



dlr Age-Friendly

Magazine 2023



FREE



INCLUDES
Information on activities, services and supports in Dún Laoghaire-Rathdown

Short Stories
Poetry & Local Heritage

Recipes

Puzzles

Photos

and lots more



Sláintecare.
Right Care. Right Place. Right Time.



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 Age-Friendly Strategy development and implementation.



Eugene Magee

The Alliance is made up of representatives from Age-Friendly Ireland, ALONE, An Garda Síochána, dlr County Council, dlr Drugs & Alcohol Taskforce, dlr Older People's Council, dlr Public Participation Network (PPN), dlr 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 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.



dlr Older People's Council (see page 4)

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Photographs © Peter Cavanagh Photography
www.irishphoto.com

dlr Age-Friendly Programme

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



Mary Ruane

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:



Ian Smalley

- Collaborating within dlr County Council to provide walkable streets, age-friendly public realm, housing and transport options, age-friendly activities and programmes with dlr Libraries & Arts Office; the dlr Age-Friendly Business Recognition Programme and organising opportunities for older people to participate in community activities;
- Co-operating with local community & volunteer groups and organisations, Active Retirement groups, Men's Sheds, older persons, nursing homes and Day Care Centre's in supporting older residents 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.



Siobhán Nic Gaoithín

dlr Age-Friendly Programme

Dún Laoghaire-Rathdown County Council Community & Cultural Development Department

County Hall, Marine Road, Dún Laoghaire,

Co Dublin, Ireland. A96 K6C9

T: 01 205 4893 Email: community@dlrcoco.ie

www.dlrcoco.ie

 @AgeFriendlydlr

Foreword An Cathaoirleach, Councillor Mary Hanafin



Welcome to the 2023 dlr Age-Friendly Magazine, funded by Creative Ireland, Dún Laoghaire-Rathdown (dlr) County Council Community Section and Healthy Ireland. This is the third issue of the magazine, produced by the dlr Age-Friendly Programme and the Community Section & Library Services, in which we celebrate the “Resilience of Older Persons in a Changing World”, the overall theme for the United Nations International Day of Older Persons in 2022.

This magazine aims to guide, inform and entertain its readers with a wealth of information on activities and services for older people in the County, articles on how to access these services, guidance on issues of interest and items to inspire creativity and entertain. As well as information in relation to the work being carried out by the County Council, by the Community, Libraries, Arts, Heritage, Housing, Sports Partnership, Parks, Leisure and Environment sections, you will also

find information from many support groups and agencies representing the diversity of communities living within the County.

We are extremely grateful to all the groups and organisations around the County who have contributed content to the magazine – as well as members of the public who have submitted creative writing, poetry and short stories. We could not provide a full Age-Friendly programme of services and events within the County without the co-operation of all the organisations on the dlr Age-Friendly County Alliance.

I hope that you will enjoy reading this Age-Friendly Magazine and that you will find it useful, informative and engaging.

Go dté sibh slán agus is ar scáth a chéile a mhaireann na daoine.

Welcome

You are very welcome to the third issue of the annual dlr Age-Friendly Magazine 2023. We hope that this magazine will be a useful resource for everyone looking for information on the activities and supports that are available for older people within the County of Dún Laoghaire-Rathdown (dlr) and how to access these services. We also hope that it will provide a little entertainment in trying times.

In addition to details on activities and support services, the magazine contains interesting articles on local and national history, creative writing submitted by members of the public, recipes and puzzles and please feel free to submit any poetry or stories you might have for future editions of the magazine.

This magazine is a key action of the County Age-Friendly Strategy 2022-26 where information on the many age-friendly services and supports available in dlr is gathered together in one publication. The recently approved dlr Age-Friendly Strategy 2022-2026 provides a structured programme for the

County’s Age-Friendly work over the coming years, with actions and collaboration agreed by the members of the dlr Age-Friendly Alliance, following public consultation with the vision of **“working together to ensure that as we grow older, people may connect, engage, and participate in the economic, social and cultural life of their communities in an age-friendly, welcoming, inclusive and accessible environment.”**

We hope that you enjoy the 2023 dlr Age-Friendly magazine. Please contact the Community & Cultural Development Section of Dún Laoghaire-Rathdown County Council at 01 205 4893 / community@dlrcoco.ie if we can support you in any way and we look forward to hearing from you.

Therese Langan, Director of Community & Cultural Development, Dún Laoghaire-Rathdown County Council.



dlr Older People's Council

The Dún Laoghaire-Rathdown Older People's Council (dlr OPC) was established as 'Dún Laoghaire-Rathdown Network for Older People' in 2001. The dlr OPC is a representative group of and for older people, with some 40 member groups, clubs and associations across the county and is open to all non-commercial groups, 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 and to speak with a unified authentic voice on matters of concern for older people in dlr,
- inform and influence the decision-making process of the dlr Age-Friendly Alliance and dlr Age-Friendly Programme,
- represent the diversity that exists among our ageing population in dlr,
- participate in the National Committee of Older People's Council's.

Every year, the dlr Older People's Council run a Small Transport Grant and Events Grant Scheme for its registered member groups to help cover the cost of transport and organising events during the year as well as arranging an annual event and AGM for its member groups. Member groups also receive regular updates on events, activities and funding opportunities and membership of the OPC is free of charge and open to all older people's groups, clubs, associations, Day Care Centres, Nursing Homes, designated older persons accommodation etc. located in dlr.

The dlr OPC works in co-operation with and receives funding from the Community Section of Dún Laoghaire-Rathdown County Council and is part of the national Age-Friendly Ireland Programme. The dlr OPC committee meet on a monthly basis in County Hall, Dún Laoghaire-Rathdown County Council and from time to time, in the Dundrum area. The dlr OPC have the support of a part-time Administrator, Maria Cullen and Maria is located in the designated OPC Office located in 88 Inagh Court, Ballybrack, open every morning from 9a.m – 12.30p.m and also supplying photocopying and shredder services at a

much-reduced rate to our member groups.

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

If your group is interested in registering with the dlr OPC and availing of the many supports available or if you would like more information on joining the dlr OPC committee, contact Maria Cullen (pictured), Administrator, dlr Older People's Council,



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

Tel: 01 282 2425

Email: dlrolderpeoplescouncil@gmail.com

Website: <https://olderdlr.ie>



Dún Laoghaire-Rathdown Older People's Council, pictured from left, April 2022:

Nan O'Brien, Southside Travellers Action Group; John O'Neill, Dún Laoghaire Active Retirement Association & Irish Senior Citizen's Parliament; Nancy Forsyth, Dún Laoghaire Ladies Club; Eilís Hession, Garda Older Persons Association & Ballinteer/Dundrum; Margaret Kenny, dlr OPC Chairperson & Loughlinstown/Ballybrack; Gordon Sothorn, Irish Wheelchair Association & Shankill/Shanganagh; Monica Condrón, Sandycroft.

Not pictured: *Jean Browne, Cois Cairn Community Centre; Patricia O'Connor, Loughlinstown Over 50's; Sharon Perry, Women's Collective Ireland, DLR; Barbara Quinn, Deansgrange / Kill of the Grange Active Retirement Association; Gerard Scully, Age Action; Dr Sandra Tighe, Former Director of Student Health at UCD.*

dlr Library Services



Catherine Gallagher
County Librarian

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

free to join with no charge to borrow books, and no charge on overdue items. All library authorities in Ireland are connected and share a national catalogue. This means if you need to reserve books from a different county, it is possible to have them sent to your local library for collection. As well as books, dlr Libraries also stock large-print books, audio books, music CDs, and DVDs.

Free Internet access and Wi-Fi is available in all branches. Black and white or colour photocopying, scanning, and printing are available for a small charge. You can print from the library computers but also directly from your laptop, tablet, smartphone, or remotely from your computer at home.

My Open Library

This service is currently available in Deansgrange and Dalkey Libraries. My Open Library (MOL) allows library members access to the Library space and some services outside

of staffed hours, from 8am to 10pm, 7 days a week, 365 days a year. Whether you want to come in to borrow or return books, study, use the wifi or an internet PC, do some printing or photocopying or read the newspapers at a time that suits you, now you can.



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

Did you know that you can borrow a laptop at your local library?

dlr Libraries have laptops available for lending in each branch which may be borrowed by adult library members on a first come, first served basis.

The loan period is for 3 hours, and they are for use within the library building. So if you don't have your own laptop or you forget your charger and need to use one for a few hours, just ask a member of staff.

All laptops have Microsoft Office and various other applications installed so you can work on documents, access your email, or simply browse the web. Regular 'desktop' computers are also available for use in each branch, and all libraries have printing, photocopying, and scanning facilities available.



dlr Libraries: Our resources and services

To find out more about our in-person and online 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, sign up for our fortnightly ebulletin there and follow us on social media.

Contact us:

Blackrock Library

Tel: 01 288 8117
E: blackrocklib@dlrcoco.ie

Cabinteely Library

Tel: 01 285 5363
E: cabinteelylib@dlrcoco.ie

Dalkey Library

Tel: 01 285 5317
E: dalkeylib@dlrcoco.ie

Deansgrange Library

Tel: 01 285 0860
E: deansgrangelib@dlrcoco.ie

Dundrum Library

Tel: 01 298 5000
E: dundrumlib@dlrcoco.ie

dlr Lexlcon

Tel: 01 280 1147
E: dlrlexiconlib@dlrcoco.ie

Shankill Library

Tel: 01 282 3081
E: shankilllib@dlrcoco.ie

Stillorgan Library

Tel: 01 288 9655
E: stillorganlib@dlrcoco.ie



libraries.dlrcoco.ie

Libraries' Events Programme



Ciara Jones
Senior Executive
Librarian

In 2023, we will continue to host live, in-person events in our library spaces. We will also offer you a hybrid programme of in-person and online, live and recorded events, to give you a greater choice of what you would like to attend and how you would like to

take part. For 2023, we hope to expand our offering to those with additional needs, while also getting back to basics and celebrating the book and the joy of reading, through our book collections, book clubs and book-led event programming.

Highlight Events in dlr Libraries in early 2023



To get us through the short days and long evenings ahead, we are delighted to announce the return of our very popular online quizzes, which will run weekly at 8.00pm on Friday evenings in January and February. We'll alternate weekly between family quizzes and quizzes for adults, starting with a family quiz 'The Year 2022' on 6 January, followed by a quiz for adults 'TV, Movies and Music of the Nineties & Noughties' on 13 January. Other themes will include 'Disney, Star Wars, Marvel/DC and Harry Potter', 'Food & Drink, Sports & Games' and 'History/Geography, The Oscars, Flags, Famous Faces'. To find out more and to register yourself or your team, email Seán at libraryquiz@dlrcoco.ie.

Brigid 1500

As part of our **Brigid 1500** celebrations, we have a range of events coming up in January, including St Brigid's Cross making with **Wicklow Willow** on Thurs 26, Fri 27 & Sat 28 Jan. On Sat 28 January, we welcome the wonderful **Candlelit Tales** to dlr LexIcon for a family event in the Children's Library. These master storytellers will enthrall and engage the whole family with wonderful tales about the enigmatic Brigid. Find out more about this fascinating female, a national Saint as well as a Spring Goddess, whose stories became entwined over the course of Irish history.



Get Crafty in 2023!

The Muddle will be bringing us more Get Crafty events, with two in-person and one online Craft events during January to get creativity using the hands flowing again for Spring.



Craft Circle at Shankill Library

You are most welcome to our craft circle in the charming 1912 Carnegie Library on Library Road, close to Shankill village. This is a companionable and informal group, meeting on Wednesday mornings from 10.30am to 12.00pm. A chance to work on craft projects, share tips and conversation and develop new friendships. For more information, phone Shankill library on 01 282 3081 or email Shankilllib@dlrcoco.ie.



Events for children with additional needs

On Sat 7 January, we host another day of art activities for families of children with additional needs. **Quaint Baby Art** are back in the Studio, dlr Lexlcon for a day of fun and exploration with a huge variety of art materials.

For families living with neurodivergence we will be hosting Saturday sessions once a month in the Studio, dlr Lexlcon from January to June.

Save the dates! Saturday 7 Jan, 11 Feb, 11 March, 15 April, 20 May & 24 June



Events and Services for those with additional needs

Did you know staff in dlr Libraries have been working hard to make your Library services and spaces more accessible, especially for those with additional needs?

We would like to highlight some services you may not be aware of:

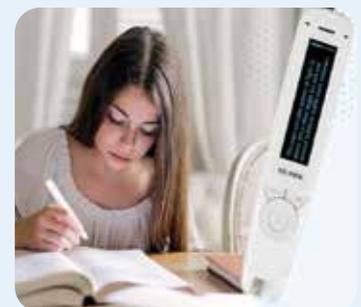
- Quiet evenings in Cabinteely & Dundrum Libraries

- Sensory/Quiet Room in Deansgrange Library & dlr Lexlcon
- Sensory boxes available on request in each dlr Library
- ASC collection (Accessible Services Collection) which includes toys, equipment for those with additional and/or sensory needs. This collection can be borrowed by emailing libraryculture@dlrcoco.ie and can be collected from your chosen dlr Library
- Reader Pens for those with dyslexia, literacy issues or a visual impairment
- Inclusive events programme as well as events specifically programmed for those with additional needs

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

Reader Pens for Schools

We have a collection of Reader Pens for lending. Reader 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. Scan specific words or sentences and then listen to them. With the built-in dictionary, you can also get definitions of particular words that make it easier to understand the text. The Reader Pens can also read English, French, and Spanish.



As well as pens for individual loan, we have a number of pens available for block loan to schools within DLR for the academic year. Please note, Reader Pens must be borrowed from and returned directly to a dlr Library. The loan period is 8 weeks. If you are interested in borrowing a Reader Pen for your class or school, please email libraryculture@dlrcoco.ie.

Home Energy Saving Kits

We have recently increased the number of Home Energy Saving Kits available to borrow from all dlr libraries. These kits contain five practical energy-saving tools so that you can carry out a mini energy audit of your home and find the easiest and most important areas to save energy. Using the kit will help you to identify possible problem areas such as poorly insulated walls and appliances that are driving up electricity bills.

If you are interested in borrowing one of these kits, please contact your local dlr Library. The Kits are supplied in partnership with CODEMA.

Note: there is currently a waiting list for existing kits. However we have purchased some Thermal Leak Detector kits which can be borrowed separately. Please contact your local library.



dlr Scéal Trails, an initiative of dlr Libraries

The dlr Libraries' Scéal Trail was the first outdoor 'story walk' in Ireland to be delivered by a public library authority, bringing the traditional library service outdoors and into the public realm. A Scéal Trail or story walk is a book delivered outdoors, in an exhibition format that you can follow, from beginning to end, as you walk with your family or friends. Scéal Trails can be found in dlr Library Gardens in dlr Lexlcon, Cabinteely and Shankill Libraries as well as green spaces around the County, including Cabinteely Park, Bracken Road Park, Sandyford and Samuel Beckett Civic Campus in Ballyogan.



Tovertafels – Magic Tables

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



dlr Libraries: Our resources and services

To find out more about our in-person and online 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, sign up for our fortnightly ebulletin there and follow us on social media.

ACORN tablets

Do you feel out of your depth when using technology?

The ACORN tablet was designed with user-friendly, easy-to-use technology, aimed at older people with little or no computer or smart device experience.

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

- Calendar – to help you keep track of appointments, birthdays or social events
- Explore – this option provides access to websites and apps
- Talk – allows the user to make calls and send/receive messages and emails

- Camera – the tablet has a two-way camera where photographs can be stored and shared

These tablets are available for lending to dlr Library members. For more information, contact staff at your local dlr Library.



Cuairt agus Cultúr

Artists and Wellbeing Therapists in Residential Care Settings & Day Care Centres in dlr

Since 2018 dlr Arts Office and dlr Libraries have collaborated on an arts and culture programme with residential care settings based in dlr, called Cuairt agus Cultúr (C & C).

During 2023, the remit of C & C has expanded to include Day Care Services for older people as well as Nursing Homes and Residential Care Settings in the County and is also supported by dlr Age-Friendly Programme.

The Cuairt agus Cultúr programme funds artists and practitioners as well as wellbeing facilitators and therapists to explore and enjoy creativity and wellbeing together with older people and includes visual art, music, storytelling, movement / dance, creative writing, craftwork and wellbeing therapies.

The programme aims to nurture and support creativity, wellbeing and contact between the residents of nursing homes, day care centre



attendees, families and staff of care settings in dlr with artists and wellbeing therapists. Cuairt agus Cultúr aims to support artists working in care settings, as well as to deepen the value of the arts and wellbeing in these settings.

For more information on how to get involved in Cuairt agus Cultúr, please email: cagusc@dlrcoco.ie or phone the Arts Office (01) 236 2759 or Libraries (01) 236 2700



dlr Arts Office

Make sure and keep up to date with dlr Arts Office.

A great place to get up to date information is to follow us on social media, we are on Facebook, Twitter and Instagram.

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

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



*Kenneth Redmond,
Arts Officer*

Dementia Inclusive Gallery Tours and Activities

Are you living with dementia or would you like to try something different with your loved one living with dementia? We are delighted to offer our popular Dementia Inclusive Gallery Tours in person in the Gallery, dlr Lexlcon, Dún Laoghaire.

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

Explore and discuss a selection of artworks, there will also be time to enjoy a cup of tea at the end of the tour.

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

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



*Dementia Inclusive Gallery Tour,
credit Peter Cavanagh*

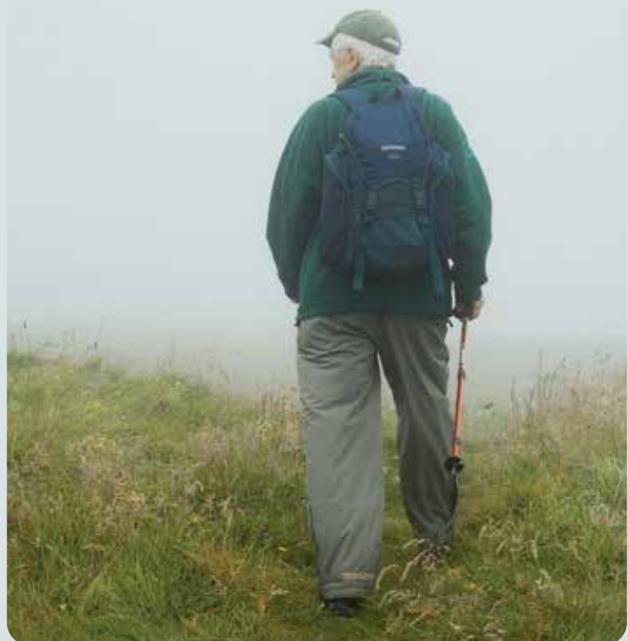
Gallery Learning Programme

We have a wide variety of free workshops, talks and other events as part of our Gallery Learning Programme, available for all ages. The programme is jam packed full of live and online talks, conversations, demonstrations and art making workshops.

The emphasis is on exploring together as we all try new things out.

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

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



*'Mountain Ranger on Patrol' by Dara McGrath,
dlr County Collection*



Sandra Kelly, Acting Senior Community Officer



dlr Community Facilities & Centres

The Community Section of Dún Laoghaire-Rathdown County Council provide support and funding to more than 25 community facilities and centres located across the County of dlr. Community Centres provide a focus to support community development & a sense of well-being and quality of life in our local communities. Our Centres provide spaces where people can interact, learn, engage in recreational activities, be supported and grow. In many areas, they are the focus of socially sustainable communities.

Dún Laoghaire-Rathdown County Council invests in the physical infrastructure as well as community activities to support the development and delivery of services in line with local community needs.

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

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

The dlr Community team are happy to support you with linking in with activities in your local area. We also offer support to groups that are interested in setting up a residents' association (see pages 12 & 13), setting up a community group and with applying for dlr Grants which become available throughout the year.

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

Listed below are contact details for some of our larger Community Centres, for further details and a comprehensive directory of Centres please visit www.dlrcommunity.ie

Mounttown Community Facility
Meadowlands Avenue, Dún Laoghaire,
01 2547285,
roombookings@mounttowncommunity.ie

Sallynoggin Community & Senior Centre
Church Place, Sallynoggin,
01 2351952,
SallynogginYCF@outlook.com

Sandyford Community Centre
Lambs Cross, Sandyford,
01 2959149,
sandyfordccmanager@gmail.com

Samuel Beckett Community Facility
Ballyogan,
01 2920513,
samuelbeckettcf@gmail.com

Setting up a residents' association



Contact the community team on:

(01) 205 4893 and ask to talk to the community development officer.

What is a residents' association?

Residents' associations are organisations formed by groups of people from a specific community who come together to help make their neighbourhood a better place to live. They act as a voice for their local community and try to find opportunities and solutions to improve where they live.

What does a residents' association do?

A well-organised residents' association can:

- organise summer projects, family fun days, planting days and clean-up days;
- address local issues and find solutions;
- apply for grants from funding providers and from Dún Laoghaire-Rathdown County Council (dlr);
- tell residents about local projects and initiatives; and
- work with dlr to address local issues such as littering, graffiti, parking and environmental issues.

Who can be a member of a residents' association?

You can! A residents' association represents everyone in the estate or neighbourhood where you live. Everyone who lives there can join and share the work. It is also good way to get to know your neighbours and other residents.

How can we set up a residents' association if we don't have one?

Try and organise something positive in your estate like a coffee morning or street party and invite people to get involved. Ask people if they see a need for a residents' association and if they would join one. If you are not sure how to do this, you can phone one of our community development officers. They will be more than happy to help.

Having your first meeting?

To set up a residents' association, you will need to organise a public meeting and invite all the residents from your estate or neighbourhood to come along. At the meeting, you will:

- discuss common issues facing your area and ways of dealing with those issues;
- agree which issues the residents' association will (and will not) focus on; and
- get volunteers involved to help run the residents' association.

Specific things you will need to do for your first meeting

- Set a date
- Arrange a venue (we (dlr) have 27 community centres that you can use to meet)
- Set the agenda (what the meeting will cover)
- Invite people from your estate or neighbourhood
- Invite your local dlr community development officer

After the first meeting

Congratulations! By now, you will have sparked interest in a residents' association in your community and recruited some volunteers. Together, you will need to form a committee and assign roles (decide who will do what). Keep records as you go to help you set an agenda for your next meeting.

This is not as hard as it sounds. Our community development officers can help you every step of the way.



dlr AGE-FRIENDLY STRATEGY 2022 – 2026



The dlr Age-Friendly Strategy 2022-2026 was adopted in November 2022 by the elected members of Dún Laoghaire-Rathdown County Council. Following widespread consultation, the Strategy offers an exciting and ambitious

plan with more than 60 age-friendly actions identified by dozens of groups and organisations and a shared mission of dlr as

‘a vibrant place where people can thrive and fulfil their potential in their local communities and neighbourhoods throughout their lives’.

The dlr Age-Friendly Strategy aims to secure the future of older people in their local areas and to engage positively within their communities for as long as possible with excellent services enhancing the health and well-being of dlr’s older population.

It is centred on the needs and aspirations of older people throughout the county and is supported by commitments from stakeholders and partners to work together to make a positive difference and to help make Dún Laoghaire-Rathdown an even better place in which to live and grow older.

If you would like to find out more about the dlr Age-Friendly Strategy 2022-2026, you can contact Siobhán Nic Gaoithín, dlr Age-Friendly Programme Manager on (01) 205 4893 / email community@dlrcoco.ie.

Ronnie Delany, dlr Age-Friendly Ambassador

As part of the Age-Friendly Ireland national programme, each local authority area is invited to appoint an Age-Friendly Ambassador - an honorary role, carried out by a local high-profile person representing the Age-Friendly Programme on behalf of older people in their city / county.

Dún Laoghaire-Rathdown County Council and Age-Friendly Ireland are delighted that Ronnie Delany, Ireland’s 1500m Olympic Gold Medalist from the 1956 Melbourne summer games and Dún Laoghaire-Rathdown resident, agreed to take on the role of Age-Friendly Ambassador for dlr in 2022.



Ronnie Delany is very well placed to be an advocate and an inspiration for the older population of dlr. His vast experience, his inspiring sporting, professional and volunteering career as well as his passion and professionalism are qualities that add greatly to the dlr Age-Friendly programme and vision for Dún Laoghaire-Rathdown as an Age-Friendly county.

There will be Time

Pat Fitzgerald

*Dún Laoghaire Active
Retirement Association
Creative Writing Group*

There will be time to smell the roses, remarks that greet you when word of your retirement leaks out.

When you are a young man, with a family to rear, time is a commodity; you actively seek overtime or nixers to supplement your income that is your priority. You seldom think of time as a diminishing quantity. Like Jimmy O’Dea, you are of the view “That when God made time, he made plenty of it”.

However, when you get a bit older, and perhaps wiser, you are inclined to see things differently. If you are asked to work overtime, and you seldom look for it, you do so on the condition that you get time off in lieu, at overtime rates of course. As for nixers, they are a young man’s game, you are more concerned with accumulating extra leave to enjoy yourself.

Time away from your children when they are young can never be recovered. No amount of toys or technological gadgets can replace a picnic in the woods or gathering chestnuts in the autumn. Children looking back on their lives will not remember the gifts they got but they will remember when they hiked with you in the rain.

Recreation can also be the theft of time. If you are a golfer; you are missing for the best part of a normal day to play a game. The same with hiking and hill walking. If your spouse or partner does not share your enthusiasm for the sport, it is they who pay the penalty. One of the positive sights of the lockdown is the amount of fathers, mothers and children walking or cycling together. Will one of the effects of the pandemic be a greater appreciation of the value of time?

These days, time has taken on a different dimension. If and when you are working, the advent of new technology means that you are expected to be available at all times, usually with no compensation.

It is not unusual on holidays, to see people lounging at the poolside answering emails. Atypical work, zero-hour contracts and working from home have all eaten into the time available to you. And when you are retired the fact that you “cannot go down the road to buy an extra hour” makes you reevaluate your life.

Time is now precious, and your greatest ambition is to hope that “There will be time”.



About us

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

A variety of ways to get involved

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

Volunteers help their communities in many ways, e.g., delivering meals, doing admin work, tutoring, taking environmental actions, and joining boards. We invite you to connect with our service to explore how you can support others, and the organisations you care about, in a way that works for you! Volunteer Geraldine says: "I would most definitely encourage someone to volunteer. Certainly, for someone like myself, recently retired, it is a great opportunity to stay connected,

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

Thinking about volunteering and want to find out more?

If you would like to find out more about our service, or the above programmes, you can get in touch with the Volunteer Engagement Team by calling **01 441 4444** or emailing **placement@volunteerdlr.ie**. You can also check out our website, **www.volunteerdlr.ie**. We also offer in person or online appointments with a member of the team, so do call or email if you would like a member of the team to get in touch.

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

HSE Home Support Service for Older People



The HSE Home Support Service (formerly called the Home Help Service or Home Care Package Scheme) aims to support older people to remain in their own homes for as long as possible and to support informal carers.

The Home Support Service provides you with support for everyday tasks including:

getting in and out of bed; dressing and undressing; personal care such as showering and shaving

The support you will receive depends on your individual needs. These supports will be provided by the HSE or by an external provider, approved by the HSE.

Costs: The Home Support Service is free. You do not need a medical card to apply and your income will not be assessed. However, if you arrange additional home supports, over and above the level funded by the HSE, you will have to pay for these.

Who can apply? The Home Support Service is available to people aged 65 or over who may need support to continue living at home or to return home following a hospital stay. Sometimes exceptions are made for people younger than 65 who may need support. For example, people with early onset dementia or

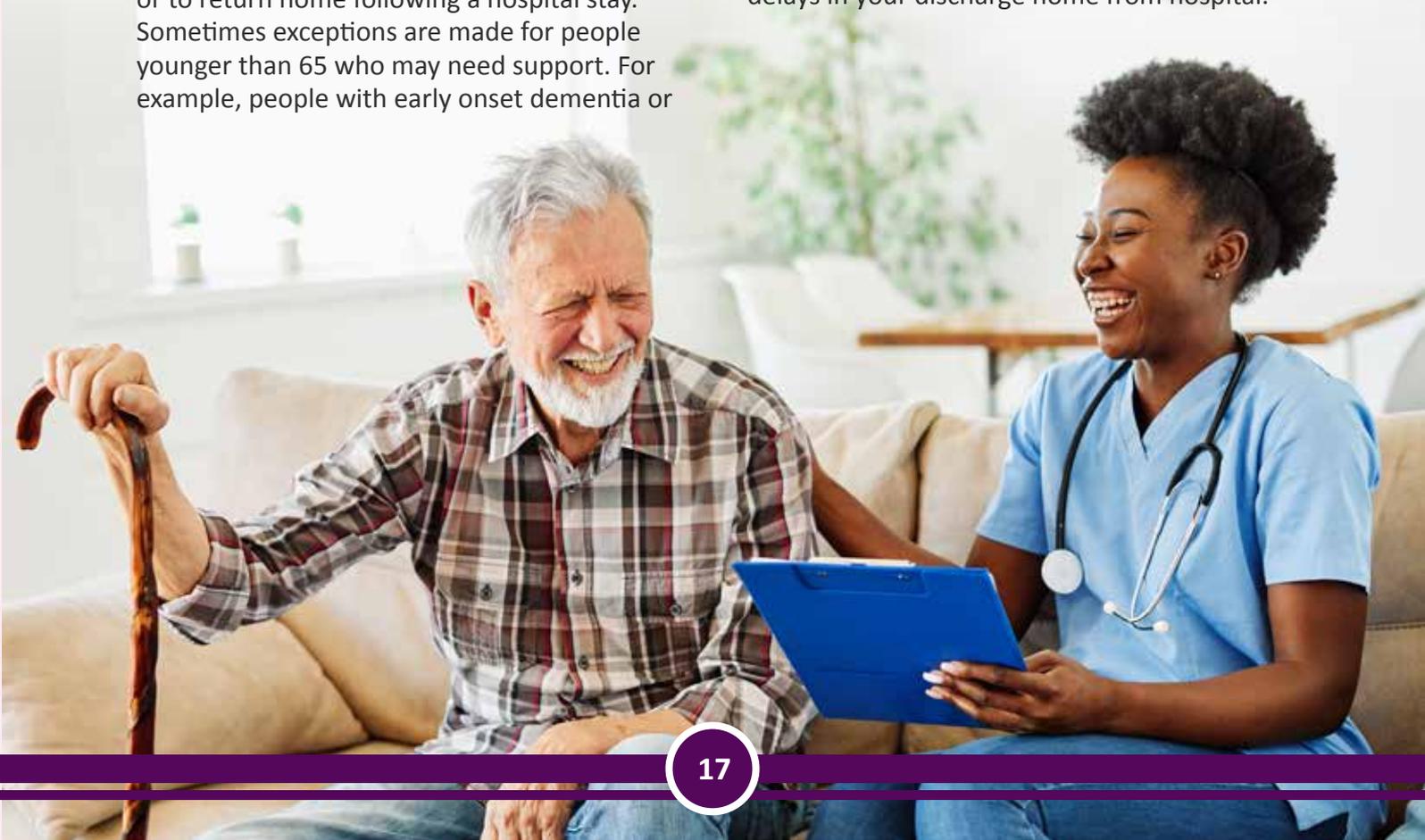
a disability. You can apply for a home support service if you are at home, in hospital or in a nursing home and wish to return home.

Download the Home Support application form online or contact the Dún Laoghaire-Rathdown Home Support Offices to send you out an Application Form – see contact details on page 18.

Completing the form: You can complete the application form yourself or you can ask someone to complete it on your behalf. This could be your relative, a family carer, GP or public health nurse.

The completed application form should be returned to your local Home Support Office. The local Home Support Office can help you to complete the application form, if needed.

If you are in hospital, you or your family should ask the person dealing with your discharge plan for an application form. This should be done as soon as possible during your hospital stay as it may help to avoid any delays in your discharge home from hospital.



After you apply: The Care Needs Assessment:

The HSE will arrange a care needs assessment to determine your home support needs and the assessment is done by a healthcare professional, such as a public health nurse. Following your assessment, the HSE will consider your application for a Home Support Service and will write to you to let you know what supports can be provided.

Consumer Directed Home Support (CDHS):

Consumer Directed Home Support (CDHS) is another way your home support can be delivered by an Approved Provider. If you are approved for a Home Support Service and HSE staff are not available to deliver the service, then a provider who has been approved by the HSE, will deliver the home support to you.

You will deal directly with the HSE Approved Provider(s) of your choice to arrange days and times of services that meet your essential care needs. You can choose to be considered for CDHS when you are completing your application form.

If you apply for, and are approved for CDHS, after your care needs assessment, you will receive a letter from the HSE approving a weekly amount of funding. You can use this to arrange home support from the approved providers you choose.

If your application is approved: The HSE will inform you in writing that your application for home support is approved based on your care needs assessment and available resources at that time.

If you are approved for a Home Support Service while you are in hospital, the support provided will be on an interim basis to enable you to return home. Your needs will be re-assessed within a short period of you returning home and the level of your home support may be adjusted.

Your Home Support Service will be provided by HSE staff or by an Approved Home Support Provider who has an agreement with the HSE to provide this type of service on its behalf.

If your application is not approved: The HSE will inform you in writing that your application for home support is not approved. This decision is based on your assessed level of need. The letter will explain how you can appeal the decision, if you wish to do so.

Read the Home Support Service for Older People Information Booklet online or request a copy to be sent to you through your local Home Support Office listed below.

Where do I apply for the Home Support Service? The HSE has 33 local Home Support Offices nationwide where you can request and return your completed Application Form and details below on Home Support Offices for dlr:

Dún Laoghaire Home Support Service, Services for Older People, HSE, Dún Laoghaire Local Health Office, Tivoli Road, Dun Laoghaire, Co. Dublin Tel: 01-236 5200

Dublin South East Home Support Service, Services for Older People, HSE, Vergemount Hall, Clonskeagh, Dublin 6 Tel: 01-268 0570

Dublin South West Home Support Service, Services for Older People, HSE, Junction House, Kilnamanagh-Tymon Primary Care Centre, Airton Road, Tallaght, Dublin 24 Tel: 01-921 4718



Day Care Centres in dlr



Cúram Sláinte Pobail Thoir
Cú Mhártaín | Baile Átha Cliath Theas |
Baile Átha Cliath Thoir Theas
Community Healthcare East
Wicklow | Dublin South | Dublin South East



There are many Day Care Centres operating across Dún Laoghaire-Rathdown on various days during the week providing affordable meals and social activities as well as entertainment and trips for older people living in the community. Transport to and from the centres is also often provided.

Here are the contact details for some of the Day Care Centres operating in dlr and for a full list of all the Services for Older People, contact the HSE, Dún Laoghaire Local Health Office, Tivoli Road, Dún Laoghaire, Co. Dublin. Tel: 01-236 5200

Day Centre	Postal Address & Eircode	Phone
Ailt an Óir, Glenageary	Upper Glenageary Road, Dún Laoghaire, Co Dublin, A96 W7W9	01 284 4066
Beaufort Day Care Centre	Beaufort, Glasthule Rd, Sandycove, Glasthule, Co. Dublin, A96 X8N7	01 280 9720
Dalkey Day Care Centre	Kilbegan Close, Dalkey, Co. Dublin, A96 X603	087 383 2445
Leopardstown Park Day Centre	Leopardstown Park Hospital, Foxrock, Dublin 18, D18 K5E	01 295 5055
Mount Merrion Friendship Club (Blackrock/Stillorgan area only)	The Rise, Mount Merrion, Blackrock, Co. Dublin	01 288 4411
The Orchard Day Care	Alzheimers Association Ireland, Temple Road, Blackrock, Co Dublin, A94 N8Y0	01 207 3836
Park House Day Centre (Rehab Group)	Park House Training Centre, Stillorgan Park Avenue, Blackrock, Co. Dublin	01 210 8567
Shankill Social Day Centre	Lower Road, Shankill, Dublin 18, D18 HW95	01 282 6364
St. Joseph's Centre	Crinken Lane, Shankill, Dublin 18, D18 TY00	01 282 3000

Outdoor Summer Music Series

Initiative of HSE Community Healthcare East in collaboration with dlr Arts Office

Listening to music has many positive effects on health and wellbeing including relaxation, stress reduction, elevating mood, stimulating memories and providing comfort.

The Outdoor Summer Music Series has taken place for the second year following the success of last year's events. However, this year, these events were part funded by dlr Arts Office in collaboration with Health Promotion & Improvement / Health & Wellbeing in Community Healthcare East.

Elizabeth Hilliard is an Irish Soprano and the HSE Staff Choir Conductor performed eight summer music events to Residential Care Facilities and Residential Mental Health facilities from August - September 2022.

This year's events saw the introduction of Dalkey Community Unit as a venue that hosted two of the events for the first time. The other six venues had hosted the event last year and were happy to re-register this year.

We were able to extend this provision thanks to grant funding provided by dlr Arts Office and HSE funding and these events were greatly appreciated by residents, relatives and staff.





Transparency, Inclusion and Protection of Natural Assets are Key Findings in DLR Public Participation Network's Community Wellbeing Statement for Dún Laoghaire-Rathdown

The DLR Public Participation Network (PPN) launched their Vision Statement for Community Wellbeing in December 2022. The report, mandated by the Department of Rural & Community Development, identifies core issues that member groups and the wider DLR community consider important for their community to be "The best that it can be for this and future generations".

Key Findings:

- **Taking care of our natural assets - parks, coast, heritage, etc. in the county – from both an environmental and asset preservation perspective**
- **Community places and resources**
- **Transparency in local government – with good communication and engagement**
- **Inclusion – age, youth, and disability inclusion coming out strongest**
- **Encouraging Volunteerism – especially youth volunteerism**

DLR PPN is part of the national PPN network around Ireland and the Public Participation Network is funded by the Department of Community & Rural Affairs, supported by City and County Councils around Ireland.

The figures are impressive. With 18,121 member groups nationwide, PPNs represents 1,673,835 people in the community in Ireland, with member Reps on hundreds of county committees around the country.

As part of this growth, the Department has spearheaded and encouraged PPNs around Ireland to engage with citizens and their members in each county to look at Community Wellbeing, and how we can plan for better community living and engagement nationwide.

Despite Covid restrictions driving research online, DLR PPN worked hard in 2021 and into 2022 to look at this statement. With 531 Member groups in Dún Laoghaire Rathdown PPN, and 32 Reps on various County Committees, this Community Wellbeing Statement is representative of the feelings and aspirations of the people of Dún Laoghaire-Rathdown.

The findings were responded to under the 6 headings of Environment & Sustainability; Values, Culture & Meaning; Health - Physical & Mental; Participation, Democracy & good Governance; Work, Economy & Resources and Social & Community Development and are representative of the population of Dún Laoghaire-Rathdown. The full findings of the Research, including the Methodology are available online at

<https://dlrppn.ie/draft-vision-for-community-wellbeing-statement-dlr-ppn/>

About DLR PPN: DLR PPN has a team of 2 staff plus consultants and is hosted by Southside Partnership in Blackrock, Co. Dublin. DLR PPN staff are supported by a voluntary Secretariat, elected under the Pillars of Community and Voluntary, Social Inclusion and Environment.

DLR PPN also has 32 reps, who represent our DLR community, and their pillars across a wide range of Committees within the Dún



Laoghaire-Rathdown area, giving a voice to all in the county, through their process. DLR PPN currently has 531 members groups - Community and Voluntary 423; Social Inclusion 94; and Environmental Pillar 14 including many Age-Friendly and Active Retirement groups.

DLR PPN provide training for groups right across the county in key areas such as digital upskilling, grant writing, running AGMs etc. as well as publishing regular newsletters on community activities, events and consultations taking place in dlr. DLR PPN acts

as a conduit for key citizen information to be imparted, as well as having a role in DLR's response to the continued Ukrainian crisis.

Key contact:

To find out more and to register your community group with dlr PPN, contact Colette Downing,
Acting DLR PPN Manager
E: colette@dlrppn.ie
Mobile: 087 639 4506



DLR PPN Secretariat and Reps, December 2022

The Adult Education Service Southeast – Dundrum & Dún Laoghaire

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

Our courses provide new learning opportunities that can lead to employment, self-development, or progression to further study. Our FREE classes are part-time and take place morning, afternoon or evening, offering learners flexibility and choice. Classes include accredited and non-accredited courses.

We provide a welcoming, supportive learning environment. We have experienced, friendly and learner centered tutors.

Our FREE Part-time courses include:
Relaxation & Wellbeing courses,
Language courses,
Community & Environment development,
Gardening and Art courses.

Computer courses are available for beginners through to advanced and topics include:

- **Getting the most out of your Smart Phone**
- **Computers for the Terrified**
- **Understanding the Cloud**
- **Keeping Safe while Shopping**
- **Booking tickets online**

South East Adult Education Service includes:
Adult Guidance Service:

The Adult Guidance Service provides guidance and information on education, training and career options to anyone over the age of 18 and not in full-time education.

Back to Education Initiative:

Free Part-time accredited provision (QQI Level 2 – 5) in Community Care, Community Development, Applied Social Studies, I.T. and other subjects

* Eligibility Criteria includes 18-65 years old, in receipt of a social welfare payment or/ medical card holder or/ not completed a Leaving Certificate



Community Education

Free Part-time provision delivered in partnership with local community groups including Active Retirement Groups, Men's Sheds, Unemployment Support Groups, Local Community & Family Resource Centre's etc.

English For Speakers of Other Languages

Free part-time English classes for Speakers of Other Languages. Learners must be over 18 years of age.

Beginners, Intermediate and Advanced Levels available. Some eligibility criteria apply.

Key Skills Service

Free part-time provision for anyone wanting support to improve their reading, writing, spelling, math's or digital skills.

Vocational Training Opportunities Scheme

Offering unemployed adults an opportunity to return to full-time education. Learners must be over 21. Courses include QQI Level 4 Digital Technology Courses and Computer Applications with Payroll and Web Design

Some programmes have different eligibility criteria, please contact us if you are interested in any of our courses. Priority will be given to those with less than upper secondary level education.

We provide an innovative and flexible service – If you are interested in finding out more, please contact us for further information.

We are looking forward to hearing from you.



Adult Education Service Dundrum

Sydenham Road
Dundrum
Dublin 14

Telephone:
01 298 9283

Email:
learningdundrum@ddletbaes.ie

Adult Education Service Dún Laoghaire

DDLETB Training Centre
Wyattville Road
Loughlinstown
Co Dublin

Telephone:
01 204 3676

Email:
learningdunlaoghlaire@ddletbaes.ie



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[www.ucd.ie/
lifelonglearning](http://www.ucd.ie/lifelonglearning)



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University for All



Age-friendly
University
Global Network





'THE WAY'

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

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

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

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

Pat Fitzgerald,
Dún Laoghaire Active Retirement Association

AGE

When I was very, very young
I thought the day would never come
When I'd be old enough to do
Anything I wanted to

As time went on, I came to see
Age wasn't all it was cracked up to be
With it came responsibility
And much, much worse, infirmity

So, whatever age you're at today
Gather ye rosebuds while ye may
Advancing years can be a curse
If you think now's bad, it can get
worse!

Mary Fleming
Foxrock Active Retirement

Southside Travellers Action Group (STAG)



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

STAG offer many supports and services to the traveller community in dlr for all ages including a **Primary Health Care Programme** supporting older members of the traveller community. The aim of STAG's Primary Health Care Programme is to improve the health and life expectancy of the Traveller community living in dlr. Travellers trained as primary health care workers provide health information directly to the community through home visits and support individual Travellers to access health services. The programme also runs health promotion activities and workshops and supports local health services to develop their understanding of Traveller ethnicity and the issues affecting the community through information talks and training. Please contact the Primary Health Care Coordinator at 01 – 295 7372 if your service is interested in participating.

The **STAG Men's Shed** is a dedicated, friendly and welcoming meeting place where men can come together. The Men's Shed are currently working on building a Traveller Barrel Wagon using wood, arts and crafts and the wagon (pictured here) will be completed and will go on display to the public in 2023.



Traveller women come together on Tuesday evenings in the STAG building and is an opportunity for women to come together with many activities organised including arts, crafts, flower arranging etc., as pictured here.



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

Dún Laoghaire-Rathdown (dlr) Integration Forum



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

The **dlr Integration Forum** organise, run and co-ordinate activities that promote integration in the community as well as addressing issues faced by migrant communities living in dlr. The aim of dlr Integration Forum is to help develop an inclusive, supportive, secure and intercultural community that is based on the principles of equality, diversity, healthy communication, empowerment, social justice and mutual respect.

The **dlr Integration Forum** is supported by the Social Inclusion Unit of Dún Laoghaire-Rathdown County Council and cooperates with many stakeholders including An Garda Síochána, Southside Partnership etc. and

meets regularly and organises community activities promoting migrant communities, training and awareness raising opportunities as well as developing representation and engagement of minority migrant communities in policy making decisions affecting all in dlr.

For more information, contact Reji C. Jacob, Chairperson of dlr Integration Forum on dlrintegrationforum@gmail.com



Members of dlr Integration Forum at Africa Day events in Kilbogget Park, May 2022



From left: Ambassador Extraordinary & Plenipotentiary of Ukraine to Ireland, Larysa Gerasko, Chief Executive of dlrc, Frank Curran, Sharon Burrell, UNITED team, Councillor Mary Hanafin, Cathaoirleach of dlrc with Valentyna and Helen Smirnova, UNITED team at the launch of the 'UNITED' Ukrainian photography exhibition in the Assembly Hall, County Hall, Dún Laoghaire as part of the dlr Festival of Inclusion, October 2022. Photo Credit: Peter Cavanagh

Dún Laoghaire-Rathdown Sports Partnership creating change with Active Cities

Dún Laoghaire-Rathdown Sports Partnership is one of eight Local Sports Partnerships, selected by Sport Ireland to coordinate & deliver the Active Cities project in Ireland. Active Cities is about creating opportunities so that all citizens can lead healthier lifestyles in the context of sport and physical activity.

Highlighting the importance of raising awareness, Sports Coordinator of dlr Sports Partnership, Shane Mc Ardle commented:

“Active Cities will enable us to expand how we work together, in a bid to create positive change through sport and physical activity. Through collaboration and partnership, we can create even more opportunities for those who are least active, to allow them to lead healthier and more active lifestyles.”

The vision of Active Cities is to engage, increase and maintain the number of citizens regardless of age or ability participating in sport and physical activity. Angela Monaghan, Active Cities Officer, dlr Sports Partnership said:

“We want to provide even more opportunities for our residents to be active in their communities. We have many successful projects already running across the county, targeting a variety of groups. One of our newest projects is Siel Bleu at Home and is aimed at older adults living with chronic illness. Many people

may not feel fully ready to go back to group activities, for various reasons. This programme is designed to help them safely work their way towards becoming physically stronger and more mobile, while also enhancing mental and social wellbeing.”

If you are interested in joining the Siel Bleu at Home programme, you can register using the following link:

<https://SeilBleu2022.eventbrite.ie>

To find out more about dlr & Active Cities visit www.dlrsportspartnership.ie/active-cities. Here you will find information on how to become more active, new activities available across dlr and the chance for clubs and organisations to get involved with Active Cities and have their say on how we can work together to create more opportunities to be physically active.

**Angela Monaghan, Active Cities Officer,
Dún Laoghaire-Rathdown Sports
Partnership 01 271 9502 / amonaghan@dlrcoco.ie
sportspartnership@dlrcoco.ie**

You can also follow us on social media and be part of the Active Cities conversation using the hashtags **#ActiveCities #BeActive:**

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

Instagram: [@dlrsportspartnership](https://www.instagram.com/dlrsportspartnership)

Twitter: [@dlrsportsteam](https://twitter.com/dlrsportsteam)



THE BIKE HUB.IE

TRY AN INCLUSIVE BIKE!

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



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 magazine on these programmes for older people which include the Living Well with Dementia programme, Care & Repair service, Senior Wellness Activity Programme, Social Prescribing, Healthy Food Made Easy, Ballybrack Project Centre services and the Southside Partnership's Women's programme.

For further information on Southside Partnership DLR, call into our office: Southside Partnership DLR, The Old Post Office, 7 Rock Hill, Main Street, Blackrock, Co. Dublin, Phone: 01 706 0100 / Email: info@sspship.ie /

Visit our website on www.southsidepartnership.ie

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.

We offer courses like

- 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 on 087 720 3665 or 01 442 1004.

You can also look at www.women4women.ie and Instagram 'women4womenireland'.



Ballybrack Project Centre



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

Currently:

- Tues 10am: **The Coolevin Art Group**
- Tues 8pm: **The Ladies Club**
- Weds 10am: **Craft Group**
- Weds 8pm: **Young @ Hearts**
- Thurs 10am – 12: **Drop-in Book-Swap**
- Weds 2pm: **Irish Countrywomen's Association**
- Fridays 11am: **Over 65s Chair Gym**

Also,

Do you Hate Doing Forms?? We are here to help with online access issues and form filling. Grants, welfare, applications, rules and regulations... sorted, in confidence.

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

Or email gina.hogan@sspship.ie or patrick.finnegan@sspship.ie



SWAP

(Senior Wellness Activity Programme)

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

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

These programmes are funded through the HSE Healthy Ireland fund.

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

Email: ben.stapleton@sspship.ie

Telephone: 087 359 1484



DLR Heritage



*Deirdre Black,
Heritage Officer*

The DLR Heritage Office runs an annual programme of walking tours, talks and exhibitions focusing on our County's heritage as well as guided tours of our special historic properties including the Oratory, Dalkey Castle, Marlay House, Cabinteely House, Martello Towers and ancient burial grounds. Dalkey Castle has attained the Fáilte Ireland Covid safety charter. We also support community groups in their work to care for and celebrate local heritage with ongoing advice and an annual community

heritage grants scheme. The Heritage Team publishes books and maps to celebrate our local built and natural heritage and has prepared a five year Heritage Plan for the county.

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

Historic Hills and Monumental Mountains

The Dublin Hills and Mountains are a familiar backdrop around the county and previous generations have left their mark throughout this ancient landscape. While archaeologists are always discovering new evidence, so far, the earliest human activity we know about in the mountains dates to the Neolithic period, around 5,000 years ago. Early settlers cleared woodland using polished stone axes, farmed livestock, and sowed early forms of wheat and barley.

The most visible reminders today of these communities are their stone funerary monuments. Enduring monuments such as portal tombs (known as dolmens), and passage tombs (similar to Newgrange) were expressions of not just religious belief, but of community strength, cohesion and perhaps territorial ownership. There are large portal tombs at Brennanstown and Kiltarnan and a smaller portal tomb can be easily seen in the green space at Cromlech fields in Ballybrack.



*Fairy Castle on Two Rock Mountain.
Photo credit: Joe Ladrikan*

Eleven passage tombs crown the summits of the Dublin mountains, with another five in the Wicklow mountains. Fairy Castle, reached by a path on Two Rock Mountain, is perhaps the best known in Dún Laoghaire-Rathdown and forms part of what can be considered an extended and intervisible passage tomb cemetery. You can see at least one other tomb from each monument.

When the first metal-working had begun, the people of the Dublin Mountains adapted their tomb design into a wedge shape. There is a wonderful wedge tomb at Ballyedmonduff dating to around 2,400–2,000 BC.



Tibbradden Cairn. Photo credit: Joe Ladrigan

During the Bronze Age, small stone-lined graves were constructed in the mountains. Known as cist burials, these are sometimes covered with heaps of stones known as cairns. Bronze Age pottery was found in the cairn on Tibbradden when it was excavated in 1849.

The huge Rathmichael Hillfort, at almost 450ft in diameter, may have been used for large political or ceremonial gatherings. While hillforts are a feature of the Iron Age, they may have been used earlier. Local folklore claims that the nearby Puck's Castle was built with the stones of an ancient structure on the hill.

In the early medieval period, extended families lived in ringforts. These were roughly circular in shape with a bank and external ditch (ringfort) or a stone wall (cashel) enclosing the family home and farmyard. In more recent times, ringforts became known as "fairy forts". The most common archaeological feature around Ireland, ringforts can still be seen on the slopes of Two Rock Mountain and at Glencullen.

With the arrival of the Vikings and the foundation of the town of Dublin in the 9th century, the Dún Laoghaire-Rathdown area was an important source of food and timber for the Viking town. A new type of Hiberno-Norse building started to appear in the countryside. A fine example of such a longhouse was excavated at Cherrywood.



Looking from Rathmichael Woods and Hillfort towards Puck's Castle. Photo credit: Joe Ladrigan

Later when the Normans took control of this area from the 12th century, native Irish families used the Dublin Mountains as a base for attacks and raids. A ring of defensive sites appeared around the city and in 1488, an act of parliament called for the building of a great ditch around the 'English Pale'. A part of the Pale Ditch can still be seen in a green area at Kilcross Park.

The Military Road over the mountains was constructed after the 1798 rebellion to give the British Army access to the mountains and the rebels who took cover there. It is still a great way to travel through the mountains today!



*Rathmichael Hillfort
Photo credit: Joe Ladrigan*

The Dublin Mountains Community Archaeology Project is a collaboration between the Dublin Mountains Partnership, South Dublin and Dún Laoghaire-Rathdown County Councils and is funded by the Heritage Council of Ireland.

You can find more information, the *Dublin's Monumental Mountains* booklet and videos here: www.dublinmountains.ie/archaeology



Images Opposite
 Top: A Hiberno-Norse long house.
 Credit: Philip Armstrong

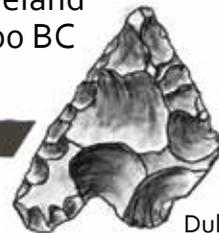
Bottom: An early medieval ringfort.
 Credit: Philip Armstrong

TIMELINE

Mesolithic Ireland
 8000 - 4000 BC



Neolithic Ireland
 4000 - 2400 BC



First burial at Poulrabrone, c.3800 BC

Hunter-Gatherers

First Farmers

Dublin Mountains Portal Tombs c.3800-3400 BC

Laughanstown ringfort
 7th - 9th Century

Cruagh Church foundation
 5th Century

Early Medieval
 AD 400 - 1169

Patrick arrives
 c432 AD



Viking Dublin
 c.841-1170 AD



Medieval Ireland
 AD 1169 - 1550

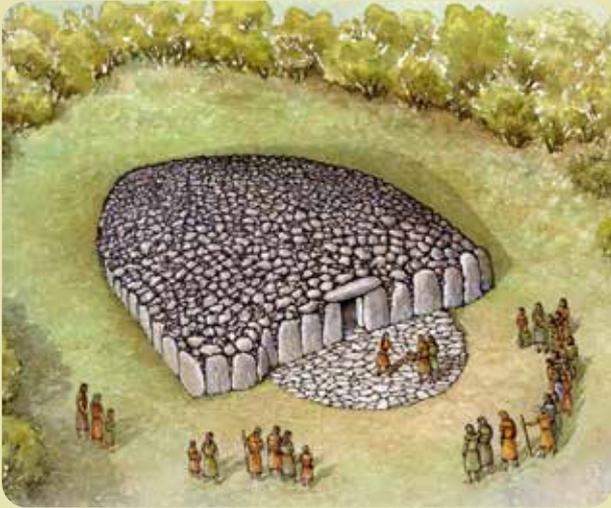
Kilmasantan Deerpark
 AD 1207

Black Death in Ireland 1348

Battle of Clontarf
 1014

Normans Arrive
 1169/70

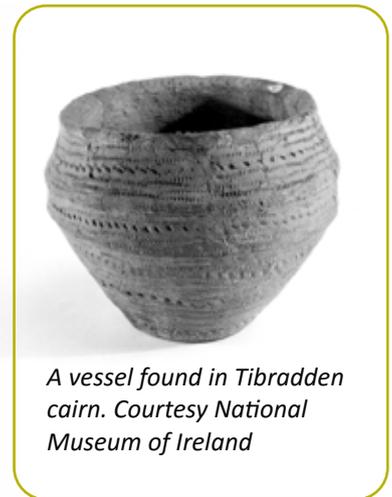
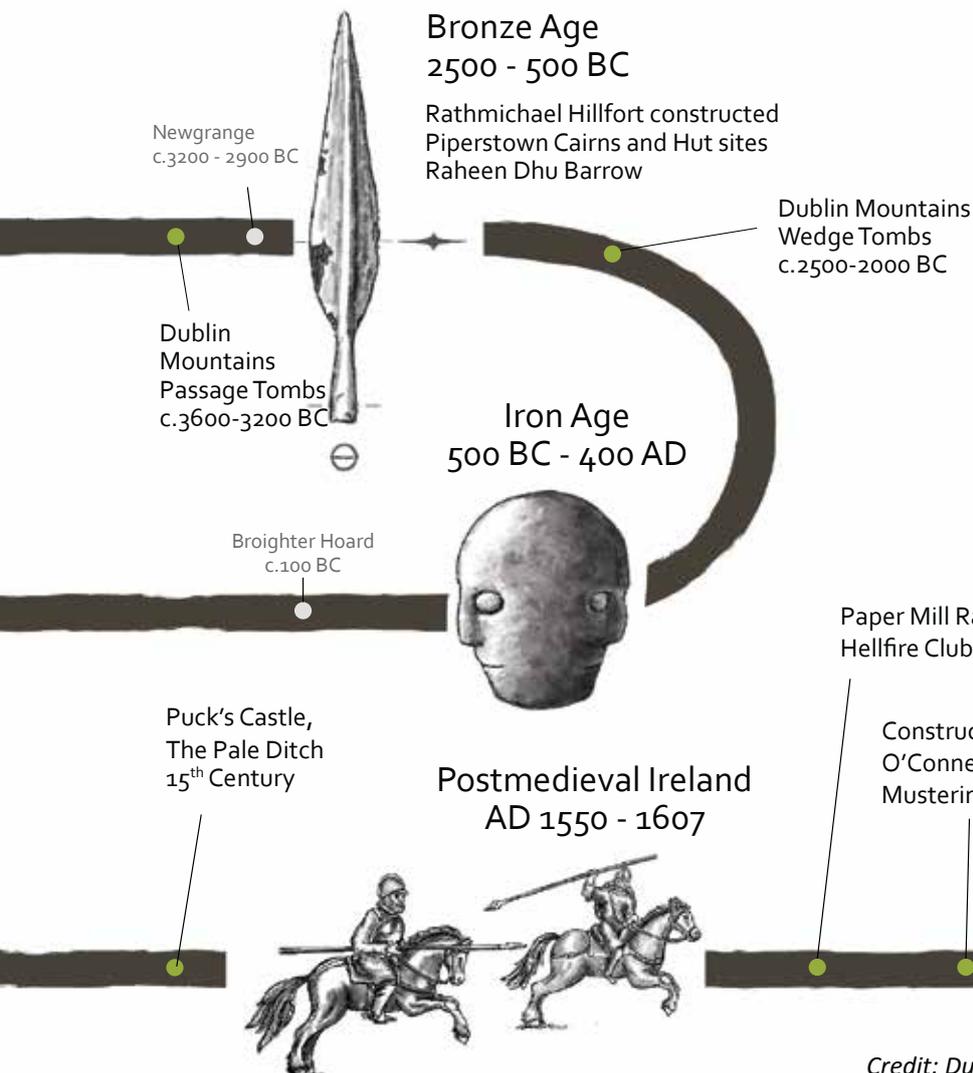




How a wedge tomb may have looked when in use.
Credit: Philip Armstrong



Ballyedmonduff Wedge Tomb
Photo credit: Abarta Heritage



A vessel found in Tibbradden cairn. Courtesy National Museum of Ireland

Credit: Dublin Mountains timeline by Abarta Heritage



Healthy Food Made Easy

Healthy Food Made Easy is a Community Based Healthy Food course delivered by Southside Partnership DLR in conjunction with the HSE. Courses are aimed at all ages and are available to community groups and individuals,

A typical course consists of 5 or 6 sessions, each session covers nutritional information, fun quizzes, smart shopping, and budgeting tips as well as cooking easy healthy recipes, where everyone gets involved.

There is no need to be part of a community group as we have a course running every 6 weeks a course runs every 6 weeks on a Monday morning in the Scouts Den Patrick's Street Dún Laoghaire.

For more information, please contact Angie in Southside Partnership DLR

Email: angela.lennon@sspship.ie

Mobile: 087-1090106

Facebook: <https://www.facebook.com/profile.php?id=100064708985268>



Minestrone soup

Serves: 4 adults

(Recipes from '101 Square Meals Cookbook – Easy recipes for everyday life' produced by Safe Food as part of the 'Healthy Food Made Easy' programme)

Ingredients:

- 10 ml vegetable oil
- 1 small potato
- 2 medium-sized carrots
- 2 sticks celery
- 4 lean rashers, cut into strips
- 3 cloves garlic
- 1 large onion
- 1 low-salt vegetable stock cube dissolved in 700ml boiling water
- 400 g tin of chopped tomatoes, with no added salt
- 150 g of pasta, any shape
- Pinch of black pepper
- 200 g of frozen peas, defrosted

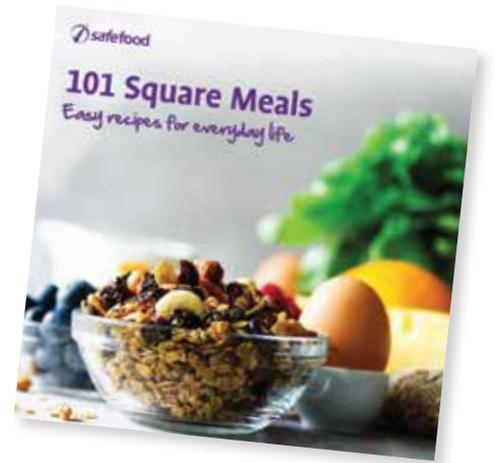
Method

1. Gently heat the oil in a large saucepan
2. Finely chop the potato, carrots, celery, rashers, garlic and onion then add them to the pan
3. Stir regularly to stop them from sticking to the bottom of the pan
4. Cook on a low heat for 5 minutes, or until the vegetables have softened
5. Add the stock and the tin of tomatoes
6. Bring to the boil and then reduce the heat
7. Simmer for 10 minutes
8. While simmering, add the pasta and black pepper
9. Cook for another 8 to 10 minutes
10. Add the peas and keep simmering until they are hot
11. Serve and enjoy

Fish pie

Serves: 2 adults and 2 children

(Recipes from '101 Square Meals Cookbook – Easy recipes for everyday life' produced by Safe Food as part of the 'Healthy Food Made Easy' programme)



Ingredients:

- 675 g of filleted fish
- 1 onion, finely chopped
- Few drops of lemon juice
- 150 ml of water
- 275 ml of low-fat milk
- 25 g of low-fat spread
- 1 dstsp of plain flour
- Pinch of salt if desired
- Pepper
- 8 potatoes, cooked and mashed
- 40 g of frozen peas
- 2 carrots, chopped



*This tasty dish is a great opportunity to try out new fish.
Cod, herring, trout, mackerel and salmon are all suitable for this dish.*

Method

1. Skin the fish and cut into 4 pieces. Wash in cold water.
2. Place in a saucepan with the onion and lemon juice. Add the water and milk. Cover and cook gently for 10 minutes.
3. Drain the fish, saving the cooking stock.
4. Preheat an oven to 200°C / 400°F / Gas Mark 6.
5. Melt the low-fat spread in a saucepan. Add the flour and cook for 2 minutes until it forms a soft ball. Remove from heat and add fish stock gradually, stirring continuously. Bring to the boil, reduce heat and cook for another 2 minutes, still stirring.
6. Grease a casserole dish and add a little sauce. Place fish in the dish and cover with the salt and pepper, remaining sauce, peas and carrots.
7. Spoon the mashed potatoes over the filling.
8. Place the casserole dish in the preheated oven and cook for 20 minutes or until piping hot and browned on top.

Chicken and Vegetable casserole

Serve with boiled potatoes or rice

Serves: 4 adults

(Recipes from '101 Square Meals Cookbook – Easy recipes for everyday life' produced by Safe Food as part of the 'Healthy Food Made Easy' programme)



Ingredients:

4 chicken portions
3 large carrots
2 onions
2 celery stalks
6 mushrooms
20 g of frozen peas
1 low-salt chicken stock cube dissolved in 275 ml of boiling water
2 dstsp of lemon juice
½ dstsp of mixed dried herbs
Pinch of salt if desired
Pepper

Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4
2. Wash, peel and chop carrots, onion, celery and mushrooms
3. Place chicken portions in a casserole dish with all the vegetables
4. Pour in chicken stock, lemon juice, mixed herbs, salt (if using) and pepper
5. Bake for 1 to 1½ hours or until chicken is cooked
6. Serve with baked potatoes or rice

Any vegetables can be used instead of mushrooms and carrots. Pick according to availability, choice and cost

Simple oat bread

Serve with fresh fruit

Serves: 8 adults

(Recipes from '101 Square Meals Cookbook – Easy recipes for everyday life' produced by Safe Food as part of the 'Healthy Food Made Easy' programme)



Ingredients:

500 ml of natural yoghurt
1 beaten egg
350 g of porridge oats
2 tsp of bread soda
(sodium bicarbonate)

Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4
2. Place the yoghurt and egg in a bowl and mix well
3. Add the oats and bread soda to the yoghurt mixture and stir well
4. Place the mixture (it should be wet, but not a liquid) in a greased or parchment-lined loaf tin and bake for 60 minutes

Try adding a few dessertspoons of seeds like sunflower, poppy, pumpkin or sesame seeds to the bread mix



Roasted vegetable pasta

Serves: 4 adults

(Recipes from '101 Square Meals Cookbook – Easy recipes for everyday life' produced by Safe Food as part of the 'Healthy Food Made Easy' programme)

Ingredients:

- 1 red onion, cut into wedges
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 courgette, sliced
- 3 cloves of garlic (leave them unpeeled)
- 20 ml of vegetable oil, such as olive oil or rapeseed oil
- Dash of balsamic vinegar
- Pepper and salt
- 1 tsp of sugar
- 400 g tin of tomatoes
- 200 g pasta
- Grated Parmesan, to serve

You could also use aubergine, in this recipe if you like, it works well too.

Method

1. Preheat the oven to 160°C / 325°F / Gas Mark 3.
2. Place all the sliced vegetables and garlic into a large bowl.
3. Pour over the oil, a splash of balsamic vinegar and the salt, pepper and sugar.
4. Mix the vegetables to coat in the oil and vinegar.
5. Spread the vegetables onto 2 baking trays and roast in the oven, stirring occasionally, for 45 minutes, or until soft and turning golden. Add the tomatoes to the baking trays for the last 20 minutes of cooking time.
6. Cook the pasta in boiling water for 12 to 15 minutes until it is soft. Drain the pasta and return it to the saucepan, along with the roasted vegetable and tomato mixture.
7. Stir and cook gently for 2 to 3 minutes.
8. Sprinkle the Parmesan over the pasta and serve.

GOPA (Garda Older Persons Association) Senior Alert Scheme



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

The Senior Alert Scheme is funded by the Department of Rural and Community Development and provides pendant alarms. Its aim is to keep over-65s safe in their homes and gardens. Pendant alarms which can be worn around the neck or as a watch are provided and installed free. The first year's monitoring fee is also free and costs €66 per annum after that. If you do not have a landline, you can get a wireless version at an additional charge of €72 per annum including the first year. Other qualifying persons in a household can also get it at no extra cost.

The pendant alarm can be worn in the bath or shower and is designed so that it can be worn in bed. There is no means test but you must be over 65.

Application forms can be obtained from Margaret from Dún Laoghaire Neighbourhood Watch by ringing 01-289 7213. Installation takes place about two weeks after returning the form.

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



Mobile support service

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

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



DO YOU NEED ADDITIONAL SUPPORT AS YOU AGE?

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

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

We support with issues like:

- Access to Health Services
- Social Welfare Entitlements
- Housing Issues
- Activities and events

No matter how big the concern, ALONE will be there to support you.



YOU'RE NOT ALONE

RCN: 20020057



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

Fundamental and central to the success of the programme is respect for the dignity, welfare and wellbeing, will and preferences, beliefs and values of each person living with dementia, promoting at all times their safety, social and cultural values and their potential. The LWwD programme is a community-based programme which focuses on the strengths and personhood of the individual.

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

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.**

Over the years, and with the help of our partners and volunteers, 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.
- A trained team of intergenerational volunteers supports all these groups.



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.

Follow us on Facebook @ <https://www.facebook.com/livingwellwithdementia.ie>



Care and Repair Service

Are you aged 65 and over?

Our Care and Repair team will help you with a variety of Household Tasks

Phone 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

Age-Action
Age Equality

Voluntary donations accepted to support this service for which a receipt will be issued.

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
- Participate in Community Groups

Could you benefit from this Service?

For further enquiries please contact our DLR Social Prescribing Team:

Lisa Sieger-Jamison

Ph: 087 737 0372

email: lisa.sieger@sspship.ie

Eileen Barry

Ph: 087 356 3035

email: eileen.barry@sspship.ie

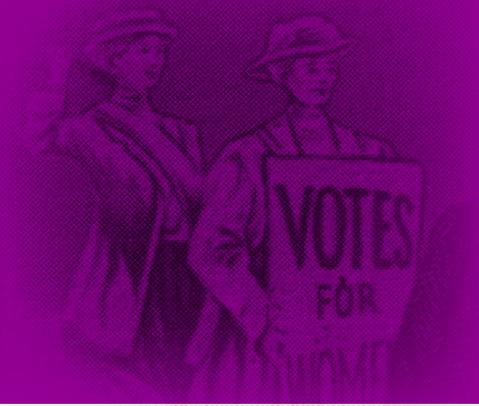
The service is available through Self-referral, participating GPs, St. Michael's Hospital and other healthcare providers in Dún Laoghaire-Rathdown.

Anna Haslam

PIONEERING SUFFRAGETTE

6 April 1829 – 28 November 1922

Carmel Uí Cheallaigh



Anna Maria Fisher was born in the seaside town of Youghal, County Cork on 6 April 1829. She was the second youngest of the seventeen children, of Abraham and Jane Moor Fisher. Anna's father was a successful corn merchant and miller. The Fishers were members of the Religious Society of Friends, also known as Quakers.

Anna's formal education began in Newtown School in Waterford in 1840, Two years later she moved to Castlegate (now The Mount School) in York, England, a girl's Quaker boarding school. She spent three years there as a student until 1845 and it is likely she stayed on for another two years to train as a teacher after that.

Between September 1847 and June 1848, she worked as a junior teacher at Ackworth in West Yorkshire, another Quaker boarding school. There she met her future husband Thomas Haslam, a teacher and feminist from Mountmellick, Co. Laois.

Back home in Youghal, at the height of the Irish famine, Anna started working in the soup kitchens with her brothers Joseph and Peter Moor Fisher. Anna and her sister Deborah also

set up cottage industries where they taught local girls lace-making, knitting and crochet from their home.

Anna was involved in many campaigns to improve Irish women's lives. Most notably she supported Anne Jellicoe, a Quaker from Mountmellick who founded Alexandra College, Dublin in 1866. However, obtaining the vote for Irish women was to be her and her husband's main focus. In 1876, Anna and Thomas formed the Dublin Women's Suffrage Association (DWSA), the first Irish suffrage society. 'Suffrage' means the right to vote in government elections.

The DWSA expanded to include members from all over Ireland and changed its name to the Irish Women's Suffrage and Local Government Association (IWSLGA) in 1901. After thirty-seven years as secretary of both organisations, never missing one meeting, Anna was elected Life President of the IWSLGA in 1913.

On 14 December 1918 Anna, who was nearly ninety years old and had spent her life working towards the day she could vote, cast her vote for the first time. Anna died on the 28th November 1922, aged 93, and was buried with Thomas in the Friends Burial Ground, Temple Hill, Blackrock, Co. Dublin.

It is important in this, the centenary year of her death that we remember a woman who refused to accept a world where she had fewer rights than men. There is a stone bench in St Stephen's Green in Dublin honouring Anna and Thomas Haslam for their 'long years of public service, mainly devoted to enfranchisement of women.'



Dún Laoghaire-Rathdown County Council Housing Adaptation Grants for Older People and People with a Disability.



Dún Laoghaire-Rathdown County Council (dlrcc) operates the following three grant schemes which aim to help older people and those with a disability live independently, or with care, in their own home.

Housing Adaptation Grant for People with a Disability:

The **Housing Adaptation Grant for People with a Disability** Scheme is available to help carry out works that are reasonably necessary to make the home more suitable for an older person or a person with a disability. An Occupational Therapist will help decide which alterations to your home are most suitable for you. The types of works normally covered are accessible showers, stair lifts, downstairs toilet facilities, extensions, and adaptations to improve access - ramps; rails and step alterations.

The effective maximum grant under this scheme is €30,000 which may cover up to 95% of the approved cost of works.



This grant scheme is means tested based on household income for the tax year before you apply for the grant, with the level of grant being determined by the total annual income up to a maximum of €60,000.

Mobility Aids Grant:

The **Mobility Aids Grant** Scheme covers works to address mobility problems in the house for older people and those with a disability. Again, an Occupational Therapist will help decide which alterations are best for you. The types of works normally covered are accessible showers, stair lifts, downstairs toilet facilities and adaptations to improve access - ramps; rails and step alterations.



The effective maximum grant under this scheme is €6,000 or 100% of the approved net cost of the works, whichever is the lesser.

This grant scheme is means tested based on household income for the tax year before you apply for the grant, with the level of grant being determined by the total annual income up to a maximum of €30,000.

Housing Aid for Older People Grant

Lastly, the **Housing Aid for Older People Grant** Scheme is offered to help those over 66 years of age and living in poor housing conditions to have necessary repairs or improvements carried out. Works typically covered include re-roofing/roof repairs, re-wiring, and installation of central heating where none has existed previously.

The effective maximum grant under this scheme is €8,000 which may cover up to 95% of the approved cost of works.



This grant scheme is means tested based on household income for the tax year before you apply for the grant, with the level of grant being determined by the total annual income up to a maximum of €60,000.

The application process starts with a single application form used for all grants schemes.

The forms are available to download from the DLRCC website www.dlrcoco.ie/en/housing/housing-grants.

You can also contact Dún Laoghaire-Rathdown County Council on 01 205 4700 or at housinggrants@dlrcoco.ie and we can assist you with any query you might have.

dlr Leisure

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

Within the facilities these programmes include:

- **Aqua Aerobics**
- **Water Rehab**
- **Active Swims**
- **Healthy Hearts**
- **Chair Aerobics**
- **Active Dance**
- **Active Fit (Gym session)**
- **New range of Technogym gym equipment to suit all age groups and abilities)**

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

The four facilities are located at:

**Ballyogan,
Loughlinstown,
Meadowbrook &
Monkstown**

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



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

Age-Friendly Ireland Housing Award 2022 goes to Rochestown House Complex, Age-Friendly Housing

Rochestown House, situated in Sallynoggin has been refurbished and adapted by dlrc to serve its well-established older community. Overall, 52 bedsits and one-bedroom apartments have been refurbished and upgraded to provide 60 one and two-bedroom apartments with adapted kitchens, shower rooms and circulation. New facilities such as an office space, nurses' station and communal laundry facilities were included along with a new communal dining room, kitchen and common space for socialising, which is both accessible to residents within the complex and to social groups in the wider community.



All units are built to Universal Design Principles and have own door access; the building's fabric and energy performance has been upgraded and through careful design of the building circulation and community facilities; and care was taken

to enhance the sense of community with landscaping, walking routes and age-friendly seating provided for social interaction.

Rochestown House has won a number of awards since completion including the RIAI Sustainability category in 2017, the RIAI Building for All category in 2020 in the RIAI Irish Architecture Awards and most recently the Age-Friendly Ireland Housing Award 2022.



Judging panel & Age-Friendly Ireland Housing Awards 2022

The Age-Friendly Housing Technical Specialist in dlr County Council is Edwin Johnson



The Age-Friendly Housing Technical Specialist role is to:

- Provide technical advice to members of the public who may need advice on right sizing or adapting their own dwellings
- Respond to and progress referrals and queries from a range of sectors including local authority staff, private sector developers, Approved Housing Bodies and individuals who have an interest in providing age-friendly housing
- Act as the key point of contact for matters relating to age-friendly housing technical queries specifically around designing for life and universal design principles

- Provide clients with information on key contacts within dlr County Council to discuss issues and solutions around age-friendly housing and public realm works
- Provide contacts, as appropriate, of organisation & individuals who might be able to provide further technical guidance and assistance, particularly in relation to universal design principles and crime prevention through environmental design principles

If you would like to contact the dlr Age-Friendly Housing Technical Specialist, please contact community@dlrcoco.ie or call 01 205 4700





dlr PARKS - OPENING HOURS

Cabinteely Park

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

Dún Laoghaire People's Park

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

CAR PARKING AVAILABILITY

Blackrock - Limited parking in park beside Phoenix Terrace.

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

Cabinteely - Onsite car park

Marlay - Onsite car park

Fernhill - Onsite car park

There are EV chargers at Cabinteely, Marlay, Fernhill



Fernhill Park & Gardens (pictured above)

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

Marlay Park

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

Blackrock Park

Access 24 hours

Shanganagh Park

Access 24 hours

ACCESSIBILITY - ramps, steps etc.

Blackrock All entrances accessible except the step entrance at Rock Hill

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

Fernhill - Incline at entrance/exit



Members of Blackrock Ukulele Group (BUG's) performing in the bandstand in Blackrock Park as part of dlr Festival of Inclusion, October 2022.

T. 01 2054700 E. info@dlrcoco.ie
www.dlrcoco.ie



Making Connections is a local volunteer-led organisation supporting people 65+ to stay healthy and socially connected. We provide a range of supports including:

- **Support to alleviate isolation and loneliness**
- **Befriending visits at home, at a café, etc.**
- **Walking companions/groups**
- **Links to activities and events**

The Making Connections team of over 100 friendly volunteers is delighted to work with dlr County Council, HSE, other local agencies to support you.

**What matters to you,
matters to us – call us
(01) 295 1053**

info@makingconnections.ie
www.makingconnections.ie



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

The Irish Countrywomen's Association (ICA)



The Irish Countrywomen's Association (ICA) is the largest women's association in Ireland, with circa 6,000 members and over 440 Guilds across the Country. We cook, craft, travel and socialise!

The aims of the ICA are to provide a welcoming and fun organisation which offers support, friendship, personal development, education and life-long learning opportunities for women across Ireland. Our members regularly learn new skills, participate in local charity initiatives and get involved in their local communities as well as attending training and residentials at the ICA's adult-education college in An Grianán, Termonfeckin, Co. Louth.

As a member of the ICA, our structure means that your voice is heard locally, in your county and nationally as we work to ensure that women's interests are at the forefront of Government policy both nationally and in county councils locally. We build on 110 years of nurturing the Irish Language and culture and we ensure that through teaching and practicing that we preserve the long tradition of heritage crafts that we are so proud of in this country.

Information on some of the ICA Guilds / Groups located in Dún Laoghaire-Rathdown here and for further information on all guilds, contact the ICA central office on (01) 668 0002 / admin@ica.ie



Members of Dún Laoghaire ICA Guild along with Councillor Mary Hanafin, Cathaoirleach in the Lexicon Library, Dún Laoghaire, September 2022



ICA's adult-education college in An Grianán, Termonfeckin, Co. Louth.

Ballybrack ICA

St. Matthias' Church Hall, Church Road, Killiney, Co. Dublin, A96 CP29

Meetings every second Tuesday of the month

Email ballybrackica@gmail.com or phone St. Matthias Church Hall - (01) 285 2228

Dún Laoghaire ICA

27 Corrig Avenue, Dún Laoghaire, Co. Dublin, A96 AE64

Meeting every second Monday of the month at 8:00pm (September - June)

Email icadunlaoghaire@gmail.com / phone: 01 280 1703

Marlay ICA

Marlay Parish Centre, 25/27 Hermitage Downs, Rathfarnham, Dublin 16, D16 V3P1

Meetings on second and fourth Thursday of the month at 7:30 p.m (September – June). Phone / Text the Guild Mobile Number: 086 0510832 / Marlay Parish Centre at (01) 494 4295 or email icamarlayguild@gmail.com / website: <http://marlayguildica.com/>

Sandyford ICA

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

Meetings first and third Monday of the month from 7.30 pm to 9.30 pm (September - June)

Email sandyfordica@yahoo.ie or phone St Tiernan's Community School (01) 295 3224 / website: <https://sandyfordica.weebly.com/>

Shankill ICA

St. Anne's Resource Centre. Dublin Road, Shankill, D18 VH64

Meetings every Tuesday morning at 10:30a.m

Email shankillica@gmail.com or phone St Anne's Resource Centre (01)282 2704

U3A stands for “University of the Third Age”, supported by Age Action



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.

U3A originally began in France in 1974 and has spread worldwide. As the concept has become more popular in Ireland, membership is growing and the number of branches is on the increase.

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 right across the country and numbers are constantly growing!

Information of some of the Dún Laoghaire-Rathdown U3A groups below and for more information on U3A groups and setting up your own group, call Age Action on 01-475 6989 or email: u3a@ageaction.ie

Blackrock U3A

Meeting weekly on Fridays from 11.00 to 12.30p.m with no meetings during June to August inclusive.

Contact: 01- 2868146

email: macraoisc@gmail.com

Dún Laoghaire / Dalkey / Killiney U3A

Meeting regularly in St Joseph’s Parish Centre, Glasthule Road, Glasthule, Co. Dublin, A96 FW66

Email dldk.u3a@gmail.com / visit our website at <https://www.u3adldk.ie/>

Glasthule / Glenageary U3A

Meeting regularly in St Joseph’s Parish Centre, Glasthule Road, Glasthule, Co. Dublin, A96 FW66

Email: glasglenu3a@gmail.com

Monkstown U3A

Meeting approximately every two weeks in Newtownpark Pastoral Centre, in the grounds of Guardian Angels Church, Newtownpark Avenue, Blackrock, Co. Dublin at 10:30am.

Contact: u3a.monkstown@gmail.com / visit our website at <https://www.u3amonkstown.com/>



seniorline

National Confidential Listening Service
for Older People



Seniorline has been the national, confidential listening service for older people, run by trained older volunteers since 1998. This peer-to-peer helpline for older people receives in excess of 10,000 calls per year.

Seniorline is a FREEPHONE service and our older callers can call free between 10am and 10pm every day of the year, including Christmas Day, St Stephen's Day and New Year's 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.

Free Phone: **1800 80 45 91**

Volunteer with Seniorline

Seniorline is a not-for-profit national charity and our volunteers are the foundation and lifeblood of the project. We are looking for women and men aged 55+ who can give a commitment to be part of a three-hour helpline rota once every three weeks and we offer full and ongoing training and support to all our volunteers. Training takes place in Dublin city centre.

- Volunteers in Dublin city centre can choose to work between 10am to 1pm, or 1pm to 4pm on a chosen day of the week.
- Donnybrook volunteers work from 4-7pm or 7-10pm
- Leopardstown volunteers will work from 7-10pm Friday or Saturday or Sunday.

After training is completed, successful volunteers who wish to join the service are mentored before going on duty. Volunteers work in pairs and have staff and peer support as needed.

If you live in Dublin and would like to learn more about becoming a volunteer, please contact our Dublin Administrator on **087 960 775**

third age

Responding to the Opportunities
and Challenges of Ageing in Ireland



fáilte isteach

Welcoming Migrants through Conversational English Classes

'Fáilte Isteach' is a community project involving predominantly older volunteers welcoming migrants through conversational English classes.

The project provides the necessary language skills to new migrants in a student-centred, welcoming and inclusive manner while involving older volunteers and recognising their skills, expertise and contribution to the community. The classes are informal, free of charge and focused on English conversation. Our groups are tutored by volunteers and are a great place to improve language and meet people. Classes are open to all and cater for all levels of English.

To find out more about joining or volunteering for your local 'Fáilte Isteach' class, contact the local coordinators from the Dún Laoghaire-Rathdown list below and more information available at <https://www.thirdageireland.ie/failte-isteach>

Dún Laoghaire, Lexlcon Library

Level 3, DLR Lexlcon Library, Dún Laoghaire, Co. Dublin

Classes on Mondays, 5.45pm-7.45pm.

Contact John Kerr 087 828 8125
englishinthelibrary@gmail.com

Dún Laoghaire Methodist Church

The Methodist Church, Northumberland Ave., Dún Laoghaire, Co. Dublin,

Classes on Thursdays, 2.30pm-4pm

Contact Ruth Coyne 087 780 5416
garuth@eircom.net

Sandyford

Balally Family Resource Centre, The Scout's Den, Wedgewood, Sandyford, Dublin 16, D16 V0R1

Classes on Wednesdays, 9:30am-11 am [in person] & Thursdays 10am-12pm [online].

Contact projectworker@balallyfrc.ie
01 295 2167

Senior Line & Fáilte Isteach are initiatives of Third Age, Summerhill, Co. Meath, Tel: (046) 955 7766

Website: www.thirdageireland.ie

Facebook, Twitter & Instagram: @thirdageireland

MY SUMMER HOLIDAYS

I have very fond memories of the summer holidays I enjoyed when I was in my pre-teen years in the early 1950s. They usually started with a ride on the back of a county council lorry. With each bump on the road my bum would get sorer but the pain would be forgotten when I was delivered safely by Lar Callanan to my Granny's in South Ring about eight miles from my home.

She lived in a beautiful cottage which had a great open fireplace with a crane from which she hung her pots and big black kettle. Turning the wheel that drove the bellows was a special chore. Timber was the main source of fuel. A novel way was found to augment it. Across the road was a large field owned by Danny Sexton in which there were always cattle. What went in one end came out the other in a different form. The dry cowpats were collected and when placed on the fire produced great heat. The brown bread in the bastible baked in no time.

That field and those cows, with Mother Nature, produced gloriously large mushrooms. Each morning, with the dew still on the ground, I would make my way around with a basket scanning every inch. Placed on the hot fireplace for a short time they would melt in your mouth notwithstanding the little ashes that clung to them.

Located around a mile from the coast there was a panoramic view of the Atlantic stretching from Kinsale in the east to Mizen Head in the west. People then travelled by liner to and from America and I was always on the lookout for them as they passed so close to the shore that

the passengers could be clearly seen. Imagine my joy when on one occasion two liners going in opposite directions passed each other in what seemed like touching distance.

The sea occupied a good portion of my time as my Granny made a few pounds through the sale of carrageen moss and periwinkles. These were collected from the pools between the many rocks in Cos na gCaorach. After negotiating the narrow winding boreen there, it was shoes and socks off as we clambered across the slippery rocks. The days harvest was brought home in a panger which we carried between us.

Come August attention turned to the "acre." Well fertilised with seaweed, it always produced a bumper crop of barley which was cut with a sickle and hand bound into sheafs which were gathered into stooks for a few days and then brought into the haggard. The arrival of the tractor and thresher brought the neighbours to help, and the prickly thistles sometimes in the sheafs were quickly forgotten. Work done, all adjourned to the kitchen where the currany cake was washed down with copious glasses of porter until the keg was dry. Ironically, the grain was sold to Deasy's in Clonakilty-you guessed it to make more porter. The straw was used as bedding for Jo the donkey.

He was some character and fully lived up to the reputation donkeys have of going one way when they should be going the opposite way. However, when harnessed, he was utterly reliable. Shopping was done in Clonakilty after which Jo and passengers would wend the three miles home. Rumour has it that in my Granda's time Jo's ability to safely navigate the journey unguided was often called upon.

Near the cottage was a strand. Stony and with little sand, it was still a big deal to go there. Standing about fifty yards offshore was a large rock on which was perched an iron feature known as "The Bar" which was a warning to shipping to steer clear. The tricky navigation usually resulted in locals being engaged to pilot the ship past the rock and into Ring Pier. A tidy little earner, it led to keen competition amongst local crews. First there got the job, but getting there was often hazardous. My late Mum often told of standing on the shore in a raging storm and watching the row boats riding the crest of the wave and then plunging out of sight. Tension was high until they re-appeared as boats overturning was not unheard of. The losers returned to shore tired but empty-handed.

Those cargo boats were a vital link with the community. On the inward journey they brought coal whilst departing they carried locally mined barytes bound for England where the barytes was used for glazing pottery. Sadly, cargo ships no longer pass "The Bar" and barytes mining has ceased in Dunmore. These are but some things that have not escaped the passage of time. However, the wonderful memories survive.

Today, the modernised cottage is occupied by my cousin who in keeping with his heritage, supplements his income with the fruits of the sea - fish and lobster. Long may the tradition survive!

Tony Mc Carthy



An Gadaí Le Carmel Uí Cheallaigh

Bealtaine. Dé Máirt. Áit éigin in aice le Deilginis. Lá mór i saol Joe atá ann. Éiríonn sé go moch ach níl sé in ann a bhricfeasta a ithe, rud ab annamh dó. B'fhéidir dá gcuirfinn cuma thinn orm go bhféadfainn a bheith as láthair inniu, an smaoineamh a rith leis. Tagann Mamaí isteach ón gclós mar a bhfuil sí ag beathú na sicíní.

"Joe, nach bhfuil tú réidh don scoil fós? Brostaigh ort, beidh an máistir ag fanacht ort, ar an ócáid speisialta seo."

"A Mham, níl mé ag iarraidh dul ar scoil inniu... ní mhothaím rómhaithe."

"Tuigim go bhfuil tú neirbhíseach, a mhaicín, ach níl ach mion pheaca ar d'anam - táim iontach bródúil asat mar lá do chéad fhaoistin atá ann inniu," ar sise ag cur a lámh thart air.

"Cuimhnigh ar an misneach a thug Aintín Áine duit agus í ag caint leat faoi aréir."

Ligeann sé osna as.

"Tá mé buartha, a Mham, is fear crosta é an sagart paróiste nua."

"Ná bac leis, a stóirín, ní gá eagla a bheith ort, is buachaill maith thú, gan dabht ar bith.

"Anois tabhair póigín dom agus ar aghaidh leat go tapa."

Tá an rang ar fad sna suíocháin ar bharr an tséipéil, iad uile ina gciúin.

Téann Joe ar a ghlúine agus guíonn sé go dian. Tá pian ina bholg le teann neirbhíseachta.

Tar éis tamaillín, glaonn an máistir a ainm go séimh. Seasann Joe. Tagann dath bán san éadan air. Siulann sé go mall chuig an bosca faoistine. Osclaíonn sé an doras go cúramach.

Osclaíonn an sagart an fhuinneog bheag agus beannaíonn sé don bhuachaill óg.

"Lean ar aghaidh leat, le do thoil," ar seisean.

Ní deir Joe faic ar feadh nóiméid ach ansin tosaíonn sé go tobann.

"Beannaigh mé a Athair mar is peacach mé" ar sé agus é ag crith.

"Inis dom a bhuachaill, go deas mall, le do thoil."

"Bhuel, d'inis mé bréag, a Athair."

"Cé dó a inis tú bréag?"

"Do mo mham, a Athair."

"Cén chaoi?"

"Dúirt mé léi go raibh mé i dteach mo sheanthuismitheoirí ag cabhrú leo ach, i ndáiríre bhí mé ag imirt peile le mo chairde i bpáirc Uí Cheallaigh."

"Rud éigin eile?"

"Sea, dúirt mé drochfhocal faoi dhó," ar sé, agus ceann faoi air.

"Cathain?" a d'fhiafraigh an sagart, agus é ag cailleadh a fhoighne.

"Uair amháin nuair a bhí mé ag troid le mo dheartháirín agus uair eile nuair a thit mé de mo rothar sa tsráidbhaile."

"Nach mór an trua é sin" arsa an sagart, "Agus an é sin an méid?" ar sé agus a ghlór á árdú aige.

"Ní hea, t, t, t, tá ceann amháin eile agam," arsa Joe, agus é ag gol.

"Stop den gol. Is fear thú. Anois abair leat go beo"

"Tá an-bhrón orm a Athair Uí Mhóráin, ach, ach ghoid mé" agus é ag crith le faitíos ón mbóna.

"Goid! Goid, a bhuachaill. Agus céard é a ghoid tú?"

"Úlla a Athair, úlla, úlla agus piorra ó d'úllordsa," arsa Joe de shrath cainte. Agus leis sin osclaíonn sé an doras go tobann agus amach leis ar nós na gaoithe. Ritheann sé leis, tríd an tseanreilig, trasna na páirce, thar bharr an chnoic. Agus ar aghaidh gan stad gur sroicheann sé teach a mháthair baiste Áine, míle go leath ón Séipéal.



Women's Collective Ireland

Dun Laoghaire/Rathdown

The vision of the 'Women's Collective Ireland DLR', formerly known as Southside Women's Action Network (SWAN) is for **'a just and equal society for all women in our area by providing supports, opportunities and services for and to women as identified by themselves'** and has been working to achieve this since 1982.



Women's Collective Ireland, DLR, support women and families in our communities through:

- Providing information, advice and supports on a wide variety of topics and link women into HSE, Family supports, dlr County Council, Social Protection, Addiction services, Mental health services etc., as identified by each individual
- Delivering a range of accessible & affordable recreational, social and educational courses, workshops and events for all ages such as gardening, chair yoga, flower arranging, jewellery making, computer training, language classes, community lunches etc.



- Developing and delivering QQI Level 5 Social Studies accredited modules in conjunction with the Dublin & Dún Laoghaire Education & Training Board
- Offering holistic and well-being sessions and programmes including low cost Counselling
- Providing space for women's groups to come together to develop their own groups
- Support local women in business
- Administration, printing & copying services available

HERSTORY

If you would like to find out more and join us, call in or contact Women's Collective Ireland, DLR:

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

Tel: 01 282 5932

Email: coordinator.dunlaoghaire@womenscollective.ie

Visit our website at

<https://womenscollective.ie/project/wci-dun-laoghaire-rathdown/>



'Lock Up Light Up' Campaign

An Garda Síochána continue to advise home owners to lock up and light up during longer darker winter evenings. Gardaí warn home owners to beware of 'bogus callers' with an increase in this type of fraud to date in 2022.

- **46% of winter burglaries occur between 5pm and 11pm**
- **1 in 5 access through an unsecured window or door**
- **45% access through rear door / window**

An Garda Síochána encourages homeowners to protect themselves and their homes and advise people to 'close the door on burglars' as analysis show that approximately one third of all burglaries are through the front door with most burglars using their own body pressure to gain entry.

The incident of 'bogus tradesmen' is currently approximately 15% increase in 2022.

Gardaí are aware of an increase in the number of incidents of people impersonating Gardaí. Recent incidents of this type involve the 'conmen' requesting to check cash held by the injured party as a result of an increase in counterfeit cash circulating in the area, or that the 'conmen' need to check the security of the house as a result of an increase in burglaries in the area. **An Garda Síochána will not cold call to a house requesting to do either of these.**

An Garda Síochána wish to remind the public that any Garda member calling to your door will have identification. Should you have any concerns about the person at the door, you should not answer the door even if they are purporting to be a Garda. Genuine Gardaí will always provide details to allow you to confirm their identity with the local Garda Station and will be patient while you choose to do so.

Some simple steps can help protect your home, so whether you are at home or going out remember:

- Turn on some lights, LED bulbs are more energy efficient than traditional bulbs.
- Use timer switches/ motion detectors/ smart lights to turn on lights via phone
- Use motion detector/sensor lights outside, make sure they cover the door and not just the area near the door.
- Lock all doors and windows as part of your regular routine.
- Use an alarm – get it serviced and ensure battery pack is working.
- Store keys away from windows.
- Don't keep large amounts of cash or jewellery in the house.

Based on an analysis of burglaries from January to October 2022, jewellery and cash remain the most common objects stolen. Computers, mobile phones, TVs and games consoles are also among the top items stolen.

Meanwhile, the practice of 'fishing', where car keys are fished through a letterbox by burglars, also remains a problem with the Dublin region most at risk.

An Garda Síochána continue to advise home owners to 'Lock Up and Light Up' this winter.



Men's Sheds in Dún Laoghaire-Rathdown

There are currently 9 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!



New Ballinteer Men's Shed

- **Ballinteer Men's Shed,**
Stonemasons Way, Ballinteer, Dublin 16
- **Blackrock Community Men's Shed,**
Brookfield Court, Blackrock, Co. Dublin
- **Dundrum / Windy Arbour Men's Shed,**
Rosemount Estate, Churchtown Lower, Dublin 14
- **Dún Laoghaire Men's Shed,**
The Coach House, rear DEC Church, Lower Glenageary Road, Glenageary, Co Dublin

- **Glencullen Men's Shed,**
Newtown, County Dublin
- **LBS - Loughlinstown, Ballybrack & Shanganagh Men's Shed,**
125A Cedar Court, Ballybrack, Co. Dublin
and **The Garden Men's Shed,**
Shanganagh Community Garden,
Shanganagh Cliffs, Shankill, Co Dublin
- **Nutgrove & Loreto Men's Shed,** Old School, Loreto Ave, Nutgrove, Dublin 16
- **Sandyford Men's Shed,**
Step Enterprise Centre, 30 Carmenhall Road, Sandyford, Dublin 18
- **Southside Travellers Action Group Men's Shed,** Unit 4-6, St Kieran's Enterprise Centre, Furze Road, Dublin 18

For 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

or your local Irish Men's Shed Support Volunteer: Sean McLoughlin

Tel: 083 364 6567

Email: ballinteertoday@gmail.com



An Cathaoirleach, Councillor Mary Hanafin meeting members of Dún Laoghaire Men's Shed



A STORY FROM THE WEST

Two elderly farmer brothers Packie and Johnnie
Got a gift in a big box from a delivery company
They scratched their heads thinking
“what can this be”

I think said Johnnie it must be a piece
of technology

I’ll ring the nephew Mossie, he’s more
clever than me

Will ya call over and look at this yoke for me
He had it sorted that night and he named
it Barney

While the uncles got off to bed, tired,
after finishing their tea

But Packie awoke at 3am by the light
of the moon

To fierce banging and clattering from
the downstairs room

He shook Johnnie and whispered I think we’re
being burgled will ya shift yourself soon

And bring Rosie, the dog, she’s under the bed
A soft aul sheepdog with not a tooth left
in her head

They grabbed their hurleys and crept down
the stairs

Shaking in their socks and rubbing their hairs
Opened the door thrashing hurleys ready
for a fight

But got such a shock when they switched
on the light

‘Twas their new Robot Hoover that had
arrived on a flight

Well how they laughed til they cried
with happy tears in their eyes

At the gift from the niece Josie in the U.S.A.
what a lovely surprise

We could fill up a book but it would
take too many pages

To thank her for her kindness and for
the laughs we’ll enjoy for ages and ages.

Bernadette Duff
Ballinteer, Dublin 16

AIRPORT CONVERSATIONS

Elizabeth McCloskey

“Dad, Just want to say I’m sorry. Really sorry. Where am I? In the airport, waiting for the boarding call for Edinburgh. I know I said I’d stay but I’ve changed my mind, and I am so sorry. Please say you understand. I’ll ring you when I get there.”

The girl closed her phone and stared out through the plate glass windows, tears trickling slowly down her cheeks. The young man with her said nothing but drew nearer to her on the seat. Outside the air was hazy with fumes, some planes regurgitating people and luggage, others filling up with hopeful travellers. The silence was fraught with unspoken feelings. Then she began to speak, words falling slowly from her crimson lips.

“I know I’m right but it just feels awful. He’s never asked me to do anything for him before. He’s all alone and missing Mum and here I am thinking only of myself. I know I have to live my life and I have my job and you, Derry.”

The young man was silent, anxiously scanning the white sorrowful face beside him. “Are you quite sure Anne?” he asked. “Maybe if you waited for a few weeks it would work out.”

“The job won’t wait” she replied. “It is better to make the break now. And you cannot afford the apartment without me. Perhaps Dad will come over to visit us,” she added hopefully.

*This is a boarding call for flight
EI 6781 to Edinburgh*

Look Mum, an Aer Lingus plane. Is it ours?
I don’t know love.

Why are we not getting on the plane Mum?

We must wait until our flight is called. And the plane must be cleaned after the last flight

Why has it to be cleaned?

In case anyone got sick

Ugh! Why are the men crawling over the wings with hoses? Is the plane being washed?

No, the fuel supply must be topped up so that the plane can fly home.

Why is that lady crying Mum?"

Maybe she's sad at leaving her Mum and Dad

Why is she leaving her Mum and Dad?

Perhaps she has got a new job in Edinburgh

What kind of a job Mum?

I don't know, maybe she's a student.

What's a student?

You will be a student next year when you go to school.

But I can read now Mum. Look Mum at those two men with the long hair. Why are they wearing sunglasses?

Perhaps their eyes are tired.

Why are their eyes tired?

I don't know. Maybe they were looking at too much television.

Why can't I grow my hair long?

It is easier to keep clean when it is short.

Boarding for flight EI 6781 to Edinburgh is now commencing at Gate 1C

What venue do you think we'll get?

Centre City and not too late, I hope.

What do you mean? Better late than never.

Sure haven't we been promised a slot in the Fringe come what may. Who knows maybe we'll even win an award.

Some hope!

What do you mean. I'm more than hopeful – I think we're great.

Will that kid ever stop asking why – he's getting on my nerves. Jesus, will you look at the pair over there. She looks like a Goth, all white and black

with crimson lips and the tears streaming down her face. Wonder if they have had a row. Why are you shushing me? They are too wrapped up in themselves to listen to us. Ok Ok I'm talking too much – I'm just nervous at the thought of tomorrow.

All remaining passengers for Flight EI 6781 to Edinburgh proceed to boarding Gate 1C immediately

Derry, go ahead - I have to switch off my phone.

Mum, are we nearly there?

You look like a Goth yourself!

Arrivals hall Edinburgh airport

Look, Derry, Dad has sent a text to wish me luck in the job.

Look, Mummy, the lady has stopped crying - she must be happy again.

Look, there's our greeter –

Where?

There, there, with our name "Stand Fast" – they are expecting us, I told you 'twould be magic.

Why learn Bridge

By Michael O'Loughlin

Two components of bridge promote healthy ageing and therefore make it an ideal game for older people:

Bridge provides:

- (1) a cognitive workout and**
- (2) an opportunity for social interaction.**

We are often asked, "Why is bridge so avidly enjoyed by so many people?" This question is usually raised by someone who has never learned the game, but whose interest has been piqued by friends or relatives who have been bitten by the "Bridge Bug".

It is not surprising that the game is highly appealing, because it combines so many fascinating features. Some of which are:

SOCIAL

A game of Bridge involves communication and cooperation with your partner and interaction with your opponents. There's a special camaraderie amongst Bridge players that develops from the social setting and the game's emphasis on teamwork, ethics and sportsmanship.

SKILFUL

A player who has learned well, will win more often than one whose technique is inadequate, for bridge is first and foremost a game of skill. It is sufficiently demanding to provide a challenge to all; it requires such abilities as reasoning, memory and planning. Yet anyone who is willing to invest some time and effort can learn to play, and you need not be an expert to find enjoyment.

CHANCE

On some occasions, you will be dealt powerful cards and will reap the benefits - if you can apply the necessary skill. On less fortunate occasions your opponents will be blessed by the goddess of chance and will hold considerable strength, and you will have to combine your skill with whatever good cards you do possess to try to turn defeat into



victory. The interplay of skill and chance is one of the most appealing features of bridge.

THE PERSONAL ELEMENT

Taking into consideration the behaviour patterns of your opponents is yet another intriguing aspect of bridge. For example, some opponents consistently overvalue their cards, and you can let them climb out on a limb and cut it off behind them; others tend to undervalue their cards and should be left strictly alone. Also, the care of partners is particularly important. In bridge, you have a partner to assist you in the battle against your two opponents, and partner's habits must also be kept in mind. Thus, a close decision would be resolved differently opposite an aggressive partner (who often announces unpossessed strength) than with a conservative partner (who always turned up with something in reserve). A highly unusual action that might be justified with a clever partner could be extremely foolhardy with one less imaginative. Bridge involves "playing the people" as well as playing the cards.

UNIQUENESS

In Bridge, exact situations are virtually never duplicated. The reason for this is that there are no fewer than 635,013,559,600 possible hands, so you are most unlikely ever to see the same one recur twice in your lifetime, even if you play every day. Thus, every situation will offer something unique. Certain general principles, however, are useful in many different situations, and their mastery is rewarding to serious students of the game.

FUN

Of all the reasons to learn the game, the most important is that it's just fun to play.

A LIFELONG PURSUIT

No matter how many years you play, the learning process will never end. Bridge also caters to all physical conditions and disabilities, so players can actively pursue their pastime throughout their entire lives.



STIMULATES THE BRAIN

One of the best ways to practise the “use it or lose it” advice for maintaining mental sharpness in older age. Research has shown that regular Bridge playing improves reasoning skills and long and short-term memory.

A BARGAIN

All you need for a Bridge game is a deck of cards and three other people. You can play at your local club, where you’ll enjoy a three-hour session of Bridge for just a small outlay. Without even leaving home you can play on the internet.

What is online RealBridge?

- See and speak to your partner and opponents - just like face-to-face bridge.
- Connect with everyone at the table. Bid and play and go over the hands afterwards to improve by learning from the post mortem.

Free bridge emails:

For experienced players, if you wish to receive free bridge emails three times per week, which include lessons, videos & quizzes and if you wish to try RealBridge for free, please email Michael O’Loughlin at: michaelolough@yahoo.com

Michael O’Loughlin has enjoyed teaching bridge for over 40 years. He is the author of “Bridge: Basic Card Play” and Michael teaches bridge at St. Tiernan’s Community School, Dublin 16.

For bridge classes in your area please telephone the Contract Bridge Association of Ireland (01 492 9666) or visit the website www.cbai.ie.

Rosemount Family Resource Centre

Rosemount Family Resource Centre (opposite Ulster Bank in Dundrum) has an active social club for older people. The Social Club provides an opportunity for planned excursions that allow older people leave the confines of their homes and reduce social isolation and social exclusion. Trips organised this year have been to Carlow Arboretum, Newbridge Silverware Visitor Centre and Glasnevin National Botanic Gardens along with local theatre and gallery visits and shopping trips.

We have an active retirement walking group that meet every Wednesday and go on a walk somewhere different each week. We provide a holistic programme based around the needs and values of our older members.

We offer Knitting, Crochet, Art, Seasonal Crafts, Upcycling, Cookery classes, Digital Literacy, Tai-Chi, Yoga and Chair-Yoga. These activities promote concentration, memory and peer connections leading to positive physical and mental health and are open to all older people in our community.



**Drop in to the Rosemount Family Resource Centre, 3 Waldemar Terrace,
Main Street Dundrum, Dublin 14
or ring 01 2166131 / email: info@rosemountfrc.ie / web: <http://rosemountfrc.ie>**

Basic Macrame Plant Hanger

Macramé is a type of textile created using knotting techniques, as opposed to weaving or knitting. The craft requires inexpensive and accessible materials like cotton twine, hemp, or yarn, with various beads used to enhance the piece

43m length of 5mm rope, or any cord will do

4.5 Metal or Wooden ring – I have used curtain Pole rings.

30cm Length of thinner cord.



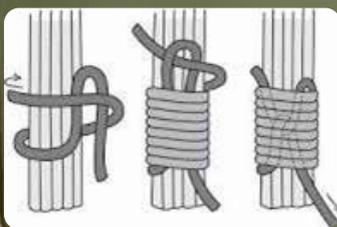
METHOD

1. Mount the eight 5m lengths of rope onto the ring by folding them in half over the inside of the ring., making sure your ends are even
2. Using a 1m length of rope, secure all of the cords together directly under the ring with a 4 cm wrapped knot
3. Directly Under the wrapped knot, separate the cords into 4 groups of four cords. Each group now becomes a sinnett (Vertical Column) Repeat steps 4 - 7 for each sinnet.
4. Tie 15 Spiral Knots (see opposite)
5. Drop down 6cm cm and tie another 15 spiral knots
6. Drop 6cm and tie 15 spiral knots
7. Now drop down 13cm, this is where we're going to use an alternating square knot to create a net to hold our pot! Alternative Cords by bringing two cords together from each adjacent sinnet and tie four square knot. Repeat, creating a square knot in between each group of knotted cords. At this point, you should have four square knots connecting all your cords.
8. Drop down 9cm. Complete a row of 15 square knots down from 9cm from your last row.
9. Bring all the cords together firmly and secure with an overhand knot using a length of cotton twine. Using the remaining 1m length of rope, cover the cotton twine with a wrapped knot (same as the Beginning)



KNOTS AND TECHNIQUES

Wrapped Knot



Square Knot



For this knot, you will only be using the two outer strands of cord, the two middle stands will work as a base for your work. First, you will make a "4" with the left strand of cord, going over the two middle base strands, then under the far right strand.

Spiral Knot

The spiral knot is very similar to the square knot, however instead of alternating the "4 step pattern" of the square knot, Continue to repeat steps 1 and 2 as many times as instructed. As you go, pull the knots tight, and you will start to see your work spiralling.

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

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

Classes are free ON-LINE with ZOOM and also LIVE (in-person) at their beautiful Centre for Dance in Dún Laoghaire, Bloomfields Centre, Lower Georges St.

They have Classes for Seniors and for people with Parkinson's and Dementia, and their Carers. Supported by The Arts Council, dlr County Council and the HSE.



LIVE & On-Line Classes weekly, join anytime, Open to all

Well Dance for Seniors On-Line

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

Wednesdays: 11-12 (Live Class at DTI Studio, Bloomfields Centre, Dún Laoghaire)

Wednesday 1:45-3:15 (Live Class, Dancing Well with Dementia)

Thursdays: 11-12

Dancing Well with Parkinson's

Fridays: 11-12 on-Line

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

To register or for further information:

01 280 3455

www.dancetheatreireland.com



Award Winners announced for DLR Chamber County Business Awards 2022, including Age-Friendly Business Recognition Award

The Dún Laoghaire-Rathdown Chamber announced the results of their 5th County Business Awards on the 27th October 2022 at a gala awards dinner held in the Talbot Hotel, Stillorgan with DLR Cathaoirleach Cllr. Mary Hanafin, Minister for Tourism, Arts, Gaeltacht, Sports & Media, Catherine Martin TD, together with dlr County Council CEO, Frank Curran, as special guests. Dún Laoghaire-Rathdown County Council is the main Sponsor and supporter of the DLR County Business Awards.

Dermot Ferris, President DLR Chamber, added “Dún Laoghaire-Rathdown is a vibrant progressive county predicting huge growth in employment in the years ahead. DLR Chamber, as the voice of business in DLR, and a voluntary business organisation, is proud to continue to organise and promote these Awards in our County and for that we thank all our Sponsors and Corporate members as well as the myriad of businesses – large and small, who entered. It is also great to be back “In the Room” again celebrating Business success and indeed Business recovery in tough times.”

There were 13 Awards announced – including with the prestigious DLR Chamber Business Leader of the County Award for 2022 which went to Peter Caviston of Caviston’s Food Emporium and Restaurant, Glasthule, a now 4th generation family business started in 1947.



The winner of the Age-Friendly Business Recognition Award 2022 went to the Nutgrove Shopping Centre and the Dundrum Town Centre was highly commended.

The award was sponsored by Dún Laoghaire-Rathdown County Council and the winners are pictured here – Credit Photographer: Andy Davis, Celtic Photography

About DLR Chamber

DLR Chamber is celebrating 76 years young in 2022 and indeed is one of the oldest Chambers in Ireland. The Chamber is affiliated to Chambers Ireland and

represents the full county area. DLR Chamber is a very strong diverse and gender-balanced Board, with Gabby Mallon, as DLR Chamber CEO and the 2022/23 President of DLR Chamber is Dermot Ferris.

For further details on all the 2022 winners and for more information on the DLR Chamber, you can contact Gabby Mallon at 01 2845066 / gabby@dlrchamber.ie or visit www.dlrchamber.ie



Sudoku 1 - EASY

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

Sudoku 2 - MEDIUM

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

Sudoku 3 - MEDIUM

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

Sudoku 4 - HARD

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

SUDOKU

Answers on Page 81

**STAY
WARM
AND
WELL
THIS WINTER**

For further help, advice and support:



CRU has a Customer Care Team to help domestic and small business customers who have questions about their electricity or gas suppliers.

Email: customercare@cru.ie
Website: cru.ie



The SEAI has information on grants available for home energy upgrades, as well as useful advice on energy efficiency.

Email: info@seai.ie
Website: seai.ie



The charity ALONE, in partnership with the Department of Environment Climate and Communications (DECC), has a national support line for older people who may need support with their energy bills or any other challenges this winter.

Helpline: 0818 22 2024
7 days per week, 8am-8pm,
Website: alone.ie



MABS is a free, independent, confidential and non-judgmental money advice and budgeting service for all members of the public. If you are struggling with debts including energy bills, contact MABS for advice and support.

Helpline: 0818 07 2000
Mon-Fri, 9am-8pm
Website: mabs.ie

The Voice of Older People

Irish Senior Citizens Parliament (ISCP)



The ISCP currently has over 200 affiliated organisations whose memberships combine to a total of 50,000 individuals.

The Irish Senior Citizens' Parliament is a representative organisation of Older People in Ireland. The Parliament is a non-partisan political organisation working to promote the views of older people in policy development and decision-making.

The Parliament is run by older volunteers who are elected annually at the Annual Parliament Meeting by delegates from affiliated organisations. The ISCP currently has 200 affiliated organisations whose memberships combine to a total of 50,000 individuals. This membership means the ISCP has a genuine mandate to be the Voice of Older People in Ireland.

We identify issues of concern to Older People and we lobby at national level to achieve them. We bring the issues to the attention of the Government and all other agencies dealing with issues affecting our members. Membership is open to organisations, smaller groups and individuals who wish to work with the Parliament on issues of concern to Older People and who are fully supportive of the Parliament and its ethos.

Members of the Parliament are available to go and speak to your organisation to explain our work in areas such as pensions, transport, health, housing, nursing and home care to name but a few.

For more information on:

ISCP nationally, phone 085 260 4955 / **email:** development@seniors.ie

Dún Laoghaire-Rathdown, ISCP, contact John O' Neill **at** 086 253 6933



Imelda Browne, Vice President ISCP chairing the Dún Laoghaire ISCP meeting with Dún Laoghaire constituency Ministers and TD's, September 2022, Boylan Centre, Dún Laoghaire.



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

We work with a multitude of public and private partners, groups and individuals to provide opportunities for older people to be more active; more visible; more creative; more connected; more confident; more often.

Annual Age & Opportunity 'Bealtaine' Festival



What is the Bealtaine Festival?

Bealtaine is a month-long festival in May featuring performances, exhibitions, discussions, workshops and readings by artists working in different art forms all over Ireland.

How does it work?

Bealtaine Festival engages people to foster and inspire creativity among older people and to promote the skills, experiences and exposure that can lead to a rich creative life. You can enjoy all that Bealtaine has to offer whether you are an audience member, an artist, or participating in creative projects in your community.

How can I get involved?

Anyone can organise a Bealtaine event in their own community with lots of helpful information, resources and inspiration available - visit bealtaine.ie.

dlr County Council Libraries, Arts Office & Age-Friendly Programme also organise events annually in dlr and you can call us at (01) 236 2700 / email libraries@dlrcoco.ie



Music with duo 'MaRu' in Boylan Centre, Dún Laoghaire during Bealtaine Festival 2022



NATIONAL
LGBT HELPLINE

1800 929 539

WE HAVE A NEW NUMBER AND IT IS NOW FREEPHONE!

AVAILABLE 7 DAYS A WEEK:
MON - THUR (6.30PM TO 10PM),
FRIDAY'S (4PM TO 10PM) AND SAT-SUN (4PM TO 6PM).

LGBT+ Telefrinding Service

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

Sign up and learn more at:
www.lgbt.ie/telefrinding

Contact us at: telefrinding@lgbt.ie
or call 01 437 1209



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



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

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

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

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

Additional support

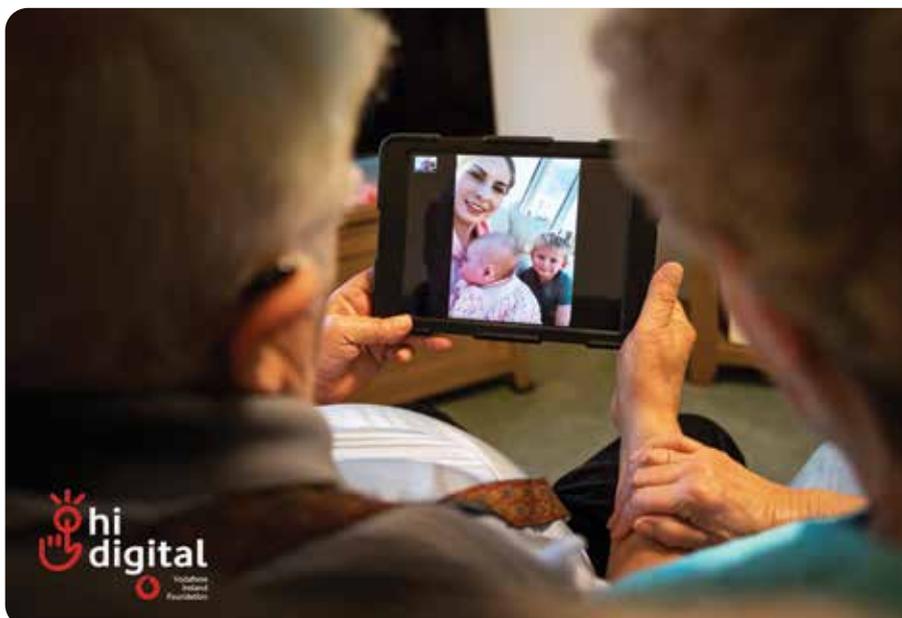
Active Retirement Ireland will run in-person group classes across the country with mentoring and training. ALONE will train individuals from community organisations that support older people to become Digital Champions through both online and in-person workshops.

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

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

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

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



Exciting Times at Dublin South FM



Covid 19 and the subsequent lockdowns impacted all businesses and forced us to do things differently. Dublin South FM was no different with the strategy being about maintaining a radio service whilst complying with government restrictions.

Not an easy job but with a dedicated team of volunteers, we managed to continue broadcasting and maintaining our commitment to the community. Live programmes became recorded programmes and, of those who required studio space, safe coordination and communication was implemented to ensure the show went on!

Despite the lockdown and the restrictions that were in place, we looked at achieving objectives that would have been difficult in normal circumstances and which would have required considerable planning in order to avoid minimal disruption to broadcasting.

NEW STUDIO, NEW ERA

With this in mind, we decided to proceed with a long overdue studio upgrade project. With the support of Dublin South FM management, and in the true spirit of Community Radio, the studio upgrade project was planned, designed and built by members of the Tús and Community Employment Scheme, who pooled their collective talents and expertise to build a state-of-the-art broadcasting studio for our community.

The project was centred on a brand-new cutting-edge D&R Broadcast Console, made accessible to Dublin South FM through the Dún Laoghaire-Rathdown County Council Community Grants Scheme, and it will play a key role in Dublin South FM operations for many years to come.

The last 12 months has seen a return to what we know as being familiar – the buzz of a live radio station with a state-of-the-art studio

following our recent upgrade. We have also used this time to develop new programmes and enhance existing ones; our programmes will appeal to all ages and musical tastes from classical to rock and from Irish trad to blues.

As a community radio station, we also focus on developing programmes which appeal to our international community and broadcast programmes in Italian, Indian and Punjabi.

We are very proud of the fact that over 25% of our programmes are presented by senior members of our community – most of whom have been with us for over 15 years.

Leading the charge is one of our founders, our very own Mike Purcell who presents Mike & The Mic, a magazine programme with a selection of music - most of which seems to have disappeared from the airwaves – together with memories of local history.

Not far behind Mike is Martha Lynam, who has been with the station for 23 years. A former Lady Mayor of Dundrum and host of Memory Lane - a programme for our senior citizens, featuring a mix of interviews, chat, history, trivia and some classic songs from the past.

No station is complete without some jazz and we are fortunate to have a leading authority in the guise of Dick Feeney who brings you 90



Martha Lynam of the Memory Lane programme

minutes of the finest jazz every Friday with his show, very aptly named, The Jazzman.

If the 60's is your thing then listen to Echoes of the Jukebox and allow Jim and Isobel to recapture your youth as they play the best music from the era.

Mike, Martha, Dick, Jim and Isobel are just a few of a presenters who would consider themselves as upstanding senior members of our community who, for a few hours a week, put the years behind them and indulge in their passion for music for all to enjoy.



What we are also proud of, is our versatility in terms of the programmes we offer and the volunteers who present them.

VOLUNTEER WITH DUBLIN SOUTH FM

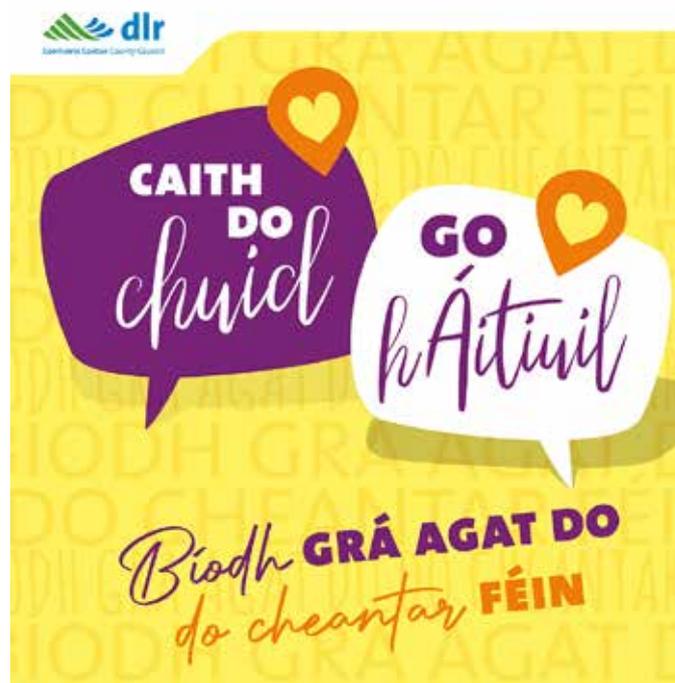
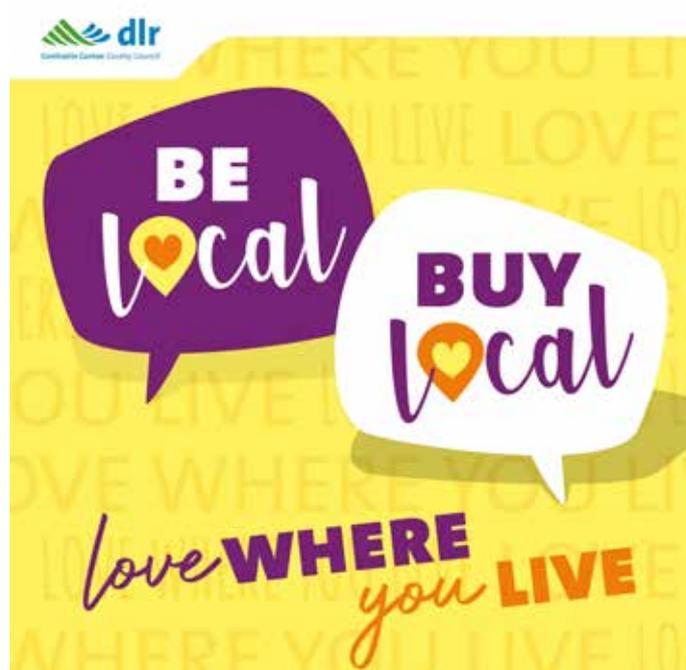
Dublin South FM has weathered the Covid storm and we're stronger for it. Our strength comes from our volunteers and their commitment to providing quality radio for our community.

Have you ever thought about hosting your own show – sharing your passion for folk, rock & roll or blues?

Would you like to be the next Mike, Martha, Dick or Jim and Isobel? If so, we would love to hear from you. Please contact us at enquiries@dublinsouthfm.ie where we will be happy to answer any questions you may have.

Remember, you're never too old to learn something new and perhaps volunteering with Dublin South FM is that something new!

From Left: Ritchie Kinsella & John O'Doherty the Sandyford Sheddars programme



Launch of Irish Language Advisory Committee in Dún Laoghaire-Rathdown County Council

Dún Laoghaire-Rathdown (dlr) County Council is delighted to announce the establishment of an Irish Language Advisory Committee.

This Committee has been put in place as part of dlr's statutory Irish Language Scheme and the aim of the Committee is to promote the use of Irish within the Council and the County and to report on the progress of the implementation of the Council's Irish Language scheme.

It is envisaged that the Committee will host a range of events throughout the year to promote Irish and the Irish culture both in the Council and around the County and the Committee will meet at different intervals throughout the year.

A subcommittee will also be formed to support with the naming of new developments around the County and to carry out an audit of all placename signs around the County that contain errors in the Irish versions.

If you have any questions or recommendations regarding the Irish language in Dún Laoghaire-Rathdown, please email the Irish Language Development Officer, Conor O'Shea at coshea@dlrcoco.ie / phone 01 205 4700

Coiste Comhairliúcháin Gaeilge curtha ar bun ag Comhairle Contae Dhún Laoghaire-Ráth an Dúin



Is cúis áthais do Chomhairle Contae Dhún Laoghaire-Ráth an Dúin a fhógairt go bhfuil Coiste Comhairliúcháin Gaeilge bunaithe anois sa Chomhairle.

Tá an Coiste seo tar éis a bheith curtha le chéile mar chuid de Scéim Gaeilge na Comhairle Contae. Tá sé mar aidhm ag an gCoiste an Ghaeilge a chur chun cinn sa Chomhairle agus sa Chontae araon agus chun tuairisciú ar chur i bhfeidhm na scéime teanga de chuid na Comhairle.

Tá sé i gceist go réachtálfaidh an Coiste raon imeachtaí i rith na bliana chun an Ghaeilge agus an cultúr Gaelach a chur chun cinn sa Chomhairle agus timpeall an Chontae agus buailfidh an Coiste le chéile ag tréimhsí éagsúla le linn na bliana

Bunófar fochoiste chun tacú le hainmniú forbairtí nua sa chontae agus chun iniúchadh a dhéanamh ar na hainmplátaí sráide timpeall an Chontae ina bhfuil botúin sna leaganacha Gaeilge.

Má tá aon mholtaí ná ceisteanna agat maidir le cur chun cinn na Gaeilge i nDún Laoghaire-Ráth an Dúin, is féidir ríomhphost a sheoladh chuig ár nOifigeach Forbartha Gaeilge, Conchúr Ó Sé ag coshea@dlrcoco.ie / glaoigh ar an uimhir 01 205 4700.

Conchúr Ó Sé | Conor O'Shea

Oifigeach Forbartha Gaeilge | Irish Language Development Officer

Comhairle Contae Dhún Laoghaire-Ráth an Dúin | Dun Laoghaire-Rathdown County Council



Think Ahead

simplifies and demystifies advance care planning in Ireland



Irish Hospice Foundation (IHF) expands and updates Think Ahead – its comprehensive advance care planning toolkit.



Think Ahead- what is it?

Think Ahead Ahead Planning Packs are easy to read, comprehensive guides for anybody who wants to start putting their affairs in order for end of life. In Think Ahead, people can make their care wishes known, appoint somebody to act as their healthcare advocate, keep track of important documents, and much, much more.

Over 100,000 have already received a version of Think Ahead, which was first printed over 10 years ago. ‘We all know stories of families who fell out because of the stress of making decisions for a parent at their end of their life, or how difficult it can be to know how a person’s life should be commemorated,’ says IHF Public Engagement Lead Valerie Smith. ‘Think Ahead helps families avoid conflict, because we’ve already stated what we want and don’t want, and it’s in writing.’

What’s in the new edition?

Now expanded, each Think Ahead Planning Pack includes two booklets, a leaflet, and a folder for storage. The first booklet, My Personal Wishes and Care, asks those completing the forms how they would like to be cared for, in the face of illness or injury. People can record where they would prefer to be—such as at home or in hospice; what is important to them—such as having visitors, spiritual or religious beliefs, and favourite music; and how to care for them—such as favourite foods or pain management. This booklet also records important legal and financial information for easy reference, and—for the courageous or creative—information on what type of funeral, burial, and after-death care you would prefer.

Secondly, the booklet My Advance Healthcare Directive guides users in how to refuse or request treatment for a later date, if some illness or injury means that a person cannot make or express their choices. Here, someone can also appoint a trusted friend or relative to make their healthcare decisions on their behalf in such an event. “Most people think that their ‘next-of-kin’ will make these decisions for them, but the truth is that ‘next-of-kin’ has no legal standing,” explains Valerie. “You must name a person to carry out your choices if you want someone to advocate for you.”

Lastly, using the Medical Summary Form included in the planning packs, people can summarise what has been stated in the other booklets and ask their GP, Specialist or healthcare team to make a copy for their medical file. This ensures that if the time comes, everybody who needs to know is already aware about your previously recorded choices.



Want to learn more?

In 2023, Irish Hospice Foundation will take Think Ahead on a number of roadshows around the country where people will be taught how to use the forms and start conversations with their family and friends. Information on these roadshows will be updated on the Think Ahead Hub, thinkahead.ie. Valerie knows that talking about death and dying can be hard, “but talking about it can make dying and death less stressful, less fear-filled, and a better experience for everyone.”

Think Ahead Planning Packs are €5 plus postage from IHF or are free to download. Details as follows:

- ◆ Call IHF (01) 679 3188
- ◆ Download available at www.thinkahead.ie
- ◆ Email IHF at thinkahead@hospicefoundation.ie for queries

For more information, or to organise a training session for your community or workplace, contact

Valerie Smith, Public Engagement Lead - Valerie.smith@Hospicefoundation.ie, or call her on (087) 330 9292.

At Irish Hospice Foundation, every death matters and we only have one chance to get it right. We are working to ensure the best end-of-life and bereavement care, for all. From advocacy and education, to our vital services like Nurses for Night Care and our Bereavement Support Line, we believe in the importance of dying well and grieving well wherever the place.

Bereavement Support Line:

National freephone service 1800 80 70 77

Available from 10am to 1pm, Monday to Friday.



See www.hospicefoundation.ie for details of all our services

TEA

See how the amber liquid pours and spills

The ancient secret of its tender leaves

Picked by deft fingers on far distant hills

See how the amber liquid pours and spills

Curiously cures and soothes our cares our ills

And gently our jaded spirit frees

See how the amber liquid pours and spills

The ancient secret of its tender leaves

*Tom Kennedy,
Dún Laoghaire Active Retirement Association,
Creative Writing Group.*

MY MEMORY BOX

My box is made of polished pine, crafted by the loving hands of my father, not valuable in the monetary sense, but priceless to me.

In the box, I will place the memory of him tossing a two-year old up in the air, and my shrieks of excitement.

In my box, I will place the smell of new-mown hay, and a picture of us playing in the hayfield every summer. The bracken-brown of the trout stream, as we fished for tiddlers.

In my box, I will place the first time I saw the lad who became my husband; the new-born baby scents of my children, and the kaleidoscope of their childhoods.

In my box, I will place precious friendships spanning all of seventy-five years. The ups, downs, griefs, and losses of my life. And, along with all of these, the most important thing I will place in my box is Love.

I will open this plain, worn, pine box when I feel low, to help me realise that my life has been good, rewarding, and fulfilled.

Mairead Healy

Foxrock Active Retirement



EXILE'S LAMENT

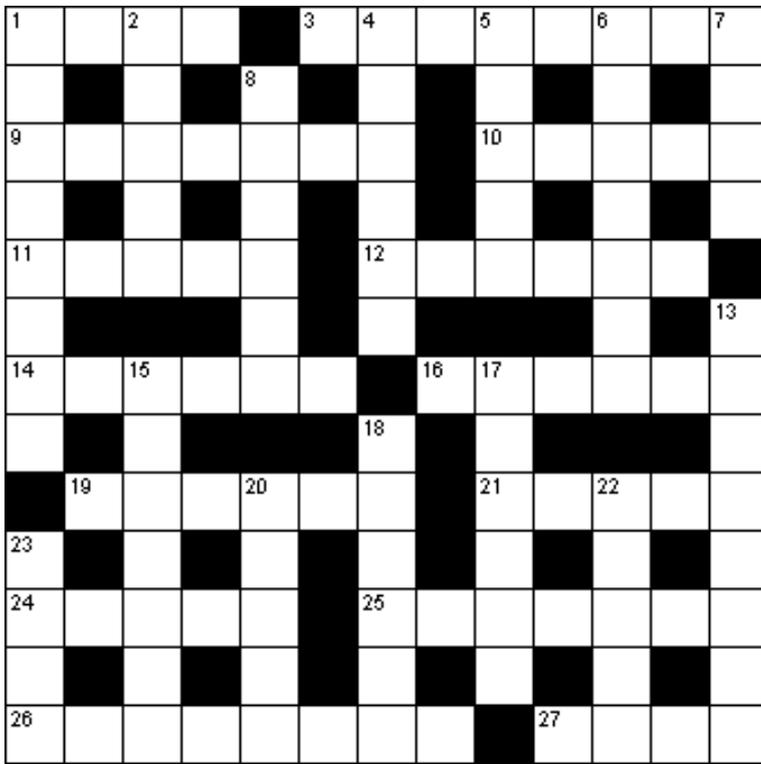
Lying in bed, missing my hometown
Two Church spires against a sepia sky
The Royal Marine sandwiched in between
Yachts moored at the harbour
In the Baths, children screamed
A stroll on the pier, Teddy's ice cream.
The woman I met in the Metals every
morning on my way to work, smudged
pink lips to match her scarf. McCullagh's
for coffee; purple Silk Cut from Florrie's
corner shop opposite Cumberland Street;
Friday night pints in the Lesley; 99p Peekers;
the shopping centre packed on Saturdays.
One day, I hopped on a 747 instead of the 7a;
landed in Amerikay, settled in Manhattan,
Yonkers and the Bronx; Montauk on the tip of
Long Island. Ma writing letters at the kitchen
counter; the mail boat gliding across the Bay.
Twenty years later, everything had changed.
Buildings boarded up; the centre a shell,
the heart torn out but the soul remained.
Then the seafront exploded with arts;
the Pavilion, Town Hall, Peoples Park,
a new Lexicon soared into the skyline.
During lockdown, streets were empty again,
dogs roamed. Down the coast in Greystones,
I gazed out at the same sky, the same sea, but
it was not to be. Exiled once more from my
home, outside the five-kilometre zone.

© Frances Browner



Crossword

Answers on page 81



Down

- 1 Ancestor (8)
- 2 Large bird of prey (5)
- 4 Help (6)
- 5 Striped quadruped (5)
- 6 Faint (4,3)
- 7 River of Egypt (4)
- 8 Young cat (6)
- 13 Glorious (8)
- 15 Formal speech (7)
- 17 Well-being (6)
- 18 Explode (4,2)
- 20 Loosen (5)
- 22 Pigment made from clay and iron oxide (5)
- 23 Bluish-white metal (4)

Across

- 1 Perceive by touch (4)
- 3 Sweet almond paste (8)
- 9 Gets back (7)
- 10 Kitchen herb (5)
- 11 Sheep noise (5)
- 12 Winding downhill ski race (6)
- 14 Embellishes (6)
- 16 Stop speaking (4,2)
- 19 Informal (6)
- 21 By oneself (5)
- 24 Foolish person (5)
- 25 Observed (7)
- 26 Scorn (8)
- 27 Peruse (4)

ST. PATRICK'S DAY

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

BAGPIPER	K I S S I N G S H I L L E L A G H			
BEER	G R E E N S E H A R P C E L T I C			
CELTIC	L E P R E C H A U N P O E T R Y L			
CLAY PIPE	F L V P U B L M C L A Y P I P E O			
CLOVER	E A K E C L U R I C A U N F U N V			
CLURICAUN	A N T N E N C O R A N G E J O Y E			
DAGDA	S D O T O T K C P I N C H I N G R			
DANCES	T P P S E T A K B A G P I P E R E			
DRUIDS	D A H N T D W F E S T I V A L E B			
EMERALD	R R A H G S H O E M A K E R M E E			
FEAST	U A T A C P A T R O N S A I N T E			
FESTIVAL	I D D I R I S H S K Y F E S T A R			
FUN	D E S J I G S R A I N B O W E N D			
GLASSES	S U W H I T E O R E M E R A L D C			
GREEN	M A R C H H D A N C E S T O A S T			
GREET	P O T O F G O L D G T R E F O I L			
HARP	G L A S S E S M I S S I O N A R Y			
IRELAND	PARADE	PUB	SHOEMAKER	TREFOIL
IRISH	PATRON SAINT	RAINBOW END	SKYFEST	WHITE
JIG	PINCHING	SERPENTS	SONGS	
JOY	POETRY	SHAMROCK	TOAST	
KISSING	POT OF GOLD	SHILLELAGH	TOP HAT	
KNOTWORK				
LEPRECHAUN				
LUCK				
MARCH				
MISSIONARY				
MUSIC				
ORANGE				

Answers
on page
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sage advocacy

Sage Advocacy is the national advocacy service for older people. It provides information, support and advocacy and acts for the older person independent of family, service providers or systems interests.

In circumstances where people may be vulnerable, or have to depend on others, there is a need to ensure that their rights, freedoms and dignity are promoted and protected. Through support and advocacy, the will and preference of a person can be heard and acted on.

The right to have your voice heard and to participate in making decisions which affect you is a fundamental principle in a democratic society. It is a principle simply stated as "Nothing about you, without you".

Our team throughout the country will support you to ensure your voice is heard, to express your views and wishes, and to participate in decisions that affect you.

Information & Support Service: 09:00 - 18:00, Monday-Friday

Phone: (01) 536 7330

email: info@sageadvocacy.ie

website: <https://www.sageadvocacy.ie/>

Our Work

- Supporting people to return home from hospitals and nursing homes in accordance with their wishes. Supporting decision-making and people's capacity to make decisions about their own lives.
- Advocating for adequate home care and support to enable people live, and die, in the place of their choice.
- Providing patient advocacy to people who have complaints about healthcare and with any subsequent internal or external reviews or inquests.
- Advocating with and for people with intellectual disabilities to develop a life with activities which are meaningful for them as they move from an institution to the community.
- Challenging unnecessary restrictions on people's liberties in acute and congregated care settings and the use of convenience medication and incontinence wear.
- Promoting public and professional awareness of resources for self-advocacy such as 'Think Ahead' and organising workshops on capacity and decision making, enduring power of attorney and advance healthcare directives.
- Promoting advocacy champions within congregated care settings and supporting them when complex issues arise and independent advocacy is required.
- Assisting people to maintain control of their income, benefits or property when others seek to take advantage of them and making contact with other professionals on their behalf to assist them in putting their affairs in order.
- Facilitating meetings of service users in residential and day care settings.
- Providing information and support to people who find health, social care, social protection and financial services complex and frustrating.

RAPID RESPONSE SERVICE

0818 719 400

where urgent support is needed,
Sage Representatives can be available
nationwide within 24 hours.



TALK TO US IN
CONFIDENCE



Society of St. Vincent de Paul

SVP can offer support
when you need it

Talk to your local SVP in confidence

A little help at the right time can make a big difference.

SVP volunteers provide practical help and support to people who are struggling to manage for whatever reason through our local Conferences.

Quiz Answers

Sudoku Answers

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Sudoku 1 Easy

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

Sudoku 2 Medium

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

Sudoku 3 Medium

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

Sudoku 4 Hard

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

Wordsearch Answers

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

Crossword Answers

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1	F	E	E	L	3	M	A	R	5	Z	I	6	P	A	7	N
	O		A		8	K		S		E		A				I
9	R	E	G	A	I	N	S		10	B	A	S	I	L		
	E		L		T		I			R		S		E		
11	B	L	E	A	T		12	S	L	A	L	O	M			
	E					E		T				U		13	S	
14	A	D	15	O	R	N	S		16	S	17	H	U	T	U	P
	R		R					18	B		E					L
	19	C	A	S	20	U	A	L		21	A	L	O	N	E	
23	Z		T		N		O			L		C			N	
24	I	D	I	O	T		25	W	A	T	C	H	E	D		
	N		O		I		U			H		R				I
28	C	O	N	T	E	M	P	T		27	R	E	A	D		



An Garda Síochána
Crime Prevention

-  LOCK ALL DOORS AND WINDOWS
-  TURN ON SOME LIGHTS
-  USE AN ALARM
-  DON'T KEEP LARGE AMOUNTS OF CASH
-  STORE KEYS AWAY FROM WINDOWS AND LETTER BOXES

**IF YOU
LOVE IT,
LOCK UP
AND
LIGHT UP**



Lock Up and Light Up as part of An Garda Síochána's Operation Thor
For more information visit www.garda.ie

dlr Age-Friendly Magazine

The dlr Age-Friendly Magazine is produced by the Age-Friendly Programme based in the Community Section of Dún Laoghaire-Rathdown County Council and is published in December each year. This magazine is available free of charge and is funded by Creative Ireland, through the dlr Library Services, the dlr Age-Friendly Programme and Healthy Ireland funding.

The magazine content has been compiled with the assistance of the many groups and organisations that are members of the County Age-Friendly Alliance as well as many other local and national organisations providing programmes and supporting older people across Dún Laoghaire-Rathdown.

Creative writing content is submitted by individuals and creative writing groups throughout the year and short stories, poetry and prose are selected for inclusion in the magazine by the editorial team.

If you would like to receive further copies of this magazine for yourself / family / group; if you would like to comment on this edition; recommend information for inclusion about any Age-Friendly related matters or if you would like to submit creative writing and content for inclusion in future editions of the dlr Age-Friendly Magazine, you can email community@dlrcoco.ie or call the Community Section on (01) 205 4893. We look forward to hearing your feedback!



Health Service Executive (HSE) Primary Care Services



Freephone:
1800 700 700

HSE's National Information Line:

Tel 1800 700 700

Monday - Friday: 8am to 8pm

Saturday & Sunday: 9am to 5pm

DLR OLDER PEOPLE'S COUNCIL:

For details of Active Retirement Associations and Age-Friendly Groups & Clubs that are members of the dlr OPC, call 01 282 2425

ALONE:

Supporting older people to age at home.

Helpline: 0818 222 024 Email: hello@alone.ie

PIETA:

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

Text HELP to 51444

YOUR MENTAL HEALTH

Advice on how to mind your mental health.

www.yourmentalhealth.ie

AWARE:

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

Freephone 1800 80 48 48

Email: supportmail@aware.ie

GROW:

Support with Mental Health.

Helpline 0818 474 474 Email: info@grow.ie

AGE AND OPPORTUNITY:

01-8057709 Email: info@ageandopportunity.ie

Senior Line

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

Lines are open every day 10am to 10pm,

Freephone 1800 804 591

ESB Emergency/Fault

Networks Emergency and Loss of Supply
Contact Information

Tel: 1800 372 999 (24/7 service)

GAS Emergency:

Call Gas Networks Ireland's 24 Hour
Emergency Line on

1800 20 50 50

Citizens Information Centres

www.citizensinformation.ie

Dún Laoghaire:

Tel: 0818 077 400

Email: dunlaoghaire@citinfo.ie

Dundrum:

Tel: 0818 077 430

Email: dundrum@citinfo.ie

MABS - Money Advice & Budgeting Service

Dún Laoghaire: 0818 07 2530

Email: Dun_Laoghaire@mabs.ie

Dundrum:

Tel: 0818 07 2310

Email: dundrum@mabs.ie



Dún Laoghaire-Rathdown County Council

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

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

Making Connections

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

Telephone: 01 295 1053

Email: info@makingconnections.ie

dlr Age Well Expo 2023

The Pavilion, Leopardstown Racecourse

Sunday 11th June 2023

10.00a.m - 4.00p.m

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

Information stands

Guest speakers

Music

Dance

Talks

Crafts & creativity

Demonstrations

& much more!

All welcome, free entry, gift bags & refreshments

More information:

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



Organised & Funded by:

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



Rialtas na hÉireann
Government of Ireland



Sláintecare.
Right Care.Right Place.Right Time.



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



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