

dlr Age Friendly Magazine

Like to contribute to this magazine? You can send us your short stories, poems, recipes and pictures that represent a memory or an event that was special to you or you might like to write a piece you made up.

We will publish 40 contributions from readers in our Winter edition of this magazine. Please keep the word count to 100 words or less.

Please send your entries by post to:

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



Or

Email to: Community@dlrcoco.ie

Tel: 01 205 4893 for further information

Online: www.dlrcoco.ie/en/community/dlr-age-friendly-county

Important: Do not send us originals as we can't return them. When you send us your material this means you grant to us an exclusive, worldwide, royalty-free, perpetual and irrevocable licence to copy, store, edit, distribute, transmit and publish your entries. Participation is purely voluntary.

Bealtaine Festival
An Age & Opportunity arts initiative

Want to have fun?

Join us at the Bealtaine Festival at Home

The word **Bealtaine** is still used in the Irish language and translates as the month of May. ... The name is said to derive from Old Irish, **meaning** «bright fire» where Bel means light. Bealtaine takes place in May every year and is a celebration of the arts and creativity as we age. This year all activities will be on-line. If you join us, you can take part in:

- Chair Yoga, Story Telling, Dance Theatre Ireland Well-Dance at Home
- Flower arranging, cooking demonstration, arts and crafts
- Zoom computer lessons, creative writing, Irish Lessons. And much, much more!

You can find how to register for activities and access fun videos on www.dlrcoco.ie or www.libraries.dlrcoco.ie

dlr LIBRARIES



Web: libraries.dlrcoco.ie

We hope to re-open our library spaces soon and welcome you back!

- Free to join, borrow and no overdue fees
- Online services/resources available 24/7

Book Drop Service

This service is operated from dlr Lexlcon in Dún Laoghaire. Phone us at: 01 280 1147 or email: dlrlexiconlib@dlrcoco.ie to find out more about getting a selection of books delivered safely to your door, if you can't physically get to the library.



dlr Age Friendly Programme



Sláintecare.
Right Care. Right Place. Right Time.



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



An Cathaoirleach Cllr Una Power

I am delighted to support this Age Friendly information leaflet under dlr's Age Friendly Programme. In a recent survey of older people within the County, almost half of people felt they weren't kept up to date with what is going on in the County. We heard you!



This leaflet is intended to give a flavour of some of the events currently happening in the County, some of the things we have planned, and some of the supports available. In a tough year, it is encouraging to see so much positive and uplifting activity within the County.

Keep Well

The Keep Well campaign is a national campaign which the government is promoting to help people stay well. This campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines.

The Keep Well campaign is focused on the following five main themes: Keeping Active, Keeping in Contact, Switching Off and Being Creative, Eating Well and Managing your Mood.

A dedicated Keep Well page is set up on the Council's website to support the national campaign. <https://www.dlrcoco.ie/en/keep-well-campaign-2021>



Memory Harbour Technology Resource Room



Are you worried about your memory?

If you are worried about your memory or have been diagnosed with dementia, then you might be interested in the Memory Harbour. This is a service in Clonskeagh Hospital (near UCD) for families/carers who are living in the Dún Laoghaire Rathdown area.

An Occupational Therapist is available at the Memory Harbour to provide one-to-one advice and guidance. There is a range of technology, eg clocks, phones, GPS etc to look at and try. It is a free service run by the HSE and is by appointment only.

Contact: Joan Fitzpatrick,
Senior Occupational Therapist

Tel: 01 2680392 / 087 9793273

Email: joan.fitzpatrick@hse.ie



Age Action are offering five hours tutoring, remotely, to anyone who needs support using their smartphone, tablet or laptop. Covering topics like how to set up an email, how to download an app, how to use video calling to see your loved ones etc. For more information, please call 01 4756989 or email: gettingstarted@ageaction.ie

Useful Numbers

Alone Helpline: 0818 222 024

Email: hello@alone.ie

Age and Opportunity Helpline: 01 805 7709

Email: info@ageandopportunity.ie

Senior Line Freephone: 1800 804 591

Making Connections Tel: 01 295 1053

Email: info@makingconnections.ie

Age Action Tel: 01 475 6989

Email: helpline@ageaction.ie

Pieta Call Free: 1800 247 247

Text: HELP to 51444

Aware Freephone: 1800 80 48 48

Email: supportmail@aware.ie

Grow Helpline: 1890 474 474

Email: info@grow.ie

dlr County Council Covid 19

Community Call Helpline for older and vulnerable citizens.

Freephone: 1800 804 535 or 01 271 3199

Email: covidsupport@dlrcoco.ie

Health Service Executive (HSE)

Text: Hello to 50808
anytime day or night

Primary Care Services

Tel: Callsave 1850 241 850

HSE's National Information Line

Tel 1850 24 1850

From 8am to 8pm

Monday – Saturday

Dún Laoghaire-Rathdown County Council

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

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