

DLR COMMUNITY

5K

SATURDAY
8 OCTOBER
2022 | 2.00PM
KILBOGGET PARK



Walk, Roll, Run, Have fun!

Register now www.dlrsportspartnership.ie | Adults €5 Kids FREE



(India Fest dlr, September 2022)

dlr Festival of Inclusion

29 SEPT- 5 NOV

Féile le Chéile dlr

2022



dlr Festival of Inclusion

29 SEPT- 5 NOV
2022

Dún Laoghaire-Rathdown (dlr) County Council is delighted to host the dlr Festival of Inclusion every autumn. The aim of the annual dlr Festival of Inclusion is to highlight and celebrate social inclusion initiatives and to support and encourage all to actively participate and engage in the community.

'Promoting Equality, Diversity and Inclusion in Dún Laoghaire-Rathdown' is the overall festival theme this year with dozens of organisations and community groups hosting activities and events. Join us and be part of the dlr Festival of Inclusion 2022!

See full programme & event details at

<https://events.dlrcoco.ie/event/dlr-festival-inclusion-2022>

For more information on dlr Festival of Inclusion events 2022, contact: **Siobhán Nic Gaoithín**, Social Inclusion Officer & Age-Friendly Programme Manager, Community Section of dlr County Council on community@dlrcoco.ie / 01 205 4893.



We all have something to give. Volunteer to help your community.

Your local volunteer centre has hundreds of different roles available. Come meet us to learn more.

Drop-in to dlr Lexicon Library, Dún Laoghaire anytime between 10am-12pm on Wednesday 26th October to meet our team or contact us anytime.

(01) 441 4444 | info@volunteerdlr.ie | www.volunteerdlr.ie



dlr Grants 2023

Funding available for community-led projects, events, and programmes in the following areas:

- Arts
- Business Area Promotion
- Community
- Environment & Climate Action
- Heritage
- Sports

Find more information and apply at dlrcoco.ie/grants

Applications should be in by Tuesday 25 October



Call for participants for

dlr **AFRICAN PORTRAITS** EXHIBITION

Seeking people from African countries or/and of African heritage living in dlr to take part in an African Portraits Exhibition - portraits will be taken by portrait photographer Peter Cavanagh and curated by Ola Majekodunmi - For more information and to take part, contact Community Section, dlr County Council at 01 205 4893 / community@dlrcoco.ie

Ola Majekodunmi will visit secondary schools during October & November 2022 as part of dlr Festival of Inclusion.



DATE, TIMES & LOCATION	EVENT	BOOKING & INFORMATION
29TH SEPT 10:00-12:00PM Loughlinstown Leisure Centre / Meadowbrook Leisure Centre	FREE Fitness Classes for all	No booking necessary, join on the day
29TH SEPT 11:00-14:00 dlr Lexicon, Ag6 H283	Autumn Medley of Creativity - All welcome, FREE refreshments available!	Full programme at www.creative-lives.org/Event/medley-dlr-lexicon
30TH SEPT onwards online	Launch of Dance Theatre of Ireland's, Vintage Youth short film 'STILL HERE'	https://youtu.be/6hu8g_3qM5o 01 280 3455 info@dancetheatreireland.com
30TH SEPT 11:00-13:00 Rosemount Family Resource Centre, Dundrum	FREE Chair Yoga for 55+ Followed by refreshments	Booking: 01 2166131 rachelrosemountffc@gmail.com
30TH SEPT 14:30-16:00 Boylan Centre, Dún Laoghaire	Dún Laoghaire Active Retirement Association hosting Coffee Afternoon in aid of Irish Hospice Foundation	All welcome Refreshments provided No booking necessary Info: 086 078 1664
1ST OCT 10:15-13:30 Women's Collective Ireland, 57 Ennel Court, Loughlinstown, Ag6 YR72	UN International Day of Older Persons' FREE event celebrating the Resilience & Contributions of Older Women with a screening of 'The Queen'	Lunch Included Booking required: Tracy / Sandra 086 1744 863 / 086 138 2482 dunlaoghaire@womenscollective.ie
1ST OCT Dance Theatre of Ireland performances: 12:00: Cabinteely Park 14:00: People's Park 16:00: Moran Park	Performances of exhilarating dance & music in 3 parks with 'Vintage Youth's' Celebration for UN International Day of Older Persons	Come along on the day. 01 280 3455 info@dancetheatreireland.com
3RD OCT - THROUGH OCTOBER Dún Laoghaire Men's Shed Open Days, Ag6 F6To	Dún Laoghaire Men's Shed welcomes all to their open days	dlmensshed@gmail.com 01 280 9066 www.dunlaoghairemensshed.ie
3RD OCT 15:00-17:00 WORKSHOP 19:30M LIVE SHOW dlr Lexicon Studio Ag6 H283	Acting and Development Skills Workshop for emerging actors from the Traveller Community. Followed by a Live show 'Beginning of the Journey'	All welcome Booking: 085 847 1336 mary@marymproductions.com
4TH - 11TH OCT County Hall, Ag6 K6C9 13 OCT - 4TH NOV dlr Lexicon, Level 3, Ag6 H283	"United" Photographic Exhibition - produced by members of dlr Ukrainian community & Irish volunteers to support 'Helping Irish Hosts'	No booking necessary. Info: Sharon Burrell, sharon@dec.ie
4TH OCT 10:00-13:00 Southside Travellers Action Group, St Kieran's Enterprise Centre, Furze Road, Dublin 18	'Self-Employment & Start Your Own Business Bootcamp' organised by Southside Partnership DLR	Booking: 01 706 0100 Esther.mcgearty@sspship.ie
4TH OCT ONWARDS 10:30-15:30 Ailt an Óir, Upper Glenageary Road, Ag6 W7Wg	New Day Service in Ailt an Óir, Independent Living - Tues-Fri, 10.30am - 3.30pm, activity programme + 3 Course Lunch	€10 per day Booking essential: 01 2844066 mandykhan@dublincentralmission.ie
5TH OCT 18:00 dlr Lexicon, Ag6 H283	"Samplers, Sewing & Simplicity in Quaker Ireland" Book launch by Clodagh Grubb	No booking necessary. Info: 01 2801147 dlrlexiconlib@dlrcoco.ie
6TH OCT 10:00-13:00 Assembly Hall, County Hall, Ag6 K6C9	Southside Partnership DLR, Women 4 Women Network, Multicultural women's breakfast event. Bring food to share	All women welcome. Booking: rafika.kelly@sspship.ie 087 720 3665 www.women4women.ie
6TH OCT 12:30-13:30 Online via Teams Webinar	'Introduction to Diversity & Inclusion', delivered by Asari St. Hill, Irish Centre for Diversity	FREE Public Training online seminar Booking: 01 205 4893 community@dlrcoco.ie
6TH OCT 19:00-20:00 Assembly Hall, County Hall, Ag6 K6C9	Autism awareness and family support session with 'ASFAN' - Autism Support & Family Advocacy Network	Booking: Geraldine Graydon, 087 2717471 asfanetwork@gmail.com
6TH OCT 20:00-22:30 Presbyterian Church Hall, York Road, Dún Laoghaire	Open evening of the Dublin Scottish Country Dancers. All Welcome	Info: secretary@dublin-scd.com http://www.dublin-scd.com
8TH OCT 14:00-16:00 Kilbogget Park, Churchview Rd, Ag6 PC84	Annual dlr Community 5K, organised by DLR Sports Partnership	Registration Eventbrite Booking: 01 271 9502 sportpartnership@dlrcoco.ie
9TH OCT 14:00-16:00 Courtyard Area, Marlay Park, Grange Road, Rathfarnham	FREE Music in the Parks: Sweet Memories - Living Well with Dementia Choir; Rathfarnham Ukulele Group & more. All welcome - weather permitting	Mary Spain, 086 041 8450 mspain@livingwellwithdementia.ie RUG's: rugsukulele@gmail.com
10TH OCT 20:00-21:30 Kilcross Resource Centre, Sandyford, D18 EK6o	Kilcross Ladies Over 55's Group Get Together with other ladies in the area - cuppa & a chat	Kilcross Resource Centre 01 295 3259
11TH OCT 12:30-13:30 Online via Teams Webinar	FREE Public Training - online seminar on 'LGBT+ Awareness' James O'Hagan, LGBT Ireland	Booking: 01 205 4893 community@dlrcoco.ie
11TH OCT 18:30-19:30 Blackrock Library, Main St.	'Where do I start?' - Journeys in Global Citizenship workshop organised by Comhlámh	Booking: Dervla King, 01 478 3490 dervla@comhlamh.org
12TH OCT 10:00-12:30 Loughlinstown Community Rooms, Ag6 RY11	Loughlinstown Over 50's Activity Club - FREE coffee morning	For Ballybrack Club members and Older People in the area No booking. Info: 01 272 0289
12TH OCT 11:00-12:00 Assembly Hall, County Hall, Dún Laoghaire, Ag6 K6C9	Autism awareness and family support session with 'ASFAN' - Autism Support & Family Advocacy Network	Geraldine Graydon 087 271 7471 asfanetwork@gmail.com
13TH OCT 10:00-16:00 Sallynoggin Youth & Community Facility, Sallynoggin, Ag6 KW58	DLR Social Prescribing & SOS Suicide or Survive, FREE Wellness Workshop - Understanding and Taking Charge of Your Mental Health	Booking Required: Lisa Sieger-Jamison, 087 737 0372 lisa.sieger@sspship.ie
13TH OCT 11:00-12:30 Online via Microsoft Teams	Online webinar - "Active Participation for people with disabilities" - Enable Ireland & Shanganagh Community Gardens and Allotments	Booking: Gary Morris, 01 284 5808 gmorris@enableireland.ie
13TH OCT 12:00-14:00 Scouts Den, Ballybrack Project Centre, Ag6 XA06	'Let's Dance Disco' for adults with disabilities in association with St. John of God Community Services	€5 entry. Booking: Gina Hogan, 01 235 0778 gina.hogan@sspship.ie
13TH OCT 12:30-14:00 IADT Library, Kill Avenue, Ag6 KH79	Panel discussion entitled 'Invisible lives: where are all the older women in film and TV?' with special guests & open to the public	Booking via Eventbrite equality@iadt.ie 01 239 4000
13TH OCT 18:30-19:30 dlr Lexicon Library, Dún Laoghaire, Ag6 H283	Cyber Safe Kids, empowering yourself & others in the online world. For parents of 8-13 yr olds	FREE seminar and Q&A session Booking via Eventbrite office@cybersafekids.ie
14TH OCT 11:00-12:00 Assembly Hall, County Hall, Dún Laoghaire, Ag6 K6C9	RehabCare concert - A celebration embracing the immense beauty of nature	Booking: frances.oreilly@rehabcare.ie
14TH OCT 11:00-12:00 Shanganagh Park House, D18 AY26	Ciorcal Comhrá - Shankill Irish Language Group - open morning. FREE refreshments	Shanganagh Park House, 01 282 7694
16TH OCT 11:00-15:00 Sport Ireland Campus, National Indoor Arena, D15 EPN4	Dublin Sportability Day. Suitable for all people with Disabilities. Demonstrations, Information stands and Training Workshops	Booking: 01 646 4300 sales@sportirelandcampus.ie
16TH OCT 11:00-13:30 Assembly Hall, County Hall, Dún Laoghaire, Ag6 K6C9	Free seminar - 'How to lower energy bills and make a warmer, more comfortable and healthier home'	dlr County Council Architects dept., Booking via Eventbrite 01 205 4700 / info@dlrcoco.ie
16TH OCT 14:00-16:00 Bandstand, Blackrock Park	FREE Music in the Parks: Dew Drops Indian Drumming, Sandyford Youth Band & more. All welcome - weather permitting	01 205 4893 community@dlrcoco.ie
18TH OCT 12:30-13:30 Online via Teams Webinar	FREE Public Training - online seminar on 'Cultural Awareness', by Asari St. Hill, Irish Centre for Diversity	Booking: 01 205 4893 community@dlrcoco.ie
18TH OCT 14:00-15:30 Beaufort Day Care Centre, Glashule, Ag6 X8N7	"Get back together" afternoon meeting old & new friends, sing along, dancing and chat	No booking required. Info: Moyra / Chris: 01 280 9720 info@beaufortdaycentre.ie
19TH OCT 18:30-21:00 Phonewatch, Sandyford Industrial Estate, Sandyford	Floristry & gardening workshop for Ukrainian residents - with Southside Partnership DLR	Families & children Booking: Ben Stapleton, Ben.stapleton@sspship.ie
20TH OCT 10:00-11:30 Southside Partnership DLR, The Old Post Office, Blackrock	Social Enterprise - What you need to know! Join us and find out about social enterprise in DLR	Booking: 087 672 8670 helena.oneill@sspship.ie
20TH OCT 10:30-12:30 Taney Parish Hall, Dundrum	Muslim Sisters of Éire, FREE Coffee Morning of Inclusion for the Elderly, in conjunction with the Community Gardaí	No booking required. Info: Lorraine O'Connor, muslimsisterofeire@gmail.com 086 785 4866
21ST - 24TH OCT 12:00-17:00 Islamic Cultural Centre of Ireland, 19 Roebuck Road, Clonskeagh	(Islamic Cultural Centre event) 'Know Your Neighbour' event - drop in any day to meet our active women's group	Booking: Summayah Kenna, 01 208 0000 summayah@islamireland.ie
22ND - 28TH OCT dlr Libraries & Day Care Centres	Fadó Fadó Story Telling Festival / Féile Scéalaíochta	Event details at libraries.dlrcoco.ie dlr Lexicon at 01-2801147 dlrlexiconlib@dlrcoco.ie
22ND OCT 11:30 ONWARDS Comhailtas Ceoltóirí Éireann, 32 Belgrave Square Monkstown, Ag4 XV02	UTSAV group - 'Deepotsav' - celebration of Indian culture - lights, food & music	Booking Tickets: Nivedita Aijer, utsavdlr@gmail.com
25TH OCT 11:15-12:30 Dún Laoghaire Town	DLR Social Prescribing for Health & Wellbeing & dlr Sports Partnership - 'Walk & Talk' Session through Dún Laoghaire	Incl. hot beverage & gift Booking essential: Lisa Sieger-Jamison, 087 737 0372 lisa.sieger@sspship.ie
26TH OCT 10:30-14:00 Women's Collective Ireland - DLR, 57 Ennel Court, Loughlinstown	Women's Collective DLR FREE creative wreath-making morning followed by community lunch	Booking essential places limited, 01 2825932 dunlaoghaire@womenscollective.ie
26TH OCT 10:00-12:00 dlr Lexicon Library, Dún Laoghaire, Ag6 H283	Come meet us to learn more about Volunteering	dlr Volunteer Centre 01 441 4444 info@volunteerdlr.ie www.volunteerdlr.ie
26TH OCT 3-3.45 P.M / 4-4.45 P.M Shankill Library, D18 DX43	FREE 'Meditation & Stretch' sessions with Hilery Condron, Clinical Reflexology Ireland	Booking essential, places limited Booking: Patricia Byrne, 01 282 3081 shankilllib@dlrcoco.ie
28TH OCT 12PM-1PM Dublin South FM, Listen live at 93.9FM or online at dublinsouthfm.ie/listen-live/	Dublin South FM - "Intergenerational" radio programme broadcast for dlr Festival of Inclusion	Info: 01 296 0939 enquiries@dublinsouthfm.ie
5TH NOV 16:00-21:00 St. Bridgits Hall, St Brigid's Church, Stillorgan	Social Space Ireland - Diwali-Festival of Lights celebrations music, dance, crafts, stalls & food	Tickets on Eventbrite. Info: socialspaceireland@gmail.com socialspaceire.ie