

# Directory of Activities & Services

for older people in Dún Laoghaire-Rathdown County



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# Background and Introduction



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

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

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

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

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

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

Eugene Magee

*Chairperson of dlr Age-Friendly Alliance  
2023*

# dlr Age-Friendly Programme

## 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 and age-friendly services;
- Organising age-friendly activities and programmes in collaboration 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 Centres in supporting older residents needs;
- 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 People's Council and dlr Age Friendly Alliance;
- Organising dlr Age-Friendly Expo; dlr Festival of Inclusion, UN International Day of Older Persons events and collaborating on Bealtaine Festival events;
- Promoting Digital Inclusion and providing funding to various Age-Friendly projects.

**Contact details:** dlr Age-Friendly Programme Manager, Community Section, Dún Laoghaire-Rathdown County Council, County Hall, Dún Laoghaire, Co. Dublin, A96 K6C9.

**Tel:** +353 1 205 4893 **Email:** [community@dlrcoco.ie](mailto:community@dlrcoco.ie)

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

### **dlr Age-Friendly Alliance:**

The dlr Age-Friendly Alliance is a strategic partnership that was set up in 2014 to work collaboratively on supporting older people in the County and to lead on dlr's Age-Friendly Strategy development and implementation.

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

The dlr Age-Friendly Alliance meets 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.

# Dún Laoghaire-Rathdown County Council

## dlr County Council

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

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

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

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

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## Dundrum Office Park, Main Street, Dundrum, Dublin 14, D14 YY00

Monday - Friday 9.30am to 12.30 and 1.30pm to 4.30pm.  
The office closes for lunch from 12.30 to 1.30.

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

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## DLRCC Emergency Service (after 5pm & weekends)

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

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

Transportation **Tel:** 01 677 8844

## dlr Community and Cultural Development Department

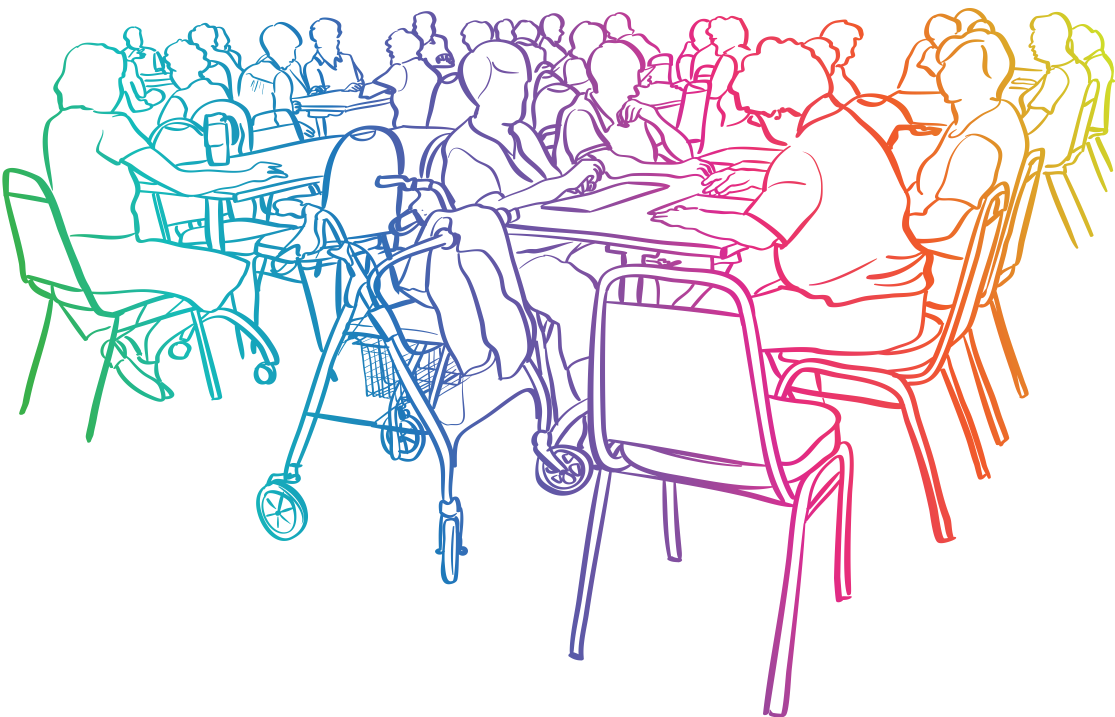
**Tel:** 01 205 4893 **Email:** [community@dlrcoco.ie](mailto:community@dlrcoco.ie)

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

A comprehensive support and advisory service is provided to voluntary community based organisations throughout the County Council's administrative area. This service is assisted by a team of field staff who work closely with the various community groups in the area and constantly monitor and attempt to meet the needs expressed by those groups.



# Support & Community



## Support & Community

### Dún Laoghaire-Rathdown Older People's Council (dlr OPC)

88 Inagh Court, Ballybrack, Co.Dublin, A96 H1F8

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

**Web:** [www.olderdlr.ie](http://www.olderdlr.ie)

The Dún Laoghaire-Rathdown Older People's Council was established as 'Dún Laoghaire-Rathdown Network for Older People' in 2001. The dlr Older People's Council (OPC) is a representative group of older people with some 40 affiliated groups, clubs and associations across the county 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 dlr OPC is to identify priority areas of need, raise issues of importance, inform and influence the decision-making process of the dlr Age-Friendly Programme, and participate in national level structures. The key purpose of the dlr Older People's Council is to provide the authentic voice of older people representing the diversity that exists among our ageing population in Dún Laoghaire-Rathdown.



dlr OPC & dlr County Council Community Staff

# Active Retirement Clubs and Associations affiliated with the dlr Older People's Council

## **Ballybrack Ladies Club**

Coolevin Project Centre, Coolevin, Ballybrack, A96 FX97

**Tel:** 01 235 0778 **Email:** catherine29@iol.ie

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## **Ballinteer Active Retirement Association**

St John's GAA Club, Grange Road, Rathfarnham D16 DK76

**Tel:** 01 406 1373 **Email:** baradublin@gmail.com

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## **Balally Parish Hospitality Group**

Balally Pastoral Centre, Cedar Road, Dublin 16, D16 K7C3

**Tel:** 01 295 3095

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## **Ballyogan Active Retirement Group**

Samel Beckett Community Facility, Ballyogan Ct, Ballyogan,  
Dublin 18, D18 HT72

**Tel:** 01 292 0513

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## **Beaufort Day Care Centre**

Beaufort, Glathule Rd, Sandycove, Glathule, Co. Dublin,  
A96 X8N7

**Tel:** 01-2809720 **Email:** info@beaufortdaycentre.ie

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## **Blackrock/Monkstown Active Retirement Branch**

St John the Baptist Parish Centre, Newtown Avenue,  
Blackrock, A94 YP08

**Tel:** 01 288 2104 **Email:** office@sjb.ie

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## **Brehon Active Retirement Association**

Ballinteer St John's GAA Club, Grange Road, Rathfarnham  
D16 DK76

**Tel:** 01 406 1373 **Email:** brehon.community.ara@outlook.com

# Support & Community

## **Cabinteely Active Retirement Association**

c/o St Brigid's Parish Centre, Cabinteely

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

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## **Carraig Ladies Club**

Johnstown Parish Centre, Churchview Rd, Glenageary, Killiney, Co. Dublin, A96 EY91

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

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## **Central Dún Laoghaire Senior Citizens**

Park House, Library Road, Dún Laoghaire, A96 AT21

**Tel:** 01 663 6131

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## **Dalkey Active Retirement Group (Shoots)**

St Joseph's Hall, Summerhill Road Glasthule, Co. Dublin, A96 R9Y2

**Tel:** 01 663 8604

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## **Dalkey Island Probus Club**

c/o Golf Club, Ballinaclea Road, Killiney

**Email:** clarkemilner2@gmail.com

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## **Dom Marmion Society**

Dom Marmion House, The Car Park, Sandyford Road, D16 FD96

**Email:** dommarmionorg@gmail.com

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## **Dundrum Flower Club**

Holy Cross Pastoral Centre, Main St, Dundrum, Dublin 14, D14 K820

### **Dún Laoghaire Active Retirement Association**

The Boylan Centre, Sussex Street, Dún Laoghaire A96 X9E5

**Tel:** 01 284 4085 **Email:** dunlaoghaireactiveretire@gmail.com

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### **Dún Laoghaire Blackrock Senior Citizens Association**

27 Corrig Avenue, Dún Laoghaire, A96 W1H5

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### **Dún Laoghaire Men's Shed**

The Coach House, rear DEC Church

Glenageary Road Lower, Glenageary, Co Dublin, A96 F6T0

**Tel:** 01 280 9066 **Email:** dlmensshed@gmail.com

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### **Dublin Central Mission Sheltered Housing**

Ailt an Oir, Upper Glenageary Road, Dún Laoghaire, A96 W7W9

**Tel:** 01 284 4066 **Email:** info@dublincentralmission.ie

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### **Foxrock Active Retirement Association**

Pastoral Centre Foxrock, 18 Kill Ln, Dublin 18, D18 V304

**Tel:** 01 289 5650

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### **Hillview Resource Centre**

34 Hillview Grove, Dundrum, D16 P9V9

**Tel:** 01 296 5025

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### **Irish Senior Citizen Parliament DLR division**

The Boylan Centre, Sussex street, Dún Laoghaire

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### **Kilcross Ladies Club**

Kilcross Resource Centre, 1 Kilcross Way, Sandyford,  
County Dublin, D18 EK60

**Tel:** 01 295 3259

# Support & Community

## **Johnstown/Killiney Active Retirement**

Pastoral Centre, Churchview Road, Killiney, A96 EY91

**Tel:** 01 235 1416 **Email:** [jhara1994@gmail.com](mailto:jhara1994@gmail.com)

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## **Kill of the Grange Active Retirement Association**

Holy Family Parish Resource Centre, Kill Avene, A96 RK63

**Tel:** 01 284 5299

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## **Marlay Guild ICA**

Marley Parish Centre, Hermitage Downs, Rathfarnham, D16 H7V2

**Tel:** 01 494 4295 **Email:** [icamarlayguild@gmail.com](mailto:icamarlayguild@gmail.com)

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## **Mount Merrion Active Retirement Association**

Mount merrion Community Centre, North Avenue, Blackrock, A94 R2Y4

**Tel:** 01 288 6476

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## **National Yacht Club**

National Yacht Club, Queens road, Dún Laoghaire

**Tel:** 01 280 5725

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## **Over 50's Activity Club**

Loughlinstown Community Rooms, Loughlinstown Drive, Loughlinstown, Co. Dublin, A96 RY11

**Tel:** 01 272 0289 **Email:** [byrneteresa70@gmail.com](mailto:byrneteresa70@gmail.com)

### **Recycled Teenagers**

Shanganagh Park House Community Centre, Rathsallagh Avenue, Shankill, D18 AY26

**Tel:** 01 282 7694

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### **Sallynoggin Young at Art**

Senior Centre, Sallynoggin

**Tel:** 087 764 5530

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### **Shankill ICA**

St Annes Resource Centre, St Annes Church, D18 AW68

**Tel:** 01 282 2704

**Web:** [www.ica.ie](http://www.ica.ie) or [www.stannesparishshankill.com/resource-centre/activities](http://www.stannesparishshankill.com/resource-centre/activities)

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### **Shankill Day Care Centre**

Shankill Village, Lower Road, Shankill

**Tel:** 01 2826364    **Email:** [shankilldcc@gmail.com](mailto:shankilldcc@gmail.com)

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### **Southside Travellers Action Group**

Unit 5, St. Kiernans Enterprise Park, Furze Road, Sandyford, Dublin 18

**Tel:** 01 295 7372    **Email:** [info@southsidetravellers.ie](mailto:info@southsidetravellers.ie)

# Support & Community

## **St Olaf's Ladies Club**

St Olaf's School, Balally Drive, D16 E067

**Tel:** 01 295 6513

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## **The Young At Heart**

The Project Centre, Ballybrack

**Tel:** 087 645 4817

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## **The Wednesday Club**

The Talbot Hotel, Stillorgan, A94 V6K5

**Tel:** 087 831 3913

**Email:** oliverdunne01@gmail.com

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## **Windy Arbour Mens Shed**

Community Hub, 12A Rosemount Court, Rosemount

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## **Women's Collective Ireland – DLR (formerly NCCWN SWAN)**

57 Ennel Court , Loughlinstown, Co. Dublin

**Email:** coordinator.swan@womenscollective.ie



# Age-Friendly Organisations and Support Groups

## ACTIVE RETIREMENT IRELAND

### National office

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

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

**Web:** www.activeirl.ie

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

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

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



Dún Laoghaire Active Retirement Association Bealtaine event,  
Credit: Peter Cavanagh

# Age-Friendly Organisations and Support Groups

## Age Action

30/31 Lower Camden St, Dublin 2, D02 EC96

**Tel:** 01 475 6989 **Email:** [info@ageaction.ie](mailto:info@ageaction.ie)

**Web:** [www.ageaction.ie](http://www.ageaction.ie)

**Facebook:** [www.facebook.com/AgeActionIreland](http://www.facebook.com/AgeActionIreland)

**Twitter:** [www.twitter.com/AgeAction](http://www.twitter.com/AgeAction)

Age Action is Ireland's leading advocacy organisation for older people and ageing. As well as informing and influencing policy we provide practical programmes to support older people to age in place and combat digital exclusion through our Care and Repair, Getting Started and Information Service.

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## ALONE

**National Support and Referral Line Tel:** 0818 222 024

**Web:** [www.alone.ie](http://www.alone.ie)

ALONE is a national organisation that works with people aged 60 and over. They offer a range of different services, all aiming to help people age positively at home. ALONE provides person centred supports in a wide variety of areas including support around loneliness, isolation, housing, finances, and health. ALONE services include Visitation Support and Befriending, Telephone Support and Befriending, Coordinated Support, and Assistive Technology. A person does not have to live alone to avail of the organisations services. ALONE will always aim to provide a service whether it is directly or indirectly by supporting to find a suitable service that can help. If you or anyone you know may benefit from ALONE's service, would like to volunteer with ALONE, or would like further information please the National Support and Referral Line at 0818 222 024. Referrals can also be made online at [www.alone.ie](http://www.alone.ie)

## Age & Opportunity

Marino Institute of Education, Griffith Ave, Dublin 9, D09 K4P6

**Tel:** 01 805 7709 **Email:** [info@ageandopportunity.ie](mailto:info@ageandopportunity.ie)

**Web:** [www.ageandopportunity.ie](http://www.ageandopportunity.ie)

Age & Opportunity is the leading national development organisation working to enable the best possible quality of life for us all as we age. We do this by:

1. Championing the creativity and value of older people;
2. Combating stereotypes and negative views of ageing;
3. Developing inclusive and engaging experiences which respond to the interests and needs of the diverse older adult population;
4. Developing, testing and measuring the impact of pioneering programmes and approaches;
5. Making evidence available to policy-makers and service providers;
6. Working with partners and stakeholders to ensure that Ireland's policies, strategies and programmes are directly informed by the needs and experiences of older people.

We work with a multitude of public and private partners such as government departments, local authorities, health services, universities, community groups, arts and culture organisations and local sports groups to provide opportunities for older people to be more active; more visible; more creative; more connected; more confident; more often.

# Age-Friendly Organisations and Support Groups

## Care and Repair Service, Southside Partnership DLR

Are you aged 65 and over? Our Care and Repair team will help you with a variety of Household Tasks

**Tel:** 01 44 55 450

- Household Repair Service:
- Minor Electrical Repairs
- Moving Furniture
- Basic Plumbing
- Small Carpentry Jobs
- Grass and Hedge Cutting
- We also offer DIY Advice and Solutions

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## Dignity Ireland - Community Transport

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

**Tel:** 01 426 6999 **Email:** [info@dignityireland.ie](mailto:info@dignityireland.ie)

**Web:** [www.actsltd.ie](http://www.actsltd.ie)

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

## Your public transport options

Go to website: [www.transportforireland.ie/](http://www.transportforireland.ie/) for:

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

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## dIr Public Participation Network (dIr PPN)

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:

**Email:** [enquiries@dlrppn.ie](mailto:enquiries@dlrppn.ie) **Web:** [www.dlrppn.ie](http://www.dlrppn.ie)

# Age-Friendly Organisations and Support Groups

## Irish Countrywomen's Association (ICA)

**Tel:** 01 668 0002 **Email:** office@ica.ie **Web:** www.ica.ie

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

## When you join the ICA you join a local Guild

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

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## Dún Laoghaire ICA

27 Corrig Avenue, Dún Laoghaire, A96 AE64

Meeting every second Monday of the month at 8:00pm

**Tel:** 01 280 1703 **Email:** icadunlaoghaire@gmail.com

### **Marlay Guild ICA**

Marley Parish Centre,

25/27 Hermitage Downs, Rathfarnham, Dublin 16, D16 V3P1

Meetings on second and fourth Thursday of the month

**Tel:** 086 051 0832 **Parish Phone:** 01 494 4295

**Email:** icamarlayguild@gmail.com

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### **Sandyford- ICA**

St Tiernan's Community School, Parkvale, off Sandyford Road,  
Dublin 16, D16 KW26

Meetings first and third Monday of the month from 7:30pm to  
9:30pm

**Tel:** 01 295 3224 **Email:** sandyfordica1@gmail.com

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### **Shankill ICA**

c/o St Annes Resource Centre, St Annes Church, Dublin Road,  
Shankill, D18 VH64

Meetings every Tuesday morning at 10:30am

**Tel:** St Anne's Resource Centre 01 282 2704

**Email:** shankillica@gmail.com

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### **ICA Central office**

**Tel** 01 668 0002 **Email:** admin@ica.ie

# Age-Friendly Organisations and Support Groups

## Men's Sheds in Dún Laoghaire-Rathdown

There are currently 10 Men's Sheds operating in the dlr administrative area, see listed below. Each Shed is unique and offers a variety of activities to its members. Activities include art, woodwork, restoration work, boules, chair exercises, music sessions, outings, gardening, positive mental health activities, socialising, choir, community engagement opportunities and much more!

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### Ballinteer Men's Shed

Stonemasons Way, Ballinteer, Dublin 16

**Email:** ballinteertoday@gmail.com

**Web:** dlrcommunity.ie/mens-shed

**Primary contact:** Sean McLoughlin 083 364 6567 SEC

**Secondary contact:** Tony Grehan 087 238 6663 PR-

**Chair:** Lorcan Finn 087 270 9508

**Email:** annettefinn@outlook.com

**Treasurer:** Tom Hickey 086 322 7452

**Email:** thomashickey1943@gmail.com

Joe Macdonough 087 271 7214

**Email:** joseph.macdonough@gmail.com-

**Activities:** Ballinteer Men's Shed is now located in its new premises on Stonemason's Way and meets every Tuesday from 2:00pm-4:30pm. Whilst we are only settling into our new premises, please call in for a full list of activities and opening



### **Blackrock Community Men's Shed**

Brookfield Court, Blackrock, Co. Dublin, A94 Y1E2

**Tel:** Allan Kilpatrick 086 854 3985 **Email:** Allankil51@gmail.com

**Email:** blackrockcommunitymensshed@gmail.com

**Web:** [www.dlrcommunity.ie/mens-shed](http://www.dlrcommunity.ie/mens-shed)

**Activities:** Blackrock Men's Shed is open to all men irrespective of their skills. A place to come and enjoy each other's company. Get involved in crafts, woodwork, painting etc. Come and have a cup of tea and chat. Tuesday and Thursday 10.30am - 2.30pm.

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### **Dundrum / Windy Arbour Men's Shed**

Rosemount Community Hub, Rosemount Court, Dundrum, Dublin 14, D14 X542

**Tel:** Paddy Kilroy 087 931 2588 **Email:** pkilroy30@gmail.com

**Web:** [www.dlrcommunity.ie/mens-shed](http://www.dlrcommunity.ie/mens-shed)

**Activities:** Social, Nutrition, Outings, Computers, Bridge.

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### **Dún Laoghaire Men's Shed**

The Coach House, rear DEC Church, Glenageary Road Lower, Glenageary, Co Dublin, A96 F6T0

**Tel:** Robbie Burns 086 824 0497/Mick McWilliams 087 273 2452

**Email:** dlmensshed@gmail.com

**Web:** [www.dunlaoghairesmensshed.ie](http://www.dunlaoghairesmensshed.ie)

**Facebook:** [www.facebook.com/dunlaoghairesmensshed](http://www.facebook.com/dunlaoghairesmensshed)

**Activities:** Wood turning, Wood Carving, Wood work, Water colour and Acrylic Painting, Drawing, Horticulture

Monday, Wednesday, Friday 2pm-5pm.

Tuesday, Thursday 10am-1pm

# Age-Friendly Organisations and Support Groups

## Glencullen Men's Shed

Carnegie library, Ballybetagh road. Glencullen, Dublin 18.

**Tel:** John Farrell 086 604 2025 **Email:** jjmfarrellaugust@gmail.com

**Web:** [www.dlrcommunity.ie/mens-shed](http://www.dlrcommunity.ie/mens-shed)

**Activities & opening hours:** Friday evenings 7pm - 9pm.  
Social-tea & singson

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## Kilmacud Community Men's Shed

Glenalbyn House, Kilmacud A94 E7K8  
(Kilmacud Crokes are providing us with facilities for the moment to hold our weekly meetings)

**Tel:** Hugh Campbell 086 810 6845

**Opening hours:** Mondays 11am coffee/discussion

### Current Activities:

Pitch & Put Group, Cultural Trip (Leinster House), 25 Card School, Gardening Group (who are doing work with Laura Lynn & who are in discussions with Blackrock Hospice about something similar), Hill Walking Group, History Group

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## LBS - Loughlinstown, Ballybrack & Shankill / Shanganagh Men's Shed,

125A Cedar Court, Ballybrack, Co. Dublin

**Tel:** Mark 086 362 5736 **Email:** lbsmensshed@gmail.com

**Facebook:** [www.facebook.com/lbsgl/](http://www.facebook.com/lbsgl/)

**Web:** [www.dlrcommunity.ie/mens-shed](http://www.dlrcommunity.ie/mens-shed)

**Open:** Monday to Friday, 10am to 2pm

**Activities:** The LBS men's shed is a social meeting and social activities based shed and they are very active in providing help (where possible) to community groups/facilities in the

area on a case by case basis. The Shed has a strong focus on supporting good mental health. The Shed is a place to come for a cup of tea, a chat, play a game of pool and get involved in activities planned though out the year.

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### **Nutgrove & Loreto Men's Shed**

Old School, Loreto Ave, Nutgrove, Dublin 16

**Tel:** Brendan 086 315 6526 | Tony 086 608 6903

**Email:** Brendanwalsh@iolfree.ie

**Web:** [www.dlrcommunity.ie/mens-shed](http://www.dlrcommunity.ie/mens-shed)

**Activities & opening hours:** Tuesday 11 am-12.30pm  
Friday 11 am-12.30pm. Boules every Tuesday, Day Trips,  
Walking, Woodwork, Gardening, Biodiversity maintenance.

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### **Sandyford Men's Shed**

Burton Hall Road Sandyford Business Park, Sandyford,  
Dublin 18.

**Tel:** Frank Hedderman 086 394 1668

**Email:** sandyfordmensshed@gmail.com

**Web:** [www.dlrcommunity.ie/mens-shed](http://www.dlrcommunity.ie/mens-shed)

**Activities & opening hours:** Monday Evening, 7pm - 9pm &  
Thursday Evening 7pm - 9pm. Woodwork, Wood Turning,  
Wood Carving, Computer Work. Gardening-Grow tunnel. Trips  
of interest.

# Age-Friendly Organisations and Support Groups

## Southside Travellers Action Group Men's Shed

Southside Travellers Men's shed- STAG's Men's Shed.  
Unit 5, St. Kieran's Enterprise Centre, Furze Road, Sandyford  
Industrial Estate, Dublin 16

**Tel:** Geraldine Dunne 087 178 3522

**Web:** [www.dlrcommunity.ie/mens-shed](http://www.dlrcommunity.ie/mens-shed)

**Opening hours:** 10am - 5pm

STAG's Men's Shed project is in its last stages of making an old Traveller Cultural Wagon. The Traveller men also mentor and educate young Travellers from our educational group, ETB, TASK, LTI programme every week, where they gain knowledge and skills in the craftsmanship in carpentry and specialised joinery.



An Cathaoirleach, Councillor Mary Hanafin with members of Blackrock Men's Shed

For more information on current Men's Sheds or setting up a new shed, contact: Irish Men's Sheds Association, 2nd Floor, Irish Farm Centre, Bluebell, Dublin 12, D12 YXW5

**Tel:** 01 891 6150 **Email:** [info@menssheds.ie](mailto:info@menssheds.ie)

## Women's Sheds

### Dundrum Women's Shed

Rosemount FRC, 3 Waldemar Terrace, Dundrum

**Tel:** 01 216 6131 **Email:** info@rosemountfrc.ie

**Opening hours:** Thursday 10am - 12 noon

For all women in the Dundrum area. Are you looking to join a peer-led group with fun activities? We are now running a women's shed on Thursdays at 10am here in the Centre. Contact us now or simply call into us where a member of our team would be only too happy to chat to you.

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### Loughlinstown Community Rooms Women's Shed

Loughlinstown Community Rooms, Loughlinstown, Co Dublin, A96 RY11

**Tel:** 085 111 3524 **Email:** lcrwomensshed@gmail.com

**Opening hours:** Monday & Friday - 10am to 2pm

Monday, Wednesday & Thursday 6pm to 9.30pm



Members of Loughlinstown Community Rooms Women's Shed

# Age-Friendly Organisations and Support Groups

## PROBUS

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

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

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

### Dún Laoghaire Probus Club 1972

National Yacht Club, Dún Laoghaire, Co. Dublin

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

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### Dalkey Island Probus Club

Killiney Golf Club, Ballinaclea Road, Co Dublin

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

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### Dublin Rathdown Probus Club

Dropping Well Public House, Milltown Road, Dublin 6

**Web:** [www.probus.district1160.org](http://www.probus.district1160.org)

Founded 1989, Rotary Club of Dublin South West  
Wed 10.45am, Weekly

## **LGBT Ireland**

80 Dame Street, Dublin 2

**Tel:** 01 685 9280 **Email:** info@lgbt.ie

For Inclusion, For Equality, For Everyone

Due to 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:

**Web:** [www.lgbt.ie/telefriending](http://www.lgbt.ie/telefriending)

**Tel:** 01 437 1209 **Email:** telefriending@lgbt.ie

**National LGBT Helpline Tel:** 800 929 539

Available 7 days a week

Mon - Thurs - 6:30pm - 10pm. Fridays 4pm - 10pm.

Sat-Sun 4pm - 6pm

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## **Making Connections Befriending & Wellbeing Supports**

Glenard, 36 Roebuck Road, Clonskeagh, Dublin, D14 R6C1

**Tel:** 012951053 **Email:** info@makingconnections.ie

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

Making Connections runs a Befriending & Wellbeing service for older people in Dún Laoghaire – Rathdown and South County Dublin. The aim is to support older people experiencing loneliness and isolation, who want support to live independently

# Age-Friendly Organisations and Support Groups

at home and to connect with activities in their community. We work with a team of dedicated community volunteers who are screened, garda vetted and trained.

Our supports include;

Regular Volunteer Visits: in the home or outside the home;

Walking Companions: volunteer company to walk and chat;

Sharing an activity: jigsaw puzzles, crafts, videos, books, music, sports;

Buddy system: to café, library, events, activities, museum

Digital Support: to use devices, shop online, access information

Links to Social Activities/Events in the Community

We accept referrals from HSE clinicians, GPs, Day Hospitals, Community Services, Consultant Physicians in Geriatric Medicine and other community groups.

**Make a referral:** [www.makingconnections.ie/referrals](http://www.makingconnections.ie/referrals)

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## Seniorline

National Confidential Listening Service for Older People

**Free Phone:** 1800 80 45 91    **Email:** [info@thirdageireland.ie](mailto:info@thirdageireland.ie)

**Web:** [www.thirdageireland.ie](http://www.thirdageireland.ie)

Seniorline is a FREEPHONE service and our older callers can call free between 10am and 10pm every day of the year, including Christmas Day, Stephen's Day and New Years Day. Callers call to chat and seek information on entitlements, other organisations or services, or look for clarification on topical items as reported in media.



## Southside Partnership DLR

Southside Partnership DLR was established in 1996 as an independent local development company delivering a range of programmes and services in Dún Laoghaire Rathdown. Our vision is to see an inclusive and just society, without discrimination, where people are encouraged and enabled to reach their full potential within strong vibrant communities. We work across the lifespan and provide a range of general and targeted supports to particular groups.

The supports we provide include employment and enterprise, supporting people in their adult education and personal development, activities and homework club supports for children and young people, fostering and supporting community groups to address a range of social issues, integration supports, support for Ukrainian citizens as well as a growing number of programmes which address health and wellbeing needs and older people's programmes in the county.

Information is included in this Directory on these programmes for older people which include the Care & Repair service, Southside Partnership's Women's programme as you will find information on the Healthy Food Made Easy, Living Well with Dementia, Senior Wellness Activity Programme and Social Prescribing Programme in the Health & Wellbeing section of this Directory.

For further information on Southside Partnership DLR, call or visit us at:

Southside Partnership DLR, The Old Post Office, 7 Rock Hill, Main Street, Blackrock, Co. Dublin

**Tel:** 01 706 0100    **Email:** [info@sspship.ie](mailto:info@sspship.ie)

**Web:** [www.southsidepartnership.ie](http://www.southsidepartnership.ie)

# Age-Friendly Organisations and Support Groups

## The Southside Partnership Women's Programme

The **Southside Partnership Women's Programme and the women4women network dlr** offer a dedicated programme for women living in the dlr county. We invite all women, Irish and migrant women, to join our courses and events in different locations around Dún Laoghaire-Rathdown. Twice a year we plan our programme after consulting with women. There are a lot of activities you can get involved in such as:

- Water Colouring, Jewelry Making, Sewing classes
- English Language and Communication Classes
- Health and Wellbeing classes
- Personal Development classes.

We also organise regular events like

- Multicultural Women's Breakfasts where Irish women and women from different nationalities can meet, celebrate, learn, share information and food
- Conferences on important issues for women
- Bazaars to support women.

In general, most activities that we offer are free of charge or we ask for a nominal fee to pay for costs. All courses and events are held in different community centers around the county. If you need more information about the activities, please call Rafika Kelly **Tel:** 087 720 3665 or 01 442 1004.

Furry Hill Community Centre, off Sandyford Road, Sandyford, D16 Y6X9.

**Web:** [www.women4women.ie](http://www.women4women.ie) **Instagram:** [women4womenireland](https://www.instagram.com/women4womenireland)

We are also available for enquiries every morning, Mon – Fri

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## Transgender Family Support Line

**Tel:** 01 907 3707

Sundays, 6pm to 9pm and Tuesdays, 10am to 12pm

# dlr Community Centres & Facilities

## dlr Community Centres & Facilities

Dún Laoghaire-Rathdown (dlr) County Council, through its Community and Cultural Development Department, co-ordinate and implement a coherent and integrated approach to local and community development which supports the dlr Corporate Goal of “Providing quality community, recreational, sporting and cultural opportunities for all who live, work and visit the county”.

dlr’s Community Facilities provide a focus to support community development, a sense of well-being and quality of life in our local communities. The County Council invests in the physical infrastructure of Community Facilities as well as community activities to support the development and delivery of services in line with local community needs. These Community Facilities play an important role in our communities. They provide places where people can interact, learn, engage in recreational activities, be supported and grow. In many areas, they are the focus of socially sustainable communities.

Details of our Community Facilities can be found below. Updated information on activities taking place within each Facility can be found on **Web:** [www.dlrcommunity.ie](http://www.dlrcommunity.ie)

# dlr Community Centres & Facilities

## **dlr Community Buildings**

### **Ballybrack Project Centre**

Coolevin, Ballybrack, County Dublin, A96 FX97

**Tel:** 01 239 0884

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### **Belarmine Community Centre**

Belarmine Plaza, Belarmine, County Dublin, D18 Y61Y

**Tel:** 089 605 6275

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### **Cois Cairn Youth & Community Facility**

138 Cois Cairn, Old Connaught Avenue, Bray, County Dublin, A98 AX60

**Tel:** 01 239 0884

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### **Furry Hill Community Centre**

Furry Hill, Balally, Dundrum, County Dublin, D16 Y6X9

**Tel:** 01 442 1004

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### **Glencullen Community Centre**

Old Carnegie Library, Ballybetagh Road, Glencullen, County Dublin D18 KR63

**Tel:** 01 294 6618

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### **Hillview Resource Centre**

33/34 Hillview Grove, Ballinteer, County Dublin, D16 P9V9

**Tel:** 01 296 5025

### **Holly House**

85 Holly Court, Ballybrack, County Dublin, A96 N239

**Tel:** 01 272 2613

Holly House Supports, information and services for children, young people, families and the wider community.

Our Community Resource Centre can provide you with information and supports, resources and referrals, access to adult education, opportunities to volunteer and pre-employment supports.

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### **Kilcross Community Centre**

Kilcross Way, Sandyford, County Dublin, D18 EK60

**Tel:** 01 295 3259

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### **Loughlinstown Community Rooms**

Loughlinstown Drive, Loughlinstown, County Dublin, A96 RY11

**Tel:** 01 272 0289

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### **Loreto Community Facility**

Loreto Old School, Loreto Avenue, Rathfarnham, County Dublin, D14 N284

**Tel:** 01 495 0569

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### **Mounttown Community Facility**

Fitzgerald Park, Mounttown Road, Monkstown, County Dublin, A96 KR65

**Tel:** 01 663 6131

# dlr Community Centres & Facilities

## **Park House & Mounttown Community Facility**

Library Road, Dún Laoghaire, County Dublin, A96 AT21

**Tel:** 01 663 6131

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## **Patrician Community Centre**

Patrician Villas, Stillorgan, County Dublin, A96 CF22

**Tel:** 087 215 7904

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## **Rosemount Community Room**

Rosemount Court, Drummartin, Dublin 14, D14 X542

Rosemount Community Room is the newest community facility in dlr. It is located in the heart of Rosemount Estate and offers the community a focal point for meetings, events and activities. The room is managed through Rosemount Residents Association

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## **Sallynoggin Youth & Community Facility**

Church Place, Sallynoggin, County Dublin, A96 KW58

**Tel:** 01 235 1952

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## **Samual Beckett Civic Campus**

Samuel Beckett Community Facility, Carrickmines, Dublin 18, D18 HT72

**Tel:** 01 292 0513

### **Sandyford Community Facility**

Enniskerry Road, Lambs Cross, Sandyford, County Dublin,  
D18 EOA8

**Tel:** 01 295 9149

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### **Shanganagh Park House**

Rathsallagh Ave, Rathsallagh, Shankill, County Dublin, D18  
AY26

**Tel:** 01 282 7694

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### **St Nathy's Community Centre**

St Nathy's Villas, Nutgrove Avenue, Churchtown,  
County Dublin, D14 FW54

**Tel:** 085 284 9881

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### **Stonebridge Community Facility**

7 Stonebridge Grove, Shankill, County, Dublin, D18 FH04

**Tel:** 01 282 4355

## **FAMILY RESOURCE CENTRES**

### **Rosemount Community Development Group**

3 Waldemar Terrace, Main St, Dundrum, Dublin 14

**Tel:** 01 216 6131 **Email:** [info@rosemountfrc.ie](mailto:info@rosemountfrc.ie)

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### **Balally Family Resource Centre**

The Scout Den, Wedgewood, Dublin 16

**Tel:** 01 295 2167 **Email:** [info@balallyfrc.ie](mailto:info@balallyfrc.ie)

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### **Hillview Community Resource Centre Ltd**

33/34 Hillview Grove, Ballinteer, Dublin 16

**Tel:** 01 296 5025 **Email:** [ask@hillviewfrc.ie](mailto:ask@hillviewfrc.ie)



# Health and Wellbeing



## HEALTH SERVICE EXECUTIVE (HSE)

### Primary Care Services

**Tel:** Callsave 1850 241850

**HSE's National Information Line:** 1800 700 700

from 8am-8pm Monday-Saturday

**Web:** [www.hse.ie/dunlaoghaireglathulepct](http://www.hse.ie/dunlaoghaireglathulepct)

### About Primary Care

Primary Care services cover many of the health or social care services that you find in your community, outside of the hospital setting. This includes GPs, Public Health Nurses and a range of other services provided through your Local Health Office.

A Primary Care Team (PCT) is a team of health professionals who work closely together to meet the needs of the people living in the community. They provide a single point of contact to the health system.

Primary Care Team services include;

General Practitioner Service

Practice Nurse Service

Community Nurse Service

(Public Health Nurse & Community Registered General Nurse)

Home support Service

Occupational Therapy Service

Physiotherapy Service

Speech and Language Therapy Service

Social Work Service

There is also a Network of other services available supporting the Team including Psychology/Counselling, Audiology, Podiatry, Area Medical Officers, Community Welfare, Dental, Dietetic (see below for programmes), Ophthalmology, Environmental Health, Community Development, Carers etc. The aim of the Primary Care Team is to provide primary care services that are accessible, integrated, of a high quality and which meet the needs of the local population.

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**HSE Health Office Dún Laoghaire**

Tivoli Rd, Monkstown, Dublin, A96 DK64

**Tel:** 01 284 3579

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**HSE Health Office Dublin South East**

Vergemount Hall, Clonskeagh, Dublin 6

**Tel:** 01 268 0300

## HEALTH CENTRES - DÚN LAOGHAIRE-RATHDOWN AREA

### Blackrock Health Centre

George's Avenue, Blackrock, Co. Dublin, A94 AT18

**Tel:** 01 288 2980 / 8423 / 5406

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### Cabinteely Health Centre

Meadowvale, Clonkeen Road, Cabinteely, Co. Dublin, A94 XW82

**Tel:** 01 289 6195 / 6197

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### Dalkey Health Centre

Kilbagnet Close, Dalkey, Co. Dublin, A96 EV80

**Tel:** 01 285 9291 / 9233

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### Dún Laoghaire Health Centre

Centenary House, York Road, Dún Laoghaire, A96 D850  
(entrance on Tivoli Terrace South)

**Tel:** 01 280 8471

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

Dún Laoghaire, Co. Dublin, A96 TW56

**Tel:** 01 280 8403

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### Loughlinstown Health Centre

Loughlinstown Drive, Loughlinstown, Co. Dublin, A96 P3Y6

**Tel:** 01 282 2122 / 2463

### **Sallynoggin Health Centre**

Upper Glenageary Road, Sallynoggin, Co. Dublin, A96 WR99

**Tel:** 01 280 0786 / 6754

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### **Shankill Health Centre**

Lower Road, Shankill, Co. Dublin, D18 DW08

**Tel:** 01 282 0344

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### **Stillorgan Health Centre**

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

**Tel:** 01 217 2918

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### **Balally Primary Care Centre**

Rockfield Medical Campus, Dundrum, Dublin 16, D16 A6K5

**Tel:** 01 292 4500

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

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### **Ballinteer Health Centre**

Ballinteer Avenue, Ballinteer, Dublin 16, D16 YX93

**Tel:** 01 216 4500

Incorporating Ballinteer Primary Care Team and Sandyford Primary Care Team

## **Churchtown Primary Care Centre**

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

**Tel:** 01 491 6400

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## **Clonskeagh/Donnybrook Health Centre**

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

**Tel:** 01 268 0380/ 2680 381

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## **Leopardstown Primary Care Centre**

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

**Tel:** 01 299 6600

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## **Out of hours GP Services**

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

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## **Dún Laoghaire - Based in St. Michael's Hospital**

**Tel:** 01 663 9869

Opening Hours: Weekdays Monday to Thursday 6pm to 8am.  
Weekends 6pm Friday to 8am Monday. All day on Bank Holiday

### **East Doc**

Dún Laoghaire - Based in St. Vincent's Hospital

**Tel:** 01 209 4021 **Web:** [www.edoc.ie](http://www.edoc.ie)

Weekdays Monday to Thursday 6pm to 8am. Weekends 6pm Friday to 8am Monday. All day on Bank Holidays

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### **East Doc**

Saint Columcille's Hospital, Bray Road, Loughlinstown

**Tel:** 01 223 4500

Opening Hours: Weekdays Monday to Thursday 6pm to 8am. Weekends 6pm Friday to 8am Monday. All day on Bank Holidays

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### **Dub Doc**

South inner city Dublin

**Tel:** 01 454 5607 **Web:** [www.stjames.ie](http://www.stjames.ie)

Opening Hours: Weekdays Monday to Thursday 6pm to 8am. Weekends 6pm Friday to 8am Monday. All day on Bank Holidays

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### **Luke Doc**

Dublin south Central - Temporarily relocated to Clonskeagh Hospital Campus

The Gate Lodge, Vergemount, Dublin 6

**Tel:** 01 669 9499

Opening Hours: Open each weekday evening, from 6pm - 10pm and from 10am to 6pm Saturday, Sunday and Bank Holidays

## **St. Michael's Hospital**

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

**Tel:** 01 280 6901

**Emergency Dept:** 01 663 9815

**Bloods Dept:** 01 663 9871

**Out Patients Dept:** 01 663 9864

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## **Beacon Hospital**

Sandyford, D18 AK68

**Tel:** 01 293 6600

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## **Blackrock Clinic**

Rock Road, Blackrock, Co Dublin, A94 E4X7

**Tel:** 01 283 2222

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## **Leopardstown Park Hospital**

Foxrock, Dublin 18, D18 K5EV

**Tel:** 01 295 5055

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

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## **St. Columille's Hospital,**

Loughlinstown, Co. Dublin, D18 E365

**Tel:** 01 282 5800

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## **St. Vincent's Private Hospital,**

Merrion Road, Dublin 4, D04N2EO

**Tel:** 01 263 8000



### **St. Vincent's University Hospital**

Elm Park, Dublin 4, D04 T6F4

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

**Admissions:** 01 221 4643    **Patient accounts:** 01 221 4365

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### **St. James's Hospital**

James's Street, Dublin 8, D08 NHY1

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

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### **National Rehabilitation Hospital**

Rochestown Avenue, A96 E2H2

**Tel:** 01 235 5000

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### **Clonskeagh Hospital**

Vergemount Hall, Rathmines, Clonskeagh, Co. Dublin, 6

**Tel:** 01 268 0300

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### **Mount Carmel Community Hospital**

Braemor Park, Dublin 14, D14 A5R2

**Tel:** 01 491 8000    **Email:** mountcarmel@mowlamhealthcare.com

Mount Carmel Community Hospital is a short-stay rehabilitation hospital in Churchtown, Dublin.

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### **Saint John of God Hospital**

Stillorgan, Co Dublin

**Tel:** 01 277 1400    **Admissions:** 01 277 1450

## **HSE Nursing Homes Support Office** (Dublin South, Wicklow & Kildare)

HSE Nursing Home Support Office, 2nd Floor, Beech House,  
101-103 Naas Business Park, Naas, Co Kildare, W91 RC85

**Tel:** 045 920 000

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### **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.

#### **What is the Fair Deal scheme?**

You can apply for financial support to help pay for the cost of care in a nursing home through the Nursing Homes Support Scheme, also known as the Fair Deal scheme. The Fair Deal scheme is managed by the HSE.

You must be ordinarily resident in Ireland and need long-term nursing home care to apply for the scheme. You need to be approved for Fair Deal before you can receive funding for a nursing home.

When you apply, your care needs are assessed by the HSE to confirm that long-term nursing home care is the most appropriate option for you.

Your financial situation is also assessed by the HSE to see how much you can pay towards the cost of your nursing home care. The HSE then pays the balance between what you pay for your care and what the nursing home charges for providing that care. Your assets, such as savings and property, are

taken into account when assessing your financial situation. You can apply for a Nursing Home Loan if you have assets including land or property. With a nursing home loan, you can defer paying for your care until after your death, using your assets to secure the loan.

This page explains what Fair Deal covers, how to apply, how much you pay and how to appeal a decision.

The Fair Deal covers:

- Accommodation and food
- Nursing and personal care you may need
- Laundry service
- Basic aids and appliances necessary to support you with everyday living

**HSE Freephone:** 1800 700 700

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## **Day Centres in Dún Laoghaire-Rathdown**

### **Ailt an Óir - Glenageary**

Upper Glenageary Road, Dún Laoghaire, A96 W7W9

**Tel:** 01 284 4066 **Email:** [info@dublincentralmission.ie](mailto:info@dublincentralmission.ie)

Contact: Mandy Khan or Suki Geoghegan

Clients need a referral from their public health nurse, allied health care professional or G.P.

Opening Hours: 10.30am - 3.30pm Monday to Friday.

There is a cost for this service.

# Health and Wellbeing

## Beaufort Day Centre

**Contact:** Moyra Garvey **Tel:** 01 280 9720 or 087 359 1509

**Email:** [manager@beaufortdaycentre.ie](mailto:manager@beaufortdaycentre.ie)

The Day Centre operates Monday to Thursday 10.30 - 3.30pm and Friday 10.30am - 1.30pm

Our service is Primary Health Care team referrals only.

There is a cost for this service.

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## Dalkey Day Centre

**Contact:** Nora Coogan **Tel:** 087 383 2445

**Email:** [nora.coogan@hse.ie](mailto:nora.coogan@hse.ie)

Clients need a referral from their public health nurse, allied health care professional or G.P.

Opening Hours: 10am - 3.30pm Monday to Friday.

There is a cost for this service.



Spring Wreathmaking in dlr Day Centres as part of Bealtaine festival

### **Leopardstown Day Centre**

Foxrock, Dublin 18

**Tel:** 01 295 5055    **Email:** info@lph.ie

There is a cost for this service.

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### **Mount Merrion Friendship Club**

c/o The Community Centre. North Ave Mt. Merrion, Co. Dublin, A94 R2Y4.

**Tel:** 01 288 4411

**Email:** mountmerrioncommunitycentre@gmail.com

The Friendship Club is very much the hub of the community here in Mount Merrion as all our groups are run from the Community Centre. We cover Mt. Merrion Stillorgan Kilmacud Booterstown and parts of Blackrock.

We open three days a week Wed, Thurs, and Fri for the client from 11am to 2.30pm. We have two ladies groups and a Men's Lunch club on a Thursday the only one of its kind in South Dublin. All our referrals must be made through a Public Health Nurse or other Health Care Professional. There is a cost for this service up to a maximum of 15 Euro per day if transport is provided by us for the client.

## **Park House Day Centre (Rehab)**

Park House, Stillorgan, Co. Dublin

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

Our resource centres and day services provide people with access to a range of supports and activities on a one-to-one basis and in group settings. Activities vary from centre to centre. There is a cost for this service.

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## **Saint Joseph's Shankill, Dedicated to Dementia Care**

Crinken Lane, Shankill, Co Dublin, Ireland

**Tel:** 01 282 3000 / 087 663 7917

We call the day centre 'The Club'!

All of our day centre places are referral only. The Public Health nurse will assess the person, organise the necessary documentation and send it in to us here.

We have a waiting list in place and as soon as a vacancy arises, we will make contact with the next person on the waiting list to arrange for an assessment to be carried out by us prior to offering a place.

We operate Monday - Friday 9.45 - 15.30.

We are closed weekends and bank holidays.

### **Shankill Day Centre**

**Contact:** Sinéad Delahunt

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

Shankill day centre clients require a referral from doctor and Public Health Nurse or GP. Clients need to be mobile. The day centre is a social day centre not clinical or dementia centre. There is a cost for this service.

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### **The Orchard Day Centre**

Alzheimer Society of Ireland, Temple Rd, Blackrock,

**Contact:** Mary Hickey    **Tel:** 01 207 3836 / 086 020 1668

**Email:** mhickey@alzheimer.ie

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

The day care service includes a hot lunch and transport is provided by many of our centres. There is a cost for this service.

## Integrated Care for Older People

HSE Community Healthcare East Social Care

HSE Older Person Community Support

Services that are supported by the HSE include Day Care, Meal on Wheels, Respite and Home Support Packages. Referrals for all these services can be requested through your local Primary Care Team. The home support services also has an information booklet that is available on [Hse.ie](http://Hse.ie).

HSE Community Healthcare East Older Persons Community Support are committed to ensuring that the health, welfare, rehabilitation, social and personal care needs of older people is planned, managed and delivered to the optimum of available resources within this HSE region. This is to involve working with older people, their families, carers, voluntary, statutory and private services.

Ageing is a normal physiological process and it is **not** a disease. The guiding principles for the older persons services are: dignity and respect, right to decide, you will be listened to and heard; give adequate, timely and appropriate information; services are person-centred and accessible; the independence and autonomy of each older person is promoted and the right to live in their own home. The will and preferences, beliefs and value system of each older person are of utmost importance in all the interactions with the HSE. The focus of the service shall always be on the individual older person. Access to health and social care services shall be based on clinical assessed need and provided in the most appropriate place for the older person consisting of home support, day care, respite and extended care when required with the consent of the person. These services are flexible, planned, coordinated, accessible, equitable, responsive and appropriate to the individual needs: *right service in the right*



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

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## **HSE Community Healthcare East**

### **Health and Wellbeing Division**

**Tel:** 01 268 3133

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

## Living Well - a programme for long-term health conditions

Triona McNamee, Living Well Programme Coordinator,  
Community Healthcare East, St. Broc's Business Campus,  
Clonskeagh, Dublin 6, D06 KP26

**Tel:** 087 405 3880      **Email:** LivingWellCHEast@hse.ie

Living Well is an evidence based self-management support programme open to adults living with long-term health conditions. The programme supports you to develop skills which will help you to live well with one or more long-term health conditions, such as but not limited to: COPD, Asthma, Diabetes, Stroke, Heart Conditions, Multiple Sclerosis (MS), Parkinson's, Arthritis, Cancer, Crohn's disease, Chronic Pain, Fibromyalgia and Depression.

The programme has been proven to be effective in:

- Enhancing self-efficacy
- Improving health behaviours
- Improving social engagement
- Reducing feeling of depression and anxiety

Some more programme details:

- It is a scripted programme
- It's delivered in group of 8-12 participants
- It runs 2.5 hours a week for 6 weeks
- It's delivered by 2 trained Leaders, one of whom has to be living with a long-term health condition

Everyone doing the programme receives an excellent book: “Living a Healthy Life with Chronic Conditions” as well as information and details of other self-management resources.

Programmes take place online and in the community, and technical support is given to anyone doing an online programme and practice sessions are offered to everyone in order to get familiar with the technology before the programme begins.

Please pass this information on to anyone you feel may benefit. All referrals are welcome.



Participants of the Living Well with Dementia Programme  
- Arts activities

## Living Well with Dementia Programme - HSE Community Healthcare East & Southside Partnership DLR

**Tel:** 01 268 0392

**Facebook:** [www.facebook.com/living-well-with-dementia](http://www.facebook.com/living-well-with-dementia).

**Dementia Inclusive Activities Tel:** 01 706 0100  
or 086 041 8450

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

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

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

LWwD listens to the person with dementia, their primary carers and families, in order to identify, develop and deliver effective supports. We work collaboratively with them and other key stakeholders 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. Our key message is to **See the Person not their Dementia**.

LWwD has pioneered a wide variety of supports for people with dementia and those who care for them. These include;

- Public Awareness training
- Information and education
- Family/Carer training
- Befriending
- The Memory Harbour

LWwD offers people with dementia the opportunity to participate in community-based social activities including Choir, Physical exercise, Art, Dance and Bridge groups.

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### **The Sweet Memories Choir**

The Living Well with Dementia Sweet Memories choir came about in response to a voiced need by people with dementia and their carers to have social options based in the community and was the first dementia specific choir in Ireland. The purpose of the choir is to give people an opportunity to come together in a relaxed environment and reconnect through music. Music and singing helps lift mood, provides cognitive stimulation, and supports social interaction. The choir is open to all but is specifically supportive and welcoming to people affected by dementia.

We would be delighted to welcome new members to all our activity groups. For more information, please contact Mary Spain

**Tel:** 086 0418450 **Email:** [mspain@livingwellwithdementia.ie](mailto:mspain@livingwellwithdementia.ie).

**Facebook:** [www.facebook.com/livingwellwithdementia.ie](http://www.facebook.com/livingwellwithdementia.ie)

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### **Alzheimer Society of Ireland**

National Office, Temple Road, Blackrock, Co. Dublin

**Tel:** 01 207 3800 **Email:** [info@alzheimer.ie](mailto:info@alzheimer.ie)

**Web:** [www.alzheimer.ie](http://www.alzheimer.ie)

#### **Vision and Mission**

The Alzheimer Society of Ireland is the leading dementia specific service provider in Ireland.

The Alzheimer Society of Ireland works across the country in the heart of local communities providing dementia specific services and supports and advocating for the rights and needs of all people living with dementia and their carers.

Our vision is an Ireland where people on the journey of dementia are valued and supported.

A national non-profit organisation, The Alzheimer Society of Ireland advocates, empowers and champions the rights of people living with dementia and their communities to quality support and services.

The Alzheimer Society of Ireland also operates the Alzheimer National Helpline offering information and support to anyone affected by dementia **Tel:** 1800 341 341.

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## **HSE Adult Safeguarding & Protection Team**

Ballinteer Health Centre, Ballinteer Avenue, Ballinteer, Dublin 16

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

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

### **Irish Heart Foundation**

17-19 Rathmines Road Lower, Rathmines, Dublin 6

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

**Web:** www.irishheart.ie

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

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### **Irishwheelchair Association and Disabled drivers association**

Both associations for Wheelchair badges

#### **Irish Wheelchair Association**

**Tel:** 01 818 6400    **Email:** info@iwa.ie

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#### **Disabled Drivers Association of Ireland:**

**Tel:** 094 936 4054

**Email:** info@ddai.ie & parkingcard@ddai.ie

## Irish Carers Association

**National Freephone Careline:** 1800 24 07 24

As a not-for-profit organisation, we support family carers and young carers through the provision of free emergency care planning, counselling, specialised training and education programmes, wellbeing support, crisis management, emergency respite/respite provision, advocacy, peer support groups information on rights and entitlements and many other worthwhile initiatives.

The key objective of Family Carers Ireland is to benefit the community by supporting and promoting the health, wellbeing and quality of life of family carers and those for whom they care. We strive to promote carer resilience by enabling all family carers to:

- Be confident in their individual carer roles;
- Establish and maintain a regular caring routine;
- Feel listened to, valued and not alone;
- Be able to access relevant training, guidance and support;
- Be informed of their rights and entitlements;
- Meet and speak with their peers in a safe, relaxed environment;
- Take a break from a demanding and stressful caring role;
- Know where to seek additional support from the State and their community;
- Access emergency supports when needed



## **DLR - Drug and Alcohol Task Force (DLR DAFT)**

Unit 8, Leopardstown Office Park, Burton Hall Avenue,  
Dublin 18, D18 XY47

Call 086 107 1748 | 086 107 1747 | 086 107 1745

**Email:** [info@dlrdatf.ie](mailto:info@dlrdatf.ie) / [coordinator@dlrdatf.ie](mailto:coordinator@dlrdatf.ie)

**Web:** [www.dlrdatf.ie](http://www.dlrdatf.ie)

The DLR – DATF is supported by government to provide the following services & activities:

- Treatment interventions (Adults)
- Family support
- Family interventions and support
- Youth prevention
- Research, development and training
- Hidden Harms

### **Our Lady's Hospice & Care Services – Blackrock**

Sweetman' s Avenue, Blackrock, Co Dublin, A94 F8D9

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

**Web:** www.olh.ie

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

Community Palliative Care (traditionally know as Home Care)  
Day Services

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

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

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

## Southside Partnership DLR - Social Prescribing for Health & Wellbeing

What would it be like to have support to improve your health and wellbeing? 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.

The DLR 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.

### 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. Using resources within the community may help you to feel more connected during this difficult time and it may support you in minding your mental and physical health.

### Benefits from Participating in Social Prescribing

Provides you with opportunities to:

- Learn a new skill or participate in a new activity
- Improve your mental and physical health
- Meet new people
- Receive social support from others
- Increase self-confidence and self-esteem
- Become involved in your community

### Examples of Activities / Supports you could link in with:

- Physical Activity Classes
- Arts & Creativity Classes
- Self-Help Supports
- Learning New Skills
- Support Groups & Support to access Services

## Volunteering with Social Prescribing:

Participate in Community Groups

### Could you benefit from this Service?

For further enquiries please contact our DLR Social Prescribing Team:

**Contact:** Lisa Sieger-Jamison

**Tel:** 087 737 0372    **Email:** [lisa.sieger@sspship.ie](mailto:lisa.sieger@sspship.ie)

**Contact:** Eileen Barry

**Tel:** 087 356 3035    **Email:** [eileen.barry@sspship.ie](mailto:eileen.barry@sspship.ie)

The service is available through Self-referral, participating GPs, St. Michael's Hospital and other healthcare providers in Dún Laoghaire-Rathdown.

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## Southside Partnership DLR - Senior Wellness Activity Programme – (SWAP):

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,

**Contact:** Ben Stapleton

**Tel:** 087 359 1484    **Email:** [ben.stapleton@sspship.ie](mailto:ben.stapleton@sspship.ie)

## **Mental Health & coping with life's changes**

We experience many changes as we grow older such as retirement, bereavement, decline in physical function, loneliness and isolation, moving from home to care and these can be very stressful, especially if you don't feel prepared or supported.

If you are worried about a mental health problem ...  
Talk about it

Many of us feel isolated and overwhelmed by problems sometimes. Talking about how you feel will help. Confide in someone you trust and if you feel there is nobody to talk to, call a helpline and ask for help.

While being diagnosed with a mental illness can be frightening, many people say that being able to put a name to the symptoms you are feeling can be comforting. Knowing what you are experiencing is the first step to recovery. Sorting out whom to talk to and where to get help can be very confusing. The best place to start is often by speaking with your doctor, who can refer you on to the most appropriate service. Bring a family member or friend with you, if it makes you feel more comfortable.

Whatever you do, don't be afraid to talk about how you are feeling and ask for help. Look after yourself and look out for others. If you are in this situation or are aware of someone in this situation, there are many organisations that can provide help. Take the first step and reach out.

# Health & Wellbeing

## Helplines

**HSE - YourMentalHealth information line is a phone service you can call any time.**

**Freephone:** 1800 111 888, any time

A member of our team can tell you about the mental health supports and services available to you and how to access different services provided by the HSE and the services funded by the HSE.

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## Aware

Information, support and peer groups for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions. Support also for friends and family members.

**Freephone:** 1800 80 48 48 - 10am to 10pm every day

**Email:** supportmail@aware.ie **Web:** www.aware.ie

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## Mental Health Ireland

Mental Health Ireland is Ireland's oldest mental health charity and aims to

- promote and enhance mental health, wellbeing and recovery for all individuals and communities
- support people with lived experience of mental health challenges and their supporters and family members in their recovery.

**Tel:** (01) 284 1166 **Email:** info@mentalhealthireland.ie

**Web:** www.mentalhealthireland.ie

## **Samaritans**

Samaritans services are available 24 hours a day, free of charge for confidential, non-judgmental support providing everything from a calming chat to immediate support for people going through mental health or emotional crisis.

**Freephone:** 116 123, any time

**Free-text HELLO** to 50808 to chat with a trained volunteer, any time.

**Email:** [jo@samaritans.ie](mailto:jo@samaritans.ie) **Web:** [www.samaritans.ie](http://www.samaritans.ie)

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## **Organisations that offer bereavement resources and support**

The 'Bereavement: When someone close dies' booklet describes practical and emotional issues that you may face when someone close dies. This booklet and other free leaflets on grief from the HSE and the Irish Hospice Foundation are available in your Primary Care Centre and to download from [www.healthpromotion](http://www.healthpromotion)

### **The Irish Hospice Foundation**

The Irish Hospice Foundation Free Bereavement Support Line is a national freephone service

**Tel:** 1800 80 70 77 available 10am to 1pm, Monday to Friday.

- We aim to provide a confidential space for people to speak about their experience or to ask questions relating to the death of someone they cared about.
- We will listen to what a person says about what has happened.
- We will do our best to provide comfort and emotional support.
- We will provide any information that might help the caller, including information on practical supports.
- We will provide support for employers or professionals who want to inform the care their organisation can offer to bereaved colleagues.

## Widow.ie

Widow.ie is an online information and self-help resource for, and by widows, widowers and bereaved life partners. The purpose of the community forum is to help people like you who have lost a loved one with peer support, mutual advice and encouragement.

**Web:** [www.widow.ie](http://www.widow.ie)

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## Supports for people bereaved by suicide

### HUGG

Information and support groups for anyone over 18 years who has lost a loved one to suicide. Services are provided by people who have been bereaved by suicide.

**Leave us a message** on 01 513 4048  
(monitored answering machine)

**Email** [support@hugg.ie](mailto:support@hugg.ie) **Web:** [www.hugg.ie](http://www.hugg.ie)

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### Pieta

Free individual counselling, therapy and support for people who self-harm or are thinking about suicide and people who have been bereaved by suicide.

**Freephone** 1800 247 247, any time

**Text HELP** to 51444 - standard message rates apply

**Web:** [www.pieta.ie](http://www.pieta.ie)

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## Counselling services

Talk to your GP about counselling services.

If you are over 18 years of age and have a medical card, your GP can refer you for free counselling through the Counselling in Primary Care (CIPC) Scheme. You can also access counselling privately.





# Safety and Security

## Garda Older Persons Association

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

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

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

## Garda Station's in Dún Laoghaire-Rathdown:

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

## Garda Mobile Support Service

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

## **GOPA (Garda Older Persons Association) Senior Alert Scheme**

Call Margaret **Tel:** 01 289 7213

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.

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## **Local Policing Fora (LPF)**

**dlr Community & Cultural Development Department**

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

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

**Further information on Local Policing Fora is available on**  
[www.dlrcoco.ie/sites/default/files/atoms/files/final\\_local\\_policing\\_fora](http://www.dlrcoco.ie/sites/default/files/atoms/files/final_local_policing_fora)

# Safety and Security

**dlr Public Participation Network Web:** [www.dlrppn.ie](http://www.dlrppn.ie)

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

- Loughlinstown/Shankill & Ballybrack
- Sandyford/Stepaside
- Central Dún Laoghaire
- Dundrum/Stillorgan LPF

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

## Getting involved

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

- Tenants and residents groups
- Community representatives
- Ethnic and minority groups
- Youth groups

## Raising issues

If you would like to sit on a Local Policing Forum you should be nominated by your Community group to represent them and your group should be registered with the Public Participation Network. Local input is very important consideration of the LPF. Members of the public can raise an issue by contacting their sitting County Councillor. Alternatively, please contact the Community and Cultural Development Department of Dún Laoghaire-Rathdown County Council.

## **dlr Joint Policing Committee (JPC)**

Established in 2009 the dlr Joint Policing Committee is intended to be a forum for discussion and a means of building confidence, trust and safety in the County. In doing this, the dlr JPC seeks to prioritise key community policing policy issues and identify initiatives which will contribute to improved community policing and prevention or reduction of future crime in Dún Laoghaire-Rathdown. The dlr JPC is a partnership between Dún Laoghaire-Rathdown County Council, An Garda Síochána and the Community. The membership comprises of senior Garda Officers, elected Councillors and Oireachtas members and representatives of community & voluntary groups / Public Participation Network (PPN)

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## **Crime Prevention Advice**

### **Property**

Mark your property and record serial numbers where appropriate. UV markers and/or special etching tools can be used. Use a unique reference number such as your initials and date of birth. Seek advice about marking high value property e.g. antiques, paintings etc.

It is also a good idea to photograph your property. Photograph items such as jewellery against a ruler or some other common household item (for size reference).

# Safety and Security

## Fraud/Scams

If you are contacted by persons stating that they have your personal details and/or looking for bank account details you should not engage or provide any personal information. State agencies, such as An Garda Síochána, the Health Service Executive, Revenue will not cold call you looking for personal information such as PPS numbers or bank account details. **DO NOT** engage with the caller - **DO NOT** click on any links in emails or text messages - Screenshot the email, text message or other communication.

Talk to your family and friends and only pass on information from credible and legitimate sources. If you realise you have revealed your bank details to a fraudster, contact your bank immediately, inform them and seek advice on securing the funds in your accounts. If you have revealed your PPS number, contact the Department of Social Protection.



Community Policing - supporting the community

## Cash/Financial Security

Do not keep large amounts of cash in your home. Use banks, building societies, credit unions, post offices etc.

Keep all credit/debit cards in a secure location as well as financial statements, records etc.

Out-of-date cards should be destroyed.

When out and about, avoid carrying large sums of money.

## Safety & Security at home:

### Smoke Alarms

Smoke alarms are very important for early warning – smoke will not wake you up in fact it will make you sleep more deeply.

Smoke alarms buy you time to allow you and your family to get safely out of the house. At least two smoke alarms should suit a standard two-storey dwelling.

These should be located on the landing of each floor. Alarms must be positioned at the highest point and as close to the centre of the ceiling as possible.

They should be tested weekly by pressing the test button.

### Carbon Monoxide Detectors (CO)

A carbon monoxide detector or CO detector is a device that detects the presence of the carbon monoxide (CO) gas in order to prevent carbon monoxide poisoning. CO is a poisonous colourless, tasteless and odourless gas given off by any appliance which burns a fossil fuel such as gas, coal or oil. It can enter your home if your appliance is faulty, or the room is not properly ventilated, or if the chimney or flue is blocked. They are readily available in any hardware store.

## General Fire Safety In Your Home - Fire Prevention Key Points

- Take extreme care when cooking chips / fried food. Never leave a chip-pan unattended.
- Check electric blankets regularly for wear and tear / damage and ensure they are used according to instructions.
- Use an effective spark guard on open fires especially before going to bed.
- Do not leave newspapers, clothes or material too close to a fire or heaters.
- Switch off and unplug all non-essential appliances when not in use.
- Provide large, stable ashtrays in the event of smoking – a burning cigarette end can smoulder for hours before igniting and spreading.
- Never smoke in bed.
- Check all leads and plugs for fraying or burning and replace if necessary. Do not overload sockets.
- Get a qualified electrical contractor to carry out installation and repairs to electrical appliances and fittings. Don't take chances.



# LifeLong Learning



# Lifelong Learning

## **D.A.T.E.**

5th Floor, Dundrum Town Centre, Sandyford Road, Dublin 16

**Tel:** 01 296 4322 (9am -1pm)  
01 298 9283 (after 2pm)

**Email:** [date@ddletbaes.ie](mailto:date@ddletbaes.ie)

D.A.T.E. is a local voluntary committee working with D.D.L.E.T.B since 1984

We provide a wide and varied range of Morning Classes in a relaxed and welcoming atmosphere for adults from Dundrum and surrounding areas.

Classes are held in the Adult Education Centre on 5th Floor, Dundrum Town Centre.

A wide variety of subjects are available from late September every year such as Spanish, Italian, History, Photography, History and Appreciation of Art, Creative Writing, Watercolours, Oils, Pilates, Crafts, Tai Chi, Bridge classes, Gaeilge and many more.

Please check our website at [www.acenetwork.ie](http://www.acenetwork.ie) for more information, over the summer, as we will update it regularly.

Looking forward to welcoming you to continue Lifelong Learning!!

## DUBLIN & DÚN LAOGHAIRE EDUCATION TRAINING BOARD (DDLETB)

### Adult Education Service - Adult Education Guidance Service

The Adult Guidance Service is an educational guidance and information service for all adults and is for learners of all backgrounds, identities and abilities, at all stages in their lives.

The aim is to support adults who are:

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

The Following Services are available:

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

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

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### Adult Guidance Service: Loughlinstown

**Tel:** 01 204 3676

**Email:** [learningdunlaoghaire@ddletbaes.ie](mailto:learningdunlaoghaire@ddletbaes.ie)

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

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

# Lifelong Learning

## Adult Guidance Service: Dundrum

Adult Education Service, Sydenham Road, Dundrum, Dublin 14

**Tel:** 01 298 9283

**Email:** [adulteducationservicedundrum@ddletbaes.ie](mailto:adulteducationservicedundrum@ddletbaes.ie)

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

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## Adult Education Service - Key Skills

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

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

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

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

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

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

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

## Adult Education Service - Community Education

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

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### Adult Education Service Dundrum

Sydenham Road Dundrum, Dublin 14, D14 YY56

**Tel:** 01 298 9283    **Email:** [learningdundrum@ddletbaes.ie](mailto:learningdundrum@ddletbaes.ie)

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### Adult Education Service Dún Laoghaire

Loughlinstown Training Centre, Loughlinstown Drive  
(off Wyattville Road), Loughlinstown, Co Dublin, A96 YC66

**Tel:** 01 204 3676    **Email:** [learningdunlaoghaire@ddletbaes.ie](mailto:learningdunlaoghaire@ddletbaes.ie)



John O'Neill, dlr Older People's Council with ACORN Age-Friendly Tablet

## COLLEGES OF FURTHER EDUCATION

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

### Dún Laoghaire Further Education Institute

17 Cumberland Street, Dún Laoghaire, Co. Dublin

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

**Web:** www.dfei.ie

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### Sallynoggin College of Further Education

Pearse Street, Sallynoggin, Co. Dublin

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

**Web:** www.scfe.ie

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### Blackrock Further Education Institute

Main Street, Blackrock, Co. Dublin

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

**Web:** www.bfei.ie

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### Cabinteely Community School

Johnstown Road, Dublin 18

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

### **Stillorgan College of Further Education**

Old Dublin Road, Stillorgan, Co. Dublin

**Tel:** 01 288 0704    **Email:** [admin@stillorgancollege.ie](mailto:admin@stillorgancollege.ie)

**Web:** [www.stillorgancollege.ie](http://www.stillorgancollege.ie)

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### **Dundrum College of Further Education**

Main Street, Dundrum, Dublin 14

**Tel:** 01 298 5412    **Email:** [info@cfedundrum.com](mailto:info@cfedundrum.com)

**Web:** [www.fetdundrum.ie](http://www.fetdundrum.ie)

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### **Mature Students in Further Education:**

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

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

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

## Higher Education Links Scheme (HELs)

The Higher Education Links Scheme (HELs) gives learners the opportunity to use their QQI Level 5 or 6 major award to apply, through the CAO, for a place in the first year of a higher education programme.

Programmes leading to Level 5 and Level 6 Major Awards are available through providers who have programmes validated with QQI. Please view the Provider and Programmes Directory for details of providers offering programmes of education and training. Please note, application to participate in the programme is made directly to the provider.

**Web:** [www.qqi.ie](http://www.qqi.ie)

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## Access Programmes to Higher Education:

Access Courses are specially designed courses which help adult learners prepare for university and third level institutes. Sometimes called Return to Learning, or Foundation Courses, University / Third Level Access Courses equip mature students with the skills and confidence required to take the next step to selected degree programmes.

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## DCU - Dublin City University

**Tel:** 01 700 5000 **Web:** [www.dcu.ie](http://www.dcu.ie)



## Dún Laoghaire Institute of Art, Design and Technology (IADT)

Kill Avenue, Dún Laoghaire, Co. Dublin

**Tel:** 01 239 4000   **Email:** access@iadt.ie   **Web:** www.iadt.ie

Open Learning fits around your schedule and gives you all the benefits of being a full-time student, without the full-time commitment. Open Learning allows you to select the modules you wish to study, set the pace of your study, and whether you undertake the module assessment. Open Learning is for you if you:

Need a more flexible study schedule

Don't yet qualify for entry to an undergraduate degree

Want to get a feel for academic life before starting a full degree

Are interested in one or more of the module topics available and want to learn more from experts in that field.

You can browse all of the modules offered to Open Learners in IADT and our partner institutions in the Open Learning brochure, available at [www.iadt.ie](http://www.iadt.ie)

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## Trinity Access Programmes

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

**Tel:** 01 896 2754   **Email:** mature.student.officer@tcd.ie

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## TU Dublin - Technological University Dublin

**General Enquiries:** 01 220 5000   **Email:** courses@tudublin.ie

**Web:** tudublin.ie

# Lifelong Learning

## University College Dublin

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

**Tel:** 01 716 7123    **Email:** [all@ucd.ie](mailto:all@ucd.ie)

**Web:** [www.ucd.ie/all/cometoucd](http://www.ucd.ie/all/cometoucd)

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## UCD University Access Programmes

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

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

**Fees:** Fees apply

## UCD Mature Years Entry

University College Dublin, Belfield, Dublin 4

**Tel:** 01 716 7777

**Mature Student Adviser:** Emma Somers

**Tel:** 01 716 7542    **Email:** emma.somers@ucd.ie

For many mature students the preferred route to Higher Education is through a University Access Programme while others begin by taking a Lifelong Learning or UCD Open Learning course. They may also take a related course in a College of Further Education before progressing to a degree programme. There are a range of study options to suit the adult learner, for example, some degree courses are offered on a part-time basis and for those who do not want to commit to a degree programme there are many interesting courses that can be taken purely for enjoyment in a relaxed and supportive environment.

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## UCD Open Learning

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

**Web:** [www.ucd.ie/all/cometoucd/](http://www.ucd.ie/all/cometoucd/)

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

# Lifelong Learning

## UCD Lifelong Learning

**Tel:** 01 716 7123    **Email:** [all@ucd.ie](mailto:all@ucd.ie)

**Web:** [www.ucd.ie/all/cometoucd/](http://www.ucd.ie/all/cometoucd/)

Our Lifelong Learning Programme is a series of courses that are participative, engaging, and facilitated by experts in their field. Lifelong Learning courses cover a broad range of topics including Languages, Art Appreciation, Irish Studies, History, Literature, Philosophy, and Writing. They are open to all adult learners regardless of previous educational experience and provide a unique opportunity to explore a subject without examinations. All courses are developed in collaboration with experienced tutors, UCD Schools, and the wider community.

## U3A stands for "University of the Third Age"

**Web:** [www.ageaction.ie](http://www.ageaction.ie)

University, in this sense, means a gathering of people. It is not a college building, but simply a group of people interested in following a common programme of activities. No educational or professional qualifications are required (and there are no exams!) The "Third Age" is the time in life when your career may be coming to an end, and/or parental and caring responsibilities have lessened. Third-agers have more time to explore new opportunities - both educational and social. U3A members organise their own activities and learn together. They draw on the skills, knowledge, and experience of one another - everyone teaches and everyone learns. Activities that U3A groups in Ireland have organised include talks and guest lectures, local history, wildlife, tai chi, creative writing, stress management, gardening, computers, visits, trips and festivals and many other active ageing and learning opportunities and activities. U3A groups have also participated in a variety of projects and initiatives in collaboration with universities and other further Education and Training institutes. There are groups across the country and numbers are constantly growing.

### U3A Dún Laoghaire Dalkey Killiney DLDK

Meeting regularly in St Joseph's Parish Centre, Glasthule Road, A96 FW66

**Email:** [dldk.u3a@gmail.com](mailto:dldk.u3a@gmail.com)

**Web:** [www.u3adldk.ie](http://www.u3adldk.ie)

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### U3A Blackrock

We meet weekly on Fridays from 11.00 to 12.30.  
We don't meet during June to August incl.

**Tel:** 01 286 8146 **Email:** [macraoisc@gmail.com](mailto:macraoisc@gmail.com)

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### U3A Glasthule Glenageary

Meeting Regularly in St Joseph's Parish Centre Glasthule Road, Glasthule, A96 FW66

**Email:** [glasglenu3a@gmail.com](mailto:glasglenu3a@gmail.com)

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### U3A Monkstown

We meet approximately every two weeks in Newtownpark Pastoral Centre, in the grounds of Guardian Angels Church, Newtownpark Avenue, Blackrock, Co. Dublin at 10.30am

**Email:** [u3a.monkstown@gmail.com](mailto:u3a.monkstown@gmail.com)

# Citizens Entitlements and Services



## Dún Laoghaire Rathdown County Council Housing Grants

The Housing Adaptation Grants for Older People and People with a Disability are available to help older people and people with a disability living in a privately-owned home. These grants are used to carry out works to make the property more suitable for the person with a disability who is a member of the household.

All applications for grant aid under the Housing Adaptation Grants Scheme are assessed based on household means. To be considered eligible for a grant, you must:

- have the grant application approved before the work starts on the home
- live in the home when the work is completed
- have your tax affairs in order
- show that the Local Property Tax for the home is in order

We recommend that you have a clear service charges account when applying for a Housing Adaptation Grant to ensure the payment of any grant is not affected.

### Housing Adaptation Grant for People with a Disability

This grant is for people with a physical, sensory, mental health or intellectual disability. It can be used for works such as:

- level access showers,
- accessible bathrooms,
- access ramps,
- stair lifts,
- extensions



Your home can qualify for this grant if it is one of the following:

- privately owned (by you or your family),
  - rented from a landlord with a current tenancy agreement registered with the Residential Tenancies Board (RTB) and which is dated and signed by the landlord. You must submit written approval of the landlord to make the changes,
  - provided by an Approved Housing Body with their agreement,
  - a communal residence with written approval of the owner.
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### **Mobility Aids Grant**

This grant is for older people and/or people with a disability who find it hard to move around their home. It aims to fast track grant aid to cover a variety of works to address mobility issues such as:

- grab rails
- stair lifts
- access ramps
- level access showers
- other minor works which are required to facilitate the mobility needs of the applicant

Your home can qualify for this grant if it is one of the following:

- privately owned (by you or your family),
- rented from a landlord with a current tenancy agreement registered with the Residential Tenancies Board (RTB) and which is dated and signed by the landlord. You must submit written approval of the landlord to make the changes,
- provided by an Approved Housing Body with their agreement,
- a communal residence with written approval of the owner.

## Housing Aid for Older People Grant

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

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

Useful links

Revenue: [www.revenue.ie](http://www.revenue.ie)

Department of Social Protection: [www.welfare.ie](http://www.welfare.ie)

VAT refunds from Revenue Commissioners (Form 61A):  
[www.revenue.ie](http://www.revenue.ie)

Sustainable Energy Authority of Ireland: [www.seai.ie](http://www.seai.ie)

## Dún Laoghaire-Rathdown Volunteer Centre

Dún Laoghaire-Rathdown Volunteer Centre

Suite 1, 6/7 Marine Road, Dún Laoghaire, Co Dublin, A96 P9H6

**Tel:** 01 441 4444 **Email:** [info@volunteerdlr.ie](mailto:info@volunteerdlr.ie)

**Web:** [www.volunteerdlr.ie](http://www.volunteerdlr.ie)

### What is Volunteering?

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

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

Another great way to get involved is the newly launched DLR Community Volunteers. This initiative run by the Volunteer Centre in partnership with the Dún Laoghaire Rathdown County Council involves volunteers at local community events and in response to urgent community needs. Anyone who is interested can sign up to volunteer at a time that suits them. Volunteering with the Community Volunteers is a great way to meet new people, gain new skills and try out volunteering.

If you'd like to find out more about volunteering or the Community Volunteers, do get in touch. We are available by phone, email or in person.

# Citizens Entitlements and Services

## CITIZENS INFORMATION

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

### Dún Laoghaire Citizens Information Centre

Marina House, Clarence Street, Dún Laoghaire,  
Co. Dublin, A96 P6P7

**Tel:** 0818 077 4000    **Email:** [dunlaoghaire@citinfo.ie](mailto:dunlaoghaire@citinfo.ie)

**Web:** [www.citizensinformation.ie](http://www.citizensinformation.ie)

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

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### Dundrum Citizens Information Centre

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

**Tel:** 0818 077 430    **Email:** [dundrum@citinfo.ie](mailto:dundrum@citinfo.ie)

Hours: Mon - Fri 9:30 to 4:30pm

## Department of Social Protection

Áras Mhic Dhiarmada, Store Street, Dublin 1, D01 WY03

**Tel:** 01 704 3000    **Email:** info@welfare.ie

**Web:** www.gov.ie/welfareandwork

A range of payments are made to older people by the Department of Social Protection (DSP) and the Health Service Executive. If you are unsure whether or not you would qualify for a payment, you should apply anyway.

Generally payments are made up of a personal payment for yourself and extra amounts for your dependent spouse, civil partner or cohabitant and any dependent children. A cohabitant is a person living in an intimate and committed relationship with a person of the same or opposite sex who is not that person's spouse, civil partner, or a close relative.

You should apply to the Department of Social Protection for your pension at least **3 months in advance**.

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## Social insurance payments

You need enough PRSI contributions to qualify for these payments. Apply to the Department of Social Protection.

# Citizens Entitlements and Services

## State Pension (Contributory)

Social Welfare Services, Department of Social Protection,  
College Road, Sligo, Co. Sligo, F91 T384

**Tel:** 071 915 7100 | 0818 200 400

**Email:** [state.con@welfare.ie](mailto:state.con@welfare.ie) **Web:** [www.gov.ie/SPC](http://www.gov.ie/SPC)

The State Pension (Contributory) is payable from the age of 66. You are allowed to have income from any other source while you receive this pension, but both the income and the pension are taxable. There are a number of pro-rata State Pensions (Contributory) which are paid at a lower rate. These were introduced to deal with issues that arose as a result of people paying different types of social insurance contributions or not paying contributions for various reasons. Under the National Pensions Framework, a number of other changes are planned to the qualifying conditions for the State Pension (Contributory). These changes do not affect the State Pension (Non-Contributory).

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## Widow's, Widower's or Surviving Civil Partner's (Contributory) Pension

Department of Social Protection, College Road, Sligo, Co Sligo,  
F91 T384

**Tel:** 071 915 7100 | 0818 200 400

**Email:** [widows.con@welfare.ie](mailto:widows.con@welfare.ie)

You may be eligible for Widow's, Widower's or Surviving Civil Partner's Contributory Pension if you are widowed or a surviving civil partner, have not remarried or entered into a new civil partnership, and are not cohabiting. You can transfer to the State Pension (Contributory) at the age of 66.

## Means-tested payments

Any means you may have, such as weekly income or savings, are taken into account for these payments, but not your own home. You must also satisfy the habitual residence condition. Apply to the Department of Social Protection.

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## State Pension (Non-Contributory)

Department of Social Protection, College Road, Sligo, Co. Sligo, F91 T384.

**Tel:** 071 915 7100 | 0818 200 400

**Email:** [State.NonCon@welfare.ie](mailto:State.NonCon@welfare.ie) **Web:** [www.gov.ie/SPNC](http://www.gov.ie/SPNC)

The State Pension (Non-Contributory) is a payment for people aged 66 or over who do not qualify for a State Pension (Contributory).

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## Widow's, Widower's or Surviving Civil Partner's Non-Contributory Pension

If you are a widowed person or a surviving civil partner who is not entitled to a Widow's, Widower's or Surviving Civil Partner's Contributory Pension, has not remarried or entered into a new civil partnership, has no dependent children and is not cohabiting, you may be eligible for a Widow's, Widower's or Surviving Civil Partner's Non-Contributory Pension. This is a means-tested payment. At age 66 you transfer to the State Pension (Non-Contributory).

## Private pensions

### Occupational and personal pensions

Occupational pensions are organised by employers to provide pensions to employees on retirement or to surviving dependants on the death of an employee. Personal pensions or Personal Retirement Savings Accounts (PRSAs) are organised individually by self-employed people or employed people who do not have an occupational pension scheme.

You need to deal directly with the pension provider to find out exactly what benefits your pension gives you. The Pensions Authority is the regulatory body for occupational pensions and PRSAs. If you have a complaint, the Authority will advise you about your rights. The Pensions Ombudsman investigates and decides on complaints relating to occupational pensions and PRSAs. Generally, you may have income from other sources, for example, from work, if you are receiving a pension. There are some restrictions on people getting both a pension and employment income from the public sector – you should check with the pension provider.



## Other social welfare payments

Apply to the Department of Social Protection for these payments.

### Increase for Living Alone

The Increase for Living Alone is a supplementary payment for people on social welfare pensions who are living alone. It is also available to people under the age of 66 who get certain other payments from the Department of Social Protection.

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### Aged 80 increase

If you are getting a social welfare pension, you automatically get an increase in your pension when you reach 80 years of age.

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### Free travel

Social Welfare Services, Department of Social Protection, College Road, Sligo, Co. Sligo, F91 T384

**Tel:** 0818 200 400 | 071 915 7100

**Email:** [freetravelqueries@welfare.ie](mailto:freetravelqueries@welfare.ie)

**Web:** [www.gov.ie/freetravel/](http://www.gov.ie/freetravel/)

If you are over the age of 66 or getting a carers' or certain other social welfare payments, you can get a Free Travel Pass, entitling you to free travel at any time on bus, road, rail and DART services operated by Bus Átha Cliath, Bus Éireann, Iarnród Éireann, LUAS services, the Aran Islands ferry service and on certain private services which have opted into the scheme. You can also use your Free Travel Pass on any of the 34 schemes under the Rural Transport Initiative. People who are entitled to free travel are also entitled to have their spouse/partner travel free with them or may be entitled to a Companion Pass on medical grounds. The Free Travel Scheme also covers public transport services in Northern Ireland for people over 66 years of age who have a Senior SmartPass Card.

# Citizens Entitlements and Services

## Irish Wheelchair Association

**Tel:** 01 818 6400

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

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## Disabled Drivers Association of Ireland

**Tel:** 094 936 4054

**Email:** [info@ddai.ie](mailto:info@ddai.ie) & [parkingcard@ddai.ie](mailto:parkingcard@ddai.ie)

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## National Fuel Scheme

Department of Social Protection, College Road, Co Sligo, F91 T384

**Tel:** 71 915 7100 | 0818 200 400

**Email:** [NationalFuelscheme@welfare.ie](mailto:NationalFuelscheme@welfare.ie)

The National Fuel Scheme is a means-tested payment to help people who cannot afford their own heating costs. You may qualify if you get certain payments from the Department of Social Protection or the EU equivalent.

## Carers

If you are providing full-time care to someone who is ill or incapacitated, you may qualify for a carer's payment. More information is available in our document on payments to carers.

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## Working in retirement

If you are getting a means-tested payment, working or being self-employed affects the amount of that payment. You should check with the Department of Social Protection before taking up work to see what the effect will be. You can have up to €200 earnings from insurable employment without affecting your State Pension (Non-Contributory).

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## Household Benefits Package

Department of Social Protection, College Road, Sligo, Co. Sligo, F91 T384

**Tel:** 0818 200 400 | 719 157 100

**Email:** [householdbenefits@welfare.ie](mailto:householdbenefits@welfare.ie)

The Household Benefits Package includes the Electricity or Natural Gas Allowance and a Free TV Licence. If you are aged 70 or over, you qualify regardless of your income or who lives with you. The scheme may also be available to people aged 66 and over who get certain social welfare payments or whose income is below certain limits. Apply to the Department of Social Protection.

# Citizens Entitlements and Services

## Community Welfare Service

Dublin 14/16 - Community Welfare Service

Nutgrove Intreo Centre, Nutgrove Shopping Centre, Dublin 14

**Tel:** 0818 405 060

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

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## Dublin 18 / South County Dublin Intreo Centre Dún Laoghaire

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

**Tel:** 0818 405 060

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

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

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## HSE Asylum Seekers and New Communities Unit

77 Upper Gardiner Street, Dublin 1 **Tel:** 01 858 5100

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

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## Homeless Persons Unit Women & Family Team

77 Upper Gardiner Street, Dublin 1 **Tel:** 01 673 2030

**Clinic times:** Mon - Fri: 10am - 11.30am and 2pm - 3.30pm

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## Homeless Persons Unit Men's Team

Department of Social Protection, North Cumberland Street, Dublin 1

**Tel:** 01 673 2575 | 1800 724 724

**Email:** homeless@dublincity.ie

**Appointment Service:** Monday to Friday 1800 724 724

## Medical Cards

The Medical Card Scheme entitles certain people to free public health services. To be eligible, your income must be below a certain level. If you do not qualify for a card on income grounds you may get a GP Visit Card.

There are different guidelines for the means test depending on whether you are under or over 70 years of age. In the case of a couple, the assessment is based on the age of the older person.

## Emergency Medical Cards

An emergency medical card is a medical card that is issued without a means test in certain emergency situations.

You can get an emergency medical card if you:

- Have a terminal illness and have been told you have 24 months or less to live or
- Are receiving end-of-life treatment or
- Need urgent ongoing care and urgently need a medical card

## Where to apply for a medical card:

Client Registration Unit, 4th Floor, HSE PCRS, Finglas, Dublin 11

**Tel:** 051 595 129    **Locall:** 0818 22 44 78

**Email:** [clientregistration@hse.ie](mailto:clientregistration@hse.ie)

**Web:** [www.medicalcard.ie](http://www.medicalcard.ie)

## Long-Term Illness Card

If you have a medical condition covered by the Long-Term Illness Scheme, you can get free drugs, medicines, and medical and surgical appliances for the treatment of that condition.

The Long-Term Illness Scheme does not depend on your income or other circumstances. You may also be eligible for a Medical card or GP visit card, depending on your circumstances.

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## Drugs Payment Scheme

Under the Drugs Payment Scheme, you and your family only have to pay a maximum of €80 each month for approved prescribed drugs and medicines, and certain appliances. This includes incontinence wear.

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## Treatment Benefit Scheme

Treatment Benefit is a scheme run by the Department of Social Protection (DSP) to provide a limited financial contribution towards dental, optical and aural services.

The Treatment Benefit Scheme is available to retired people who have the required number of PRSI contributions.

Under the Treatment Benefit Scheme, you may qualify for:

- Dental benefit (free dental exam every year)
- Optical benefit (free eyesight test, once every 2 years).
- Hearing aids (up to €500 per hearing aid or €1000 for both every 4 years)
- Hair piece or wig (hair loss from disease or treatment of disease)

## An Post Services - For the Older Person

Helping customers collect their social welfare payments

If you can't get to the post office to collect your pension, or any other social welfare payment, you can allow somebody else, known as a temporary agent, to collect it. In addition, post offices will hold selected payments for up to 90 days, and selected payments are now every week.

Request a check in service.

Our customers can request that a member of our team call to the front doors of older and vulnerable customers along their delivery route, this is particularly useful for those who are living alone in isolated areas. They will check on their well-being and check if they are in need of any support. In the event that the individual requires support, the An Post employee will recommend the individual call ALONE or will call ALONE on their behalf.

ALONE's provide an integrated system of coordination of support, practical supports, befriending, phone services, social prescribing, housing with support and assistive technology

An Post Postmen and women will:

Always wear an An Post uniform and carry An Post ID

Newspaper delivery service

You can now buy a subscription to a daily newspaper of your choice. We will deliver the paper daily – except for weekend papers which will be delivered on Monday. Delivery is free for elderly and vulnerable customers.

# Citizens Entitlements and Services

## Decision Support Service (DSS)

Decision Support Service, Waterloo Exchange, Waterloo Road, Dublin 4, D04 E5W7

**Tel:** 01 211 9750 **Email:** [queries@decisionsupportservice.ie](mailto:queries@decisionsupportservice.ie)

**Web:** [www.decisionsupportservice.ie](http://www.decisionsupportservice.ie)

The Assisted Decision Making (Capacity) Act 2015 is changing the way that adults who have difficulty making decisions without help are supported. The Decision Support Service has been set up at the Mental Health Commission and promotes the rights and interests of people who may need support with decision-making. We register decision support arrangements and supervise decision supporters. You can find information about the Decision Support Service on the website.

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## Society of St. Vincent de Paul

The local branches of SVP are in the community throughout the Dún Laoghaire-Rathdown county area. Our main area of work is person to person contact with people who need help and assistance. When someone contacts us with a request for help, they can expect to receive a visit from two friendly SVP volunteers who are there to listen and see what help or information we can offer.

Our volunteers spend time talking with those who request our help to ensure we fully understand the issues they are facing, which enables us to provide the best support possible. We may be able to offer some practical or financial assistance towards day to day essentials, or we may offer information about other relevant services. SVP assistance is offered in a spirit of support and friendship by volunteers from all walks of life and all our visits are dealt with in a completely confidential and non-judgemental manner. Please contact us by phoning our information team to arrange a visit.

**Tel:** 01 855 0022 **Web:** [www.svp.ie](http://www.svp.ie)



## MABS Helpline

**Tel:** 0818 07 2000 Monday to Friday from 9am to 8pm.

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

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

MABS is funded and supported by the Citizens Information Board.

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## Dún Laoghaire MABS

Ground Floor, Marina House, Clarence Street, Dún Laoghaire, Co. Dublin, A96 V803

**Tel:** 0818 07 2530 **Email:** [dun\\_laoghaire@mabs.ie](mailto:dun_laoghaire@mabs.ie)

**Opening Hours:** Monday - Friday 9am-1pm and 2pm-5pm  
(Closed during lunch) Wheelchair Accessible

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## Dundrum / Rathfarnham MABS

1A Upper Kilmacud Road, Dundrum, Dublin 14, D14 EY13

**Tel:** 0818 07 2310 **Email:** [dundrum@mabs.ie](mailto:dundrum@mabs.ie)

**Opening Hours:** Monday - Friday 9:30am - 4:30pm  
(open during Lunch)

# Citizens Entitlements and Services

## **dlr Chamber of Commerce**

### **Dún Laoghaire – Rathdown Chamber**

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

**Tel:** 01 284 5066 **Email:** [office@dlrchamber.ie](mailto:office@dlrchamber.ie)

**Web:** [www.dlrchamber.ie](http://www.dlrchamber.ie)

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

dlr Chamber of Commerce also present Age-Friendly Business Recognition Awards as part of their annual County Business Awards.



# Sport & Physical Activity

## dlr Sports Partnership

Dún Laoghaire-Rathdown Sport Partnership  
County Hall, Marine Road, Dún Laoghaire, Co Dublin.

**Tel:** 01 271 9502    **Email:** [sportpartnership@dlrcoco.ie](mailto:sportpartnership@dlrcoco.ie).

**Web:** [www.dlrsportpartnership.ie](http://www.dlrsportpartnership.ie)

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

### Our Vision:

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

### Our Mission:

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

### A taste of our Events & Programmes:

- Older Adults Active Activity Programmes
- Walking Programmes in Local Parks
- Woodlands for Health (activity programme in woodland environments)
- dlr Community 5k (introduction and fun event for all abilities)

- Beginners Yoga
- Couch to 2K
- Online activity sessions
- Exwell programme
- Boules in public parks

We work closely with local Active Retirement Groups and leisure centres to provide popular activity programmes for those looking to return to physical activity. If you want to start down the road of getting active & improving your balance in a fun social environment, then please contact us on the details above. There are a huge range of clubs within the County, and we are happy to assist you in finding one suitable to your needs.



# Sport & Physical Activity

## dlr Leisure

dlr Leisure was established in 2009 with the purpose of operating and managing leisure facilities owned by Dún Laoghaire-Rathdown County Council. They operate three Leisure Centres: Loughlinstown, Meadowbrook, Monkstown and Ballyogan. They provide fully equipped gyms, excellent pool facilities, fitness studios and all-weather pitches. They also have a skate park in Monkstown and a large indoor sports hall in Loughlinstown. They also operate golf courses at Stepside and Marlay. These courses are located in stunning scenic locations with excellent putting greens. Their enthusiastic and qualified staff are always on hand to assist with your queries. The centres are the perfect place for a family day out; to keep fit; to meet new friends; or just to relax and unwind. All facilities hold a Q Mark and white flag accreditation. All centres offer discount rates and special deals for older people but they vary at each one - so it is better to check with your preferred centre.

**Web:** [www.dlrleisure.ie](http://www.dlrleisure.ie)

### Loughlinstown:

Loughlinstown Drive, Loughlinstown, Dún Laoghaire,  
Co. Dublin, A96 XP60

**Tel:** 01 282 3344 **Email:** [loughlinstown@dlrleisure.ie](mailto:loughlinstown@dlrleisure.ie)

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### Meadowbrook:

Broadford Road, Ballinteer, Dublin 16, D16 HK83

**Tel:** 01 299 5610 **Email:** [meadowbrook@dlrleisure.ie](mailto:meadowbrook@dlrleisure.ie)

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### Monkstown:

Monkstown Ave, Monkstown, Dublin, A94 YD34

**Tel:** 01 230 1458 **Email:** [monkstown@dlrleisure.ie](mailto:monkstown@dlrleisure.ie)

## **BOWLING**

### **Blackrock Bowling & Tennis Club**

Green Road, Blackrock, Co. Dublin

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

**Web:** www.blackrockbtc.ie

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### **Dún Laoghaire Bowling Club,**

Eglinton Park, Dún Laoghaire, Co. Dublin

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

**Web:** www.dunlaoghairebowls.com

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### **Shankill Bowling Club**

Quinn's Rd Shankill, Co. Dublin

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

**Web:** shankillbowlingclub.com

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### **St Matthias Bowls Club**

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

**Email:** stmatthiasballybrack@gmail.com

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### **Dom Marmion Bowling Club**

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

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

# Sport and Physical Activity

## BOULES

### Cabinteely Boules Petanque Club

Brian Kavanagh **Tel:** 01 282 4321/ 087 629 9752

**Email:** cabinteelypetanque@gmail.com

**Facebook:** www.facebook.com/CabinteelyBoulesPetanqueClub/

**Twitter:** twitter.com/cabpetanque?lang=en

### Peoples Park Boules Club

**Facebook:** www.facebook.com/peoplespark.boules

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### Marlay Boules Club

**Tel:** Dermot 087 922 8023

**Email:** MarlayPenatque@gmail.com

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## CHESS CLUBS

### The Irish Chess Union

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

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

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## BRIDGE

**Web:** www.bridgewebs.com/easternregion.

Bridge provides:

a cognitive workout and

an opportunity for social interaction.

A basic course will take about ten lessons and then the



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

For bridge classes in your area

**Tel:** 01 492 9666 (The Contract Bridge Association of Ireland)

**Web:** [www.cbai.ie](http://www.cbai.ie)

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## GOLF

For information on your local club contact the following:

### Irish Ladies Golf Union

**Tel:** 01 293 4833    **Fax:** 01 293 4832

**Email:** [info@ilgu.ie](mailto:info@ilgu.ie)    **Web:** [www.ilgu.ie](http://www.ilgu.ie)

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

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### GUI National Headquarters

Carton Demesne, Maynooth, Co Kildare, W23 R8C6

**Tel:** 01 505 4000    **Email:** [information@gui.ie](mailto:information@gui.ie)

**Web:** [www.golfnet.ie](http://www.golfnet.ie)

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

grounds of Carton House, County Kildare.

## **Fitness League of Ireland**

**Web:** [www.thefitnessleague.ie/active-retired-classes](http://www.thefitnessleague.ie/active-retired-classes)

As we age our joints can become stiff and painful and we can lose muscle tone, resulting in reduced range of movement and loss of confidence. Joining a Fitness League Active Retired class will help to counteract these difficulties with a full body workout which improves strength, mobility and balance, and promotes an overall improvement in health and mood.

Carefully chosen music accompanies each exercise which increases enjoyment and encourages maximum effort, and this makes the Fitness League different.

The Active Retired classes are based on the Bagot Stack principles, as are all Fitness League classes and the exercises are suitable for those who have difficulty getting up from the floor, have existing health problems or have been inactive for some time. Classes are available in the following areas:

Blackrock, Booterstown, Carrickmines, Dundrum, Dún Laoghaire, Foxrock, Glasthule, Kill O' the Grange, Killiney/Johnston. For the full list of classes, times and contact details check our website, or **Tel:** 086 390 0223.

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## **Dance Theatre of Ireland - Transforming Lives through Dance**

Dance Theatre of Ireland are a professional dance Company & Studio with extensive, Community, Arts & Health Outreach programs in dance for the public. They offer a wide range of dance activities and classes year round including: Contemporary, Hip hop, Ballet classes as well as the innovative *Well-Dance for Seniors programme*, a joyful and creative dance activity in an inclusive atmosphere for ages 55+.

There Classes are set to great music and improve balance confidence, mobility and fitness. DTI also give classes for people with *Parkinson's disease and Dementia* (and their carer

partners).

*Well-Dance* classes take place at DTI's beautiful, state-of-the-art Centre for Dance in Bloomfield's, Dún Laoghaire and in other community Centres, and also online and with Zoom. Also based at the Centre, is VINTAGE YOUTH, a Seniors Dance Ensemble, who create and perform in the Community for festivals, theatres and at the Centre.

DTI keep people in touch with their creative selves; innovate dance for health, well-being and creative expression; educate and increase access and participation in dance and challenge limiting perceptions of older people.

**Tel:** 01 280 3455    **Email:** [info@dancetheatreireland.com](mailto:info@dancetheatreireland.com)

**Web:** [www.dancetheatreireland.com](http://www.dancetheatreireland.com)

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## WALKING GROUPS

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

### The Trekkers Mountaineering Club

The Club has approximately 237 members, including honorary members and three associates. Outings of between 4 and 8 hours are arranged each Saturday. Walks are categorised A, B and C reflecting terrain and level of challenge (see below for elaboration). In addition, Wednesday and Friday Walk Programmes are available. Most outings are in the Dublin and Wicklow Mountains but trips are arranged to other locations and overseas from time to time.

**Web:** [www.trekkers.ie](http://www.trekkers.ie)

**Email:** [trekkersmountaineeringclub@gmail.com](mailto:trekkersmountaineeringclub@gmail.com)

# Sport and Physical Activity

## Shanganagh Ramblers

The club, which is based in Shankill in south county Dublin meets every two weeks on Sundays, usually at either 9.00am or 10.30am, depending on the walk length. Most of our walks start and finish in the car park at Brady's pub in the center of Shankill.

**Email:** [shanganaghramblers@gmail.com](mailto:shanganaghramblers@gmail.com)

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## Marley Walkers

We walk every Sunday mainly in the Dublin and Wicklow mountains. The Marley Hillwalkers were established in 1993 by a small group who were interested in walking together in the local mountains.

**Email:** [secretary@marleyhillwalkers.org](mailto:secretary@marleyhillwalkers.org)

**Web:** [www.marleyhillwalkers.org](http://www.marleyhillwalkers.org)

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## Irish Ramblers' Club

Every Sunday and Thursday we have six different day long hikes, each with its own allocated leader, which are divided into six grades. The fittest grade typically covers about 20km and climbs several mountains to accumulate a height gain of about 1000m while the gentlest walk would be about 9km in length and 250m in height gained. Members decide at what grade they will hike on any particular day depending on their level of fitness and stamina.

**Web:** [www.theramblers.ie](http://www.theramblers.ie)

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## Glenwalking Walking Club

Glenwalk is a large sociable hillwalking club established in 2002. The Club is managed by a voluntary Committee Main walks every second Sunday.

**Web:** [glenwalk.com](http://glenwalk.com)

## Dublin Walking Club

We are a Dublin-based club that for over four decades has been organising a wide variety of walks predominately in the Dublin and Wicklow mountains, but also further afield. We offer long, medium and short walks.

**Web:** [www.dublinwalkingclub.com](http://www.dublinwalkingclub.com)

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## Slí na Sláinte Dún Laoghaire

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

The Slí na Sláinte routes are signposted walkways in your community. We have over 230 routes nationally. All routes are on a hard surface, not too long and not too difficult and there is signage in place to guide you along the route.

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## The Metals Slí na Sláinte

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

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## East Coast Slí na Sláinte

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

## Top Walks

### East Pier & The Metals

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

### Killiney Hill

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

### Sculpture Trail

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



## DLR FLAGSHIP PARKS

### Cabinteely Park

Cabinteely Park spans 45 hectares and includes a children's playground. It is a good place to look for rare birds such as the great spotted woodpecker. Nearby, Kilbogget Park hosts rugby, soccer, gaelic clubs and pitches, as well as a recreational area with floodlit car parking & paths.

### Opening Hours

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

# Sport and Physical Activity

## Dún Laoghaire People's Park

Dún Laoghaire's magnificent People's Park is a beautifully landscaped oasis of calm a short stroll from Dún Laoghaire harbour. The park is popular with people of all ages, locals and visitors alike. Green, lush and well maintained gardens, a restaurant and café, lovely fountains and a fun children's playground make it a pleasant place to while away a sunny afternoon with the family. The two hectare park is open to visitors every day but particularly comes to life every weekend as market vendors bring their colourful collections of arts, crafts and local produce to the park. Markets take place between 11am and 4pm every Sunday

### Opening Hours

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





## Fernhill Park & Gardens

Fernhill is a former substantial family residence on 34 hectares of land at Stepside. Fernhill Park and Gardens is Dublin's newest Public Park, and forms an important component of the historic landscape on the fringe of Dublin City and an impressive example of a small estate dating back to around 1823. The former estate is a unique collection of heritage buildings, gardens, parkland, woodland and agricultural land. The elevated nature of the site, overlooking Dublin Bay on the threshold between the city and the Dublin mountains, lends a particular magic to the place. Fernhill is also home to a unique plant collection, made up of acid-loving plants such as Rhododendrons, Camelias and Magnolias, among others.

### Opening Hours

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

# Sport and Physical Activity

## Marlay Park

Marlay Park is approximately 121 hectares (300 acres) suburban Public Park located in Rathfarnham in Dún Laoghaire–Rathdown, Ireland. Lying about nine kilometres (5.5 miles) from Dublin city centre and at the foothills of Dublin Mountains the parkland fed by the little Dargle River consists of mature woodland, extensive informal lawns, acres of recreational land laid out for playing pitches and passive recreation, ponds, and walkways.

### Opening Hours

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

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## Blackrock Park

Blackrock Park is a pleasant green area overlooking Dublin Bay, in Blackrock County Dublin, and boasts a well equipped children's playground, cycle path and trees. There is also a picturesque pond containing a small island, and swans can regularly be seen there. The Peace Fountain in the pond was constructed in 1986 to mark International Year for Peace.

### Opening Hours

January - December    Open 24 hours

## Shanganagh Park

Shanganagh Park is a very important suburban park located on the edge of the county and surrounded by extensive greenbelt lands. The current extent of Shanganagh Park features c.36 hectares (89 acres). The Cemetery bounds the park to the south and comprises c. 20 hectares (50 acres) and Shanganagh Castle sits along the north western edge of the park and the grounds cover c. 5 hectares (12 acres). Shanganagh Park is classified as a 'Gateway Park' within the County's Green Infrastructure Strategy and a 'Major Local Park' in the Open Space Strategy. The park is characterised by its unique geographical location situated on the coast while also adjacent to the foothills of the Wicklow Mountains.

### Opening Hours

January - December    Open 24 hours

# Sport and Physical Activity

## The Bike Hub

Queen's Rd, Dún Laoghaire

**Tel:** 01 264 1000 (lines open Mon-Sat 11 am- 5pm)

**Email:** [contact@TheBikeHub.ie](mailto:contact@TheBikeHub.ie)

## Social Good Through Bikes

The Bike Hub is a social enterprise that uses cycling to strengthen civic engagement and stimulate economic activities while promoting a culture of inclusion, healthy lifestyles and environmental sustainability.

### Mission

To accelerate the adoption of cycling as a catalyst for the transition to a more sustainable, livable and inclusive future.

### Vision

To foster a culture of cycling as a platform for socio-economic inclusion, healthier lifestyles and community development.

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## Cycling without Age

**Email:** [clara@cyclingwithoutage.ie](mailto:clara@cyclingwithoutage.ie) **Web:** [cyclingwithoutage.ie/](http://cyclingwithoutage.ie/)

Getting started with a Cycling Without Age chapter is an amazing experience. Nothing beats witnessing the joy of the older or mobility-impaired people, the pilots and personnel interact on and around the trishaw and seeing the smiles of passengers coming back from their first ride with the wind in their hair, rosy cheeks and full of stories. We love to experience the movement of Cycling Without Age spreading all over the world and always welcome more to join. We have launched an affiliate model for communities, nursing homes and cities worldwide to become part of the movement. Proceed to the affiliate page or if you have any questions, write us an email. We already have a wealth of experience in working with nursing home staff and management, city councils, other volunteer organisations, cyclists federations as well as great ideas of how to get the initiative off the ground and locals excited about it.

# Cultural, Libraries and Arts



# Cultural, Libraries and Arts

## dlr Arts Office

**Email:** arts@dlrcoco.ie

Dún Laoghaire-Rathdown County Council views the arts as an important service that contributes to the quality of life for those who live in, work in and visit the County. dlr Arts Office supports a range of Age-Friendly cultural activities as well as lots of different programmes and projects to get involved in: music, visual arts, dance, film, literature and much more. Contact the Arts Office for more details.



## Municipal Gallery Programme in dlr Lexlcon

**Tel:** 01 236 2759 **Web:** [www.dlrcoco.ie/arts](http://www.dlrcoco.ie/arts)

The Municipal Gallery on level 3 of dlr Lexlcon is managed by the Arts Office; each Gallery Programme includes the artworks in the Gallery as well as a Learning Programme of workshops, talks and tours that may be of interest. The programme also features the Dementia Inclusive Gallery Tours which are free.

You can ring us to request Gallery tours for your group of the exhibitions.

## Library Spaces

The County has 8 branch libraries serving the community, educational and recreational needs of all who live, work or study in the Dún Laoghaire-Rathdown area. They are Blackrock, Cabinteely, Dalkey, Deansgrange, dlr Lexlcon, Dundrum, Shankill and Stillorgan Libraries.

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 overdue fees. We have some community spaces available for events and meetings, study and exhibition spaces. There is a music room with piano, harp, digital piano and a guitar available for booking in Dalkey Library. The Studio at dlr Lexlcon is a theatre space that can seat 125, and the Municipal Gallery is also located in the Lexlcon with a year-round calendar of exhibitions and related events programme, managed by dlr Arts Office.

## Library services and resources

All library authorities in Ireland are connected and share a national catalogue. This means if you need to reserve books from a different county, it's possible to have them sent to your local library for collection, for free. You can also borrow and return items to any library, anywhere in the country.

We are constantly looking for innovative ways to reach out to communities by improving access and expanding the range of services available. As well as books, dlr Libraries also stock large-print books, audiobooks, music CDs and DVDs. A wide selection of daily and weekly newspapers and magazines are available to browse. Free Internet access and Wi-Fi is available in all branches. For a small charge, black & white or colour photocopying, scanning, and printing is available. You can print from the library computers but also directly from your laptop, tablet, smartphone, or remotely from your computer at home.

## Cultural, Libraries and Arts

### **My Open Library (MOL)**

This service is currently available in Deansgrange Library and in Dalkey Library. MOL allows access to the library space and some services outside of staffed hours, from 8am to 10pm, 7 days a week, 365 days a year. To avail of this particular service, you must first register in the relevant Library with staff.

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### **Book Drop Service**

If you are unable to visit the library to borrow books, contact dlr Lexicon to enquire about the Book Drop service

**Tel:** 01 280 1147    **Email:** [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie)

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### **Online resources**

On our website [www.libraries.dlrcoco.ie](http://www.libraries.dlrcoco.ie), you can borrow e-books and e-audiobooks, look at national and international newspapers online and read magazines/comics. You can learn a language, take an online course with Universal Class or TTRS (Touch, Type, Read, Spell) or listen to music on Freegal or MediciTv. You just need your library card number and your PIN, and it's all free!



## Events Programme

### Bealtaine Festival

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

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### Health Literacy

dlr Libraries are involved in the national Healthy Ireland at your Library programme. We purchase health-related book stock and frequently programme events with an emphasis on health and well-being, including Yoga, Mindfulness and Art Therapy.

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### Digital Literacy

Our digital learning programme includes courses on upskilling or learning from scratch about using your Smartphone, Tablet, Laptop or PC, and about making the most of your library card.

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### ACORN Tablets

These are now available for lending to all dlr Library members. 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. For more information on ACORN tablets, talk to staff in your local dlr Library.

## Reader Pens

These Pens read words and full lines of text aloud for independent reading. Those with dyslexia, those who have difficulty with reading or pronunciation, those learning languages or those with vision problems, will find these pens extremely helpful pieces of technology. For more information, and to borrow a Reader Pen, **Email:** [libraryculture@dlrcoco.ie](mailto:libraryculture@dlrcoco.ie)

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## Dementia-inclusive programmes

### Tovertafels (Magic Tables)

For those living with dementia or those with additional needs and their carers/families, dlr Libraries have Tovertafels (Magic Tables) available in dlr Lexlcon, Dalkey and Deansgrange Libraries.

The Magic Table projects light and images onto a table or the floor and consists of a series of interactive games. The images respond to hand and arm movements, allowing users to play with light. Individuals or organisations wishing to book the Tables should contact the relevant Library.



### **Musical Memories choir**

The Musical Memories choir gives those living with dementia and their carers an opportunity to come together in a relaxed environment and reconnect through music. Music and singing helps lift mood, provides cognitive stimulation and supports social interaction. These weekly sessions in Deansgrange Library are facilitated by Newpark Academy of Music. For more information and to book a space, contact Newpark Academy of Music **Tel:** 01 288 3740.

### **Contact Us:**

To find out more about our Clubs and Groups, our ASC (Accessible Services Collection), Reader Pens, Acorn Tablets, Home Energy Saving Kits, Book Sets and all our online resources, call in and chat to a member of staff, visit our website at [libraries.dlrcoco.ie](http://libraries.dlrcoco.ie), sign up for our fortnightly ebulletin on our website, and follow us on social media. You can also pick up a copy of our bi-monthly news and events flyer in any of our libraries.

### **Blackrock Library**

**Tel:** 01 288 8117    **Email:** [blackrocklib@dlrcoco.ie](mailto:blackrocklib@dlrcoco.ie)

### **Cabinteely Library**

**Tel:** 01 285 5363    **Email:** [cabinteelylib@dlrcoco.ie](mailto:cabinteelylib@dlrcoco.ie)

### **Dalkey Library**

**Tel:** 01 285 5317    **Email:** [dalkeylib@dlrcoco.ie](mailto:dalkeylib@dlrcoco.ie)

### **Deansgrange Library**

**Tel:** 01 285 0860    **Email:** [deansgrangelib@dlrcoco.ie](mailto:deansgrangelib@dlrcoco.ie)

### **Dundrum Library**

**Tel:** 01 298 5000    **Email:** [dundrumlib@dlrcoco.ie](mailto:dundrumlib@dlrcoco.ie)

### **dlr Lexlcon**

**Tel:** 01 280 1147    **Email:** [dlrLexlconlib@dlrcoco.ie](mailto:dlrLexlconlib@dlrcoco.ie)

# Cultural, Libraries and Arts

## Shankill Library

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

## Stillorgan Library

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

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## Cultural Centres

### dlr Tourism Office

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

**Facebook:** @dlrheritagevents

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

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

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### Martello Tower

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

**Web:** www.joycetower.ie

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

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### Dalkey Castle

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

**Web:** www.dalkeycastle.com

### **Writers Gallery, Dalkey Castle**

**Tel:** 01 285 8366 **Web:** [www.dalkeycastle.com](http://www.dalkeycastle.com)

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

### **Meave Binchy & Irish Writers Guided Walk**

**Tel:** 01 285 8366 **Web:** [www.dalkeycastle.com](http://www.dalkeycastle.com)

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

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### **Irish Author Collection**

**Tel:** 01 280 1147 **Web:** [www.libraries.dlrco.co.ie](http://www.libraries.dlrco.co.ie)

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

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### **National Maritime Museum**

Haigh Terrace, Dún Laoghaire

**Tel:** 01 280 0969 **Web:** [www.mariner.ie](http://www.mariner.ie)

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

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### **The Oratory**

**Tel:** 01 280 6964 **Web:** [www.dlrrtourism.ie](http://www.dlrrtourism.ie)

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

# Cultural, Libraries and Arts

## Comhaltas Ceoltóirí Éireann

32 Belgrave Square, Monkstown, Co. Dublin

**Tel:** 01 280 0295 **Web:** [www.comhaltas.ie](http://www.comhaltas.ie)

Traditional Irish Music, ceilís and Irish Language

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## dlr Theatres

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

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## Pavilion Theatre

Marine Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 231 2929 **Email:** [boxoffice@paviliontheatre.ie](mailto:boxoffice@paviliontheatre.ie)

**Web:** [www.pavilliontheatre.ie](http://www.pavilliontheatre.ie)

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

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## The Mill Theatre Dundrum

Mill Theatre, Dundrum Town Centre, Dundrum, Dublin 16

**Tel:** 01 296 9340

**Web:** [www.milltheatre.ie](http://www.milltheatre.ie)

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

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## COCO MARKETS

**Marlay Park, Rathfarnham**

Saturday 10am - 4pm | Sunday 11am - 4pm

### Peoples Park, Dún Laoghaire

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

**Web:** [www.dlrcoco.ie/markets](http://www.dlrcoco.ie/markets) Sunday 11am - 4pm

During the summer there are longer opening hours and CoCo Markets stay open until 6pm. For a full list of events held in CoCo Markets please look up [www.dlrcoco.ie/events](http://www.dlrcoco.ie/events)

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### dlr NATURAL HERITAGE

#### Fernhill Gardens, Stepside

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

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#### Cabinteely House, Caabinteely Park, Cabinteely

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

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#### Marlay Park, Rathfarnham

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

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#### Airfield Estate

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

**Tel:** 01 969 6666 **Email:** [hello@airfield.ie](mailto:hello@airfield.ie)

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

# Cultural, Libraries and Arts

## Islamic Cultural Centre Of Ireland

19 Roebuck Road, Clonskeagh, Dublin 14, D14 V386

**Tel:** 01 208 0000 **Email:** [info@islamireland.ie](mailto:info@islamireland.ie)

**Web:** [www.islamireland.ie](http://www.islamireland.ie)

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## HISTORICAL SOCIETIES

### Dún Laoghaire Borough Historical Society

Royal Marine Hotel, Dún Laoghaire, Co. Dublin

**Web:** [www.dunlaoghairehistorical.com](http://www.dunlaoghairehistorical.com)

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### Kilmacud & Stillorgan Local History Club

**Email:** [stillorganlocalhistory@gmail.com](mailto:stillorganlocalhistory@gmail.com)

**Web:** [www.kilmacudstillorganhistory.ie](http://www.kilmacudstillorganhistory.ie)

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### Mount Merrion Historical Society

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

**Email:** [mountmerrionhistoricalsociety@gmail.com](mailto:mountmerrionhistoricalsociety@gmail.com)

**Website:** [www.mountmerrionhistorical.com](http://www.mountmerrionhistorical.com)

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### Irish Georgian Society

City Assembly House, 58 South William Street, Dublin 2

**Tel:** 01 676 7053 **Web:** [www.igs.ie](http://www.igs.ie)

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### Foxrock Local History Club

**Email:** [info@foxrocklocalhistory.ie](mailto:info@foxrocklocalhistory.ie) **Web:** [foxrocklocalhistory.ie](http://foxrocklocalhistory.ie)



### **Blackrock cultural and historical society**

**Web:** [blackrocksociety.ie](http://blackrocksociety.ie)

### **Rathmichael Historical Society**

**Email:** [rathmichaelhistoricalsociety.ie](mailto:rathmichaelhistoricalsociety.ie)

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### **dlr CEMETERIES**

#### **Dean's Grange and Shanganagh Cemeteries**

**Tel:** 01 289 3416    **Email:** [cemeteries@dlrcoco.ie](mailto:cemeteries@dlrcoco.ie).

**Web:** [www.dlrcoco.ie/en/cemeteries/](http://www.dlrcoco.ie/en/cemeteries/)

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



# Cultural, Libraries and Arts

# Religious and Spiritual Organisations



# Religious and Spiritual Organisations

## Local Electoral Area (LEA)

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

### **DUNDRUM LEA**

#### **Ascension of the Lord**

Cedar Rd, Balally, Dublin, D16 E032

**Tel:** 01 295 4296 **Email:** balallyparish@gmail.com

**Web:** www.balallyparish.ie

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#### **Ahlul Bayt Islamic Centre of Ireland, (Shiate Husainia)**

Milltown Bridge, Dundrum, Dublin 14, D14 X048

**Tel:** 01 260 4491

**Web:** islamicfoundation.ie

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#### **Christ Church Taney**

Taney Rd, Dundrum, Dublin, D14 AX78

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

**Web:** www.taneyparish.ie

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#### **Crossroads Church Dublin**

1a, Earls court Industrial Estate, Churchtown, Dublin 14, D14 E0F4

**Tel:** 087 364 9326

**Web:** crossroadschurchdublin.blogspot.com

### **Church of the Miraculous Medal**

Bird Ave, Dublin 14, D14 VP11

**Tel:** 01 283 7948    **Email:** clonskeaghparish@gmail.com

**Web:** www.clonskeaghparish.ie

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### **Dundrum Methodist Church**

Ballinteer Ballinteer Rd, Ballinteer, Dublin 16, D16 WK27

**Tel:** 01 295 1940;

**Web:** dundrummethodist.ie

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### **Holy Cross Church**

Main Street, Dundrum, 14, D14 K820

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

**Web:** www.dundrumparish.comz

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### **Hope Baptist Church**

The Taney Buildings, 3 Eglinton Terrace, Dundrum, Dublin 14, D14 C7F7

**Tel:** 01 294 1696    **Email:** visitor@hope.ie

**Web:** www.hope.ie

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### **Islamic Cultural Centre of Ireland Mosque**

19 Roebuck Road, Clonskeagh, Dublin 14, D14 V386

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

**Web:** www.islamireland.ie

# Religious and Spiritual Organisations

## **Our Lady of Good Counsel**

Whitechurch Green, Ballyboden, Dublin 16, D16 W263

**Tel:** 01 424 1000

**Web:** [www.ballybodenparish.ie](http://www.ballybodenparish.ie)

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## **St.Attracta's Oratory- Meadowbrook Parish**

5 Ludford Drive, Ballinteer, D16 DY77

**Tel:** 01 2987401 **Email:** [info@meadowbrookparish.ie](mailto:info@meadowbrookparish.ie)

**Web:** [www.meadowbrookparish.ie](http://www.meadowbrookparish.ie)

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## **St John The Evangelist**

Ballinteer Avenue, Dublin 16, Ireland. D16 VK27

**Tel:** 01 499 4203 **Email:** [ballinteeroffice@gmail.com](mailto:ballinteeroffice@gmail.com)

**Web:** [ballinteerparish.ie](http://ballinteerparish.ie)

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## **The Annunciation, Rathfarnham**

Willbrook Road, Dublin 14, D14 E803

**Tel:** 01 495 8695 **Email:** [parishoffice@rathfarnhamparish.com](mailto:parishoffice@rathfarnhamparish.com)

**Web:** [rathfarnhamparish.ie](http://rathfarnhamparish.ie)

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## **The Good Shepherd**

Nutgrove Ave Churchtown Dublin 14, D14 VP19

**Tel:** 01 298 4642 **Email:** [info@goodsheperdschurchtown.ie](mailto:info@goodsheperdschurchtown.ie)

**Web:** [www.goodshepherdchurcdhtown.ie](http://www.goodshepherdchurcdhtown.ie)

### **The Divine Word**

Hermitage Downs, Rathfarnham, Dublin 16

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

**Web:** www.marleygrangeparish.ie

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### **Rathfarnham Parish Church**

Church Lane, Rathfarnham, Dublin 14, D14 TN93

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

Whitechurch Parish, Whitechurch Road, Rathfarnham, Dublin 16

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### **St. Therese**

The Rise, Mount Merrion, Co. Dublin

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

**Web:** www.mountmerrionparish.ie

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### **St Thomas' Church**

Foster's Avenue, Blackrock, Co. Dublin, A94 RW54

**Tel:** 01 280 6596

**Web:** www.booterstown.dublin.anglican.org

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### **Whitechurch Parish**

Whitechurch Road, Rathfarnham, Dublin 16, D16 YN27

**Tel:** 01 493 4973    **Email:** office@whitechurchparish.com

**Web:** www.whitechurch.dublin.anglican.org

## STILLORGAN LEA

### **Cabinteely Parish**

Johnstown Rd, Cabinteely Village, Dublin 18, D18 YP96

**Tel:** 01 285 8835 **Email:** [info@cabinteelyparish.ie](mailto:info@cabinteelyparish.ie)

**Web:** [www.cabinteelyparish.ie](http://www.cabinteelyparish.ie)

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### **Holy Year Oratory**

Dunness Car park Cornelscourt

**Tel:** 01 493 2073

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### **South City Church**

Glenalbyn Sports and Conference Centre, Stillorgan, A94 WC62

**Tel:** 01 442 2444 **Email:** [info@southcitychurch.org](mailto:info@southcitychurch.org)

**Web:** [www.southcitychurch.ie](http://www.southcitychurch.ie)

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### **St. Laurence O'Toole**

Lower Kilmacud Road, Stillorgan, Blackrock, Co. Dublin, A94 CY83,

**Tel:** 01 288 4009 **Email:** [kilmacudparishoffice@gmail.com](mailto:kilmacudparishoffice@gmail.com)

**Web:** [www.kilmacudparish.ie](http://www.kilmacudparish.ie)

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### **St Brigid's Stillorgan**



The Rectory, St Brigid's Church Road, Stillorgan

**Tel:** 01 2881091 **Email:** office@stbrigidsandallsaints.com

**Web:** www.stbrigidsandallsaints.com

## **BLACKROCK LEA**

### **Church of the Assumption**

Booterstown Ave, Co. Dublin

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

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

**Web:** www.booterstownparish.ie

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### **Church of the Guardian Angels**

Newtownpark Ave, Stradbroom, Blackrock, Co. Dublin

**Tel:** 01 283 2988 **Email:** parishoffice@newtownparkparish.com

**Web:** www.newtownparkparish.com

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### **Church of the Holy Family**

Kill Lane, Co Dublin

**Tel:** 01 284 5299 **Email:** admin@holymfamilyparish.ie

**Web:** www.holyfamilyparish.info

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### **Deansgrange**

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

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

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### **St. John the Baptist**

# Religious and Spiritual Organisations

Newtown Ave, Blackrock, Co. Dublin

**Tel:** 01 288 2104 **Email:** office@sjb.ie

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## **St. Philip & St. James**

Cross Avenue, Blackrock, Co. Dublin

**Tel:** 01 283 5873

## **DÚN LAOGHAIRE LEA**

### **Church of the Assumption of the Blessed Virgin Mary**

3 Castle st., Dalkey

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

**Web:** www.dalkeyparish.ie

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### **Dún Laoghaire Evangelical Church**

Lr Glenageary Rd, Dún Laoghaire, Co. Dublin

**Tel:** 01 284 1016 **Email:** info@dec.ie

**Web:** www.dec.ie

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### **Dún Laoghaire Presbyterian Church**

York Road, Dún Laoghaire

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

**Web:** www.dl-pc.org

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### **Dún Laoghaire Christ Church**

2 Park Road Dún Laoghaire

**Tel:** 01 4978 422 **Email:** enquiries@ireland.anglican.org

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### **Our Lady of Good Counsel Church**

Johnstown-killiney pariish, Churchview road, Glenageary Killiney, A96 EY91

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

**Web:** www.johnstownkillineyparish.ie

### **Our Lady of Victories**

Sallynoggin Parish, Pearse st, sallynoggin, Co. Dublin, A96 VY54

**Email:** sallynogginparish@gmail.com

**Web:** www.sallynogginandglenagearyparish.com

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### **Our Lady of Perpetual Succour**

Foxrock, Dublin 18

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

**Web:** www.foxrockparish.ie

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### **Religious Society of Friends in Ireland (Quakers)**

Monkstown Meeting House

**Tel:** 01 499 8003   **Email:** monkstownpm@gmail.com

**Web:** monkstownquakers.blogspot.com

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### **St. Anne's Parish Shankill**

Shanganagh Rd, Shankill, Dublin 18

**Tel:** 01 282 2704   **Email:** st.annes\_parishoffice@yahoo.ie

# Religious and Spiritual Organisations

**Web:** [www.stannesparishshankill.com](http://www.stannesparishshankill.com)

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## **St. Joseph's Church,**

Sumerhill Road, Glasthule, Co. Dublin, A96 W6D6

**Tel:** 01 663 8604 **Email:** [stjosephsglasthule@gmail.com](mailto:stjosephsglasthule@gmail.com)

**Web:** [www.glasthuleparish.com](http://www.glasthuleparish.com)

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## **St. Michael's, Church**

Marine Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 4969 **Web:** [www.dunlaoghaireparish.ie](http://www.dunlaoghaireparish.ie)

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## **St. Patrick's Church, Monkstown**

Carrickbrennan Road, Monkstown A94 D768

**Tel:** 01 538 2542 **Email:** [secretary@monkstownparish.ie](mailto:secretary@monkstownparish.ie)

**Web:** [www.monkstownparish.ie](http://www.monkstownparish.ie)

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## **St. Patrick's, Church of Ireland**

Harbour Rd, Dalkey, Co. Dublin

**Tel:** 01 284 5941 **Email:** [dalkeyparish@gmail.com](mailto:dalkeyparish@gmail.com)

**Web:** [www.stpatricksdalkey.com](http://www.stpatricksdalkey.com)

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## **St. Patrick's, Church**

Monkstown Road, Monkstown Village, Co. Dublin

**Tel:** 01 280 2130 **Email:** [secretary@monkstownparish.ie](mailto:secretary@monkstownparish.ie)

**Web:** [www.monkstownparish.ie](http://www.monkstownparish.ie)

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**St. Paul's, Church**

31 Silchester Road, Glenageary, Co. Dublin

**Tel:** 01 280 1616    **Email:** [stpaulsdub@gmail.com](mailto:stpaulsdub@gmail.com)

**Web:** [www.glenageary.dublin.anglican.org](http://www.glenageary.dublin.anglican.org)

**The Baha'i Faith Dún Laoghaire, Co. Dublin**

**Tel:** 01 285 9071    **Email:** [info@bahai.ie](mailto:info@bahai.ie)

**Web:** [bahai.ie](http://bahai.ie)

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**The Methodist Church**

Northumberland Ave. Dún Laoghaire, Co. Dublin

**Tel:** 01 280 4345    **Email:** [minister@dlmc.org](mailto:minister@dlmc.org)

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**Monkstown Parish Church**

Monkstown Rd, Monkstown, Co. Dublin

**Tel:** 01 214 7714    **Email:** [monkstownparish@hotmail.com](mailto:monkstownparish@hotmail.com)

**Web:** [www.monkstownparishchurch.com](http://www.monkstownparishchurch.com)

# Religious and Spiritual Organisations

## KILLINEY-SHANKILL LEA

### **Alphonsus and Columba**

Church Avenue, Ballybrack, Co. Dublin.

**Tel:** 01 282 2657 **Email:** ballybrack.killiney@gmail.com

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### **Church of the Apostles**

Willow Vale, Ballybrack, Co. Dublin

**Tel:** 01 202 4804

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### **Killiney Holy Trinity**

Holy Trinity Rectory, Killiney Road

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

**Web:** www.holytrinitykilliney.wordpress.com

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### **Rathmichael Parish Church,**

Ferndale Rd, Shankill, Co. Dublin

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

**Web:** www.rathmichael.dublin.anglican.org

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### **St Columbanus**

Loughlinstown Drive, Ballybrack, Loughlinstown, Co. Dublin

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

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### **St Matthias Church**

Church Road, Killiney, County Dublin

**Email:** stmatthiaskilliney@gmail.com

**Web:** [www.stmatthias.ie](http://www.stmatthias.ie)

### **St Stephen's Church**

Killiney Hill Road, Killiney, Co. Dublin

**Tel:** 01 285 8550 **Email:** [ballybrack.killiney@gmail.com](mailto:ballybrack.killiney@gmail.com)

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### **Glencullen - Sandyford**

Dublin Tamil AG Church

55 Maple Ave, Sandyford, A94 F8A0

**Tel:** 089 966 4391

**Web:** [dublintamilag.org](http://dublintamilag.org)

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### **Our Lady of the Wayside**

Kilternan, Glenamuck South, Co. Dublin

**Tel:** 01 295 6414 **Email:** [office@sandyfordparish.org](mailto:office@sandyfordparish.org)

**Web:** [sandyfordparish.org](http://sandyfordparish.org)

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### **St. Mary's Church**

Sandyford Village

**Tel:** 01295 6414 **Email:** [office@sandyfordparish.org](mailto:office@sandyfordparish.org)

**Web:** [sandyfordparish.org](http://sandyfordparish.org)

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### **St. Patrick's Church**

Glencullen, Ballybetagh Rd, Newtown,

**Tel:** 01 295 6414 **Email:** [office@sandyfordparish.org](mailto:office@sandyfordparish.org)

**Web:** [sandyfordparish.org](http://sandyfordparish.org)

# Religious and Spiritual Organisations

## **Tullow Church of Ireland**

Carrickmines / Foxrock, Brighton Road, Carrickmines, Dublin  
18,  
D18RF79

**Tel:** 01 289 3154    **Mob:** 086 302 1376

**Email:** revjohntanner@gmail.com

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## **Kilternan Parish**

Enniskerry Rd, Kilternan D18F9X0

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

**Web:** kilternan.dublin.anglican.org

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## **Buddhist Centre**

**Tel:** 01 453 7427    **Email:** info@buddhism.ie

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## **Celebrants Ireland**

**Tel:** 085 253 3580    **Email:** info@celebrantireland.ie

**Web:** www.celebrantireland.ie/contact

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## **Hindu Cultural Centre**

Sunbury Industrial Estate, 2D Ballymount Rd Lower,  
Ballymount,  
Dublin, D12 W81V

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



### **Humanist Association of Ireland**

34B Royal Terrace West, Dún Laoghaire, Co. Dublin, A96 XN52

**Tel:** 01 524 2258    **Mob:** 086 088 7744

**Email:** info@humanism.ie    www.humanism.ie

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### **Jewish**

Dublin Hebrew Congregation

32a Rathfarnham Road, Dublin 6W

**Tel:** 083 207 6415 for local calls    **Email:** dublinhebrew@gmail.com

**Web:** www.dublinhebrew.org/

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### **Jewish Ireland**

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

**Web:** www.jewishireland.org

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### **Sikh**

Gurdwara Guru Nanak Darbar, Dublin 78, Serpentine Avenue, Sandymount, Ballsbridge, Dublin 4

**Tel:** 01 667 8239    **Email:** contact@gurunanakdarbar.ie

**Web:** www.gurunanakdarbar.ie



# Useful Telephone Numbers



# Useful Telephone Numbers

Please complete and keep by your telephone

## Family Member

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

## Neighbour / Friend

\_\_\_\_\_  
\_\_\_\_\_

## GP / Doctor

\_\_\_\_\_  
\_\_\_\_\_

## Home Eircode

\_\_\_\_\_  
\_\_\_\_\_

## Wifi Code

\_\_\_\_\_  
\_\_\_\_\_

## Chemist

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## Plumber

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## Electrician

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## House Alarm Company

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## Personal Alarm Company

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## Shop/Supermarket

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## Other

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## EMERGENCY

Dial 999 or 112

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

- **ESB Fault/Emergency line**

**Tel:** 1800 372 999

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- **GAS Emergency & Leaks Dial**

**Tel:** 1800 20 50 50

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The information contained in this publication is for general information purposes only and is provided by Dún Laoghaire-Rathdown County Council's (after 5pm & weekends)

Surface Water/Flooding  
tel: 01674 3844

Surface Water/Flooding  
tel: 01674 3844

Dún Laoghaire-Rathdown County Council will not be held responsible for any loss, damage or inconvenience caused as a result of any inaccuracy or error within it. We are extremely grateful to all who have contributed content to this publication.





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dlr Age-Friendly Programme,  
Community Section,  
Dún Laoghaire-Rathdown County Council,  
County Hall, Dún Laoghaire,  
Co. Dublin, A96 K6C9.

**Tel:** +353 1 205 4893

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

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

