, he was the clever one, he was seven. Next was Lilly, the apple of everyone's eye, a little beauty. Then there was the baby who was called Ralph, he was a red-faced, bad tempered, pudgy little thing who seemed to be always teething, Bill called him Red, a child only a mother could love.

Mary and Bill loved their children and they loved each other, they didn't have much and certainly not much money, but Mary kept the children fed, clean, and dressed. Bill worked hard, his wages didn't stretch very far, but they did their best and they

had their pride. Bill's Sunday best shoes would shine, no one saw the cardboard inside, covering the hole in the sole of his shoe. Mary washed those net curtains every Saturday, she had the whitest curtains on the street. No one needed to know, the children slept under old coats instead of blankets. "Sure, weren't they better off than most", is what Mary's mother would say when she popped in after Mass of a Sunday.

The children loved granny, 'cause she always brought a fresh jam sponge with her. Every Friday, when Bill was gone off for his well-earned pint, Mary would get the children bathed and off to bed early. Then she would sit down in the kitchen with her cuppa listening to the wireless, waiting for her Bill to come home.

Bill was well liked. There was a darts match on that night and Bill was on the local team, a very good darts player, and his team had won so the drinks were flowing and there was a lot more pints downed that night. After the pub, most nights Bill would make his way to the chippy, for three bags of chips and, at home while Mary made the tea, he could creep up the stairs, not very quietly, with the extra bag of chips hidden under his coat for the three eldest children. That was their little secret Mummy didn't know about.

On that night when Bill left the pub, he could hardly see his hand in front of his face, not only because he had a lot to drink, but because the heavens had opened, and it was bucketing down. As he passed the lane beside the pub, something caught his eye, and when he turned to see, standing there against the wall was a very badly dressed and ill-looking young

man. Bill needed to just pass by, but his kind nature wouldn't let him. He had no money, and he knew the few bob he had for the chips wouldn't be enough, it was a warm fire and a good meal this young chap needed, but he couldn't bring this chap home, Mary would go mad, they had enough mouths to feed.

So, Bill stood for a moment before taking this chap by the arm. "Come on, mate, this is no weather to be standing in". They made their way home in the rain to number 13. Mary heard the light knock on the front door and, as she opened it, Bill stepped in. Right behind him came the stranger.

Bill was so glad Mary wasn't annoyed. The stranger said his name was James as he shook Mary's hand. Mary led him into the warm kitchen and sat him in front of the fire. James told them that he had been living off handouts for some time and, because of this, he had become ill. His mother had died and his father had remarried and his stepmother wasn't a very nice person. James was an only child, he was very close to his mother; he had looked after his ill mother when he was home from school, she would never have wanted James to leave home. She wanted him to work with his father when he had finished school. Now his mother was dead, all her dreams and ideas died with her.

So, after James was finished drinking his hot soup, he stood up to go. But Mary wouldn't hear of it. She made up a bed for him in the good room and the night came to an end. In the weeks that followed, James would help Mary with the housework and the children with their homework. The children were very fond of James, there was an air about him, even the baby took to him, holding up his pudgy little arms to be lifted. The children called their visitor Uncle James and life went on at number 13.

Then, one day, James was gone! He had left a note to thank Bill and Mary for their kindness. The family was very upset, Mary missed him so much. She missed their morning cuppa and their long chats. Now he was gone, she had a family to look after.

One day, a very large car stopped outside the house. A well-dressed young man stepped out and Mary recognised him immediately. She pulled open the front door and there stood James, well dressed, healthy, and happy.

He came in for a cuppa and a chat. He told Mary he had returned home and his father had welcomed him with open arms. His father had missed him and longed for his son to return home. James wanted to thank Mary for all her kindness, advice, and the encouragement he needed to return home.

They sat and talked for a long while. He left before the children came home from school but, before leaving, he took a large envelope from the pocket of his coat. Mary wasn't to open it till he was gone. They kissed each other on the cheek and James left number 13 for the last time.

After tea, the family gathered 'round the kitchen table, Bill opened the envelope. Mary and Bill stood open-mouthed for a long time. When they realised what they were looking at, Bill scooped up the baby and danced around the floor with him. Mary hugged the children and laughed helplessly. They were looking at a comfortable, better life for all of them.



# GOPA (Garda Older Persons Association) Senior Alert Scheme



## Important message from Dún Laoghaire Neighbourhood Watch and the Garda Older Persons Association

The Senior Alert Scheme is funded by the Department of Rural and Community Development 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. There is no means test but you must be over 65. Application forms can be obtained from Margaret from Dún Laoghaire Neighbourhood Watch by ringing 01-289 7213. Installation takes place about two weeks after returning the form.

Recommended by the Garda Older Persons Association, Primary Care Centres, community workers, as well as hospitals and hospices. Don't wait for the fall or the break-in. Act now.



## 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.

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



# DO YOU NEED ADDITIONAL SUPPORT AS YOU AGE?

CALL OUR NATIONAL SUPPORT LINE ON  
**0818 222 024**  
FROM 8AM-8PM, SEVEN DAYS A WEEK

ALONE is a national organisation that enables you to age at home.

We support with issues like:

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- Social Welfare Entitlements
- Housing Issues
- Activities and events

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YOU'RE NOT ALONE

RCN: 20020057

# Memories of a Motorcyclist

by Jim McGrath

Way back in the late-50s early 60s, in a very different Ireland to today, my parents bought me a bike to commute to school on, thus saving money on bus fares. It was a Raleigh 5 speed "Ace of Clubs", yellow and grey in colour, with two water bottle holders on the front bars, very fashionable at the time, and it was my pride and joy.

Around that time, a lot of the lads I grew up were starting to take a greater interest in football and join local teams. Being a lad who was always last to be picked when teams were selected to play a match, I knew then that there was no point in pursuing football. Instead, I would venture off on my bike and explore the local roads. As a member of the Dún Laoghaire 54th Boys Scouts Troop, I was introduced to maps, which developed a fascination for travel.

When browsing over my Caltex road map, I came across the name Glencullen. The name held a curiosity for me and so, one day, I decided to see if I could find it. Located at the foot of the Dublin mountains, and with my home being in Deansgrange, following road signs, I set off on my first two-wheel adventure. With my trousers tucked down my socks, and with no rain gear, puncture repair kit, or snacks, I eventually arrived in Glencullen.

Feeling good and full of excitement, I decided to push on and investigate Glencree. When I arrived, I had a look around the old industrial school which was a derelict building at the time. It's now the Peace and Reconciliation Centre. Across the road was the An Óige Hostel and, just down from that, was a small German military graveyard. I ventured in to have a look. Small granite headstones with the names of those buried there surprised me, they were all so young. I thought it was a sad and lonely place.

I followed the road signs to Tallaght/Dublin. It was the old military road which went over the Featherbed mountain, passing the Noel Lemass memorial. I felt on top of the world. As I descended to Killakee, I got my first sight of the Dublin panoramic view. I was gobsmacked, and couldn't get home quick enough to tell my parents what I had seen. The seed was sown for a lifetime of travel. For the next few years, I had lots of similar days trips including a camping trip to Roundwood and the Pine Forest.

As I got older and joined the workforce, my passion for two wheels took another direction. I now had a strong desire to own a motorbike. My younger brother had a Honda 50cc and I, being a lanky 6'2" chap, felt I needed something bigger to start on. I saved hard and bought a second-hand 250cc NSU Super Max and it opened up a whole new way of life for me. It was soon replaced with a 500cc Velocette Venom.

My then girlfriend, now my wife, enjoyed motorcycling as much as I did (lucky for me) and, rain or shine, every Sunday we ventured off to discover this beautiful country of ours. We got to know other motorcyclists and, in the summer, would go off camping with the group. Every trip was an adventure. We were discovering places like Arklow, Curracloe beach, Athy, and Enfield. In those days, to get to Enfield, you had to go into the city centre, down the quays, pass the Phoenix Park, Chapelizod, Lucan, Leixlip, Kilcock, Maynooth, and then Enfield, which at the time seemed a long way from home. There were no motorways and the only dual carriageway was in Loughlinstown, where the big tree was in the middle of the road (long since gone) opposite the Silver Tassie pub, a well-known landmark.

In those days, there was a popular ballad group called the Johnsons, and they had a song called the Curragh of Kildare, which I loved. While going to the first motorcycle rally (Gathering) to be held in

Ireland, in Anascaul, Co Kerry, in 1968, I crossed the Curragh for the first time. It is etched in my memory. Experiencing the freedom of the open road, crossing the plains, with my bike loaded with camping and cooking gear, and the wind in my face, I sang that song ... "The winter it is past and the summer's come at last, and the small birds are singing in the trees ... All the way to Kildare village ... oh, happy days".

In the late-70s, family and work commitments meant parking our bike for a few years. Eventually, all the children grew and the nest began to empty, so we decided to return to biking. We returned to a very different motorcycle scene than the one we left. A much better one, I might add. Bikes had become more reliable, comfortable, and technically advanced beyond belief. Motorcycle clothing had also advanced, heated jackets, trousers and gloves and all 100% waterproof. Intercoms for helmets, where rider and pillion passenger could communicate with each other.

On an activity front, there were clubs to join, organised European holidays, rallies, and advanced training for those who wanted to improve their riding skills. Two events that appeal to the touring motorcyclist are the Riders Rally and the Photo Rally. The Riders Rally is a point-to-point navigation event with a mystery aspect. It covers 1,000km over a midsummer's weekend and is run on regional and local roads; it is not a race. The Photo Rally runs from February to November each year. It involves taking a picture of your bike at 24 locations spread over 32 counties. They are normally places of interest, and off the beaten track.

A photo point some years back was the South Pole Inn in Annascaul, Co Kerry. The pub was once owned by Tom Crean, the famous Antarctica explorer. I wondered all those years back how a pub in Annascaul got a name like the South Pole Inn! Another photo point which was of interest to me was the Train Museum in Dromod, Co Leitrim. Here I came across an old CIE bus with the number 46A. My father spent most of his working life on that bus as a conductor.

At every opportunity we took off on the bike. We toured Scotland many times, both in winter and summer, it is a motorcyclist's delight with beautiful scenery and fabulous roads. Spain and Portugal are also great biking countries to visit, as is Norway, but the highlight of our touring was our trip to Montana and Idaho in the USA.

It was the America of my school days, the lands of cowboys and Indians. We planned our trip to coincide with the 125th anniversary of the Battle of the Little Big Horn. We attended the re-enactment of the battle where General Custer and his troops on the 7th Cavalry were wiped out by the superior numbers of Lakota Sioux and Cheyenne warriors. When we watched those western movies in our youth, we never knew that Custer and his troops were on a mission of genocide. Custer's next-in-command was a Captain Myles Keogh, who was born in Leighlinbridge, Co Carlow, and his horse, Comanche, was the only survivor.

As a result of a knee replacement and the onset of arthritis, my wife of 50 years recently had to hang up her helmet and riding gear. Her final trip was a three-week tour of the Balkans, riding through beautiful countries with magnificent scenery and roads to match. Travelling with the best of friends and returning with a treasure trove of wonderful memories.

I still tour and camp with my friends and love nothing more than to watch the sun go down on the west coast of Ireland. On fine days, our retired group go for a run, stopping for coffee and to shoot the breeze ... Who said 70 was old?

Looking back, maybe it wasn't such a bad thing that I was last to be picked for those football matches!

## Lá Fhéile Pádraig

by Bernadette Duff

March 2020

On your special day, St. Patrick  
Can you stop the cough and sneeze?

I'm sitting here dressed in green  
Just watching my TV screen.

Parades have been stopped,  
Big queues in the shops

Shelves empty as quickly as they're  
stacked  
What ... no rolls left for the Jacks.

Can't go to Mass,  
Guess I'll just have to pass.

So, St. Patrick, please,  
Can I get up off my knees?

I've been praying for days with  
no chink in the haze  
Just staying put and counting the days.

I'm over 70 with no immunity,  
Have to stay in my house,  
Can't go buy any stout.

About my dilemma  
It's clear to be seen  
St. Patrick, please rid us of Covid-19.

## Golden Oldies Day at Coppers

by Bernadette Duff

Copperface Jacks is back, they say  
We're off later on our way

So get spruced up and comb your hair  
Use some gel, gents, so you don't  
scare

No runners, lads, you must look slick  
If you need help with this, speak to  
MICK

There's parking space for those with a  
frame  
Mark yours clearly with your name.

We'll travel en masse on the Luas or  
Bus  
They stop close by so no need to fuss

The Bouncer's name is Randy  
So have your Covid Passport handy

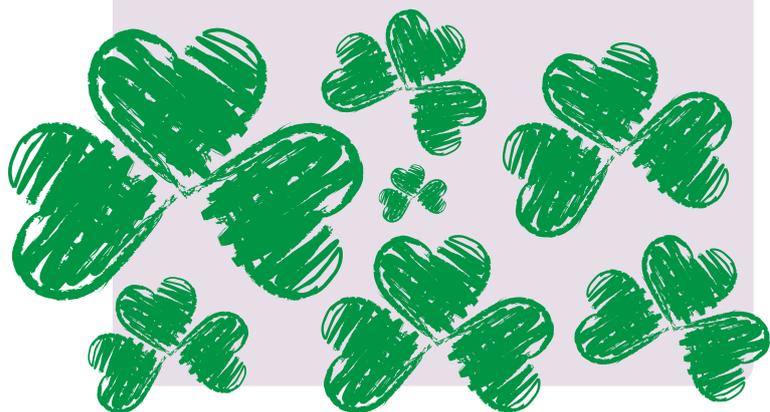
Because he needs to check it  
But when he cops our group, he could  
just say, 'Ah, feck it'.

Drinks can be bought, Two for One  
This will no doubt please some.

At 9pm we'll leave for home  
The busman knows  
We'll be 'In The Zone'.

Don't forget to smile as we say  
goodbye  
As the Media wave us off with a tear  
in their eye.

Then the queues will start for the  
youngsters are back  
to drink and dance and have the craic.  
Sin scéal eile at  
COPPERFACE JACKS.





For Inclusion  
For Equality  
For Everyone

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LGBT HELPLINE**

**1800 929 539**

**WE HAVE A NEW NUMBER AND IT IS NOW FREEPHONE!**

AVAILABLE 7 DAYS A WEEK:  
MON - THUR (6.30PM TO 10PM),  
FRIDAY'S (4PM TO 10PM) AND SAT-SUN (4PM TO 8PM).

## LGBT+ Telefriending Service

Due to the discrimination and stigma that older LGBTI+ people have experienced in their lifetime, many experience considerable social isolation and loneliness as they age. Our Telefriending Service offers a once a week telephone call by a friendly volunteer who is trained and garda vetted. Telefriending provides friendship, security and support to alleviate loneliness, isolation and improve overall mental health and well-being. It is also a great opportunity for members to talk regularly with other people who also identify as members of the LGBTI+ community.

Sign up and learn more at:  
[www.lgbt.ie/telefriending](http://www.lgbt.ie/telefriending)

Contact us at: [telefriending@lgbt.ie](mailto:telefriending@lgbt.ie)  
or call 01 437 1209



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For Inclusion  
For Equality  
For Everyone



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**01 271 9502**

**E: [SPORTSPARTNERSHIP@DLRCOCO.IE](mailto:SPORTSPARTNERSHIP@DLRCOCO.IE)**



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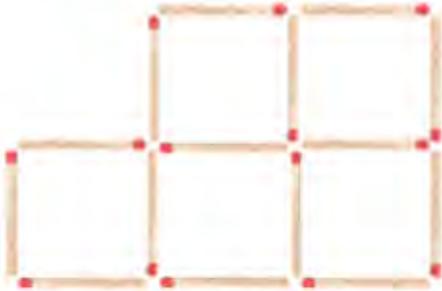
**SPORT IRELAND**  
LOCAL SPORTS PARTNERSHIPS



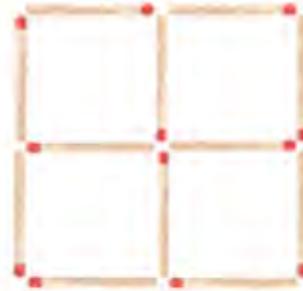
**dlr**  
Cathairle Contae County Council

# Matchstick Puzzles

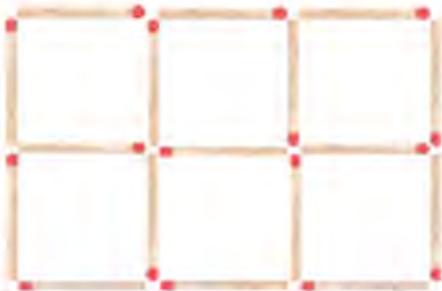
1. Leave just three squares by removing three matchsticks.



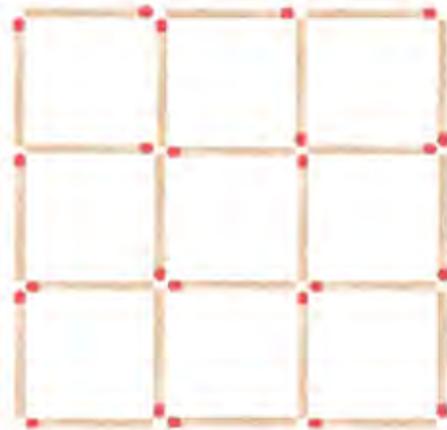
4. Leave just two squares by removing two matchsticks.



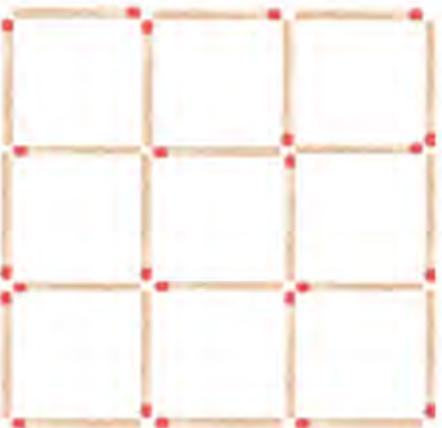
2. Leave just three squares by removing five matchsticks.



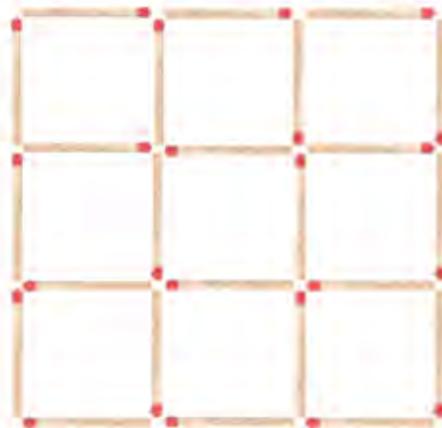
5. Leave just five squares by removing eight matchsticks.



3. Leave just two squares by removing eight matchsticks.



6. Leave just three squares by removing six matchsticks.



Answers on Page 81



# EASY RIDDLES

**Riddle 1:** I am an odd number. Take away a letter and I become even. What number am I?

**Riddle 2:** If two's company, and three's a crowd, what are four and five?

**Riddle 3:** What three numbers, none of which is zero, give the same result whether they're added or multiplied?

**Riddle 4:** Mary has four daughters, and each of her daughters has a brother. How many children does Mary have?

**Riddle 5:** Which is heavier: a ton of bricks or a ton of feathers?

**Riddle 6:** What five-letter word becomes shorter when you add two letters to it?

**Riddle 7:** What begins with an "e" and only contains one letter?

**Riddle 8:** A word I know, six letters it contains, remove one letter and 12 remains. What is it?

Answers on  
Page 81

Sudoku 1

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

Sudoku 2

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

Sudoku 3

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

Sudoku 4

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

# SUDOKU

Answers on Page 81

# “Marian”

by Carmel Uí Cheallaigh, Deansgrange Library

Although nine years separated us, we were as close as if it were only nine months. You recounted your joy at getting a little sister at long last. Having witnessed three male births in the preceding years, you didn't fully believe the news of a baby girl. You couldn't wait to take on the role of little mother, to your very own living doll. Unwittingly you gave your young life over to caring for me. This unreserved giving of yourself was a pattern which would continue throughout your life. My first memories are of you and Mam on either side of the old kitchen, she having launched me into uncharted territory, you cajoling and coaxing, beckoning me, arms outstretched as I crossed the cold stone floor. You waited, hardly daring to breathe, lest it jeopardised those very first tentative steps.

I started primary school, you secondary. That was a wrench for both of us. My first day was daunting, not for the obvious reasons but because you went away to boarding school. The bed we shared was cold and desolate without you in it. This was the late nineteen sixties, a very different Ireland. One Christmas I went to see Santa at your Sale of Work but remember only our tears at being separated again. I cried all the way home from Tourmakeady that day. For five long years I looked forward to the school holidays when we would be reunited. Then we danced merrily, jiving to Derek Dean and the Freshmen. We could Irish dance too and often did, to Dad's Katie Daly record. Sometimes we listened to the old Pye radio in the parlour perched too high for me to reach. You tuned it into Radio Luxembourg at night. You loved the Beach Boys; Bar Bar Bar Bar Bar Barbar Ann was one of your favourites. Summers spent working in the hayfield or on the bog didn't bother us. Our English cousins vied for your attention, but you only had eyes for me. Even the annual back-breaking mid-term week of picking the potatoes didn't seem that bad. You made it bearable, enjoyable even, always putting a brave face on things, no matter how onerous the task.

I started secondary school, you married. I was your bridesmaid. Your first baby was born, and I was

Godmother. You bestowed these honours on me, despite protestations against my youthfulness. Then Autumn came but felt like winter with the devastating news that you'd found a lump. "Ninety per cent are benign" I tried to console you. The most deceitful and hideous of diseases had taken hold. The night of your mastectomy you looked like a film star in the bed, blonde and beautiful. For four years it ravaged you. It was a roller coaster, awaiting news of test results and treatments. God had spoken. Why you? Why my only sister? You had everything to live for - much more than material things - an adoring husband and five fabulous extensions of yourself. You battled on until you couldn't fight anymore. Noble to the end, you still put me first. The day before you passed and the hospital chaplain was saying the rosary and telling you to prepare for the next life, you told him I was the best. Those last loving words of praise indelibly etched on my brain. I often recall them when I am overcome by the unbearable sadness that fills most waking and sleeping moments. Sometimes when I look in the mirror, I see you, the sister I love and miss. I know you're nearby, beside me forever because a bond like ours can never be broken. Yes, I feel your presence even though your body is hundreds of miles away in the new cemetery.

The worst thing is that I didn't realise just how good life was with you around. I was too busy with trivial things, moaning about those few extra pounds on my hips or too few pounds in the bank, taking you for granted.

Twenty-three very long years have elapsed. Twenty-three years since I've heard your sweet reassuring voice and felt your soft skin on mine. I'd give anything to snatch one last minute with you, one last hug. But life's too short for regrets. Instead I surround myself with constant happy reminders, your radiant face smiling out at me every time I open my purse. I imagine it has more lines on it than if you had reached middle age naturally. But lines or no lines, what does it matter? You loved me and I loved you. It's as simple as that, always was and always will be...

# HEALTHY IRELAND

## Lets Get Set Campaign



Healthy Ireland is a Government-led initiative aimed at improving the health and wellbeing of everyone living in Ireland.

[#HealthyIreland](#) [#LetsGetSet](#)



Rialtas na hÉireann  
Government of Ireland

## BACKGROUND:

In Ireland today, almost 20 months on from when Covid-19 first came to our shores, we are now potentially more health conscious as a nation than ever before.

Conversely during this most difficult time we have become more unhealthy, treating ourselves to more unhealthy food, drinking more alcohol, have had our previous active healthy habits curtailed and have gained more weight. Our awareness campaign from 2019 - which was postponed due to Covid-19 - has been renewed for this campaign.

## RESEARCH:

Our latest healthy Ireland survey has told us that 92% of Irish citizens have a desire to make at least one change in their lives to improve their health and wellbeing.

**From our recent qualitative research we know that people believe:**

- 'Now is a unique moment to get beyond Covid-19 and reclaim our own lives'
- 'It's a crucial time to get out and about again'
- Health messaging should present mental wellbeing as key to health, not as an adjunct.

For someone who wants to become healthier there are many messages and messengers to sift through to decipher what the most reliable information is. It can be confusing not knowing where to go to start or to get trusted information.

**We know people feel:**

- 'Getting healthy is important but I'm not sure where to start, there are so many conflicting messages.'
- 'I know there are things I can do to be healthier but I'm not sure where to go'
- 'I wish I knew who I can trust'

## TARGET AUDIENCE:

This is a mass awareness campaign with broad messaging that connects across the general population to build awareness, signpost people to the trusted sources and help them to start. The messaging and media buying are focused on a broad population reach.

## COMMUNICATION CHANNELS:

The campaign will feature advertising across the month of November on national TV across all ROI stations, on radio and online video players and on-demand. We will

run radio partnerships including one with Off the Ball on Newstalk. All messaging will be supported by digital and social advertising. The campaign is found at the web link [gov.ie/LetsGetset](http://gov.ie/LetsGetset)

## MESSAGING:

### NOT KNOWING HOW OR WHERE TO START CAN FEEL OVERWHELMING

The messaging will be twofold

#### 1. Where to start

A trusted source will help a person find easy to follow advice. The campaign 'call to action' is to search Healthy Ireland - a Government initiative which aims to improve the health and wellbeing of everyone. Healthy Ireland is the central point that brings all the trusted sources together in one place. It connects the players at government and local level and brings everyone together to help achieve this.

#### 2. How to start a habit

We will give advice on how to start and stick to a healthy habit. These will be broad behaviour tips for all habit forming and can also be adapted to be used across our three themes of looking after our mental health, eating well and being physically active. To include the points:

1. Start Simple
2. Be specific
3. Be Consistent
4. Monitor Yourself
5. Get a friend involved
6. Reward yourself

A Healthy Ireland survey revealed that 92% of Irish citizens want to make a change to improve their health and wellbeing.





Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards. Ignore spaces, dashes and diacritics, if any. The remaining letters will spell a secret word.



**WORD LIST:**

- ARENA
- BENCH
- BOOTS
- BOWL
- CAPTAIN
- CLUB
- COACH
- CODES
- COIN TOSS
- DEFENDER
- DIET
- DRIBBLING
- ELEVEN
- FEINT
- FIELD
- FOOT
- FOOTBALL
- FORMATION
- FOUL
- FREE KICK
- GAME PLAN
- ~~GOAL~~
- GOALKEEPER
- GRASS
- HALF-BACK
- HUDDLE
- INJURIES
- KIT
- LEAGUE
- MANAGER
- MATCH
- OFFSIDE
- PENALTY
- PITCH
- PLAYBOOK
- RECEIVER
- RED CARD
- REFEREE
- RUN
- SCORE
- SHIN PADS
- SOCCER
- SOLO
- STRIKER
- TEAM
- TEE
- THROW-IN
- TIME
- TIMEOUT
- TOURNAMENT
- TRADE
- TRAP
- VICTORY

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

HIDDEN WORD: \_\_\_\_\_

Answers  
on Page  
81

Fill in the blanks with the words provided.

**5 letter words**

- ARROW
- EASEL

**6 letter words**

- ASSUME
- BAILEE
- COCOON
- FUSION
- GLIDER
- MORASS
- NEWBIE
- NOTICE
- RESCUE
- SPIRIT
- TRITON
- UNLINK

**8 letter words**

- LOCATION
- SALESMAN

**9 letter words**

- BEEKEEPER
- INVERNESS
- JELLYFISH
- LOWERCASE

1	2	3	4	5	6	7	8
					9		
10					11		
12					13		
15	16	17	18				
19							
20				21	22	23	24
				25			
26							
				27			
28							
				29			

- MINIATURE
- OBVIOUSLY
- SOVEREIGN
- SPACESHIP

- STAGE NAME
- TRATTORIA
- VOICEMAIL
- WEDNESDAY

- 15 letter word
- EMPEROR PENGUINS

Answers  
on Page  
81

## dlr Leisure

dlr Leisure operates 4 leisure facilities within the county of Dún Laoghaire Rathdown, each of them with a longstanding commitment to providing a range of both dry and wet based activities for the older adult.

Within the facilities these programmes include:

- **Aqua Aerobics**
- **Water Rehab**
- **Active Swims**
- **Healthy Hearts**
- **Chair Aerobics**
- **Active Dance**
- **Active Fit (Gym session)**

As well as providing a fun fitness based session all of the programmes guarantee an opportunity to meet up and socialise with fellow participants and do so in the company of qualified friendly encouraging staff.

The four facilities are located at:

**Ballyogan, Loughlinstown,  
Meadowbrook & Monkstown**

Please also note you are very welcome to just call into any of the facilities and talk to a member of staff and on what is on offer for you to enjoy.



For any further information on the activities and options available contact: **01 537 5036** or visit our website on [www.dlrleisure.ie](http://www.dlrleisure.ie).

## Where do we go when Storms Blow and the Winds Grow?

by Ioma Jones

Where do we hide?  
Where do we rest?  
Where do the animals hide best?  
On Nature's breast

When the rains pour  
And the clouds soar  
Where do we go?  
When the rivers rise  
And the leaves are torn  
And the weather's to be borne

Where is the shelter  
When the hail's helter skelter  
And the drops are like lead  
And the noise in our head is a roar

Do we pray to the gods?  
Do we plead with the thunder  
To not plough us under?  
Do we open our doors  
And sprinkle our stores  
For the creatures to mirth?  
Be happy and glad not downturned  
and sad

To change the winds back  
And lighten yourself  
Howl with the wind  
Say "you cannot come in"  
Just return to your place where your  
breath has a space

Then the wind calm and slow  
Ceases to blow  
Averting disaster  
Giving thanks ever after



## Quick Christmas Pudding

### What you need

50g / 2oz Odlums Self Raising Flour  
125g / 4oz Brown Sugar  
125g / 4oz Butter or Margarine  
2 Eggs  
1 teaspoon Goodall's Cinnamon  
1 packet (350g) Shamrock Fruit Mix  
1 tub (100g) Shamrock Cherries  
125g / 4oz Breadcrumbs  
300ml / 1/2 pint Stout

### How to

1. Beat butter/margarine and sugar together, add the eggs and mix well.
2. Stir in the flour and cinnamon, next add the fruit and cherries. Mix well.
3. Finally, add the breadcrumbs and stout, stir well.
4. Cover and allow to stand overnight.

5. Next day, transfer to a greased 1 litre/2 pint pudding bowl.
6. Steam for about 6 hours.

### To steam pudding in oven

1. Preheat oven to 150°C / 300°F / Gas 2.
2. Put two long strips of tin foil crosswise on work top. Place roasting tin on foil.
3. Sit pudding bowl into the tin and fill with boiling water to within 1" of the top of tin. Quickly bring the foil around to form a parcel, which should be airtight to prevent any of the steam escaping.
4. Steam for 6 hours.

### Recipe Notes

There is no need to top up with water during cooking.





# Older Adult Home Exercise Plan

Sport Ireland and our network of Local Sports Partnerships work with trusted professionals and valued volunteers to engage communities across the country to deliver inclusive, impactful and sustainable opportunities to become physically active.

## Older Adult Home Exercise Plan

This is a 4-week home exercise initiative for Older Adults of all abilities. Over a 4-week period, the guidelines are to try and reach the minimum of 30 minutes of daily physical activity, as recommended in Ireland's National Physical Activity Plan.

Try to be active for 30 minutes in one go or for 3 bouts of 10 minutes at a time. A good idea would be to combine the exercises in this booklet with some other aerobic activity such as walking, cycling or gardening.

Adults of all ages should be physically active, at a moderate intensity, for at least 30 minutes a day



## Making it Happen

- 1 Every evening decide which activities you are going to do tomorrow.
- 2 Decide when and where you will do your activities.
- 3 Prepare and layout any equipment you will need the night before.
- 4 Be active and enjoy the sense of wellbeing afterwards.

To help you, we have included a simple activity planner at the end of this booklet.

## Why use this resource?

- It helps us age better – we are living longer and being active enhances the quality of those added years.
- It helps us retain our independence – it is important to be able to do things in life that enable us to live as independently as possible.
- It helps protect us from common diseases like heart disease and diabetes. It also reduces our risk of falling.
- Being physically active can help us feel better – physically and mentally by keeping our minds sharp!

### All activities in this booklet

- Can be modified to suit all abilities and ages
- Can be designed using household items
- Can be done indoors or outdoors
- Can be done individually or with a family member or friend.

If you want help with any aspect of this plan or would like to know how and where to avail of other physical activity opportunities, please contact your Local Sports Partnership (details below).



**Dun Laoghaire-Rathdown Sports Partnership**

**Email:** [sportpartnership@drlrcoco.ie](mailto:sportpartnership@drlrcoco.ie)

**Tel:** 01 271 9502

**www.dlrsportpartnership.ie**



@dlrsportpartnership



@dlrSportsTeam



@dlrsportpartnership1



ALL EXERCISES CAN BE PERFORMED IN SEATED OR STANDING POSITIONS. YOU CAN USE A CHAIR, COUNTERTOP OR STABLE SURFACE TO MAINTAIN YOUR BALANCE.

## ANKLE CIRCLES

### What do I do?

- Place one hand on a stable surface for balance, if possible
- Lift one foot off the ground
- Draw circles in the air leading with your toes
- Change direction
- Switch feet and repeat

### Why would I do it?

- It will help you to increase the mobility and stability of ankles for everyday tasks such as walking.



## MARCHING ON THE SPOT

### What do I do?

- Sit or stand tall
- Feet shoulder width apart
- March on the spot by raising your knee high and then lower this leg back to the start position
- Repeat with opposite leg

### Why would I do it?

- It will help you to perform everyday tasks such as climbing the stairs and clearing uneven footpaths



**REMEMBER:**  
If you have an underlying medical condition or are currently inactive, you should consult with your GP before starting any new exercise programme

Moderate intensity exercise means that you're huffing but not puffing or still able to talk but not sing while being active

## SIT TO STAND

### What do I do?

- Place your chair against the wall
- Whilst seated on the chair move your bottom forwards in your chair
- Place your feet behind your knees
- Lean forwards bringing your head over your knees
- Push off with both hands to stand up
- Step back until you feel the chair against your legs
- Bend in the middle, reaching back for the arm rests and slowly sit back down

### Why would I do it?

- It will help you to perform everyday tasks such as getting out of the car, and getting up from a chair
- To make it harder, try to stand up without pushing off the arm rest



## OVERHEAD REACH

### What do I do?

- Sit in chair
- Arms by sides, inhale
- Exhale as you reach your arms overhead
- You can add a weight by using a water bottle or food tin

### Why would I do it?

- It will help you to increase the range of motion in shoulders for everyday tasks such as reaching for an object out of a cupboard overhead, and washing hair





ALL EXERCISES CAN BE PERFORMED IN SEATED OR STANDING POSITIONS. YOU CAN USE A CHAIR, COUNTERTOP OR STABLE SURFACE TO MAINTAIN YOUR BALANCE.

## SIDE LEG LIFTS

### What do I do?

- Standing tall, hands on support, feet hip width apart
- Take the weight on one leg, keep knee slightly bent and slowly lift other leg out to the side for a count of 4
- Bring foot back to other foot for count of 4, and repeat

### Why would I do it?

- It will help you to strengthen your hips for everyday tasks such as side stepping when walking, and getting out of bed

For more ideas on how to adapt activities, contact your Local Sports Partnership



Remember to assist those who may need extra help in taking part.

## BODY TWISTS

### What do I do?

- Sitting in a sturdy chair, lift elbows to chest height
- Slowly and gently start turning your head and shoulders to look over one shoulder
- Return back to start position, repeat on other side

### Why would I do it?

- It will help you to improve the strength and mobility of your mid-section for everyday tasks that involve twisting and bending such as gardening and sweeping the floor



## TOE & HEEL RAISES

### What do I do?

- Standing tall, hands on support, feet hip width apart
- Slowly raise heels off the ground until you're on the balls of your feet, pause and slowly come back to start position
- Slowly raise toes off the ground until you're on the heels of your feet, pause and slowly move back to start position

### Why would I do it?

- It will help you to improve your lower body stability for everyday tasks such as stepping backwards, and reaching for objects overhead



## HAND SQUEEZES

### What do I do?

- Hold your chosen object in one hand (Ball, rolled up socks, etc)
- Slowly squeeze it as hard as you can and hold it for a count of 4 and then release
- Repeat the squeeze and release

### Why would I do it?

- It will help you to improve hand strength for everyday tasks such as opening jars, turning keys, holding and carrying shopping items



Age & Opportunity Active is a national programme designed to get older adults more active and participating in recreational sport and physical activity. Further details can be found at [www.ageandopportunity.ie/active](http://www.ageandopportunity.ie/active)

**www.generationtech.ie**

**Wondering how to fire up Facebook, setup  
Skype, install Instagram or tackle Teams?**

**WANT TO SHARE SOME MEMORIES ON FACEBOOK,  
OR MAKE SOME NEW ONES?**

**FREE SUPPORT FOR ALL TECHNOLOGY FOR OVER 65's**

**We can help set you up with our  
FREE I.T SUPPORT**

**Just ring us on:**

**01 963 3288**

**We can call you back (8 a.m. to 8 p.m. Mon to Fri)**

**Email us at: [INeedHelp@generationtech.ie](mailto:INeedHelp@generationtech.ie)**



**Hi Digital is a five-year national digital skills training programme for older people, funded by the Vodafone Ireland Foundation in partnership with:**



Hi Digital, a new online learning platform for self-learning

The Hi Digital online learning platform has been developed to help bridge the digital divide in Ireland by offering free digital skills training for older people. Topics covered include:

- **Using smartphones**
- **Connecting with others**
- **Entertainment and shopping online**
- **Hobbies and travel**

The Hi Digital free learning resource makes it easy for people to start their digital skills journey today, with self-guided online courses in both English and Irish available now at [www.hidigital.ie](http://www.hidigital.ie)

## **Additional support**

**From early 2022:**

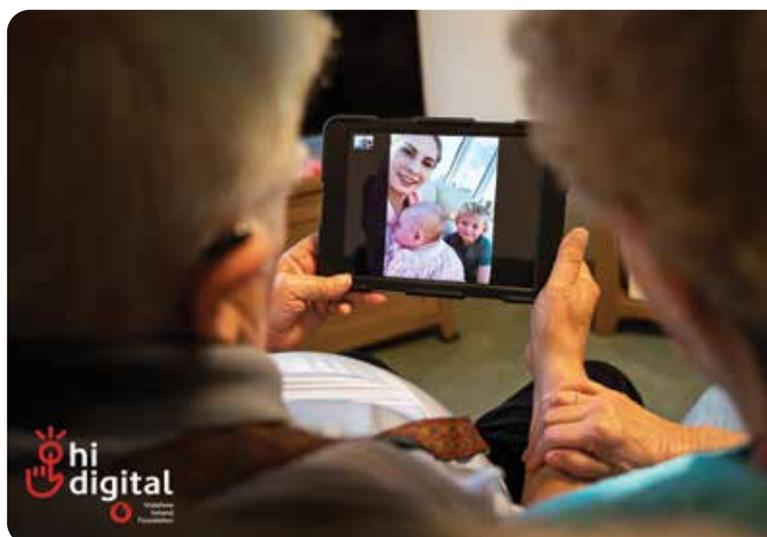
Active Retirement Ireland will run in-person group classes across the country with mentoring and training. ALONE will train individuals from community organisations that support older people to become Digital Champions through both online and in-person workshops.

**I am an older person, how do I access the training provided by Active Retirement Ireland?**

You can register your interest for classes run by Active Retirement Ireland by emailing [hidigital@activeirl.ie](mailto:hidigital@activeirl.ie) or calling 1800 20 30 30. For more information, visit [activeirl.ie/hidigital](http://activeirl.ie/hidigital)

**I am a community organisation that supports older people, how do I access the workshops provided by ALONE?**

You can register your interest in attending a workshop with ALONE by emailing [digitalskills@alone.ie](mailto:digitalskills@alone.ie) with information about your role / title, your service and the number of people you can support.





An Garda Síochána

## WINTER BURGLARY PREVENTION ADVICE

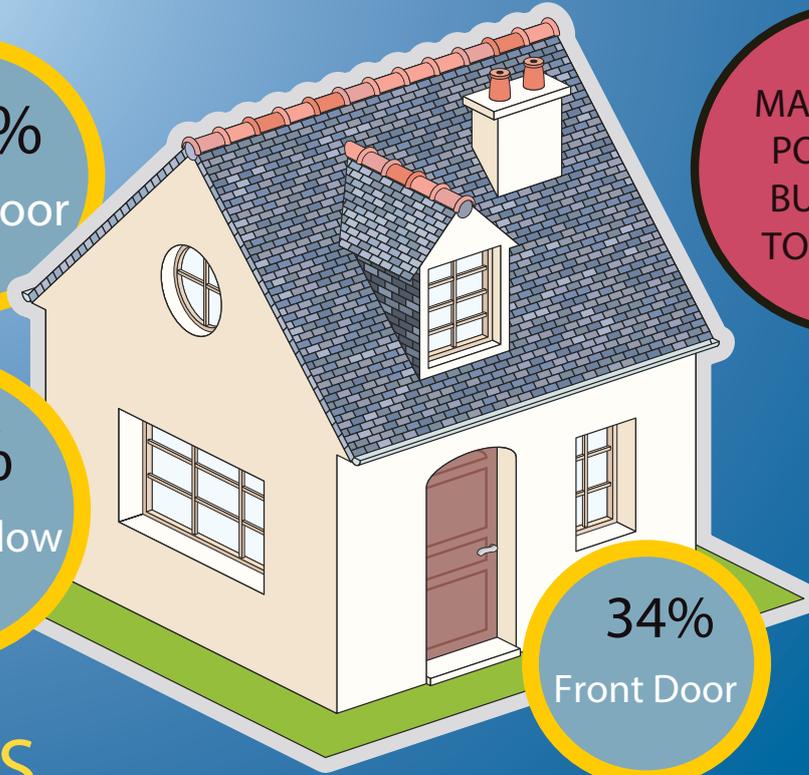
Lock Up. Light Up as part of An Garda Síochána's Operation Thor.

25%  
Rear Door

20%  
Rear Window

34%  
Front Door

MAIN ENTRY  
POINTS BY  
BURGLARS  
TO HOUSES



### TOP 5 TIPS



1. Secure all doors and windows. 1 in 5 burglars gain access through an unsecured door or window.



2. Light up your home, use timer switches when out.



3. Use your alarm, even when at home.



4. Store keys safely and away from windows & letterboxes.



5. Record details of valuables and don't keep large cash amounts at home.

TRY THE HOME SECURITY CHECKLIST CHALLENGE AT [WWW.GARDA.IE](http://WWW.GARDA.IE)



## Sisters

by Eileen Doran

Oh, sisters mine  
Thank you for bringing  
So much joy, laughter  
Companionship into my  
Life and always being  
There for me

And all our chats  
Over the phone  
That sometimes go on forever  
Are a lifeline to me  
As is every moment  
I spend with you all  
Something to treasure forever

Oh, sisters mine  
What would I do  
Without you all?

I have rested my eyes  
And gone to sleep  
But the memories we  
Have shared are  
Yours to keep

## If a Cloud Could Talk

by Gerda Archer

If a cloud could talk

What would it say when  
Suddenly it turned to rain

“Who am I, how can this be  
a fair exchange for all to see?”

What new adventure will unfold  
Just imagine what would be told

If memory of the cloud remained  
Within the million drops of rain?

Would they come to understand  
Our connection from sky, sea and land?

## There Will Be Time

by Tony McCarty

In the spring of life  
There will be time  
To learn and grow  
Nurtured with love  
Filled with curiosity  
Mesmerised by nature  
Aspiring to adulthood.

In the summer of life  
There will be time  
To shine like the sun  
Share our energy  
Create new bonds  
Rejoice in success  
Living life to the full.

In the autumn of life  
There will be time  
To reap labour's fruits  
Seek fresh horizons  
Scale new heights  
Enjoy the young ones  
At a slower pace.

In the winter of life  
There will be time  
To freeze the past  
Relive joys  
Regret battles needlessly fought  
Ponder missed opportunities  
Visions turned dreams.

## Riddles



1. What starts with P and ends with E and has thousands of letters?
2. What question can you never answer yes to?
3. What has to be broken before you can use it?

Answers on Page 81



## DLR PARKS - OPENING HOURS

### Cabinteely Park

September 8am - 8pm  
 October 8am - 7pm  
 November - January 8am - 5pm  
 February 8am - 6pm  
 March 8am - 7pm  
 April 8am - 9pm  
 May, June, July, August 8am - 10pm

### Fernhill Park & Gardens

September 9am - 8pm  
 October 9am - 6pm  
 November - January 9am - 5pm  
 February - March 9am - 6pm  
 April 9am - 9pm  
 May - August 9am - 9pm

### Dún Laoghaire People's Park

June - September 8am - 8pm  
 October, November 8am - 6pm  
 December - March 8am - 4.30pm  
 April, May 8am - 7.30pm

### Marlay Park

September 9am - 8pm  
 October 9am - 6pm  
 November - January 9am - 5pm  
 February - March 9am - 6pm  
 April 9am - 9pm  
 May - August 9am - 10pm

### CAR PARKING AVAILABILITY

**Blackrock** - Limited parking in park beside Phoenix Terrace.

**Dún Laoghaire People's Park** - On street parking along Queens Road & Park Road

**Cabinteely** - Onsite car park

**Marlay** - Onsite car park

**Fernhill** - Onsite car park

There are EV chargers at Cabinteely, Marlay, Fernhill

### Blackrock Park

Access 24 hours

### Shanghanagh Park

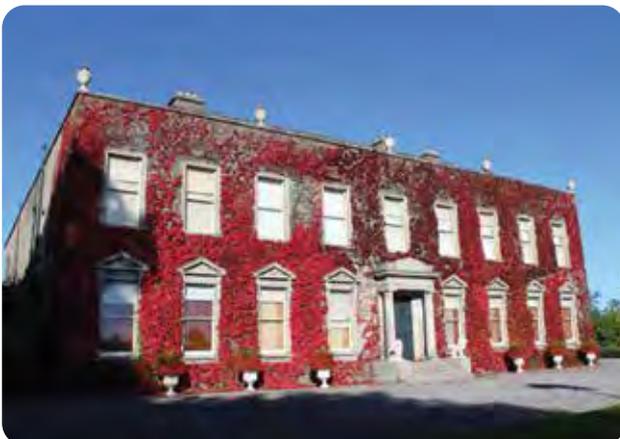
Access 24 hours

### ACCESSIBILITY - ramps, steps etc.

**Blackrock** All entrances accessible except the step entrance at Rock Hill

**Dún Laoghaire People's Park, Cabinteely and Marlay** - All entrances & paths accessible

**Fernhill** - Incline at entrance/exit



T. 01 2054700

E. [info@dlrcoco.ie](mailto:info@dlrcoco.ie)

[www.dlrcoco.ie](http://www.dlrcoco.ie)

## The Survivor

by Tony McCarty

My ears are stinging from the east wind, but I am out-out of self-isolation. Just for a short while, you know! Hope nobody sees me.

What are you doing here, stranger? Oh! You're my neighbour Joan! Didn't recognise you. Apologies. It's these bloody face masks. Keep the space. Keep moving.

That's a cute dog. Will I or won't I? His upward gaze and wagging tail beg me. Dare I pat him? Was a dog not the problem in Wuhan? Hold it! Forgot the sanitiser. Put some on my hands first. Maybe I should put it on his head? To be sure, I'll do both.

"Do yez want anything from the shop, Tom? I'm availing of the preferential shopping times." Surprising how many think they fall into that bracket.

Great neighbours I have. Ring to ask how I'm doing. My shopping dropped at the door. Hate giving credit card over the phone. Ah! Needs must!

How long more will this last? No more paint left. Gates are bright red, gaudy but rust-protected and the garden shed reeks of preservative. Pity no felt to replace the roof.

And the spuds! Oh! The spuds are doing fine - all sixty of them. Not a weed in sight. Ambushed enthusiastically.

There! I'm back home again, refreshed, happy, and surviving self-isolation.

## Tap Tap Tap

by Blathnaid MacGinty

I have moved again  
Tap Tap Tap  
Where

To the town of the walking sticks  
Tap Tap Tap  
Up and Down to the Town of Dalkey  
Tap Tap Tap

The paths are too narrow  
Lots of loose cement tiles  
And holes uneven with tarmacadam  
Eyes down all the time  
Tap Tap Tap

Stand back to let mother and babies pass  
A joy to see and admire  
And left old people to cross the road  
Tap Tap Tap

Beautiful dogs and bicycles tied  
To lampposts, lots of visitors  
Sitting outside our many cafés  
Tap Tap Tap

## JOKES FOR THE YOUNG AT HEART

How do ice hockey players stay cool?  
They sit next to the fans!

What kind of fishing bait do librarians use?  
Book-worms!

Why are ducks good at basketball?  
They make fowl shots!



## Making Connections – Local Charity Supporting Older People

Making Connections is a volunteer-led organisation supporting older people in Dún Laoghaire-Rathdown county and beyond.

We provide a range of supports including:

- **Social interaction and befriending visitation**
- **Telephone support calls**
- **Community meals (good food delivered)**
- **Access to health services**
- **Health and wellbeing supports**
- **Links to local social events/activities**

The Making Connections team of over 100 friendly volunteers is delighted to work with dlr County Council, HSE, Airfield Estate, Dún Laoghaire Rathdown Volunteer Centre, and other local agencies to support you.



**Ph: 01 295 1053**

**Email: [info@makingconnections.ie](mailto:info@makingconnections.ie)**

**Website: [www.makingconnections.ie](http://www.makingconnections.ie)**

Making Connections, 36 Roebuck Rd,  
Clonskeagh, D14 R6C1

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



## Text **HELLO** to 50808, anytime day or night

50808 is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small.

50808 provides a safe space where you're listened to by a trained Crisis Volunteer. The Crisis Volunteer will introduce themselves, reflect on what you've said, and invite you to share at your own pace. You'll text back and forth, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you sort through your feelings until you both feel you are now in a calm, safe place.

You might be provided with some signposting to other services offered by our partner organisations, so that you can continue to get support. Our service is based on a tried and tested model of crisis support. 50808 staff work alongside our Crisis Volunteers and monitor conversations 24/7.



**Text **HELLO** to 50808, anytime day or night**

**Visit [www.text50808.ie](http://www.text50808.ie) for more information.**

The service is funded by the Health Service Executive (HSE).

## Medical Wordsearch

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

STETHOSCOPE  
 PILL  
 THERMOMETER  
 CARDIOGRAM  
 MIXTURE  
 MICROSCOPE  
 SYRINGE  
 BANDAGE  
 PLASTER  
 TONOMETER  
 IV  
 MASK

**Answers on  
Page 81**

## Sagart fuinniúil i nDún Laoghaire sa naoú haois déag

Chaith Rí Seoirse IV cúpla uair a chloig i nDún Laoghaire sa bhliain 1821 agus d'athraigh muintir dílis na háite ainm an bhaile go 'Kingstown' ina onóir.

Tamall gearr ina dhiaidh sin, ceapadh sagart óg, Beartlaí Ó Sioradáin chun an pharóiste. Chaith an tAthair Beartlaí níos mó ná dhá scór bliain i nDún Laoghaire, ar dtús ina shagart óg agus ina dhiaidh sin ina shagart paróiste go dtí go bhfuair sé bás sa bhliain 1863. Ba as Contae an Chabháin ó dhúchas dó agus oirníodh ina shagart é i Maigh Nuad. Fear fuinniúil díograiseach a bhí ann a d'oibrigh go dícheallach ar mhaithe le leas an pharóiste agus an phobal i gcoitinne i rith a shaol.

Ar ndóigh 'Kingstown' an tainm a bhí ar an mbaile le linn dó a bheith ann. Bhí an baile ag fás go sciobtha ag an am sin. Cuireadh tús le tógáil an Ché Thoir sa bhliain 1817 agus bhí níos mó ná cúig chéad fear ag obair ar an tionscadal sin nuair a tháinig an tAthair Beartlaí go dtí an pharóiste. Bhí daonra an cheantair ag méadú go mór, go háirithe tar éis an t-iartród a thógáil ó Bhaile Átha Cliath go Kingstown sa bhliain 1834.

Thuig an tAthair Beartlaí go raibh oideachas ag teastáil ón daonra Caitliceach a bhí ag méadú sa pharóiste mór. Shín paróiste Dhún Laoghaire ag an am sin ó Bhaile na Manach go Bré. D'fhonn aghaidh a thabhairt ar an bhfadhb, thug sé cuireadh do mhná rialta ón Ord Doimíniceach, scoileanna a bhunú sa bhaile. Ghlac siad leis an gcuireadh agus d'oscail siad scoileanna do chailíní sa bhliain 1847 i lár an Ghorta Mhóir. Bhí an bhochtaineacht chomh dona sin gur chuir na mná rialta bricfeasta agus éadaí ar fáil do na

*Postcard of Kingtown showing St Michael's Church, with entrance to Pavilion Gardens and Town Hall in foreground, c. 1910*



*Photograph of the ruined church taken facing George's Street and Patrick Street*

páistí. Tá an scoil náisiúnta ann fós ach dúnadh an scoil dara leibhéal sa bhliain 1991.

Thug sé cuireadh den chineál

céanna do na Bráithre Críostaí agus d'oscail siad Scoil ar Ascaill Eblana sa bhliain 1857. Scartáladh an foirgneamh sin le déanaí agus tá bloc árasáin á dtógáil ar an suíomh i láthair na huaire. Chuir sé fáilte roimh ghrúpa mná rialta a bhí ag teitheadh ón bhFrainc agus d'iarr sé orthú dílleachtlann agus scoil oiliúna a oscailt ar Bhóthar Tivoli nó an Cúlhbóthar mar a tugadh air ag an am.

Chomh maith leis sin, thóg se cúig eaglais le linn a thréimhse mar shagart paróiste—Baile na Manach, Dún Laoghaire, Deilginis, An Baile Breac agus Cabán tSíle. Tá siad go léir ina seasamh fós ach amháin Dún Laoghaire a dódh sa bhliain 1965.

Is aisteach liom nach bhfuil sráid nó cearnóg ainmnithe ina chuimhne. Níl plaic nó leacht cuimhneacháin le feiceáil sa bhaile nó sa cheantar. Is scéal difriúil é maidir le Rí na Breataine, Seoirse IV, fear a chaith cúpla uair sa bhaile. Tá a ainm agus ainmneacha a dheartháireacha le feiceáil ar fud an bhaile – Sráid Sheoirse Uachtarach, Sráid Sheoirse Íochtarach, Bóthar York, Bóthar Sussex, Bóthar Cumberland agus tá oibilisc mhór ar Bhóthar na Banríona ar eagla go ndéanfaimis dearmad air.

Donal Marren

# Age Action's Getting Started KIT

Age Action's Getting Started KIT (Keep in Touch) is a national remote learning initiative that helps people to improve their digital literacy skills.

Supporting older people to stay connected, informed, and supported, the Getting Started KIT comprises four components, all free of charge, which people can use together or separately depending on their preferred method of learning:

- Eight How To guides, from setting up an email account to using WhatsApp to see loved ones
- Six videos, presented by Mary Kennedy, giving real-time demonstrations of the How-To guides' content
- Up to five one-hour tutoring sessions for older people
- Digital Champions, providing family and friends with the tools necessary to support their older people's digital literacy and get online

A copy of Age Action's Getting Started KIT booklet is available with this dlr Age Friendly Magazine. This Getting Started KIT booklet has four How To guides in it, which will help the reader get to the point of being able to download and use an application (or 'app').

The steps are always the same no matter what application you want to download. You will always need an email address, and you will always need to go to your 'app store'.

The COVID Tracker app and WhatsApp are examples of applications that you can download onto your phone or smart device. Once you get the hang of downloading an application, such as the COVID Tracker App, you will be able to download as many as you want!

Practice makes perfect, and always remember that you won't break your phone by trying! If you think you might benefit from some additional support with your digital skills, you can call Age Action to be matched with a remote volunteer tutor. Your tutor will give you up to five hours tutoring in digital skills. This is done by telephone and can be arranged for a time and day that suits you. You can call Age Action on 01 475 6989 and ask for the Getting Started team to find out more.

Age Action is the leading advocacy organisation on ageing and older people in Ireland. Age Action advocates for a society that enables all older people to participate and to live full, independent lives, based on the realisation of their rights and equality, recognising the diversity of their experience and situation. In June 2021, Age Action revealed their new logo demonstrating a clear commitment to Age Equality. As they were still in the process of redesigning the logo when the Getting Started KIT booklets were printed, you will still see the older logo on the booklets. From now on, you will only see the Age Action, Age Equality as seen on this page.



Age Action  
Age Equality



Getting  
Started

## Banana and Walnut Bread

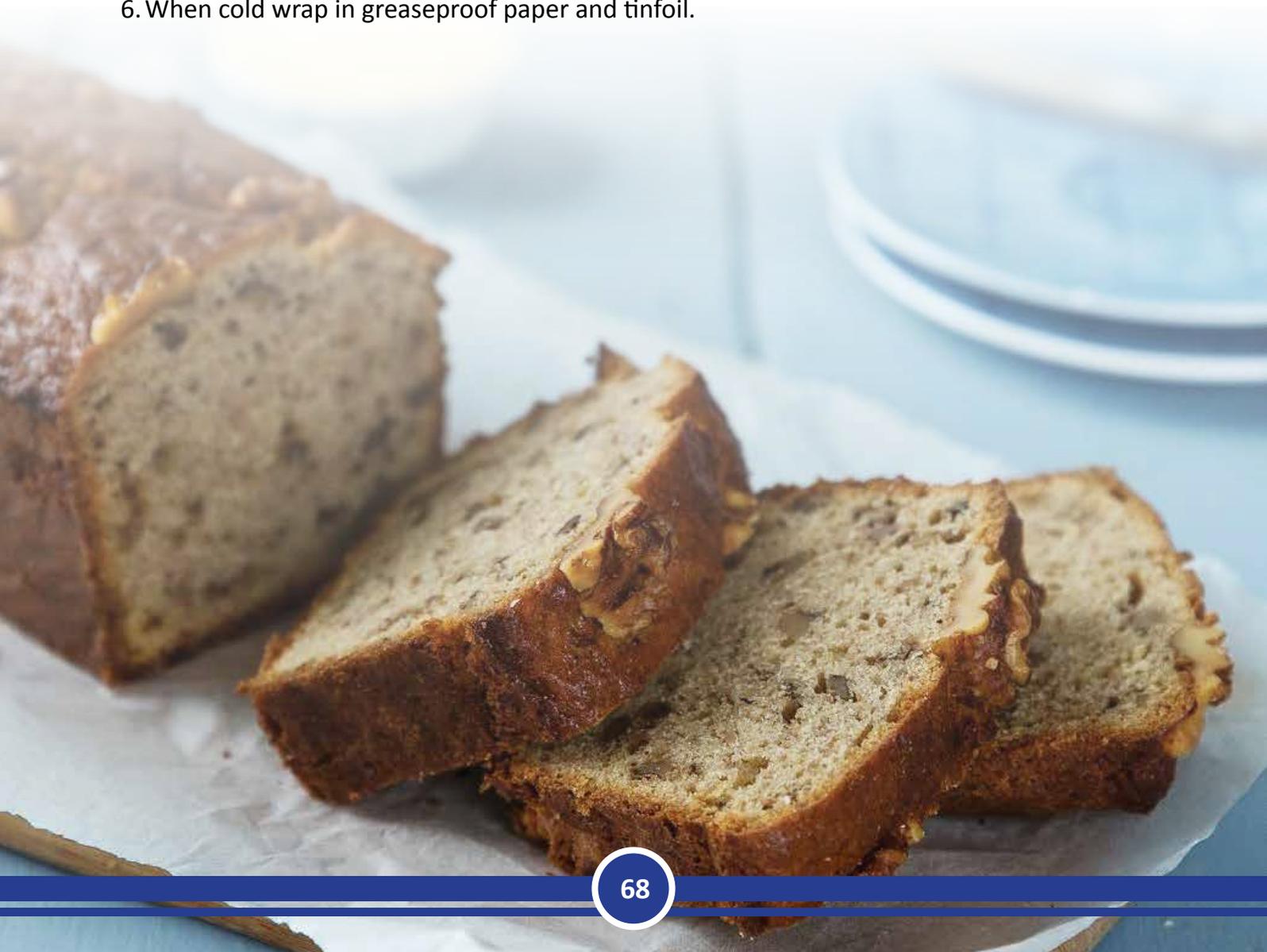
### What you need

- 250g/8oz Odlums Self Raising Flour
- 125g/4oz Butter
- 125g/4oz Shamrock Light Muscovado Sugar
- 2 Eggs
- 2 Large Bananas, mashed
- 1 teaspoon Goodall's Vanilla Essence
- 80g packet Shamrock Chopped Walnuts



### How to

1. Preheat oven to 170°C/325°F/Gas 3. Lightly grease and base line a 900g/2lb loaf tin.
2. Put the butter, sugar, eggs, mashed banana and vanilla essence into a bowl and beat well.
3. Add the flour and stir into the mixture. Remove about 2 tablespoons of chopped walnuts from the packet (for the top!) and mix remainder into the mixture.
4. Transfer to the prepared tin, scatter the reserved walnuts on top and bake in a central oven position for about 50 minutes until well risen and a knife gently pressed into the bread comes out clean.
5. Allow to rest in tin for about 10 minutes then turn onto a wire tray to cool.
6. When cold wrap in greaseproof paper and tinfoil.



# QUIZ NIGHT

1. Who starred as Jack Sparrow in the "Pirates of the Caribbean" series of movies?
2. Which aircraft manufacturer made the 707, 747 and Dreamliner models?
3. Minsk is the capital of which European country?
4. Which group backed Cliff Richard on over 20 UK top ten records in the 1960s?
5. What is the highest score that can be scored with three darts on a standard dartboard?
6. Which mountain range forms a natural border between France and Spain?
7. What spirit is used to make the "Singapore Sling" cocktail?
8. In which US city would you find the Louis Armstrong Stadium?
9. In the children's nursery rhyme, why did Mother Hubbard go to the cupboard?
10. What is the square root of 400?
11. Who wrote the Thomas the Tank Engine series of books?
12. Which two sides play for cricket's "Ashes"?
13. What was the name of Del Boy and Raquel's son in "Only Fools and Horses"?
14. How many states are there in the USA?
15. Which author created "The Saint"?
16. On a standard London underground map, what colour is the Northern Line?
17. How many people make up a crew in the University Boat Race?

**Answers on Page 81**

# Colour Me In!



## “Get out of your bed and into your Shed!”

My name is Cian Ó Lonargáin and I work in the Department of Community and Cultural Development in Dún Laoghaire Rathdown County Council. My role as a Community Development Worker includes supporting and assisting the excellent work of the Men’s Sheds throughout the county. Each Shed is unique and offer a variety of activities to its members. Activities include art, woodwork, boules, outings, gardening, positive mental health activities, socialising, choir and community engagement opportunities.

There are currently 9 Sheds in the dlr administrative area: Ballinteer Men’s Shed, Blackrock Community Men’s Shed, Dún Laoghaire Men’s Shed, Garden Men’s Shed

(Shanganagh), Glencullen Men’s Shed, LBS Men’s Shed (Loughlinstown), Nutgrove & Loreto Men’s Shed, Sandyford Men’s Shed, Southside Travellers Men’s Shed (Sandyford)

**If you require details on the Men’s Sheds in Dún Laoghaire Rathdown, please contact me by phone 087 711 1753 or email [colonargain@dlrcoco.ie](mailto:colonargain@dlrcoco.ie)**

**Further information on the Men’s Shed movement can be found at [www.menssheds.ie](http://www.menssheds.ie)**

**Look up the following to hear Sheddors discussing what it means to them to be a member of a Men’s Shed: [https://www.youtube.com/watch?v=zFU-ber\\_E1Q](https://www.youtube.com/watch?v=zFU-ber_E1Q)**



## Dún Laoghaire Men's Shed

Dún Laoghaire Men's Shed was founded in 2015 and continues to provide men in the community with the opportunity to maintain their health and wellbeing through its weekly activities. All men are very welcome to participate in the various activities or simply to enjoy a social chat over tea or coffee. Periodically, we have barbecues and, each year, we have a Christmas party.

### Open times

Officially, we are open on the following days/times but, often, someone is at the shed anyway.

Monday, Wednesday, and Friday	2pm-5pm
Tuesday and Thursday	10am-1pm

### Activities

For more details and sample work, see our website [www.dunlaoghaireshed.ie](http://www.dunlaoghaireshed.ie)



### Woodturning and woodwork

We turn bowls, pens, lampshades, and make/repair garden seats. To place an order, telephone the numbers below or send us an email. We will advise on prices and delivery.

### Art

Members encourage skills development in water colours, acrylics, ink drawing, and digital art. Normally, the Art group meets on Tuesday mornings, or uses Zoom to share digitally.



### Gardening

We have two greenhouses and grow tomatoes, cucumbers, chillies, potatoes, peas, broad beans, cabbage, broccoli, salads, carrots, and flowers etc. in the beds around the car park.

### Location

We meet at the Coach House, rear of Dún Laoghaire Evangelical Church (DEC), Glenageary Road Lower, Glengageary, Co Dublin A96 F6T0. Telephone Robbie on 086 824 0497 or Mick on 087 273 2452; email [dlimensshed@gmail.com](mailto:dimensshed@gmail.com). Buses stop opposite the Shed and car parking is available courtesy of the DEC church at the rear.

### Affiliation and Links

We are members of the Irish Men's Shed Association and meet periodically with other Sheds in the area, through the South Dublin Cluster Network, are members of Dún Laoghaire-Rathdown Public Participation Network, and the dlr County Council Community Services section gives us invaluable support. We support various local caring agencies, community groups, and residents' associations.



# JOKES FOR THE YOUNG AT HEART

Name the kind of tree you can hold in your hand?  
A palm tree!

How does the ocean say hi?  
It waves!

Where did the music teacher leave her keys?  
In the piano!

Why do birds fly south in the winter?  
It's faster than walking!



**ROSEMOUNT FAMILY RESOURCE CENTRE**

[www.rosemountfrc.ie](http://www.rosemountfrc.ie)

[frcrosemount@gmail.com](mailto:frcrosemount@gmail.com)

01-2166131

## Counselling Service

Counselling / Psychotherapy by appointment  
Specialising in bereavement, gambling and food addiction  
Aimed at families, children, youth and seniors

## Befriending Service

To support those struggling with social isolation  
Weekly phone calls are made to ensure the wellbeing  
of our most vulnerable community members

## Supporting Families

Family supports and parental supports available  
Food packs delivered weekly to 49 families  
Winter Coat Appeal – providing warm coats to all in need

## Community Classes

Crochet / Knitting / Crafts / Chair Yoga / Acrylics / Sketching /  
Mindfulness / Trauma Informed Yoga / LGBTI+ Youth Group /  
EFT (Emotional Freedom Therapy) /  
#SpeakupAboutSuicide Programme

## Coming Soon

Family Mediation



## “GRAB THIS OPPORTUNITY”

### – CALL FITLINE, A FREE PHONE SERVICE TO HELP YOU GET MOVING

“People should just grab this opportunity,” said Mary Catherine Murray, a participant of Age & Opportunity’s FitLine initiative.

FitLine is a volunteer peer led telephone line designed to help older people who want to feel a bit healthier, but perhaps don’t have the motivation, confidence or information on where or how to take that first step. The service is completely free.

After you’ve made the first call, a FitLine mentor will arrange a time to ring you every two weeks until you’re happy with your progress.

“The hardest thing about the Covid restrictions was being constantly on your own, and not being able to have a social life,” said Mary.

Prior to the Covid 19 pandemic, Mary, aged 61, was so busy with activities, that she had little time to stay at home. Things changed significantly for Mary when lockdown restrictions arrived, as having faced some health challenges in recent years, she needed to isolate.

Although she didn’t struggle with motivation to exercise, she was unable to pursue her favourite physical activity – swimming.

When she joined the Age & Opportunity Fitline initiative, she really enjoyed having



a regular phone call with her mentor. Her mentor has helped her find new ways of keeping active, such as using exercise machines in the park. Mary reports that she feels a great benefit from being encouraged to challenge herself, whilst also being able to talk through any obstacles to exercise that she may be facing.



Some find it easy to be physically active but for others it’s not so simple. Perhaps you don’t know what activity to do or you lose motivation. Age & Opportunity will continue to provide safe opportunities for people to be more active.

FitLine mentors are volunteer older people who understand the challenges of getting active. They’ll give you information, advice and gentle encouragement to get moving.

**To find out more free phone 1800 303 545, email [fitline@ageandopportunity.ie](mailto:fitline@ageandopportunity.ie) or visit <https://ageandopportunity.ie/>.**

**Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Part of the Keep Well campaign with thanks for support and funding to Healthy Ireland and Sport Ireland.**



## Calling Colours

by Rosy Wilson

My Grandson and I name all the sea colours  
of Killiney Bay, where we are walking  
Copper-Green, Sea-Green, Silver, Grey,  
Pink, Cobalt Blue, Navy and Azure  
Changing shades as clouds move over  
or later when the Sun sinks lower  
Strawberry is the name of June's full moon  
Season of Red Fruits, Red Roses, Red Clover,  
Crimson Sweet Williams, Scarlet Geraniums  
Common Poppies, Dancing Fuchsia Flowers  
Last night, a young tawny fox, bright in  
Moonlight, crossed my path, paused  
On the grass, looked all around  
Shook his brushtail, scampered on.

## Welcome to Ireland

by Carl Lusby

I was on the Dublin/Waterford train sitting  
opposite two sweet Americans with the  
bright optimistic faces of the 'Discover Ire-  
land' brigade.

The train began moving and the Intercom  
beeped. An official voice boomed out, 'There  
will be no drinking alcohol on this train. Any-  
one found with alcohol will be put off at the  
next station'.

I began chatting with the Americans who  
were curious about the alcohol message!

Then the Intercom crackled into life again.  
'Please disregard the last announcement.  
The bar is now open for business!'

Five minutes later, a man passed by with  
two Guinness and a packet of crisps!

I smiled at the bemused US travellers and  
said, 'Welcome to Ireland'.

## Picking Herts (Blueberries)

by Rosy Wilson

Early morning mist lifting slowly  
Voices subdued in the eerie silence  
Clanging of tin cans  
As pickers climb aboard the factory truck.

Drop-off point, a clearing on the hillside  
Plump berries glistening in the sunshine  
Moving deeper into the fern-covered hill  
To reach the optimum patch of purple gold.

Late evening, tired workers queue  
To divest their harvest at the weighing dock.  
Hands stained purple with luscious juice  
Haul weary bodies onto the factory truck.

Homeward bound, dreams are dreamed  
Secret desires satisfied.  
Toil and effort forgotten.  
Tomorrow is another day.

## Flowers and Chocolate

by Suzanne Hayes

Magenta-coloured flowers  
Elegant on their long, green stems  
Brighten our kitchen  
Orange, last week  
They too, vibrant and cheerful  
Dark, sophisticated chocolate  
My palate more accustomed to milk  
Won over, lured by a hint of mint  
What's the occasion, you may ask?  
No need, just a gift  
A token of love to one cocooned

# DLR Social Prescribing

for Health & Wellbeing

Linking you with sources of support  
in your local community

Available through  
participating  
GP practices, other  
healthcare providers  
and through  
self-referral in Dun  
Laoghaire-Rathdown

**What would it be like to have support to improve your health and wellbeing during this difficult time? Are you interested in trying something new or in accessing supports? Would you like to connect with others?**

## Social Prescribing

is about supporting the health and wellbeing of people by helping them to connect with local, community-based activities as well as national and online supports.

**Covid-19 has changed the way that many supports and activities can be accessed, but there is still a wide variety of options available right now.**

The Social Prescribing Team will talk to you about what activities interest you or what supports you may need and will then assist you in availing of these activities (in line with current social distancing guidelines).

## Who is it for?

The programme is for you if you feel that you need some support to mind your health and wellbeing or if you feel isolated, stressed, anxious or depressed.



## Participating in Social Prescribing provides you with opportunities to:

- Receive advice during Covid-19 crisis in relation to relevant supports
- Learn a new skill or participate in a new activity
- Improve your mental and physical health
- Receive social support
- Increase self-confidence
- Become involved in your community

## Could you benefit from this Service?

For more information please contact  
 Lisa Sieger-Jamison (Ph: 087 737 0372 /  
 email: [lisa.sieger@sspship.ie](mailto:lisa.sieger@sspship.ie)) or  
 Eileen Barry (Ph: 087 356 3035  
 / email: [eileen.barry@sspship.ie](mailto:eileen.barry@sspship.ie)).





## HSE Community Healthcare East Social Care - Older Person's Services

HSE Community Healthcare East Older Persons are committed to ensuring that the health, welfare, rehabilitation, social, and personal care needs of older people are planned, managed, and delivered to the optimum of available resources within this HSE region. This is to involve working with older people, their families, carers, voluntary, statutory, and private services. Ageing is a normal physiological process and it is not a disease.

The guiding principles for the older persons' services are: dignity and respect, right to decide and you will be listened to and heard; adequate, timely and appropriate information; services are person-centred and accessible; the independence and autonomy of each older person is promoted and the right to live in their own home.

The will and preferences, beliefs, and value system of each older person are of utmost importance in all the interactions with the HSE. The focus of the service shall always be on the individual older person. Access to health and social care services shall be based on clinically assessed need and provided in the most appropriate place for the older person consisting of home support, day care, respite, and extended care when required

with the consent of the person. These services are flexible, planned, coordinated, accessible, equitable, responsive, and appropriate to the individual needs: right service in the right place at the right time.

While ageing is inevitable and irreversible, the chronic disabling conditions that sometimes accompany it can be prevented or delayed. This can be achieved not only by health/medical interventions but often more effectively by social, economic, and environmental conditions. Therefore, the HSE Older Persons Services work very closely with older people themselves, all statutory bodies, age alliance networks, non-government organisations, voluntary organisations, faith groups, and community groups so as to promote active participation of all older people in their communities and to enhance their health and wellbeing.

***For further information on the HSE Community Supports, for example day care, respite, Meals on Wheels, or home support packages, contact your local health centre/primary care team by visiting [www.hse.ie](http://www.hse.ie). Or ring the HSE's National Information Line on 1800 700 700 from 8am-8pm Monday-Saturday.***

### Nursing Homes Support Scheme, also known as the "Fair Deal"



Under this scheme, you make a contribution towards the cost of your care and the State pays the balance. The scheme covers approved private nursing homes, voluntary nursing homes, and public nursing homes. You can get the list of approved nursing homes from the HSE. HSE Nursing Homes Support Office (Dublin South, Wicklow, and Kildare)

***Oak House, Millennium Park, Naas, Co Kildare  
Tel: 045 880 400***



### The Happy Wanderer

I love to go a-wandering, along the mountain  
track.

And as I go, I love to sing, my knapsack on my  
back.

Val-deri, val-dera, val-deri, val-dera  
Ha, ha, ha, ha, ha, val-deri, val-dera,  
My knapsack on my back.

I love to wander by the stream, that dances in  
the sun.

So joyously it calls to me,  
"Come join my happy song!"

Val-deri, val-dera, val-deri, val-dera  
Ha, ha, ha, ha, ha, val-deri, val-dera,  
Come join my happy song.

I wave my hat to all I meet  
And they wave back to me  
And blackbirds call so loud and sweet  
From ev'ry green wood tree

Val-deri, val-dera, val-deri, val-dera  
Ha, ha, ha, ha, ha,

Val-deri, val-dera, from ev'ry green wood tree.

Oh, may I go a-wandering, until the day I die.

Oh, may I always laugh and sing,  
Beneath God's clear blue sky

Val-deri, val-dera, val-deri, val-dera  
Ha, ha, ha, ha, ha,

Val-deri, val-dera, beneath the clear blue sky.

### The Gypsy Rover

The Gypsy Rover came over the hill

Down through the valley so shady  
He whistled and he sang 'til the green  
woods rang

And he won the heart of a lady

*Adi-doo, adi-doo da day, adi-doo, adi-day dee*  
*He whistled and he sang 'til the green woods*  
*rang*

*And he won the heart of a lady*

She left her father's castle gate  
She left her own fond lover  
She left her servants and estate  
To follow the Gypsy Rover

Her father saddled up his fastest steed  
Roamed the valleys all over  
Sought his daughter at great speed  
And the whistling Gypsy Rover

He came at last to a mansion fine  
Down by the river Clady  
And there was music and there was wine  
For the Gypsy and his lady

"He is no Gypsy, my father," she said  
"But lord of these lands all over  
And I will stay 'til my dying day  
With my whistling Gypsy Rover."

### When You're Smiling

When you're smiling, when you're smiling  
The whole world smiles with you.

When you're laughing, oh when you're laughing  
The sun comes shining through.

But when you're crying, you bring on the rain.  
So stop that sighing, be happy again.

Keep on smiling, 'cause when you're smiling,  
The whole world smiles with you.

When you're smiling, when you're smiling  
The whole world smiles with you.

When you're laughing, oh when you're laughing  
The sun comes shinin' through.

But when you're crying, you bring on the rain.  
So stop that sighing, be happy again.

Keep on smiling, 'cause when you're smiling,  
The whole world smiles with you.

# CROSSWORD

## Across

1. Container weight
5. Reprimand, with "out"
9. Swallows water eagerly
14. Didn't have enough
15. Deep purple, edible berry
16. Wagner work
17. Refusal to interfere
20. Boston newspaper
21. Dorm room staple
22. Sign of summer
24. A British gentleman (Archaic)
28. Snowman prop
31. Diarist Samuel
34. Maple genus
35. Trick taker, often
36. Abysmal test score
37. Ancient city NW of Carthage
38. Private property
42. Leisurely walk
43. Send to the canvas
44. Drink from a dish
45. Impulse transmitter
46. Physics particle
48. Half a matched set
49. Lampoons
51. Australian runner
53. Inflammation of the ear
56. Cremona artisan
60. Conceited
64. Unfit for Jewish consumption
65. Bubbly drink
66. Season to be jolly
67. Bakery supply
68. Bow
69. Prize since 1949

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					
64						65					66				
67						68					69				

## Down

1. Chinese dynasty
2. Gone wrong?
3. Ashcroft's predecessor
4. Like some mushrooms
5. Dracula, at times
6. Air force heroes
7. Dermal development
8. Vivacious
9. Dead duck
10. Current
11. Floral necklace
12. Adept
13. Gabriel, for one
18. Formerly known as
19. "Aeneid" figure
23. Airy
25. Tapered, frozen formation
26. Fruit juice
27. Understands
28. Greek surname
29. Mountaineering tool for frigid conditions
30. Being
32. Big time
33. Lively Bohemian dance
36. Animal house
37. Amateur video subject, maybe
39. Well wishes before a vacation
40. Listening device
41. A bag-shaped fish trap
46. Bon mot
47. Improved selling price
48. Caring
50. Brown ermine
52. Fortify
54. Knowing, as a secret
55. Fodder holder
57. Bit
58. Abound
59. One way to stand by
60. Dump
61. "... \_\_\_ he drove out of sight"
62. Grassy area
63. \_\_\_ grass

**Answers on  
Page 81**

# TALK TO US IN CONFIDENCE



SVP can offer support  
when you need it

## Talk to your local SVP in confidence

A little help at the right time can make a big difference.  
SVP volunteers provide practical help and support to people who are  
struggling to manage for whatever reason through our local Conferences.

### CONTACT US:

Please call 01 8550022 or go to [www.svp.ie](http://www.svp.ie) to log your call with us and our  
local conference will contact you directly

## Quiz Answers

### Page 36

- Last of the Summer, Wine 2. The eyes,
- Amadeus, 4. Vegan, 5. Leeds, 6. Land of Nod
- Hair, 8. Perennial, 9. Harry Potter and the Goblet of Fire, 10. Elver, 11. Lee Child,
- Alastair Campbell, 13. Atacama,
- April (25th), 15. Morocco, 16. The Wall,
- Jamaica, 18. Communications, 19. Tsetse,
- Penguin.

### Page 69

- Johnny Depp, 2. Boeing, 3. Belarus, 4. The Shadows, 5. 180, 6. The Pyrenees, 7. Gin,
- New York, 9. To get her dog a bone, 10. 20,
- Rev. W. Awdry, 12. England and Australia,
- Damien, 14. Fifty, 15. Leslie Charteris,
- Black, 17. Nine (8 plus the cox)

## Riddle Answers

### Page 47

- Riddle 1: Seven  
 Riddle 2: Nine  
 Riddle 3: One, two and three  
 Riddle 4: Five—each daughter has the same brother.  
 Riddle 5: Neither—they both weigh a ton  
 Riddle 6: Short  
 Riddle 7: An envelope  
 Riddle 8: Dozens

## Crossword Answers

### Page 29

Across:

- Esperanto, 9 Forint, 10. Kerbstone,
- Peewit, 12. Ecosystem,
- Malamute, 19 GustaveFlaubert,
- Earnings, 25. Hydrangea,
- Monday, 27. OnTheRoad,
- Number, 29. HybridCar.

Down:

- Sketch, 3. Emboss, 4. Artist,
- Tandem, 6. Coted'Azur,
- Milwaukee, 8. Statuette,
- Maple, 15. Agreement,
- Astronomy, 17. Laminated,
- Weigh, 21. Sydney, 22. Arthur,
- Ingrid, 24. Nevada.

## Riddle Answers

### Page 61

- Post office!
- Are you asleep yet?
- An Egg

## Sudoku Answers

### Page 48

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

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

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

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

## Puzzle Answers

### Page 52

Across:

- Stage Name, 9. Cocoon, 10. Miniature,
- Rescue, 12. Lowercase, 14. Salesman,
- EmperorPenguins, 20. Location,
- Wednesday, 26. Fusion,
- Obviously, 28. Spirit,
- Beekeeper.

Down:

- Titon, 3. Glider, 4. Notice, 5. Morass,
- Sovereign, 7. Voicemail, 8. Inverness,
- Easel, 15. Jellyfish, 16. Spaceship,
- Trattoria, 18. Arrow, 21. Newbie,
- Unlink, 22. Assume, 24. Bailee.

## Wordsearch Answers

### Page 65

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

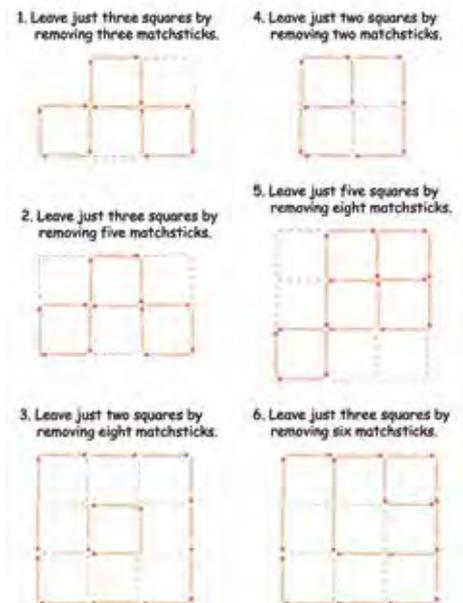
## Crossword Answers

### Page 79

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

## Matchstick Answers

### Page 26



## Wordsearch Answers

### Page 52

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

## Health Service Executive (HSE)

### Primary Care Services

**Callsave 1800 700 700**

HSE's National Information Line:



Tel 1800 700 700

From 8am to 8pm  
Monday – Saturday

## ESB Emergency/Fault

Networks Emergency and Loss of Supply  
Contact Information

**Tel: 1800 372 999 (24/7 service)**

### GAS Emergency:

Gas Networks Ireland 24 hour emergency line  
immediately or 1800 20 50 50.

### ALONE:

Supporting older people to age at home.

**Helpline: 0818 222 024** Email: [hello@alone.ie](mailto:hello@alone.ie)

### PIETA:

Provides free therapy to those engaging in  
self-harm, with suicidal ideation, or bereaved  
by suicide. Call Free on **1800 247 247**

**Text HELP to 51444**

### YOUR MENTAL HEALTH

Advice on how to mind your mental health.

**[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)**

### AWARE:

Provides support & information for people  
who experience depression or bipolar  
disorder and their concerned loved ones.

**Freephone 1800 80 48 48**

Email: [supportmail@aware.ie](mailto:supportmail@aware.ie)

### GROW:

Support with Mental Health.

**Helpline 1890 474 474** Email: [info@grow.ie](mailto:info@grow.ie)

### AGE AND OPPORTUNITY:

01-8057709 Email: [info@ageandopportunity.ie](mailto:info@ageandopportunity.ie)

## Citizen Information

### Dún Laoghaire CIC:

Tel: 0761 07 7400

Email: [dunlaoghaire@citinfo.ie](mailto:dunlaoghaire@citinfo.ie):

[www.citizeninformation.ie](http://www.citizeninformation.ie)

### Dundrum CIC:

Tel: 0761 07 7430

Email: [dundrum@citinfo.ie](mailto:dundrum@citinfo.ie)

## MABS

### Dún Laoghaire:

Mobile: 086 059 4896 Tel: 0761 07 2530

Email: [dunlaoghaire@mabs.ie](mailto:dunlaoghaire@mabs.ie)

### Dundrum:

Tel: 0761 07 2310 Fax: 01 296 4027

Email: [dundrum@mabs.ie](mailto:dundrum@mabs.ie)



## Dún Laoghaire-Rathdown County Council

**Tel: 01 205 4700** Email: [info@dlrcoco.ie](mailto:info@dlrcoco.ie)

If you have an emergency outside normal  
working hours, please call 01 677 8844.

## Senior Line

Confidential listening service for older people  
provided by trained older volunteers -

Lines are open every day 10am to 10pm,

**Freephone 1800 804 591**

## Making Connections

Befriending and supports for people  
over 65 years of age who are  
experiencing loneliness or isolation.

**Telephone: 01 295 1053**

Email: [info@makingconnections.ie](mailto:info@makingconnections.ie)



## We're always working to ensure that everyone has a safe and comfortable journey with Dublin Bus. Here are some **safety tips to be mindful of when travelling by bus:**

- As the bus arrives and leaves the stop, stand well back to avoid the side mirror on the vehicle.
- If you need the bus to be lowered or to use the ramp, ask the driver when the bus stops. You will hear a bell/buzzer while the bus is kneeling, or the ramp is being lowered. Please be patient and stay clear until this has finished.
- Always sit if a seat is available. If you must stand then please hold a handrail.
- When you want to get off the bus, press the bell once, giving the driver plenty of time to stop safely.
- On buses with centre doors you should exit by the centre door unless you require a ramp. Ramp exit is by the front door only.
- When the bus stops, get off carefully or, if required ask the driver to kneel the bus or to operate the ramp.
- As you are getting off the bus, always watch out for cyclists on your left passing on the inside of the bus.

**All persons over 66 years of age are entitled to free travel. Contact Department of Social Protection for further information.**

Dublin Bus is a member of the dlr Age Friendly Alliance.

### Help and contact

☎ (01) 873 4222 🌐 [dublinbus.ie](http://dublinbus.ie)     #dublinbusnews

Phone lines open 07.00-18.00 Mon-Sat (excluding public holidays).  
Social media monitored from 07.00-19.00 Mon-Sat and out of hours during periods of severe disruption.



**Bus Átha Cliath  
Dublin Bus**



A number of businesses in Dundrum Town Centre, Nutgrove Shopping Centre and Dún Laoghaire Town have been certified as Age Friendly under a new programme being run by Dún Laoghaire-Rathdown County Council in conjunction with Dún Laoghaire-Rathdown Chamber.

The Age Friendly Business Recognition Programme encourages retailers and service providers to think about what low-or no-cost changes they can make to help their older customers' experience better.

Some of the changes that successfully accredited businesses have made include providing a rest chair, ensuring all signage is easy to read and in large print, and making sure to give each customer as much time as they need.

Age Friendly accredited businesses are awarded a certificate for display, along with a window sticker.

The programme will be extended to other areas over the coming months, so keep an eye out for Age Friendly businesses in your area.



dlr Age Friendly Programme Dún Laoghaire-Rathdown County Council Community & Cultural Development Department, County Hall, Marine Road, Dún Laoghaire, Co Dublin, Ireland. A96 K6C9

Tel: 01 205 4893 Email: [community@dlrcoco.ie](mailto:community@dlrcoco.ie)

[www.dlrcoco.ie/en/community/dlr-age-friendly-county](http://www.dlrcoco.ie/en/community/dlr-age-friendly-county)  @AgeFriendlydlr



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