



dlr Age Friendly Magazine 2024



Inside

Theme of 2024 Magazine "Good Brain Health"
Local Activities, Services and Supports
Creative Writing
Heritage
Puzzles... *and lots more...*



dlr Age-Friendly Alliance

The dlr Age-Friendly Alliance is a strategic partnership that was set up in 2014 to work together effectively and in harmony on supporting older people in Dún Laoghaire-Rathdown (dlr). During 2023, the dlr Age-Friendly Strategy 2022-2026 was launched and the main responsibility of the dlr Age-Friendly Alliance is to oversee the implementation of the 60+ actions identified in the Strategy in making dlr an Age-Friendly County and to support our older and ageing population over the coming years.

The shared vision of the Alliance is Dún Laoghaire-Rathdown as 'a vibrant place where people can thrive and fulfil their potential in their local communities and neighbourhoods throughout their lives' and is dependent on all organisations working well together to incrementally improve our physical, social and cultural environments and the quality of our joined-up services.

The dlr Age-Friendly Alliance meets 4 times a year and is currently 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 Sports Partnership, dlr Volunteer Centre, Dublin Bus, Dublin & Dún Laoghaire Education and Training Board, Dún Laoghaire Chamber of Commerce, HSE, Institute of Art, Design + Technology, Dún Laoghaire (IADT), Go-Ahead Ireland, Irish Senior Citizen's Parliament, Living Well with Dementia, Making Connections, Southside Partnership DLR, Southside Travellers Action Group and UCD.

Eugene Magee stepped down as Chair of the Alliance in September 2023 and Frank Curran, Chief Executive of Dún Laoghaire-Rathdown County Council has now taken over the role as Chair of the dlr Age-Friendly Alliance – see pictured below



dlr Age-Friendly Programme

The dlr Age-Friendly Programme, based in dlr County Council, is part of the National Age Friendly Ireland Programme and all 31 Local Authorities have dedicated Age-Friendly Programmes.

The Dún Laoghaire-Rathdown Age-Friendly Programme is working with many partners to improve the well-being and quality of life of older people in dlr and to prepare for the rapid ageing of our population.

The work of the dlr Age-Friendly Programme includes:

- Collaborating across dlr County Council to provide walkable streets, age-friendly public realm, housing, community centres & transport options as well as age-friendly social, cultural, community, leisure, sports and physical activities and programmes.
- Co-operating with local community & volunteer groups and organisations, Active Retirement Associations, Men's Sheds, Women's Sheds, Older Persons groups, Nursing Homes and Day Care Centres as well as Southside Partnership, Family Resource Centres and older people's organisations in supporting older resident's needs.
- Providing information on resources and activities available in dlr through the dlr Age Friendly Directory of Activities and Services; the dlr Age-Friendly Magazine, Leaflets, information videos, publications etc. during the year
- Support & administration for the dlr Older People's Council and dlr Age-Friendly Alliance
- Collaborating with the dlr County Council Local Enterprise Office in growing the dlr Age-Friendly Business Recognition Programme & supporting Age-Friendly Town's & Villages in dlr
- Organising the annual dlr Festival of Inclusion, UN International Day of Older Persons events and collaborating on Bealtaine Festival, dlr Age Well Expo and other events during the year
- Promoting Digital Inclusion and providing Funding to various Age-Friendly groups and projects in dlr.



dlr Age-Friendly Alliance members, September 2023

Foreword An Cathaoirleach, Councillor Denis O'Callaghan

Fáilte - Welcome to the 2024 dlr Age-Friendly Magazine, funded by Creative Ireland, Dún Laoghaire-Rathdown County Council and Healthy Ireland.

This is the fourth edition of our annual magazine, produced by the dlr Age-Friendly Programme and dlr Age-Friendly Alliance member organisations and the main theme of this year's magazine is promoting 'Good Brain Health'.

The 2024 magazine is packed with information on services and programmes to encourage and support you to take part and enjoy the many social, cultural, creative, educational, leisure and fitness activities that are available across the county; activities which are the foundations to Good Brain Health. There is advice and guidance available on issues relating to your brain health as well as creative writing, puzzles, local heritage and much more - all gathered together in this very

valuable magazine.

We congratulate and thank the many groups, organisations and individuals who contributed content to this edition and previous editions of the dlr Age-Friendly Magazine and for offering wonderful services and supports to older people in dlr. We sincerely appreciate the huge role that you play in enhancing and supporting the wellbeing, health and happiness of many older people across dlr.

I hope that you will enjoy reading the 2024 dlr Age-Friendly Magazine and that you will find it useful, informative, inspiring and engaging and that it will help us all mind our Brain Health as we age.

Go dté sibh slán agus gach dea-ghuí, Councillor Denis O'Callaghan



Welcome Therese Langan, Director of Community, Cultural Development & Parks

We are delighted to present the fourth issue of the annual dlr Age-Friendly Magazine 2024. The focus of this year's free publication is on raising awareness about the many activities, groups, organisations and events taking place in Dún Laoghaire-Rathdown that support 'Good Brain Health and Positive Ageing'.

We hope you enjoy this publication and that it will give you some insight into some of the many Age-Friendly activities taking place in dlr. There are numerous groups to join and activities to get involved with; an abundance of creative, cultural and community opportunities and events to experience; impressive parks, and sites to visit and explore on our doorstep; enriching history and heritage, many accessible life-long learning programmes as well as invaluable support provided by many services across the county – all of these benefitting our mental and physical health as we age and highlighted in this year's Age-Friendly Magazine.

This magazine has proven to be a very useful and much sought after publication for older people and their families, produced by the dlr Age-Friendly Programme.

For individuals, families and carers who are struggling with their brain health, we hope that this magazine will be of benefit and offer some support and guidance. We are extremely grateful to everyone who has contributed to this magazine and to Creative Ireland, Healthy Ireland and dlr County Council for the provision of funding.

Please contact the Community Section of Dún Laoghaire-Rathdown County Council to learn more about the dlr Age-Friendly Programme and if we can support you in any way –
call: 01 205 4893
email: community@dlrcoco.ie
and we look forward to hearing from you.



dlr Age Friendly Programme
Dún Laoghaire-Rathdown County Council Community
& Cultural Development Department
County Hall, Marine Road, Dún Laoghaire,
Co Dublin, Ireland. A96 K6C9
Tel: 01 205 4893 Email: community@dlrcoco.ie
www.dlrcoco.ie

 @AgeFriendlydlr

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Produced by dlr Age-Friendly Programme.

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www.irishphoto.com

dlr Older People's Council



dlr OPC Tea Dance, October 2023

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 dlr Age-Friendly Programme 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, Sinead O' Sullivan and Sinead is located in the designated OPC Office located in 88 Inagh Court, Ballybrack.

Open Monday - Friday from 9a.m - 12.30p.m

At this location photocopying and shredder services are available at a much-reduced rate to our member groups.

Currently the dlr Older People's Council Committee are looking for new members from 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 Sinead O'Sullivan Administrator, dlr Older People's Council, 88 Inagh Court, Ballybrack, Glenageary, Co Dublin, A96 H1F8
Tel: 01 282 2425
Email: dlrolderpeoplescouncil@gmail.com**



Members of the dlr OPC with an Cathaoirleach, Councillor Denis O'Callaghan, Summer 2023

Member Groups of dlr Older People's Council, January 2024:



All Age-Friendly Groups based in dlr welcome to join your Older People's Council
 For information on joining these groups or to register your group to the dlr OPC, contact the Community Section, dlr County Council at 01 205 4893 / community@dlrcoco.ie

2024 promises to be an exciting year as we launch a brand new Library in Ballyogan, continue the refurbishment of Stillorgan Library and also begin to plan for the 10th anniversary of dlr LexIcon in Dún Laoghaire. We will continue to be involved in national initiatives including the Right to Read literacy campaign, the Creative Ireland Programme and the Healthy Ireland at your Library initiative. Our Digital Inclusion projects will continue to develop with the expanded roll-out of Acorn tablets, Reader Pens and the lending of Class VR and Rendever VR sets, which are specifically designed for groups of older adults experiencing cognitive decline, impaired vision or mobility restrictions.

If it's been a while since you visited your local dlr Library, we look forward to welcoming you back to our library spaces in 2024. Read on to find out more about some of our collections, services and resources. Happy reading!



Catherine Gallagher
County Librarian



dlr Libraries provide services across the County through a network of eight branch libraries, including dlr LexIcon. All dlr Libraries are accessible buildings, and are safe, welcoming, inclusive community spaces. Libraries are free to join with no charge to borrow books, and no charge on overdue items. All library authorities in Ireland are connected and share a national catalogue. This means if you need to reserve books from a different county, it is possible to have them sent to your local library for collection.

As well as books, dlr Libraries also stock large-print books, audio books, music CDs, and DVDs. Free Internet access and Wi-Fi is available in all branches. Black and white or colour photocopying, scanning, and printing are available for a small charge. You can print from the library computers but also directly from your laptop, tablet, smartphone, or remotely from your computer at home.

On our website you can browse national and international newspapers or read magazines/comics. You can learn a language, do an online course with Universal Class or listen to music through Freegal and Medici. You just need your library card number and your Pin, and it's all free!

The Joy & Benefits of Reading

Anyone who has ever picked up a book and become completely lost in it, will know the joy and pleasure reading brings. In terms of emotional well-being, reading can make us feel a range of emotions; from happiness and surprise to sadness, fear and anger. Experiencing a variety of emotions can help build our resilience and ability to deal with difficult situations. Reading can also help us develop empathy and connect with people by learning about other cultures and experiences through storytelling.

Research shows that regular reading can lower blood pressure, reduce stress, release endorphins and improve sleep quality. Reading a book also broadens our vocabulary, boosts our knowledge and stimulates our imagination. Books can make us laugh and cry and create intrigue and excitement. Scientists have also found a link between reading and longevity; reading keeps our brains active and promotes mental and emotional fitness while enhancing critical thinking skills and creativity.

So what are you waiting for? If you don't already have a library card, call in to your local dlr Library and prescribe yourself some cognitive, emotional and physical well-being!

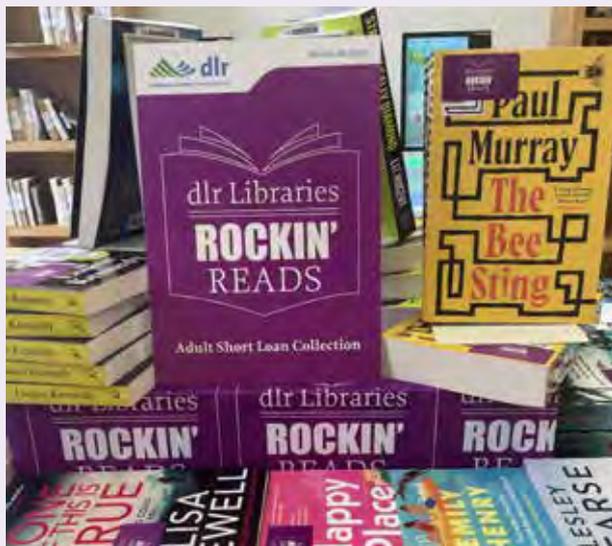


"The only thing that you absolutely have to know, is the location of the library." Albert Einstein (1879-1955.

Theoretical physicist)

Short Loan Collections

Rockin' Reads, our short loan collection of adult fiction and non-fiction titles, is available in Blackrock Library. The collection, launched in 2023, is made up of multiple copies of popular, must-have books without the need to reserve ahead of time. You can borrow each title for 10 days, rather than the usual 3 weeks. This gives you time to enjoy the latest books before dropping them back for the next reader. These books can't be reserved or renewed so there are no long waiting lists. Pop in to browse the current selection in Blackrock Library.



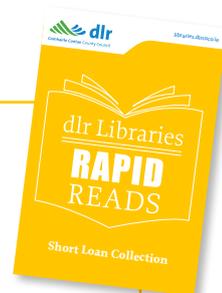
Top 5 Rockin' Reads titles borrowed in 2023

- Strange Sally Diamond** by Liz Nugent
- The happy couple** by Naoise Dolan
- Everyone here is lying** by Shari Lapena
- Killing moon** by Jo Nesbø
- None of this is true** by Lisa Jewell

"I have found the most valuable thing in my wallet is my library card."

*Laura Bush
(b. 1946. Librarian and Former First Lady)*

Rapid Reads: Short Loan Collection for children



Our short loan collection of children's titles is available in Deansgrange and Dundrum Libraries. The collection is made up of multiple copies of popular titles, including some in Irish. The books can be borrowed for 10 days, but as they can't be reserved or renewed, this cuts down on waiting times. Chat to library staff to find out more!

We will continue to roll out these short loan collections in 2024.

Looking for some reading ideas? Here are the top 10 adult and children's fiction titles borrowed from dlr Libraries in 2023

Top 10 Adult Fiction titles

- | | | |
|----|----------------------------------|----------------------|
| 1 | Connelly, Michael | Desert Star |
| 2 | Osman, Richard | Thursday Murder Club |
| 3 | Connelly, Michael | The Night Fire |
| 4 | Child, Lee, Child, Andrew | No Plan B |
| 5 | Spain, Jo | Last To Disappear |
| 6 | Norton, Graham | A Keeper |
| 7 | Osman, Richard | Man Who Died Twice |
| 8 | Norton, Graham | Forever Home |
| 9 | Connelly, Michael | The Law of Innocence |
| 10 | Norton, Graham | Home Stretch |

Top 10 Junior Fiction titles

- | | | |
|----|----------------------------|--|
| 1 | Pilkey, Dav | Dog Man 1 |
| 2 | Pilkey, Dav | Dog Man: mothering heights Bk. 10 |
| 3 | Pilkey, Dav | Dog Man unleashed |
| 4 | Smart, Jamie | Looshkin: The Maddest Cat in the World |
| 5 | Smart, Jamie | Bunny vs Monkey and the Supersonic Aye-aye |
| 6 | Smart, Jamie | Bunny vs Monkey and the League of Doom |
| 7 | Kinney, Jeff | Big Shot |
| 8 | Smart, Jamie | Bunny vs Monkey: Rise of the Maniacal Badger |
| 9 | Green, John Patrick | Investigators: Take the Plunge A Full Colour, Laugh-Out-Loud Comic Book Adventure! |
| 10 | Kinney, Jeff | The Getaway |

dlr Libraries

Book Sets

dlr Libraries maintain a large collection of book sets for schools, reading groups and book clubs. They have been divided into an Adult Book Club set list, plus Classroom Sets for Primary and Secondary Schools. So, if you're interested in starting a book club amongst your friends or you are a teacher looking to borrow a set for your class, visit our website for a list of available titles.

To enquire about availability of any of our sets, or to reserve them, email librarybib@dlrcoco.ie.



Borrow a laptop in your local dlr Library

We 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 and want to try one, 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 other basic 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.



"I have always imagined that Paradise will be a kind of a Library."

Jorge Luis Borges (1899-1986. Argentine writer)

Borrow an ACORN tablet to take home

Do you feel left behind in terms of 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

We have now shared curated content with the developer Origin Care Group, on misinformation, media literacy, and tips on how to protect yourself and avoid financial scams. These tablets are available for lending to dlr Library members.

For more information, contact staff at your local dlr Library.



"Google can bring you back 100,000 answers, a librarian can bring you back the right one."

*Neil Gaiman
(b. 1960. English author of short fiction, novels, comic books, graphic novels, audio theatre, and films)*

Libraries' Events Programme

In 2023, we programmed an average of 200 events per month across our network of 8 libraries. We always endeavour to provide our audiences with accessible, inclusive and sustainable events, both in-person and online, live and recorded. To offer a varied and vibrant programme of events to suit a variety of tastes and interests, based on the feedback you continue to give us.

In 2024, we aim to expand our offering further to those who may feel excluded or unheard, and those with additional needs. We'll also celebrate the Book and the joy of reading, through our Readers' Days, our book collections, book clubs and other book-led event programming. We will look to record a greater selection of our events, to build on our collection of podcasts, in order to have a permanent archive of events available for you to listen back to, at the touch of a button.



Ciara Jones

Creative Brainwaves on Brain Health: Listen Back

In 2023, dlr Libraries, the Arts Office and dlr

Age-Friendly Programme were delighted to partner with Global Brain Health Initiative (GBHI) for a series of engaging and uplifting talks that examined and explored the very real connection between the creative arts and brain health. This 5-week series of talks and workshops featured neuroscientists, researchers and creative artists, all working to improve brain health. These sessions were recorded and are now available as podcasts on our website. To listen back to these fascinating sessions, go to our website libraries.dlrcoco.ie and search Podcast. We will be programming further events with GBHI in 2024.



Virtual Reality Kits

In December 2023, we were delighted to be the first Library service in Europe to launch the Rendevar virtual reality kit. Rendevar, an American company particularly interested in older persons' health & well-being, developed a package of virtual reality hardware, software, and wide-ranging content, that creates shared experiences for the senior age cohort, where the group can be transported into a shared immersive experience anywhere in the world! This experience has been proven to be especially moving among older adults experiencing cognitive decline, impaired vision or mobility restrictions.

The kit, including headsets, is networked to a tablet with wide-ranging content on it, from diving with dolphins, flying in a hot air balloon, to visiting anywhere in the world, and every user is experiencing the same thing at the same time. Rendevar has developed customised reminiscence therapy tools, allowing people to revisit locations from their past and chat with the group about it. It also provides opportunities to be unhindered by with mobility issues, check off bucket list items, and engage with the world in ways no longer thought possible. It can also help rekindle old connections or develop new ones, through the power of shared experience! Users can be guided by a moderator either within the group or by library staff, participating in experiences, games, quizzes and much more. We are looking forward to working with interested groups using this fantastic, fun new technology to help us meet our Age-Friendly and Digital Inclusion goals. **Contact** libraryit@dlrcoco.ie for more information on how to borrow the VR sets.



Highlight Events in dlr Libraries in early 2024



Return of the Online Quiz!

To get us through the short days and long evenings, we are delighted to announce the return of our very popular online quizzes, which run weekly at 8.00pm on Friday evenings from mid-January through to the end of February 2024.

All you need is a device like a smartphone, pc, tablet or laptop, and an internet connection.

2 February (Family Quiz) General Knowledge

9 February (Adult Quiz) Television & Movie Scenes

16 February (Family Quiz) General Knowledge

23 February (Adult Quiz) History, Geography, Famous Faces, Flags and Food & Drink

To find out more and to register yourself or your team, email Seán at libraryquiz@dlrcoco.ie.

Craft & Hobby Groups in dlr Libraries

Why not keep busy, get creative and meet up with others by joining one of our library clubs or groups this year? We have everything from knitting and crochet, craft circles to Scrabble and Bridge, and Language Exchanges to Film Clubs. Contact your local dlr Library to find out what's on for you.



Staying Active

In 2024, we will be working again with Active Academy to bring you our Active Age classes. These are functional fitness classes, designed to help with everyday life and suitable for all abilities. All exercises can be modified and performed at your own level. We will focus on fitness, strength, balance, core strength and much more. The aim of the classes is to get moving whilst having fun & meeting new people. We'll also be partnering with our colleagues in dlr Sports Partnership to bring you Yoga and other active movement classes throughout the year.



Studio Saturdays: Events for children with additional needs

Our monthly Neurodivergent Studio Saturdays for families continue in 2024. We host a variety of workshops tailored to children with additional needs/neurodivergence and their families. From sensory play to arts & crafts, getting moving to magic shows, each session offers a different experience with lots of space to get comfortable. A sensory room and quiet space is available for anyone needing to self-regulate.

If you would like to be added to the mailing list for updates on Studio Saturday events, please contact libraryculture@dlrcoco.ie

Save the dates!

Saturday 20 Jan, 17 Feb, 9 Mar,
6 April, 18 May, 29 June



Other services for those with additional needs

We continue to try and make your library services and spaces more accessible, especially for those with additional needs.

Some services you may not be aware of:

- Quiet evenings in Cabinteely, Dalkey & Dundrum Libraries
- Sensory/Quiet Room in Deansgrange Library
- Sensory boxes available in each dlr Library
- ASC collection [Accessible Services Collection] which includes toys, equipment for those with additional and/or sensory needs. This includes See and Learn Kits for those with Down Syndrome. To borrow items from this collection, email libraryculture@dlrcoco.ie to check availability. Requested items will be sent to your nearest dlr Library for collection
- Reader Pens for those with dyslexia, literacy issues or a visual impairment
- Inclusive events programming as well as events specifically programmed for those with additional needs

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

Musical Memories Choir

The Musical Memories choir meets in Deansgrange Library every Thursday morning, in association with Newpark Academy of Music. The choir is aimed at older people, specifically welcoming to people affected by dementia and their family carers. Led by a professional choral director and taking place weekly. Contact Newpark Academy of Music via email enquiries@newparkmusic.ie or Tel (01) 288 3740



Reader Pens

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 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 the County during 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.

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.



dlr Libraries



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. Designed originally 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.

Home Energy Saving Kits

As we all become more energy-conscious, whether it be from a climate or money-saving perspective, these useful kits will help you identify possible problem areas such as poorly insulated walls and appliances that are driving up electricity bills. 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. The Kits are supplied in partnership with CODEMA and are available to borrow from all dlr Libraries. There is a short waiting list for the kits. You can also borrow some items individually. Thermal leak detectors and plug-in energy monitors are available to take home separately. If you are interested in borrowing one of these items, please talk to staff in your local dlr Library.



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 5277

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 always remind me that there are good things in this world."

*Lauren Ward
(b. 1970. American singer and actress)*



Cuairt agus Cultúr

Artists and Wellbeing Facilitators in Residential Care Settings & Day 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 Cuairt agus Cultúr expanded to include Day Services for older people as well as Nursing Homes and Residential Care Settings in the county. The C & C programme is also supported by dlr Age-Friendly Programme as well as funding provided by the HSE as part of the dlr/HSE Arts and Health Partnership.

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 centre attendees, families and staff of care settings in dlr with artists and wellbeing facilitators and therapists.

Cuairt agus Cultúr aims to support artists and facilitators, as well as to deepen the value of the arts and wellbeing in care 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



Young at Art by Liz Turner

On Wednesday morning when you are feeling low

the Young at Art Club is the place to go.

Everyone greets you with a smile and makes coming out worth while.

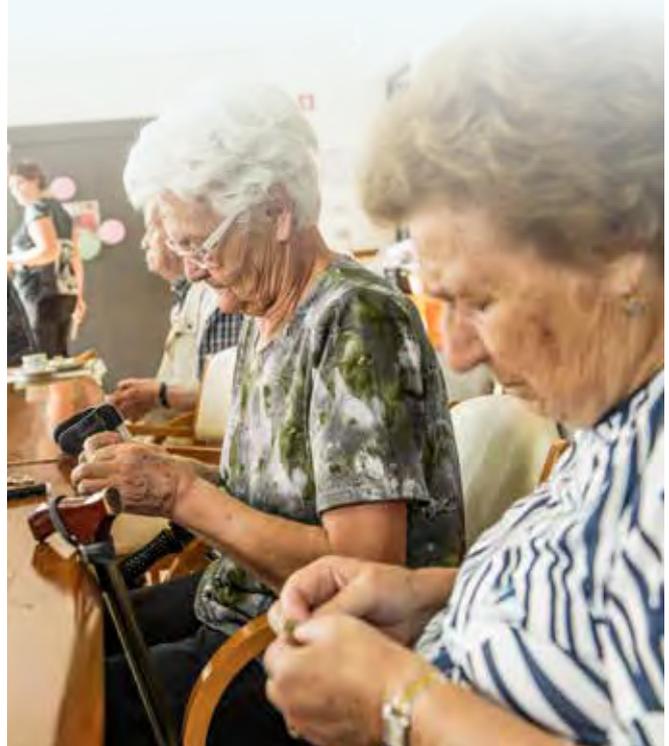
It does not matter what you are into there is always something there for you.

Sometimes we knit, paint or sew, flower arranging or bingo.

We go out on trips or dinners too but so far we have not gone to the zoo.

Breda and friends are always there to listen to your worries and your cares if you would like to come along and see we would welcome you with a cup of tea.

[The Young at Art Club meets on Wednesday mornings in Sallynoggin Youth & Community Centre - more information from Breda at 01 235 1952](#)



Creative Writing from Cuairt agus Cultúr Programme 2023

Between the winter of 2022 and the spring of 2023, poet Grace Wilentz visited the Shankill Day Centre as part of Dún Laoghaire County Council's *Cuairt agus Cultúr* programme. Grace delivered a series of poetry reading and writing workshops, with the aim of nurturing meaningful and sustained creative engagement with day centre attendees, as well as staff and carers at the centre. These poems are the original work of participants, resulting from this experience

Unrest

By Raymond Mulholland

It began in 1948 and grew worse and worse,
especially in areas like ours, that were mixed.
It started with broken windows and such,
at the home
I shared with my wife Vera and our three
children.

One day, coming back from the school
where I worked as a teacher of mathematics,
as I approached our house, I could see
the gable wall prostrate in the garden.

That was the day we decided to leave
for Dublin.

It took two years to sort everything out.
In 1973, we arrived to Thorncastle Street
and the rest is history. We have been very
happy.

Haibun

By Kathleen Kenny

The coffin left the house and the line of cars
drove behind. We reached the church where
I expected there would be a small crowd. The
church was packed as we proceeded to try
to get a seat inside. The hymns at mass were
beautiful. In between songs, the church was
so quiet you could hear a pin drop. Then, the
journey to church, to the graveyard, where my
nephew sang 'My Father's House', because my
father's house was always full.

Calm,
peaceful
a glorious balm.

The Blessing of the Fishing Boats at the Claddagh in Galway

By Rosalind Ahern

This is a great day out for all—
families and friends abound.
The boats are decorated with flags and
flowers.
Priests go to each boat to say blessings—
prayers for safety and good fortune.
The sea is wild.

The sea is cold.

The sea is dangerous.

Spring

By Kathleen Kenny

Spring is here, the daffodils are in bloom.
Winter is over and won't resume.
The leaves are back and the weeds too,
more plentiful, they bring us to our knees.
The soil is soft and mild,
and makes it all worthwhile.
All the flower buds are oversewn
and left to the unknown.
Spring is here with its perks and glory.
Everything looks beautiful and bright,
and we have decent daylight.
The birds are singing and my ears are ringing,
we're clinging on to our dear spring.

My Hands

By Juanita (Jenny) Sanchez

My hands were made for writing and
for caring.
They are soft, palms lined. My right hand
holds the pen.
The sun is shining outside and I am sitting at
my desk.
What prospects have you for the future?
I am not sure, but I'll live one day at a time.

dlr Arts Office

Make sure and keep up to date with dlr Arts Office. We offer a range of supports and services for people of all ages and interests in arts and culture. From working with early childhood services to supporting projects in residential care settings for older people.

We send an e-bulletin every two weeks via email to let people know what events, projects and supports are coming up. Another 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

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.

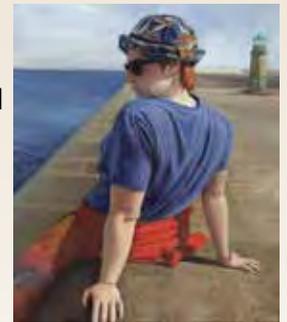
Dementia Inclusive Gallery Tours and Activities

Are you living with dementia or would you like to try something different with your loved one living with dementia? Our popular Dementia Inclusive Gallery Tours take place in the Gallery, dlr Lexlcon, Dún Laoghaire. We also host a range of other dementia inclusive events and projects. Examples include live music in the Gallery, art workshops and talks about arts, creativity, and dementia.

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

We always include time to enjoy a cup of tea at the end of the activity. These tours and activities are free and funded by the HSE/dlr County Council Arts and Health Partnership and supported by the Azure network.

To book or for further information please ring Máire or Pia on 01 236 2759 or email artbookings@dlrcoco.ie



*'Looking Out', 2017
by Cara Dunne,
dlr County Collection*



*'Music and Health
Ireland' in the Gallery,
dlr Lexlcon*

‘Creative Brainwaves’: Creative Arts Improving Brain Health

Atlantic Fellow Karen Meenan from the Global Brain Health Institute, Trinity College Dublin tells us about a series of talks and workshops she curated in dlr Lexlcon Library during October & November 2023 that explored how engaging in creative arts can improve your brain health - as part of the dlr Creative Brainwaves project funded by Creative Ireland & dlr County Council.



Karen Meenan

As an Atlantic Fellow for Equity in Brain Health and theatre and radio producer, I am passionate about the power of dementia-inclusive creative aging and the interrelationship between the arts and brain health. So, I was delighted

to have the opportunity to curate and lead a recent program of events that featured members of the Global Brain Health Institute (GBHI) community along with dementia-inclusive dancers, singers, musicians, poets, writers and artists. The talks and workshops were funded under the Creative Ireland ‘Creative Brainwaves’ programme, organised by dlr County Council Libraries, Arts Office & Age-Friendly Programme.

Taking part in creative arts projects has been proven by neuroscientists and researchers to improve overall brain health and cognition. This five-week free public event series, which had a special welcome for people living with dementia and their caregivers, was designed to combine the science behind good brain health practices with fun ways to learn. The result was laughter, joy, and a real sense of community. Audiences of 100+ gathered each week at the dlr Lexlcon, Dún Laoghaire to meet Atlantic Fellows and faculty members from GBHI and to learn the importance of finding ways to improve overall brain health:

- **WEEK ONE Brian Lawlor**, Site Director of GBHI in Trinity College Dublin (TCD) opened the series with a presentation showing how integral creative artists are to the fellowship program at GBHI. **Norah Walsh**, choral director of dementia inclusive The Forget-Me-Nots choir inspired the audience with an engaging physical and vocal warm-up. While Atlantic Fellow **Mike Hanrahan**, musician, performer and singer shared a personal story about his mother, who had vascular dementia, and treated participants to a rendition of ‘A River Rolls On’—a musical piece he composed for her.
- **WEEK TWO** had a focus on the links between tinnitus, hearing, balance and dance. GBHI faculty member **Sven Vanneste** led this session with a talk about hearing loss, which, he highlighted as one of the main risk factors for dementia. Atlantic Fellow **Anusha Yasoda-Mohan** demonstrated a Bollywood style ‘Ear Dance’ showing the various parts of the ear and how sound waves travel to our brains. Choreographer and award-winning dancer **Olwyn Lyons** gave a ‘scarf dance’ workshop which allowed all members of the audience including those with limited mobility, to perform the Paso Doble.
- **WEEK THREE Ian Robertson**, Founding Director of GBHI at Trinity College led week three with a presentation on the importance of writing and storytelling for improved brain health. Award winning poet **Ron Carey** recited poems from his third collection ‘Songs for Older Life’ while performer **Frances Elliott** regaled the audience with ‘Matilda’ and ‘I Don’t Know’. **Michael Carey** wrapped-up the evening with a recitation of a poem he wrote for his sister—he started writing poetry at the age of 75—he’s 88 now. So you’re never too old to become a creative artist!

- **WEEK FOUR** was led by **Anne-Marie Glynn**, Chief Operations Officer at GBHI, Trinity College who explored global collaborations between Atlantic Fellows who are creative artists and their connections with the scientific and medical communities in GBHI. Celebrated poet **Tony Curtis** shared music, song and poetry while illustrator **Caroline Hyland** gave a workshop on dementia-inclusive art ‘Do you See what I See?’.
- **WEEK FIVE** The final week commenced with a presentation about the importance of culture for improved brain health by **Agustín Ibáñez**, GBHI faculty member and Atlantic Fellow. He was joined by music therapist **Róisín Hayes** who demonstrated how singing and playing musical instruments can improve balance, cognition and lung function. **Dr Kevin Quaid**, who lives with Lewy Body Dementia, spoke about his advocacy work and the importance of writing to improve his brain health. His wife and spousal caregiver **Helena Quaid** finished this series sharing tips on how to cope with a dementia diagnosis and how to improve the life of a caregiver.

Feedback from the five-week series was excellent with many participants commenting that the combination of science with practical experiences of dancing, singing and making music really helped to reinforce the message that taking part in creative arts is in fact good for overall brain health. Sincere thanks to dlr Libraries, dlr Age-Friendly Programme, dlr Arts Office, Creative Ireland and the Global Brain Health Institute for supporting this wonderful initiative.

'Creative Arts Improving Brain Health' talks & workshops will take place during Bealtaine Festival & dlr Festival of Inclusion in May 2024 in association with Global Brain Health Institute, dlr Age-Friendly Programme & dlr Libraries curated by GBHI Atlantic Fellow Karen Meenan.



In Profile: Ian Robertson, MPhil, PhD, FTCD

Founding Director, Global Brain Health Institute (GBHI), Trinity College Dublin & dlr resident



Professor Emeritus Ian Robertson speaking at the dlr Age Well Expo held in Leopardstown Pavilion, June 2023 (Credit: Peter Cavanagh Photography)

Vision:

“Dementia will rise fastest in the poorest countries, so we have to fund dementia research to the level of cancer research and then quickly translate the science to deliver effective prevention and treatment methods equitably across the globe.”

Current Work & Motivation:

Ian is Professor Emeritus of Psychology at Trinity College Dublin (1999–2016) and was the founding Director of Trinity College Institute of Neuroscience, as well as Dean of Research of Trinity College, from 2004–2007. Ian is Founding Director of GBHI at Trinity and is a neuropsychologist working to understand how attention works in the brain and what role attention and alertness play in preserving brain function as we age.

Ian wants to: a) understand how lifestyle and behaviour shapes brain function and, b) harness this knowledge for effective prevention strategies for dementia.



Mike Hanrahan

*Author, songwriter,
musician, performer &
GBHI Atlantic Fellow,
resident in dlr*



Vision

We need to increase awareness, promote discussion at every level of society, mobilize local and national government to support those involved in research and development of brain health. We need to develop a better care structure for those who care.

Current Work & Motivation

As a writer Mike is working on a project of awareness. As a musician he is creating innovative ways to bring moments of joy and fulfillment to those who live with dementia. Mike wishes to explore further this connection between the arts and brain health.

Mike has been a family carer for ten years and it is this lived experience that inspires him to support all who care and all who search for better ways to treat those who live with dementia and related brain health issues. His creative interaction and performances with The Forget Me Nots Choir, an age and dementia friendly choir, strengthens his belief in nurturing an inclusive age-friendly society.

Creative Brain Week, organised by the **Global Brain Health Institute** will take place from the **4th – 9th March 2024** in Trinity College Dublin.



Dun Laoghaire Pier

by Derek Seymour

Crab arms of the harbour
Shelter against an immensity of sea
Red and green pulse from pier ends
Warning of rocks while signaling safety.

Between Bandstand and Boyd
An un-minded Newfoundland dog
Meanders inconsolable,
Searching for his lost master.

Lovers holding hands
Occidental tourists
Lone walkers
Sitters, staring, smoking.

The girl playing mandolin
Melancholy music for
Dirty old town and *The girl I left behind me*.
Her woolly hat collecting tossed coins.

Across the harbour, constant clack
Ropes and stays against metal masts
Chatter incessantly.
Tethered yachts, strain for freedom.

Next Wednesday morning
Early, as her day begins she's leaving home
With her woolly hat carefully packed
In her travel-bag of memories.





The Community Connector: A specialist social prescribing service for older people in HSE Community Healthcare East

In the world of Social Prescribing, Health and Wellbeing in HSE Community Healthcare East has some exciting news. Our new Community Connector, Tina Hannan, took up post in April 2023, providing a specialist service to older people in the community. Tina's role is similar to Social Prescribing (which involves referring people to a range of non-clinical community supports which can have significant health and wellbeing benefits). However, the Community Connector role focuses on people over 65 who have more complex care needs. This HSE pilot programme is an integral part of the Integrated Care Programme for Older Persons (ICPOP) Service in Community Healthcare East.

Tina's role centers on supporting older individuals who may have difficulties accessing activities and interests that they may have previously enjoyed, or have always wished to try, but never have. Tina says of her role,

"I feel privileged to hold this role and believe very strongly that all older members of our community have a right to be able to access limitless activities and supports that they hold as important to them and being supported to do so each step of the way by the Community Connector."

HSE Health & Wellbeing fund Southside Partnership, which directly employs and hosts the Community Connector. Lisa Sieger-Jamison, Social Prescribing & Wellbeing Project Leader at Southside Partnership DLR, supports the implementation of the Community

Connector programme, which works alongside other Southside Partnership wellbeing supports such as the DLR Social Prescribing Programme for Health & Wellbeing and the Living Well with Dementia Programme, also funded by the HSE.

Lisa says:

"Having a specialised social prescribing service for older community members linked directly with the Integrated Care Hub is providing a non-medical intervention straight after discharge to support people to stay well in their own community, discover what is available and encourage new connections along the way."

The Community Connector programme ensures a further step forward in providing personalised health and wellbeing plans to our older population. Patients can be referred to the Community Connector service by local ICPOP teams. After engaging with the Community Connector Service, patients are usually referred back into community Social Prescribing Services.



Tina Hannan - Community Connector and Lisa Sieger – Jamison Social Prescribing & Wellbeing Project Leader - Southside Partnership DLR.



What is the Integrated Care Programme for Older Persons (ICPOP)?

The HSE's Integrated Care Programme for Older Persons (more commonly known as 'ICPOP') is a Sláintecare-led initiative that falls under the Enhanced Community Care (ECC) Programme. It aims to move health and social care services for older people away from acute hospitals and towards local community settings, as close to people's homes as possible with access to specialist multidisciplinary team support. ICPOP services help to bridge the gap between acute and community services, and provide an important safety net for patients struggling at home or post-discharge from hospital. In turn, this reduces the risk of admission, or re-admission, to hospital.

The members of an ICPOP multidisciplinary team may comprise of a Consultant Geriatrician, Senior Physiotherapist, Senior Occupational Therapist, Dietician, Advanced Nurse Practitioner (ANP), Clinical Nurse Specialists and Speech and Language Therapist. There are three ICPOP teams in HSE Community Healthcare East (which serves Wicklow, Dublin South and Dublin South East) and patients can be seen in their homes or at an Integrated Care Hub in Bray, Wicklow town or Clonskeagh Hospital Campus. In 2023, Community Healthcare East's ICPOP teams received approximately 1,500 referrals leading to over 10,000 direct interactions with patients.

Patients can be referred via community healthcare services, including direct referrals from GP's and Public Health Nurses, or via dedicated Hospital Discharge Pathways including Frailty Teams attached to Emergency Departments.

To be referred to ICPOP services, patients must:

- Be 65 years or over,
- Have health and care needs that require a multidisciplinary approach including:
 - Falls
 - A change in mobility
 - A change in function
 - Increasing frailty
- Have needs requiring the input of at least 2 specialist members of the team
- Have goals for improvement.

To watch a video about our ICPOP services visit <https://bit.ly/ICPOPinCHEast> or scan the QR code.



For more information on local ICPOP services, talk to your GP or public health nurse, or visit <https://www.icpop.org>.

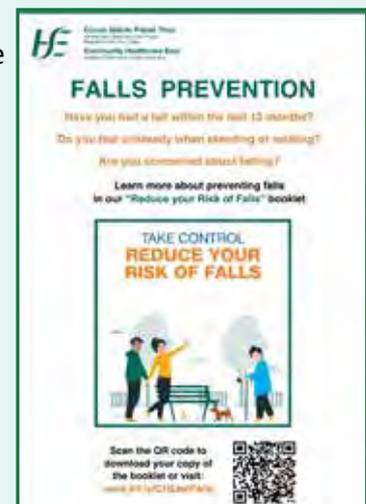


Service user Rita Condren with one of our specialist ICPOP team

Take Control: Reduce your risk of falls



As we get older you are more at risk of falling. The majority of falls occur at home, feeling unsteady when standing or walking can also increase your risk. Many falls are preventable, and simple steps such as making our home environment safer and keeping steady and strong can help. A recent Major Trauma Audit (MTA) in Ireland highlighted that low falls (falls of less than two metres) are the leading cause of trauma in our hospitals. Check out our HSE Community Healthcare East booklet "Take Control, Reduce Your Risk of Falls", to learn more about preventing falls. It is available to download by scanning the QR code or visiting <https://bit.ly/CHEastFalls>



Living Well - A Programme for Adults with Long-term Health Conditions



Are you living with a long-term health condition such as asthma, COPD, diabetes, cardiovascular disease, arthritis, multiple sclerosis, stroke or other? If so, you may be interested in attending the **HSE Living Well Programme for Adults with Long-term Health Conditions**. This **Free Chronic Disease Group Self-Management Programme** supports people to develop the practical skills and confidence to live well with their condition.

The **Living Well Programme** is for adults aged 18 years and over. It is delivered over six weekly workshops, each lasting 2.5 hours. Two trained Leaders deliver the workshops. At least one of them will have a long-term health condition themselves so they truly understand the challenges of living with a health condition. The workshops are very relaxed and friendly, with people sharing experiences and learning from each other.

The **Living Well Programme** is delivered online and in person in various locations across Dublin South East, Dún Laoghaire and Wicklow. Support is given to get online if required.



What do people say about the Living Well Programme?

‘Not only did sharing problems with others help enormously, but the course and the accompanying book are packed with tips and information on my specific condition and guidance that anyone would benefit from receiving.’

‘The self-management tool will help me manage my conditions better. I’m sure this programme will really improve my life’

This 6 week course encourages us to take a more positive view of our lives, and look forward to better health’

‘The sharing was often very enlightening and I learnt a good deal from hearing what the other participants had to say’

‘I feel more informed and empowered facing into a difficult phase of my life. The programme has given me skills to help me to stay mobile & well, facing into the future’

(Feedback from leaders and participants on our Living Well Programme in Shankill).

See below for 2024 confirmed dates across Dublin South East, Dún Laoghaire and Wicklow with more dates to be added.

Start Date	End Date	Day	Time	Mode	Venue
01/02/2024	07/03/2024	Thursday morning	10:30am - 1pm	In-person	Ballinteer Health Centre
02/02/2024	15/03/2024	Friday morning	10am - 12:30pm	Online	
06/03/2024	10/04/2024	Wednesday morning	10:30am - 1pm	In-person	Mounttown Community Facility
09/04/2024	21/05/2024	Tuesday evening	7pm - 9:30pm	Online	
17/04/2024	22/05/2024	Wednesday morning	10:30am - 1pm	In-person	Bray Primary Care Centre
18/04/2024	23/05/2024	Thursday afternoon	2pm - 4:30pm	In-person	Clonskeagh Conference Room
29/05/2024	03/07/2024	Wednesday morning	10:30am - 1pm	In-person	Greystones FRC
25/06/2024	30/07/2024	Tuesday morning	10:30am - 1pm	In-person	Bray Primary Care Centre
04/09/2024	16/10/2024	Wednesday afternoon	2pm – 4:30pm	Online	
16/09/2024	21/10/2024	Monday morning	10:30am - 1pm	In-person	Bray Primary Care Centre
04/10/2024	15/11/2024	Friday morning	10:30am - 1pm	Online	

To find out more and to enrol, contact our Living Well Coordinator, Triona McNamee, on 087 405 3880 or email LivingWellCHEast@hse.ie

Also check out www.hse.ie/LivingWell and listen to our podcast available on the HSE Health & Wellbeing YouTube channel: <https://youtu.be/Jd9TXot-PzA>



Meet our Community Support Team



The Community Support team (CST) in HSE Community Healthcare East has been established in line with recommendations made by the COVID-19 Nursing Home Expert Panel. The CST have taken over from the Covid Response Team which was stood up by the Area Crisis Management Team in March 2020 to support the prevention, identification and management of COVID-19 outbreaks.

The COVID Response Team provided support and assistance to over 50 private nursing homes including six public/voluntary care units within the Community Healthcare East catchment area. Many of these nursing homes required intensive support during the initial and subsequent waves of infections they encountered during 2020 and 2021 in particular. The CST continues to support all Nursing Home Facilities in Community Healthcare East with Infection Prevention Control (IPC) advice but also with preparation and review of COVID-19 and IPC Resilience Plans. The CST will also assist providers to build their capacity to effectively manage outbreaks of COVID-19 surges, influenza and other respiratory infections.

What is covered each week?

Week 1	<ul style="list-style-type: none"> Using your mind to manage symptoms Fatigue and getting a good night's sleep Introduction to action plans
Week 2	<ul style="list-style-type: none"> Dealing with difficult emotions Physical activity, exercise, preventing falls
Week 3	<ul style="list-style-type: none"> Decision making Pain management Healthy eating
Week 4	<ul style="list-style-type: none"> Better breathing Reading food labels Communication skills
Week 5	<ul style="list-style-type: none"> Medication management Positive thinking, dealing with low mood and feelings of depression
Week 6	<ul style="list-style-type: none"> Making informed treatment decisions Planning for the future



The new Community Support Team (CST) in HSE Community Healthcare East

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.

Volunteer for your Wellbeing

Volunteering is good for you! In a report from Volunteer Ireland (2017), the positive impacts of volunteering most frequently noted by participants were *“feeling useful, purposeful & valued and good about doing something practical, making a worthwhile and meaningful difference”* and *“feeling friendship, social interaction, meeting new people and getting to know people.”* All of this is possible, while supporting the organisations and causes you care about!

There are so many different ways to volunteer in Dún Laoghaire Rathdown! You might choose to share your knowledge and experience as a mentor to a young person, or as a member of a board. Perhaps this is the time to develop new skills or passions while giving back to the community? Volunteering for the environment can be a great way to keep active and spend time connecting to nature. You can support others to stay connected to our community by becoming a befriender or help new arrivals to feel a part of our community by volunteering together.

Volunteers have been telling us about their volunteering this year: *“Great experience so far”, “Met a lot of wonderful people”, “I loved it”, “I never enjoyed myself that much before”.*



Flexible volunteering with DLR Community Volunteers

DLR Community Volunteers is a flexible programme that allows volunteers to support their local community at events, or in response to an emergency or urgent community need. In this programme, **you** choose the projects that interest you and suit your schedule. Volunteers have been busy this year, supporting the DLRCC AgeWell Expo, the UCD Festival and the biannual clean-ups at Booterstown Nature Reserve. This is such a lovely way to give back to your community and meet new people. Find out more about Community Volunteers by registering with the centre.



Thinking about volunteering and want to find out more?

If you would like to find out more about our service, please 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 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:

Social Activity Day Centres for Older Adults in Dún Laoghaire-Rathdown



Ailt an Óir – Glenageary

Upper Glenageary Road, Dún Laoghaire,
A96 W7W9. Tel: 01 284 4066

Email: info@dublincentralmission.ie

Clients need a referral from their public health nurse, allied health care professional or G.P with hot lunch & activities provided and there is a cost for this service.

Opening Hours: Mon - Fri: 10.30 - 15.30

Beaufort Day Centre

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

Tel: 01 280 9720 or 087 359 1509

Email: manager@beaufortdaycentre.ie

Service is Primary Health Care team referrals only. Hot lunch, activities & transport may be available and there is a cost for this service.

Opening Hours:

Monday to Thursday: 10.30 - 15.30pm and
Friday: 10.30 - 13.30

Dalkey Day Centre

Kilbegnet Close, Dalkey, A96 X603

Tel: 087 383 2445

Email: nora.coogan@hse.ie

Clients need a referral from their public health nurse, allied health care professional or G.P. Hot lunch & activities provided and there is a cost for this service.

Opening Hours: Mon to Fri: 10.00 - 15.30

Leopardstown Day Centre

Foxrock, Dublin 18. Tel: 01 295 5055

Email: daycentre@lph.ie

Clients need a referral from their public health nurse, allied health care professional or G.P. Hot lunch & activities provided and there is a cost for this service.

Opening Hours: Mon- Sun: 10.00 - 15.30

Mimi Care- Dementia Day Centre

Shrewsbury House, Cabinteely, D18 KX60

Tel: 01 906 1014

Email: info@mimicare.ie

Dementia specific day centre. Transport provided. Referrals from GP, Public Health Nurse or self- referral.

Opening Hours:

Monday - Friday: 09.00 - 16.00

This is a private service -

there is a cost for this service.

Mount Merrion Friendship Club

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

Tel: 01 288 4411 /

Email: mountmerrionseniorsclub@gmail.com

All referrals must be made through a Public Health Nurse or other Health Care Professional. Covers Mount Merrion, Stillorgan, Kilmacud, Booterstown and parts of Blackrock. Hot lunch and activities provided, and transport may be available.

Opening Hours:

Wednesday, Thursday & Friday: 11.00 - 14.30

There is a cost for this service.

Park House Day Centre (Rehab)

Park House, Stillorgan, Co. Dublin

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

Park House is a Day service which supports adults with physical disabilities. Our Centre is located close to Stillorgan Village in South Dublin. Referral through GP, Community Nurse, Disability Day Service.

Opening Hours:

Monday - Thursday: 9.30 - 15.30

Fridays: 09.30 - 14.30

There is no cost for this service.

Age Friendly - Good Brain Health

“Every day may not be good, but there is something good in everyday”

Alice Morse Earle

Some days we are in good form, we feel good in ourselves. Then, there are days when we may feel disconnected. In other words, our mental health and wellbeing fluctuates. It is like a journey from flourishing to languishing and back again.

We need to be kind to ourselves when we have those low moments. This is why it is important to look after our mental health, in good times and hard times. When we build self-care into our daily lives our mental health is strengthened and our wellbeing is supported. It is good to get into a daily habit of doing something for yourself, making time to have that cup of tea without interruptions, treating yourself when out shopping.

It is helpful to view emotions like a biological message that informs us or prompts us to take action. Sometimes we view emotions as being bad or good but there are no ‘bad’ emotions. It is important we give ourselves the opportunity to acknowledge and express them. We can find healthy and safe ways to do this. If we dig a little deeper and try to identify the trigger of our emotions we can use this awareness to help ourselves navigate life’s ups and downs.

For example, when we experience fear, we can feel the worst is about to happen. But fear can actually be a prompt to take a breath, observe what’s happening inside and out and to take action if necessary. However, if we keep calm and take control of the situation the fear can be allayed. Fear can be reduced by asking for help or support. Joy is the emotion of connection and sharing, not just with others but also yourself. It generates good feelings of happiness and positivity. An emotion we all experience from time to time is anger. As with all emotions, take a positive view on it. It is not about aggression; often it is telling

Saint Joseph’s Shankill, Dedicated to Dementia Care

Crinken Lane, Shankill, Co Dublin, Ireland

Tel: 01 282 3000 / 087 663 7917

Email: saintjosephs@sjog.ie

Called ‘The Club’! Day Centre is dementia specific & places are referral only via Public Health Nurse. Waiting list in operation. Hot lunch and activities provided, and transport may be available.

Opening Hours: Monday - Friday: 9.45 - 15.30

There is a cost for this service.

Shankill Day Centre

Lower Road, Shankill, Dublin 18, D18 HW95

Tel: 01 282 6364

Email: shankilldcc@gmail.com

Shankill Day Centre accept self-referrals and referrals from Public Health Nurse or GP. Requirement for Clients to be mobile. A social day centre, not a clinical or dementia centre with hot lunch and activities provided, and transport may be available.

Opening Hours:

Mon, Wed, Thurs, Fri: 10.00 - 16.00

There is a cost for this service.

The Orchard Day Centre

Alzheimer Society of Ireland,

Temple Rd, Blackrock,

Tel: 01 207 3836 / 086 020 1668 /

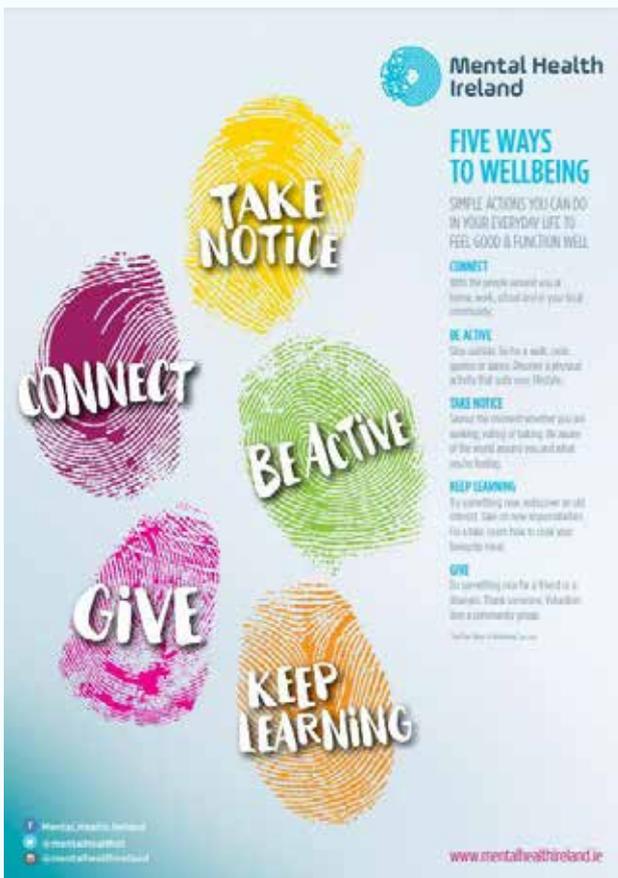
Email: mhickey@alzheimer.ie

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

The service includes a hot lunch and activities, and transport may be provided and there is a cost for this service.

Opening Hours:

Monday - Friday: 09.30 - 16.00



What is Wellbeing?

“Wellbeing is present when a person realises their potential, is resilient in dealing with the normal stresses of their life, takes care of their physical wellbeing and has a sense of purpose, connection and belonging to a wider community. It is a fluid way of being and needs nurturing throughout life.” (World Health Organisation, 2001). The key messages in this particular definition of wellbeing include taking care of your physical wellbeing and maintaining connection with people both close to you and beyond your family circle. This can involve linking in with organisations such as Mental Health Ireland and similar agencies that can provide support, guidance, information and on occasion a friendly opportunity to have a chat.

The Five Ways to Wellbeing

The Five Ways to Wellbeing (New Economics Foundation, 2008) is a very practical self-care strategy. It is set out in such a manner that you can design your own five steps for daily wellbeing. These are simple, practical, effective, and evidence-based actions you can take to increase your sense of wellness. They

are also useful to share with your family and friends.

Managing Stress

Stress is a natural reaction to difficult situations in life, such as work, family, relationships and money problems. While a moderate amount of stress can help us perform better in challenging situations, too much or prolonged stress can impact on physical health. This can include lower immunity levels, digestive and intestinal difficulties such as irritable bowel syndrome (IBS), or mental health issues such as depression. It is therefore important that we manage our stress and keep it at a healthy level to prevent long-term damage to our bodies and minds.

Here are some steps you can take to manage your stress;

- Realise when it is causing you a problem; It is helpful to be aware of times when stress is having an impact on your life. When we make the connection between feeling tired or ill and being stressed, it is important to respond in a positive way.
- Identify the causes; Determine the possible reasons for your stress. It is important to remember some stressors can be changed while others are beyond your control. Sometimes it is helpful to take a look at your lifestyle choices. Are you taking on too much? Are there things you are doing which could be handed over to someone else? Can you schedule some time to relax?
- A healthy diet; There is growing evidence that suggests what you eat positively affects our mood and mental wellbeing. A healthy balanced diet can also reduce the risk of heart-related diseases. Feelings of wellbeing can be protected by ensuring that your diet provides adequate amounts of nutrients, vitamins and minerals as well as water. For more information go to www.safefood.eu
- Sleep; When you are stressed your sleeping patterns can be disturbed. Try to keep a good routine and reduce screen time in the evening.

- Simple relaxation techniques can help you with the mental and physical feelings of fear. It can help if you just drop your shoulders and breathe deeply, or imagine yourself in a relaxing place. Practices like yoga, meditation or mindfulness will relax your breathing and help you manage the way you feel about stressful experiences. For mindfulness and meditation resources, visit www.mentalhealthireland.ie/mindfulness/
- If you're feeling overwhelmed by stress or anxiety and feel talking to a professional would help, share this with your GP, or visit www.mentalhealthireland.ie/support for more information on finding the right support for you.

How to express difficult feelings

Feelings like anger, sadness, frustration, fear and disappointment are unpleasant to experience. They are uncomfortable and are often associated with difficult events in our lives. These feelings are not wrong, or damaging, but what we do or say when we are experiencing them can sometimes cause problems.

For example, people may avoid talking about something that is making them angry for fear of causing others to be upset or offended or adding to their worries. In families and households where there are mental health challenges or loved ones are going through a tough time, there can be fear of making things worse so we might avoid expressing difficult emotions.

There are four steps to this skill:

1. Gain the person's full attention.
2. Say exactly what they did that you found upsetting.
3. Tell them how you felt.
4. Do something to try and resolve the issue that led you to having these feelings e.g. make a request, suggest having a problem solving discussion about the issue.

It's not easy to think about difficult feelings and even harder to think about how expressing them might help a situation. However, there are a number of advantages to telling someone that you are upset or unhappy about something: Being clear and direct about how you feel about a specific situation tends to reduce the chances of the situation becoming more difficult in the long run. It stops feelings building up inside and causing more stress. It helps identify difficult situations or problems and can increase the chances of them being resolved.

This article is from resources co-designed by Mental Health Ireland and partners. For more resources, visit www.mentalhealthireland.ie/resources/



DLR Heritage

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

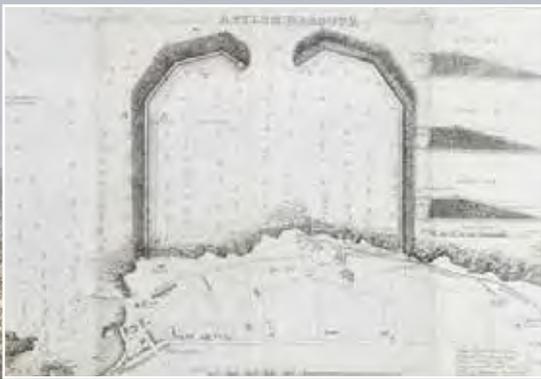
community heritage grants scheme. If you have any ideas for celebrating or caring for Heritage in the county you can email dblack@dlrcoco.ie or write to the Heritage Officer, Dún Laoghaire Rathdown County Council, County Hall, Marine Road, Dún Laoghaire.



*Deirdre Black,
Heritage Officer*

A SAFE HARBOUR

In 1807, two ships were driven onto the rocky, dangerous shoreline between Dún Laoghaire and Blackrock. Nearly 400 men, women and children lost their lives. These tragic events spurred a campaign for the construction of a safe place for ships to take refuge during storms – known as an asylum harbour.



source: National Archives

Dunleary, as it was known then, was a tiny fishing village before the great project of harbour construction began. After the local campaign for a safe harbour, largely orchestrated by Norwegian seaman Richard Toutcher, this stretch of coast was settled on as the most suitable place to build. Howth had also been in the running. Renowned Scottish engineer, John Rennie, was commissioned to design the new piers. His initial map showing a pier layout also shows the first laying out of a street that would become George's St, the long, straight, main street of Dún Laoghaire.



"Dublin Bay (from Kingstown Quarries)"
by WH Bartlett and JC Bentley,
source: dlr Libraries Local Studies

25 years of construction of the East and West piers - from 1817 to 1842

2.8km The combined length of both piers. The East Pier is 1.3km and the West Pier is 1.5km.

250 wagons of granite were delivered daily to the harbour during construction on a funicular railway.

3,351 vessels took shelter in the harbour in 1824.

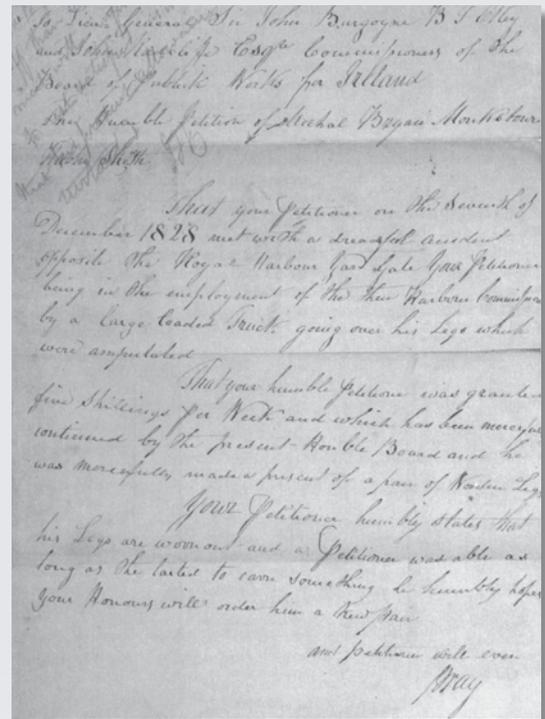
WHAT WAS IT LIKE FOR THE WORKERS BUILDING THE PIERS?

600 - 800 people were working on the construction at peak times in 1823.

1000 people lived in huts and cabins at Dalkey Commons and on other commonage.

The harbour is a living testament to the skills and craftsmanship of those who worked here during its long construction. Before modern advances in machinery, the quarrying, moving, and placing of stone was dangerous and hard work for all involved. Conditions were harsh, injuries were frequent as were outbreaks of typhus and cholera. The National Archives contain many letters describing what it was like for workers and their families who came mainly from Dublin and Wicklow. Today you can still walk the route the workers used from the pier to Dalkey Quarry – it remains known as the Metals, recalling the rails used for the stone wagons.

VOICES FROM THE BUILDING OF DÚN LAOGHAIRE HARBOUR December 16th, 1842



source: National Archives

To: Sir John Burgoyne, Commissioner of the Board of Public Works for Ireland
From: Michael Bryan, Monkstown

“The humble petition of Michael Bryan, Monkstown showeth that your petitioner on the seventh of December 1828 met with a dreadful accident opposite the Royal Harbour yard gate. Your petitioner, being in the employment of the Harbour Commissioners [was hit] by a large loaded truck going over his legs, which were amputated. Your humble petitioner was granted five shillings a week, which has been mercifully continued by the present Board, and he was mercifully made a present of a pair of wooden legs. Your petitioner humbly states that his legs are worn out and as a petitioner was able, as long as they lasted, to earn something. He humbly hopes your honours will order him a new pair, and petitioner will ever pray....”

You can find out more about the Dún Laoghaire Harbour Heritage Trail here: dlrtourism.ie/harbour-trail

National Maritime Museum of Ireland



The Maritime Institute of Ireland was founded in 1941 by Colonel Anthony Lawler. The museum itself was a church up until 1971. The museum first opened its doors in 1978. It was closed for a major refurbishment between 2005 to 2012 and was re-opened by President Michael D. Higgins in May 2012. The museum is located on Haigh Terrace by the dlr Lexlcon Library in Dún Laoghaire and is close to the Dart station while also being served by several bus routes.

There is a wide variety of exhibits in the museum. These include the Prisoners Dock, the Baily Optic, the Radio Room, the RMS Leinster, the Titanic Artefact and the Halpin Exhibit.

The Baily Optic is a working optic from the Baily Lighthouse in Howth. The lens, pedestal and weight driven clockwork rotation machine went into operation on the 1st of January 1902. It was disassembled on the lighthouse in Howth and brought across the bay by the Irish light vessel, Isolde. The light rotates and floats on a trough of mercury, supported on a cast iron pedestal. Weighing in at almost 10 tonnes, the main problem the museum had was where to house such a heavy artefact. The Baily was the last light of all the lighthouse services of Ireland that was automated in the late 1990's.

Before radio was introduced onto ships, on leaving port, a sailing ship or vessel had no further communication until it reached its destination. Radio was initially installed on ships for safety. However, its commercial potential was very quickly apparent to the ship owners. The sinking of the Titanic made significant changes to radio, automatic listening devices were developed which were 24-hour coverage. The Radio room in the museum is from the 1960's.

The RMS Leinster was a passenger and mail ship of the City of Dublin Steam Packet company. While it was on the way to Holyhead from Kingstown it was torpedoed

causing the loss of 570 plus passengers. This happened on the 10th October 1918 and special ceremonies are held in Dún Laoghaire and Holyhead to commemorate those who lost their lives. This wartime maritime disaster caused more deaths than the Easter rising and must be placed at the top of the list of significant events in Irish history.

In the late 1970's / early 1980's, a Belfast gentleman came to the museum. Dr Phillip Smyly, the museums curator, at the time, was handed an electric bulb and told that it was from the RMS Titanic. Dr Smyly was a little sceptical as the gentleman had no paperwork or documents indicating provenance of the artefact. Having researched and investigated this claim, it appears that in fact there is some truth in this story.

The Halpin Exhibition centres around Captain Robert Halpin who was the captain of the ship that laid the first transatlantic cable between Valentia Island and Hearts Content in Newfoundland. The ship that was used was called the Great Eastern. The first attempt in 1865 was unsuccessful due to the cable breaking after 1660 miles, which was about half way. The successful voyage laying the cable happened a year later in 1866. This opened up modern communication systems.

The museum is open 7 days a week 11am to 5 pm. There are occasional closings for functions, these can be checked on National Maritime Museum of Ireland (mariner.ie) or by ringing (01) 280 0969

*Liam Dempsey,
National Maritime
Museum of
Ireland.*



UCD Lifelong Learning

UCD Access & Lifelong Learning

When I retired, never having had the chance to attend college, I was determined to learn about topics that always interested me. The LLL courses were all very interesting and enjoyable and for me, one of the best pursuits I've taken onboard. Never too late to educate if you're keen on broadening the mind.

- Lifelong Learner

On the Move: The Journeys of Artists and Artworks, 1650-1950

What is Lifelong Learning?

Lifelong Learning is open to all and provides a chance to explore a range of subjects. The classes offer the wider benefits of learning where you attend out of interest or curiosity. You do not need to have attended further education or meet any formal entry requirements to enjoy these classes. Our Lifelong Learning Programme is a series of courses that are participative, engaging, and facilitated by experts in their field.

How much does it cost?

Courses range from €100-180 depending on the duration of the course



Fee Concession

The Lifelong Learning Fee Concession provides complimentary places on any of our short-term, interest-based Lifelong Learning Courses.

Discounts

33% Discount is available to:

Those in receipt of a non-contributory pension
Those whose income is less than €13,000 or are unemployed
Retired UCD staff

10% Discount is available to:

UCD Alumni
UCD Club members

Free Taster Lectures

We offer FREE Taster Lectures on the UCD Campus and we would love if you could spread the word to anyone who may be interested in coming along. Taster Lectures are a chance to bring a friend along and chat to our Lifelong Learning team about our 2024 courses as well as enjoy a free lecture.

How do I book a place?

Email all@ucd.ie or phone 01 716 7123

You can also check out our website via the address below or scan the QR code:

www.ucd.ie/lifelonglearning



ADULT EDUCATION SERVICE DUNDRUM & DUN LAOGHAIRE



OUR SERVICES

Key Skills Service

Free part time provision for anyone wanting support to improve their reading, writing, spelling, maths or digital skills.

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.

Community Education

Free Part time provision delivered in partnership with local community groups including Active Retirement Groups, Men's Shed, Unemployment Support Groups, Local Community & Family Resource Centers etc. Contact us and we can let you know where your local community group is.

English For Speakers of Other Languages

Free part time English classes for Speakers of Other Languages. Learners must be over 18 years. Beginners, Intermediate and Advanced Levels available.

ABOUT US

The Adult Education Service is part of Dublin & Dún Laoghaire Education Training Board. We provide an innovative, flexible and supportive service 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 can provide new learning opportunities on your lifelong learning journey. 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 have experienced, friendly and learner centered tutors

CONTACT US:

Adult Education Service Dundrum
Sydenham Road, Dundrum, Dublin 14, D14 YY56
Telephone: 01 298 9283
Email: learningdundrum@ddletbaes.ie

Adult Education Service Dún Laoghaire
Loughlinstown Training Centre
Loughlinstown Drive (Off Wyattville Road)
Loughlinstown, Co Dublin A96 YC
Telephone: 01 204 3676/ 01 204 3754
Email: learningdunlaoghaire@ddletbaes.ie



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

ADULT EDUCATION SERVICE DUNDRUM & DUN LAOGHAIRE PART-TIME COURSES 2023/24

www.adulteducationsoutheast.ie

Dundrum Adult Education Service		
Course	Day	Time
Gettings the most from a Smart Phone	Monday	9.30-11
Confidence with Devices	Monday	1.30-3.00
Getting the most from a Smart Phone	Tuesday	11.45-1.30
Over 55's Computers	Tuedays	2-4
Confidence with Devices	Wednesday	10-11.30
Getting the most from a laptop	Wednesday	2-4
QQI Level 2 Information Technology	Wednesday	2-4
Energy & You: Reduce your Use	Thursday	9.45-11.30
Protecting yourself Online	Thursday	9.45-11.30
Microsoft Word for Jobseekers	Thursday	11.45-12.30
Literacy Computers	Thursday	1-2.30
Over 55's Computers	Thursday	2-4
Literacy Computers	Friday	10-12
Dun Laoghaire Adult Education Service		
Beginners Computers	Monday	9.15-11.15 & 6-8 pm
Improvers Computers	Monday	3-5
Using your Smartphone	Monday	11.30-1.30
Digital Skills for College & Workplace	Monday	6-8
Using your Smartphone	Tuesday	9.15-11.15
Improvers Computers	Tuesday	11.30-1.30
Beginners Computers	Tuesday	2.30-4.30
Using your Smartphone	Wednesday	2.30-4.30
Using your Smartphone	Thursday	9.15-11.15
Improvers Computers	Thursday	9.15-11 & 11.30-1.30

* Some eligibility criteria apply. Priority will be given to those with less than upper secondary level education.

**Timetables are subject to change



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

D.A.T.E



D.A.T.E. is a local voluntary committee working with D.D.L.E.T.B since 1984. We provide a wide and varied range of Morning Classes in a relaxed and welcoming atmosphere for adults from Dundrum and surrounding areas. Classes are held in the Adult Education Centre on 5th Floor, Dundrum Town Centre. A wide variety of subjects will again be available from late September 2023

These include, Spanish, Italian, History, Photography, History and Appreciation of Art, Creative Writing, Watercolours, Oils, Pilates, Crafts, Tai Chi, Bridge classes, Gaeilge, and many more. Please check our website at www.acenetwork.ie for more information, over the summer, as we will update it regularly.

Looking forward to welcoming you to continue Lifelong Learning!!

THE EASY WAY TO SECURE YOUR SAY

Do you want to vote? You must register to do so.
Moved address? You must update your registration.
Already registered? You must give additional information.

Join the register or update your details on
www.checktheregister.ie or Tel:01-2054880



Voter.ie



Rialtas na hÉireann
Government of Ireland

Engaging Dementia

Engaging Dementia

What we do

At Engaging Dementia we offer information and training to people living with dementia, and those who support them. This includes family members, healthcare workers, activity coordinators, and multidisciplinary teams who work in the area of dementia care.

Our popular Sonas Programme practitioner training is Ireland's leading therapeutic activity for people living with dementia. We have been providing this training for over 30 years, with more than 7,000 people having completing Sonas training in that time.

We also provide training courses in

- Cognitive Stimulation Therapy
- Understanding and Answering Responsive Behaviours
- Discover, Design and Deliver Evidence-Based Activity Programmes
- Engaging People Living with Dementia in Conversation
- Sensory Modulation to Enrich and Expand Activities

For more information on our training, or to book an upcoming course please visit our website: www.engagingdementia.ie.

Annual International Dementia Conference

Our 16th Annual International Dementia Conference, sponsored by Home Instead, will take place on 8th & 9th May 2024 at the Annebrook House Hotel in Mullingar. Our theme for this year's conference is Diversity in Dementia: Embracing Differences, Connecting Minds and we are currently accepting submissions for abstracts, interactive sessions, demonstrations and posters until 31st January 2024. The application form can be found on our website.

The conference will host a line-up of expert speakers, panel discussions and demonstrations around various topics such as

Dementia and Companion Conditions, Ethnic Minorities and Dementia Care and End of Life and Palliative Care. Tickets for this event will be on sale on our website in early 2024. If you'd like further updates, please subscribe to our monthly newsletter by emailing admin@engagingdementia.ie and be sure to follow our social media accounts.

Irish Dementia Café Network

We run the **Irish Dementia Café Network**, which provides support to the local volunteers that facilitate Dementia Cafés all around the country. The cafés we support within the South Dublin region are:

Dementia Café Donnybrook

Where: Avila Carmelite Centre, Bloomfield Avenue, Donnybrook, Dublin 4.

When: Second Thursday of every month from 7pm – 9pm.

Contact: Niamh Bruce at 089 4712393 or email info@alzheimercafe.ie

South County Dublin Alzheimer's Café

Where: Balally Parish Pastoral Centre, Cedar Road, Balally, Dublin 16.

When: Second Wednesday of every month from 7pm – 9pm.

Contact: Frances Redmond at 086 7926766, or email frances.redmond@alzheimer.ie

Harold's Cross Alzheimer's Café

Where: Our Lady's Hospice & Care Service, Harold's Cross, Dublin 6W.

When: First Tuesday of every month from 7pm – 9pm.

Contact: Edel Byrne at 086 8204017, or email ebyrne@alzheimer.ie



A welcoming monthly meeting for anyone who is affected by dementia



Irish
Dementia
Café
Network

St. Joseph's Dementia Café

Where: St. Joseph's, Crinken Lane, Shankill, Dublin 18.

When: Second Tuesday of every month @ 10.30am.

Contact: Nicola Yau at 01 2823000, or email Nicola.yau@sjog.ie

Virtual Dementia Cafés

We also run online cafés for those unable to attend in person.

Where: Online

When: First Friday of every month @ 11am.

Rainbow Virtual Café

Where: Online

When: Last Friday of every month @ 11am.

To request an invite to either of our online cafés, please contact Danielle Keogh at dkeogh@engagingdementia.ie

Dementia Documentary Screening

We recently hosted a special screening of 'Keys, Bags, Names, Words' at dlr Lexlcon in Dún Laoghaire. This powerful film documents the lives, struggles and hopes of many people living with dementia around the world and their families. Attendees were also treated to a lively panel discussion with Carmel Geoghegan from Dementia Ireland and Brian Lawlor of the Global Brain Health Institute.

Brian spoke briefly about his role in the film, and Carmel read a heartfelt message from Ireland's Global Dementia Ambassador Helen Rochford-Brennan, who unfortunately was unable to attend the event. Our thanks to everyone who supported the running of this event, in particular Age-Friendly Dún Laoghaire and dlr Lexlcon.



Engaging Dementia CEO Kim Tully at screening of 'Keys, Bags, Names, Words' at dlr Lexlcon in Dún Laoghaire.

Our YouTube Channel

We have 65+ videos all free to watch on our YouTube channel, which spans a wide range of topics. Recordings of experts in dementia from our conference throughout the years can be watched in full alongside stories of lived experience, choir performances as well as our Crafting with Care series.

This three-part series was designed by Social and Therapeutic Horticulturist **Joyce Fitzpatrick**, as easy-to-follow by those with cognitive impairments and their supporters. Each video guides the viewer through a creative project step by step, using items commonly found in the home. Search for Engaging Dementia on YouTube and look for the orange logo!

Spotify Playlists

From classic crooners to Christmas crackers we have 10 carefully curated Spotify playlists, so there's something to suit every mood! Whether you like soul, r&b, folk, pop, or even a Disney Song-along, nearly every taste is catered for.

And we don't just stick to the tried and tested voices of Sinatra and Bing Crosby - you'll find Madonna, Macklemore, Katy Perry and even Meryl Streep lending their vocal cords to these songs! You can find our profile on Spotify by searching for "**Engaging Dementia**" and clicking on 'profiles'.

Find out more about our training and upcoming events on our website at www.engagingdementia.ie

Or you can follow us on our Twitter, Facebook, and LinkedIn pages.

Engaging Dementia,
Mounttown Community Facility,
Lower Mounttown Road,
Dún Laoghaire,
Co. Dublin,
A96KR65
Tel: 01 260 8138
Email: admin@engagingdementia.ie

Resilience

I am an ear of corn:
I listen to the wind,
I feel the sun's caress,
I am blessed by the rain.
If I bear the imposition
Of your desire
To cut me down-
Thrash and bind me
Crush and grind me-
You will still find me, alive,
As you knead and mould me,
Shape and fold me,
Into whatever form you wish,
Far from my field of birth,
My earthy days
Even, as you consume me,
I hear your praise.

Morning

The limpid sky is changing
And the fog is leaving
From the tranquil sea
That seems scarcely moving
Out on the horizon
Drips the sun
In vermilion rising
Bathes the stillness in
The breath of morning

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



*Launch of dlr Age-Friendly Strategy 2022-2026 in County Hall, Dún Laoghaire, March 2023.
Pictured back row from left: Catherine McGuigan, Chief Officer, Age Friendly Ireland; Eugene Magee, Former Chair of dlr Age-Friendly Alliance; Frank Curran, Chief Executive, Dún Laoghaire-Rathdown County Council
Front row from left: Mary Ruane, Senior Executive Officer, Community & Cultural Development; then Cathaoirleach, Councillor Mary Hanafin; Minister of State for Older People & Mental Health, Mary Butler TD.*

Across

- 1. Big jerk
- 4. Alpine transport
- 8. Back talk
- 12. Big tippler
- 13. Daughter of Zeus
- 14. Basket material
- 16. Cut, maybe
- 17. "-zoic" things
- 18. Grammar topic
- 19. Big name in stationery
- 21. ___ Spumante
- 23. Book after Joel
- 24. Carry on
- 25. "@#S%!," e.g.
- 27. Arid
- 29. Advantage
- 30. Artful
- 31. Ceiling
- 34. Dorm room staple
- 37. Pay as you earn, for short

- 38. "A Chorus Line" number
- 39. Flimsy, as an excuse
- 40. "___ lost!"
- 41. "High" time
- 42. ___-Wan Kenobi
- 43. Comprehend
- 45. High land
- 47. "C'___ la vie!"
- 48. A hand
- 49. Exec
- 50. High school class
- 51. "Charlotte's Web" girl
- 52. Gangster's gun
- 55. "___ 'er up!"
- 58. "Laugh-In" segment
- 60. Hammer's partner
- 62. "Farewell, mon ami"
- 64. Fish scooper (Alternate spelling)
- 66. Legal prefix

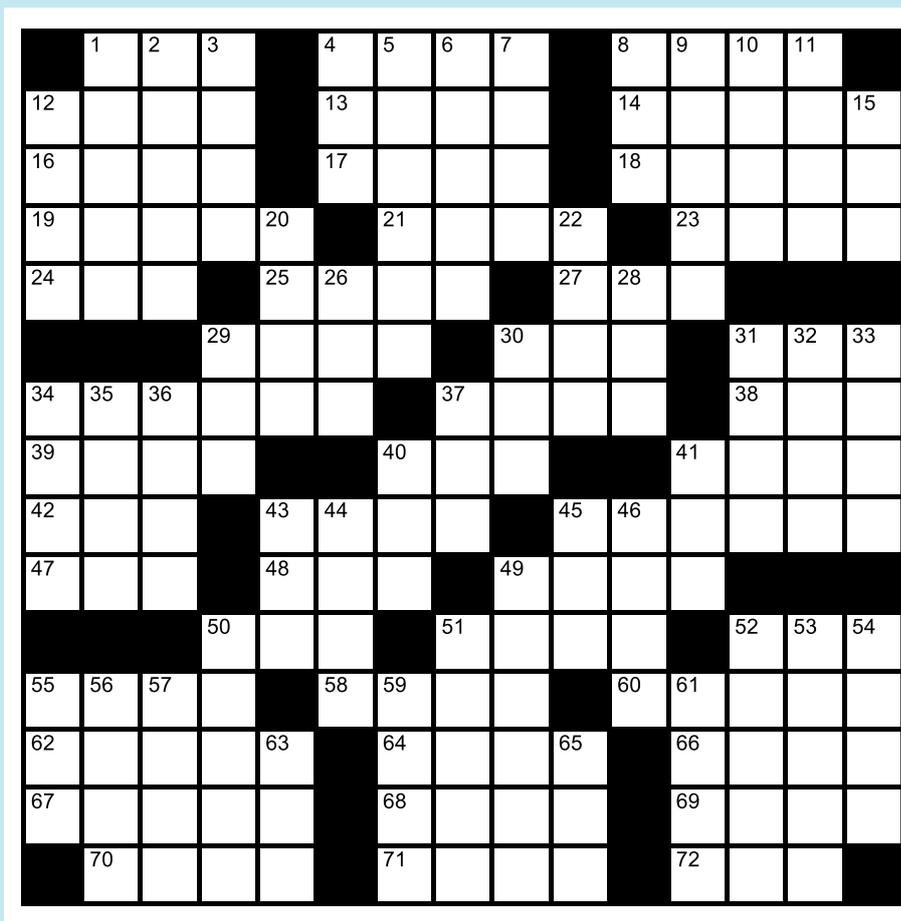
- 67. The speaker's platform in ancient Athens
- 68. Sundae topper, perhaps
- 69. Addict
- 70. Bang-up
- 71. Apprentice
- 72. "___ Cried" (1962 hit)

Down

- 1. Kind of wave
- 2. Accord
- 3. Attend
- 4. Not just "a"
- 5. Dress down
- 6. Discompose
- 7. Medical advice, often
- 8. Former French coin
- 9. Test, as ore
- 10. Thailand, once
- 11. ___ lily

- 12. Blubber
- 15. ___judicata
- 20. Central point
- 22. Sans purpose
- 26. "Give it ___!"
- 28. Bar order
- 29. "... ___ he drove out of sight"
- 30. Cal. col.
- 31. Codger
- 32. A small buffalo from Celebes
- 33. ___ Station
- 34. ___-eyed
- 35. Checks
- 36. Give off, as light
- 37. Nave bench
- 40. Pan, e.g.
- 41. Cashew, e.g.
- 43. Mary ___ cosmetics
- 44. Pilfer (Archaic)

- 45. Sticker
- 46. Clue
- 49. Irish dog
- 50. Collect slowly
- 51. Passionate
- 52. Grind, as teeth
- 53. Acquiesce
- 54. Boris Godunov, for one
- 55. Marvelous, in slang
- 56. "I had no ___!"
- 57. Airport pickup
- 59. Bow
- 61. Sonata, e.g.
- 63. "It's no ___!"
- 65. "___ bad!"



(answers on page 81)

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.

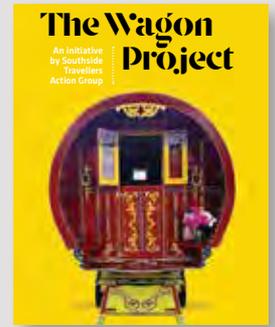
The STAG Men’s Shed is a dedicated, friendly and welcoming meeting place where men can

come together. During 2023, the Men’s Shed completed work and launched a very successful replica Traveller Barrel Wagon using wood, arts and crafts and working with younger members of the Traveller Community.

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

During 2024, the Southside Travellers Action Group will be celebrating and marking 40 years since our establishment, and we look forward to welcoming everyone to our events that will be taking place during the year.

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



The Wagon Project
An initiative by
Southside Travellers
Action Group



Geraldine Dunne,
Director of STAG receiving
An Cathaoirleach's Award,
June 2023.

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 co-operates with many stakeholders including An Garda Síochána and Southside Partnership, among others. The Forum meets regularly to organise community activities to promote migrant communities, for 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 info@dlrintegration.ie

'Members of dlr Integration Forum Executive Committee at presentation to Retiring Garda JP Durkan for his work on promoting integration in the community, at their AGM in March 2023'

dlr Age-Friendly Ambassador, Ronnie Delany

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, is the dlr Age-Friendly Ambassador.

We thank Ronnie for supporting the dlr Age-Friendly Programme and are inspired by his outstanding sporting, professional and volunteering career, his vast experience as well as his passion and professionalism. Ronnie Delany is a wonderful advocate and an inspiration for the older population of dlr.



Ronnie Delany, dlr Age-Friendly Ambassador pictured encouraging participants of the dlr Community 5K Run.

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 support for Ukrainian citizens, International Protection Applicants 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



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



Healthy
Dún Laoghaire
- Rathdown





Southside Partnership Women's Group

All women from the DLR catchment area are invited to join the Southside Partnership Women's programme. Our activities support the integration, empowerment and capacity building of women and take place in different locations around the county. We organise Personal Development classes, English Language classes, Arts & Crafts workshops, multicultural events, and conferences. At our regular Multicultural Women's Breakfasts, you can learn, share, and celebrate together with other women.

Our programme supports you in learning new things, staying mentally active and building social networks. We also support women and women's groups to engage in local community issues. The programme is generally free of charge, or we ask for a nominal fee to pay costs for material.

More information about our programme is available on www.women4women.ie

Southside Partnership Women's Programme

c/o Furry Hill Community Centre,
Furry Hill, Sandyford Rd,
Sandyford

Contact:
Rafika Kelly on
087 720 3665 or
rafika.kelly@sspship.ie



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 9.30am: **The Coolevin Art Group**
- Tues 2pm: **Killiney Women's Group**
- Tues 8pm: **The Ladies Club**
- Weds 10am: **The Craft Group**
- Weds 8pm: **Young @ Hearts**
- Weds 10am: **Aquafit** (Castlepark Pool)
- Thurs 10am: **Drop-in Book-Swap**
- Thurs 10am: **10-pin Bowling** (Bray Leisure Centre)
- Fridays 11am: **Over 65s Chair Gym**

Drop-in **Mini-Library** now open Monday to Friday 9am – 1pm, for all your reading needs.

Do you hate doing forms? We can help with online access issues and form filling. Grants, welfare, applications, rules and regulations... sorted, in confidence.

Phone **Gina** or **Patrick** from **Southside Partnership** at; **01 235 0778** or **087 815 7408** for further details.

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



Healthy Food Made Easy

The Healthy Food Made Easy courses take place regularly in The Scouts Den, Patrick Street, Dún Laoghaire and in Hillview Family Resource Centre, Dundrum.

If you or your older person's group would like to attend a course, for dates & times, and more information, please contact Angie Lennon:

Email: angela.lennon@sspship.ie

Mobile: 087 1090 106



A COMMUNITY BASED HEALTHY FOOD COURSE DELIVERED BY SOUTHSIDE PARTNERSHIP DLR IN CONJUNCTION WITH THE HSE

All weeks include a theory session and a cookery session in which all participants become actively involved.

The topics covered are as follows:
Session 1 'Building a Food Pyramid'
Session 2 'The Fibre Providers'
Session 3 'Focus on Fats'
Session 4 'Food for Life'
Session 5 'Shop Smart'
Session 6 'The Road Ahead'



A typical course runs once a week for four, five or six weeks depending on the needs of the group of participants. Each session lasts approx. 2.5 hours.

Courses are available to community groups and individuals at all ages.



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



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?

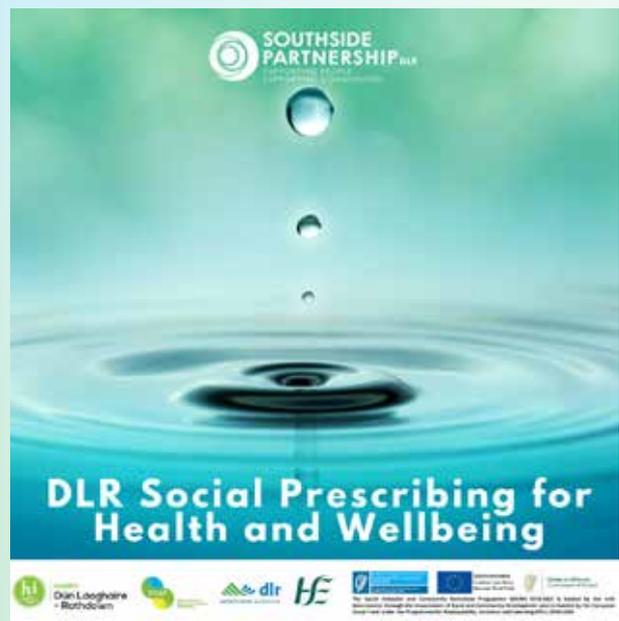
Social Prescribing is about supporting the health and wellbeing of people by helping them to connect with local, community-based activities as well as national and online supports.

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 service is for you if you feel that you might need some support to mind your health and wellbeing. Using resources within the

local 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 at dlrsocialprescribing@sspship.ie or phone us at Southside Partnership DLR on 01 706 0100.

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

The service is currently available on the East Side of the DLR County (including the following areas:

Dún Laoghaire, Sallynoggin, Ballybrack, Loughlinstown, Shankill, Booterstown, Blackrock, Monkstown, Stillorgan, Dalkey, Killiney, Cabinteely).

Please feel free to contact us if you need more information.



'Walk & Talk' session organised by DLR Social Prescribing Programme for Health & Wellbeing & dlr Sports Partnership as part of dlr Festival of Inclusion, October 2023.

The Living Well with Dementia programme

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.



At the launch of the Living Well with Dementia 'Friday Friends' Art Exhibition in dlr Lexicon, December 2023.

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. The choir is open to all but is specifically supportive and welcoming to people affected by dementia.

We would be delighted to welcome new members to all our activity groups. For more information, please contact **Mary Spain** on **086 0418450** or Email mspain@livingwellwithdementia.ie.



Follow us on Facebook
www.facebook.com/livingwellwithdementia.ie

Musical Memories Choir:

The “Musical Memories” choirs are for older people and are specifically welcoming to people affected by dementia and their family carers. They are led by a professional choral director and take place weekly in community settings around the country. “Musical Memories” is a dementia-specific event that aims to give people an opportunity to come together in a relaxed environment and reconnect through music. Music and singing help lift mood, provide cognitive stimulation, and support social interaction.

Thursdays, 11:00 -12:00

Location: Deansgrange Library, Clonkeen Drive, Deansgrange, Dublin, D18 NY58
No booking required and new members welcome and for more information, please contact 01 288 3740

Email: enquiries@newparkmusic.ie

Move4Parkinson’s, Voices of Hope Choirs:

The Move4Parkinson’s choir is a place for people with Parkinson’s, their family members and friends to come together in a community

of support, positivity and fun. People with Parkinson’s voices can grow softer, quieter, and less intelligible over time, which detracts from confidence and quality of life. But singing on a regular basis with fellow people with Parkinson’s, helps to improve vocal tone and increase volume.

A growing body of research now points to the therapeutic and holistic benefits of choral singing especially for the brain. Members often describe the choir as a place where they don’t have to think about Parkinson’s and are simply accepted for who they are and any symptoms they may have. Our Voices of Hope Choir meets in Balally Parish Centre, Balally, Dublin 16 and for more information, contact 01 295 0060 or email: info@move4parkinsons.com

Choir members at ‘The Big Sing’ free event, St. Michael’s Church, Dún Laoghaire as part of dlr Festival of Inclusion 2023 and ‘Big Sing 2024’ to take place on Sunday 26th May 2024. More info from Community Section, dlr County Council: 01 205 4893 / community@dlrcoco.ie



Love Singing!

Ballinteer Male Voice Choir (BMVC) is currently recruiting new members.

Rehearsals every Thursday 7:30-9:30pm at Ballinteer Community School

Age is just a number! Over 18's and everyone is welcome.

We sing 4-part harmony. Ability to read music not essential.

If you have a singing voice, love to sing and enjoy being part of a group - BMVC is the place for you.

Contact us by email:
Info@bmv.c

www.bmv.c



Dún Laoghaire Organ Concerts, 1974-2024

supported by The Arts Council and Dún Laoghaire-Rathdown County Council

St. Michael's Church, Marine Road, Dún Laoghaire

8.00 p.m. every Sunday night from 9th June-25th August 2024

National and International performers

Come and enjoy a new experience!



dlr Age Well Expo Leopardstown Pavilion, June 2023



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

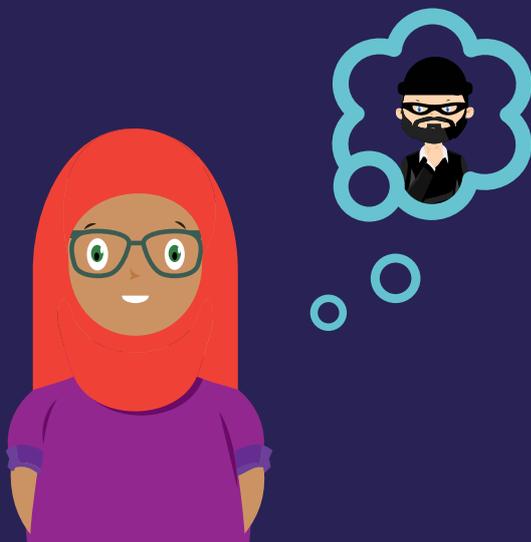


Launch of the Fraud Smart Top 10 Tips brochure at the Garda Older Person's Association (GOPA) Safety & Security Seminar, May 2023

FraudSMART

Informed. Alert. Secure.

1. Financial institutions will never call, text, WhatsApp or email you to ask for financial, personal or security information.
2. Do not respond to unsolicited texts, calls, WhatsApp or email messages. If in doubt, call your bank's Customer Service using the number printed on the back of your bank card or log into official accounts and websites only.
3. Never click on links or attachments from text or WhatsApp, no matter how genuine they might look. Block a suspect number on your phone immediately and then delete the message.
4. Your personal details are precious. Always keep PINs, passwords and authorisation codes private and do not share them with anyone, even if they say they are from your bank.
5. Don't assume a call, text or email is genuine because someone has basic information like your name or address. Criminals use publicly available information to lure you in.
6. Did you know it takes both the receiver and the caller to terminate a landline call? Make sure you hear a dial tone when you make your next landline phone call and never ring a number given to you by a caller – use an official number from an independent source.
7. Always keep your debit and credit cards in sight and details out of earshot when paying for goods and services. Remember to cover your PIN every time you use your card for payment and at an ATM.
8. Unsecured public Wi-Fi networks are hotspots for criminals – use your own mobile data (3G or 4G) when shopping or banking online.
9. If something doesn't feel right, it probably isn't. Stay in control and don't be rushed into making a decision you might regret.
10. If you believe that you are a victim of fraud, immediately contact your bank and report to your local Garda Station. Fraud is everywhere, be vigilant and remember your ABCs -



Always be alert
Bide your time
Contact your bank.

FraudSMART is a fraud awareness initiative developed by Banking & Payments Federation Ireland (BPFi).



www.FraudSMART.ie



An Garda Síochána

Burglary Prevention Advice



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

45%
Door/Window
Rear

6%
Door/Window
Side

7%
Other

42%
Door/Window
Front

MAIN ENTRY
POINTS BY
BURGLARS
TO HOUSES



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

High Security Locks Scheme 2024 for Home Owners aged 65 years and over

This dlrc High Security Locks Scheme is to support residents 65 years of age and over living in Dún Laoghaire-Rathdown (dlr) with replacing their existing lock barrels / cylinders in external doors with high security anti-snap locks, through an application process.

Applications will only be considered from owner occupiers of privately-owned homes aged 65 years and over, who reside in the dlr County Council Administrative area.

This scheme **will cover the total cost for the replacement of lock barrels only on external doors. Please note that not all external doors are suitable for replacement barrel locks** - a suitable door with an existing lock barrel / cylinder must be a PVC door; a Sliding door or an Aluminium door, with a multi-point locks system.

Scheme application process opening March - May 2024 with locks replaced during Summer 2024.

More information available from March 2024:

www.dlrcoco.ie/community

or call dlr County Council Community Section on 01 205 4893

email community@dlrcoco.ie



New Healthy Age Friendly Homes Programme rolling out in Dún Laoghaire-Rathdown in 2024

Would you like to get advice and guidance on how to age with comfort and confidence, in your own home?

Would you like to know what supports are available in your area that will help you to continue to live independently in your home?

Would you like to avail of a free service which is led by Age Friendly Ireland, on behalf of your Local Authority?

Then you should contact the **Healthy Age Friendly Homes Programme!** Your Local Coordinator is here to help.

The Healthy Age Friendly Homes Programme aims to support older people to live in their own home with dignity and independence, for as long as possible.

This Local Authority-led service is run by Age Friendly Ireland. The service will be available in Dún Laoghaire-Rathdown from **January 2024** and is **free of charge** and **available to anyone aged 65+ years**. It does not affect any current home help, medical card, pension or other service being received.

The 4 Key Objectives of the Programme are:

1. Enable older people to continue living in their homes or in a home more suited to their needs
2. To live with a sense of independence and autonomy
3. To be a part of, and feel part of, their Community
4. Help avoid early or premature admission to long term residential care



Photo (L-R): Geraldine, Healthy Age Friendly Homes Programme Participant and Jillian Robinson, Healthy Age Friendly Homes Programme Local Coordinator

The Programme involves a Healthy Age Friendly Homes Local Coordinator calling to the older persons home to do a home-based assessment with them. The assessment will look at 6 areas of their life:

1. Health needs
2. Housing needs
3. Building energy rating and energy needs
4. Financial wellbeing
5. Community and social needs
6. Age Friendly Technology in the home



After the home visit, the Local Coordinator, in partnership with the older person, will design and implement a support package to enable the older person to continue living independently for as long as possible. The Coordinator will case manage this support package for the older person and will link them in with available supports and services.

The type of support that the Local Coordinator can offer includes providing information on adapting the older persons home to better suit their needs. The Local Coordinator will advise on what relevant grants are available to make these changes.

The Local Coordinator will also provide advice on how to access a range of health and social care supports available, to help the older person to live the life they want, to the best of their ability within their community.

If you are 65 years or over, and you would like to request a visit to your home from your Local Coordinator, or if you would like to request a visit on behalf of a friend or family

member, then please contact our national office:

Tel: 046 924 8899

Email:

healthyagefriendlyhomes@meathcoco.ie

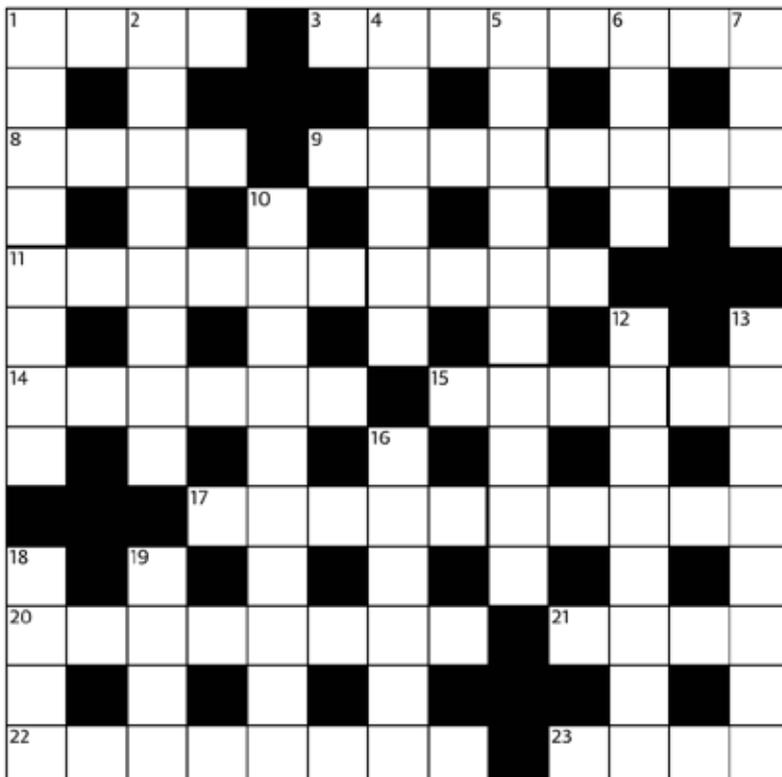
Website: www.agefriendlyireland.ie

Once our 2 new Local Coordinators are in place in Dún Laoghaire-Rathdown County Council, we will be in touch to arrange a visit.

About Age Friendly Ireland:

Age Friendly Ireland is a Local Authority-run shared-service and involves a multi-agency, multi-sectoral approach to age-related planning and service provision in Ireland. The shared service helps cities and counties to be more inclusive of older people by addressing their concerns and introducing practical responses aimed at improving the quality of life of all citizens. Age Friendly Ireland, a shared service function of local authorities, hosted by Meath County Council, operates through a national network of Age Friendly Shared Services in every local authority area.

Crossword



ACROSS

- 1 Sell (illegal drugs) (4)
- 3 Cloistered (8)
- 8 Plant such as the cuckoopint (4)
- 9 Self-determination (4,4)
- 11 Rub oiliest (anag) – overalls (6,4)
- 14 Shrub or tree with shiny green leaves (6)
- 15 Prepare to perform (4,2)
- 17 Store's main (anag) – laundry equipment (5,5)
- 20 Still sealed (8)
- 21 Desire to eat things other than food (4)
- 22 Soundly beaten (8)
- 23 Like wet grass (4)

DOWN

- 1 Be cooperative (4,4)
- 2 Swotty (8)
- 4 Flood (6)
- 5 What gives vinegar its smell (6,4)
- 6 Grasp the situation (4)
- 7 Gather, pick (4)
- 10 Without mercy (10)
- 12 Coil-shaped fossil (8)
- 13 Rejection of one's faith (8)
- 16 Reproductive cell (6)
- 18 Sudden puff of wind (4)
- 19 Cricket score (4)

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

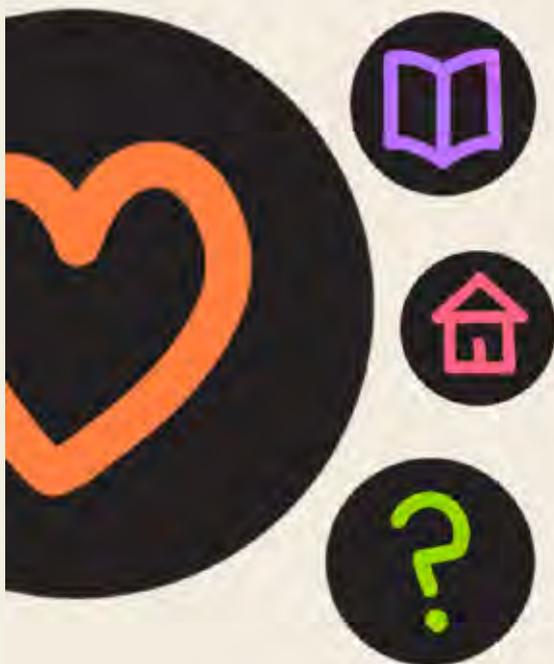
RCN: 20020057



IRELAND'S
AUTISM
CHARITY

AsI Am is Autistic-led and focused on representing, connecting, coordinating and unifying the Autism community in Ireland. AsI Am empowers and supports Autistic people to reach their full potential, while simultaneously challenging society to be fully accepting and accessible to every Autistic person.

What we do...



- ✓ Training for Schools, HEI's, Workplaces, Organisations and more
- ✓ Adult Support & Wellbeing Programme – Men & Women's Peer Support Groups, Mindfulness Classes, Book Club, Creative Writing and more!
- ✓ Child & Family Support Groups – Examples: Nationwide Hangout Clubs, Lego Club, Little Fitness Club, History Club and more. For children aged 3-18
- ✓ AsI Am Information Line – Autism Specific information available Monday to Thursday 10am-3pm

- ✓ Free Legal Clinic
- ✓ Policy & Advocacy
- ✓ Autism ID Cards
- ✓ Autism Friendly Towns

Contact us...



AsIAm.ie



info@asiam.ie



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





Making Connections is a local organisation supporting local people over 65 years in partnership with HSE and dlr County Council.

Examples of Health & Wellbeing Supports include:

- Walk and Talk programmes: physical activity and social engagement
- Cultural Connections: participation/ access to activities and events
- Befriending visits: at home or in a café
- Friendly phone calls
- Digital support
- Information provision/ links to other services

Our team of 100+ friendly volunteers are trained and vetted to support you to stay well and to stay socially connected.



Ageing is inevitable... Loneliness doesn't have to be

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

Dún Laoghaire-Rathdown Sports Partnership

Dún Laoghaire-Rathdown Sports Partnership (DLRSP) works with a range of partner agencies in the County to improve access to participation for all, increase the quality of the activity experience, promote the greater utilisation of facilities and implement local initiatives including a wide range of training courses, workshops and targeted physical activity programmes for older adults.

- **Walking for Health** – return to walking programmes across dlr - Dún Laoghaire, Marlay Park, Cabinteely Park, Fernhill etc. & separate social and fitness walking sessions available also
- **Boules Courts** – new courts installed in Marlay, Kilbogget and Blackrock Parks, which are available to both local clubs and the general public for free informal use
- **Active Retirement Groups & Day Care Centres** – working together to identify areas of need and opportunities that would attract members to be more active
- **Inclusive Bike Fleet** – free inclusive bike hire service for people with a disability and mobility needs, along the Coastal Mobility Route in Dún Laoghaire
- **Yoga in the Park** – weekly older adult women's sessions in various locations – Fernhill, Dún Laoghaire etc.



- **Sofa to Saddle Cycle Programme** – 7-week cycle programmes for older adult novice cyclists in partnership with Age & Opportunity
- **Over 55's Chair Aerobics** – 6-week programmes delivery with local age-friendly groups
- **Siel Bleu @ Home: Older Adult Exercise Classes** – online programme for those who are not ready to join in-person activities
- **ExWell** – 8-week programmes for older adults with chronic illnesses as part of Active Cities - based in Loughlinstown Leisure Centre
- **Box Up** – in partnership with dlr County Council, 2 locker units located in Marlay & Kilbogget Parks to facilitate access to sports equipment – convenient & cost-free
- **Get Strong** – 6-week core strength programme for adults over 55 years of age looking to return to activity
- **Walking Football** – collaborating with Men's Sheds and Age & Opportunity to deliver a weekly programme culminating in a blitz
- **Map My Park** – Clonmore, Cabinteely, Kilbogget, Shanganagh, and Loreto Parks have upgraded user friendly maps & new distance markers to encourage increased usage of the park routes and easier access.



dlrcc, Southside Partnership DLR & Mental Health Ireland, 'Hello - How are you?' walk, Dún Laoghaire Pier, 2023

- **SportsAbility Opportunities Booklet** – booklet highlighting sport and activity opportunities for people with a disability now available
- **DLRSP Newsletter & website** – newsletter printed and circulated on a quarterly basis highlighting events & activities along with re-developed interactive website
- **dlr Festival of Inclusion, 16th -26th May 2024** – inclusive activity sessions such as social walks, boules sessions, outside yoga etc. with local clubs & Sports Fest 2024 for Older Adults
- **Go for Life National Games**, Saturday 8th June 2024, DCU organised by Age & Opportunity
- **Outdoor Summer Activity Sessions & Winter Indoor Sessions** – 8-week programmes of outdoor fun activities classes for over 55's over the summer months and moving indoor during the winter months

For more information and bookings, contact Dún Laoghaire-Rathdown Sports Partnership, County Hall, Marine Road, Dún Laoghaire, Co. Dublin, A96 K6C9.

Tel: 01 271 9502

email: sportspartnership@dlrcoco.ie

web: dlrsportspartnership.ie/



dlr Leisure Facilities Age-Friendly Programmes:



dlr Leisure operate 3 leisure facilities in Dún Laoghaire-Rathdown in Meadowbrook, Loughlinstown & Monkstown

dlr Leisure facilities run concession rate access programmes to both pool and gym and fitness activities for older adults, including:

- Aqua Aerobics
- Active Fit (Gym)
- Assisted Gym Exercise Equipment use
- Swimming Lessons

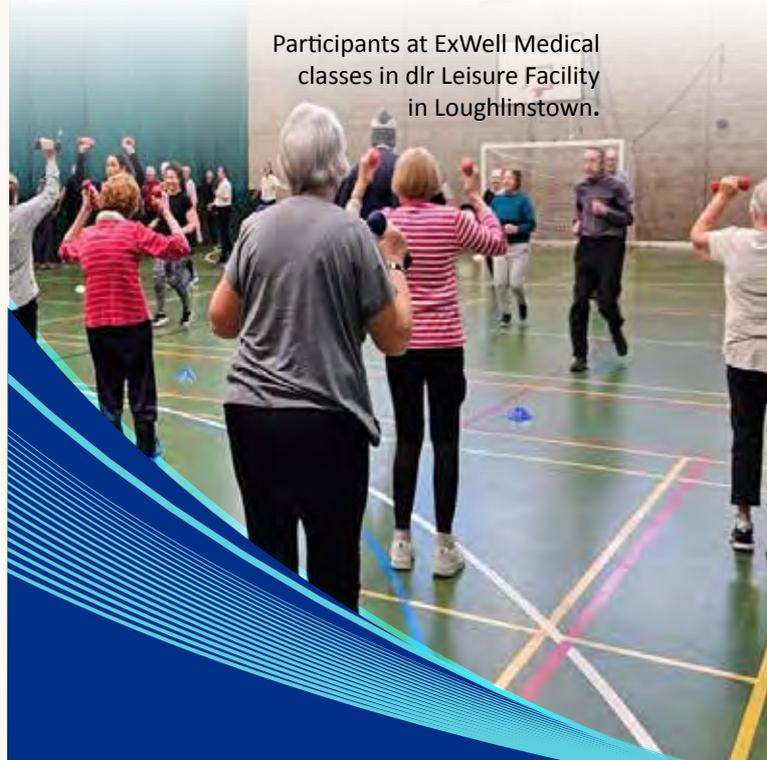
dlr Leisure also run site-specific sessions in the following

- Water Rehab (Monkstown)
- ExWell Medical (Loughlinstown)

All three facilities have regular opportunities to meet up and socialise with fellow participants, and do so in the company of qualified friendly encouraging staff.

Please note that 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



Participants at ExWell Medical classes in dlr Leisure Facility in Loughlinstown.

Dance Theatre of Ireland



There are 4 factors which serve to keep the **brain young** and offset ageing: a green diet, social connection, exercise and learning new things. **DANCING encompasses 3 of these things:** social connection, exercise and learning new things.

Dance Theatre of Ireland's popular *Well-Dance for Seniors* is an Award-winning Modern Dance programme recently featured on 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, and are "do as you are able" classes open to everyone. **Classes take place weekly, all are welcome. They are free ON-LINE with ZOOM and also LIVE (in-person)** at the Dance Centre for Dance in Bloomfields, Myrtle Square, Dún Laoghaire.

Dance Theatre of Ireland also have **Dancing Well with Parkinsons** classes. Dance Theatre of Ireland are also the home of **VINTAGE YOUTH**, a *Seniors Dance Ensemble* creating original work for performances at Festivals, Theatres and Events.

DTI's work is Supported by the Arts Council, dlr County Council and the HSE.

LIVE weekly classes, join anytime, Open to all:

***Well Dance for Seniors* (LIVE Classes) Wednesday 1:45-3:15 (Live Class @ DTI Centre for Dance, Bloomfields, and Dancing Well with Dementia)**

***Well Dance for Seniors - On-Line* – a "do as your able" class from the comfort of your own home Tuesdays 11-12:00 and 12:30-1:30, Wednesdays 11-12 (Live Class at DTI Studio, Bloomfields, Dun Laoghaire) Thursdays 11-12**

***Dancing Well with Parkinsons* Fridays 11-12 on-Line (FREE) Fridays 12:30-1:30 (Live Class at DTI Studio, Bloomfields, Dun Laoghaire)**

**To register OR for further information:
Tel: 01 280 3455
Email: info@dancetheatreireland.com
www.dancetheatreireland.com**

dlr Parks, Trees and Good Brain Health

Numerous studies show that both exercising in forests and spending time around trees, can promote good brain health and mental wellbeing.



Some of the benefits gained for those who walked for 15 minutes in a forest are listed below:

- boosts the immune system.
- lowers blood pressure.
- reduces stress.
- improves mood.
- increases ability to focus, even in children with ADHD.
- accelerates recovery from surgery or illness.
- increases energy level.
- improves sleep.
- cognitive function.

Flagship Parks in Dún Laoghaire-Rathdown

BLACKROCK PARK: Open Access

CABINTEELY PARK: Sep 8am to 8pm | Oct 8am to 7pm | Nov – Jan 8am to 5pm | Feb 8am to 6pm | Mar 8am to 7pm | Apr 8am to 8pm | May – Aug 8am to 10.30pm

DEER PARK: Open Access

FERNHILL PARK & GARDENS: 9am - 6pm

KILBOGGET PARK : Open Access

KILLINEY HILL PARK : Open Access

MARLAY PARK : Sep 9am to 8pm | Oct 9am to 6pm | Nov – Jan 9am to 5pm Feb – Mar 9am to 6pm | Apr 9am to 9pm | May – Aug 9am to 10pm

PEOPLE'S PARK, DÚN LAOGHAIRE:
Dec – Mar 8am to 4.30pm
Apr – May 8am to 7.30pm | Jun – Sep 8am to 8pm | Oct – Nov 8am to 7.30pm

SHANGANAGH PARK: Open Access

Men's Sheds and Women's Sheds in Dún Laoghaire-Rathdown

There are currently 10 Men's Sheds and 3 Women's sheds operating in Dún Laoghaire-Rathdown. 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!



Members of Blackrock Men's Shed at Official Opening, dlr Festival of Inclusion, October 2023

Ballinteer Men's Shed

Stonemasons Way, Ballinteer, Dublin 16
Contact: Sean McLoughlin 087 741 1638 SEC
Email: ballinteertoday@gmail.com
Web: www.dlrcommunity.ie/mens-shed
Activities: Please call in for a full list of activities and opening days/times.
Tuesday from 14.00 - 16.30

Blackrock Community Men's Shed

Brookfield Court, Blackrock, Co. Dublin, A94 Y1E2
Contact: Allan Kilpatrick.
Allankil51@gmail.com 0868543985
Email:
blackrockcommunitymensshed@gmail.com .
Web: www.dlrcommunity.ie/mens-shed
Activities: Blackrock Men's Shed is open to all men irrespective of their skills. A place to come and enjoy each other's company. Get involved in crafts, woodwork, painting etc. Come and have a cup of tea and chat.
Tuesday and Thursday 10.30 - 14.30

Dundrum / Windy Arbour Men's Shed

Rosemount Community Hub, Rosemount Court, Dundrum, D14 X542, Dublin 14
Contact: Arthur Cater (086) 335 4155
Email: arthur.cater@ucd.ie
Web: www.dlrcommunity.ie/mens-shed
Activities: Social, Nutrition, Outings, Computers, Bridge.
Dún Laoghaire Men's Shed

The Coach House, rear DEC Church, Glenageary Road Lower, Glenageary, Co Dublin, A96F6T0

Contact: Robbie Burns: 086 8240 497

Email: dlmensshed@gmail.com

Web: www.dunlaoghairesmensshed.ie

Facebook: www.facebook.com/dunlaoghairesmensshed

Web: www.dlrcommunity.ie/mens-shed

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

Monday, Wednesday, Friday 14.00 - 17.00, Tuesday, Thursday 10.00 - 13.00

Glencullen Men's Shed

Carnegie Library, Ballybetagh Road, Glencullen, Dublin 18.
Contact: John Farrell 086 6042 025
Email: jjmfarrellaugust@gmail.com
Web: www.dlrcommunity.ie/mens-shed
Activities: Social-tea & singsong
Friday evenings 7.00pm - 9.00pm

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

125A Cedar Court, Ballybrack, Co. Dublin
Contact: Mark-086 3625736
Email: lbsmensshed@gmail.com
Facebook: www.facebook.com/lbsgl/
Web: www.dlrcommunity.ie/mens-shed
Activities: The LBS men's shed is a social meeting and social activities based shed and they are very active in providing help (where possible) to community groups/facilities in the area on a case by case basis. The Shed has a strong focus on supporting good mental health. The Shed is a place to come for a cup of tea, a chat, play a game of pool and get involved in activities planned throughout the year.

Monday to Friday 10.00 - 14.00

Nutgrove & Loreto Men's Shed

Old School, Loreto Ave, Nutgrove, Dublin 16

Contact: Brendan 086 315 6526

Email: Brendanwalsh@iolfree.ie

Web: www.dlrcommunity.ie/mens-shed

Activities: Boules every Tuesday, Day Trips, Walking, woodwork, Gardening, Biodiversity maintenance.

Tuesday 11.00 - 12:30, Friday 11.00 - 12:30

Sandyford Men's Shed

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

Contact: Frank Hedderman 086 394 1668

Email: sandyfordmensshed@gmail.com

Web: www.dlrcommunity.ie/mens-shed

Activities: Woodwork, Wood Turning, Wood Carving, Computer Work. Gardening-Grow tunnel. Trips of interest.

Monday Evening 19.00 - 21.00 &

Thursday Evening 19.00 - 21.00

Southside Travellers Action Group Men's Shed

Unit 5, St. Kieran's Enterprise Centre, Furze Road, Sandyford Industrial Estate, Dublin 16

Contact: Southside Travellers Action Group
01 295 7372

Web: www.dlrcommunity.ie/mens-shed

Activities: The Traveller men mentor and educate young Travellers from our educational group, ETB, TASK, LTI programme every week, where they gain knowledge and skills in the craftsmanship in carpentry and specialised joinery.

Kilmacud Community Men's Shed - New Men's Shed est. 2023

Glenalbyn House, Kilmacud A94 E7K8

Contact: Hugh Campbell 086 810 6845

Activities: Pitch and Putt Group, Cultural Trip, 25 Card School, Gardening Group, Hill Walking Group, History Group, Health & Mindfulness Course, Talks, Cultural Trips.

Mondays - 11.00

For more information on current Men's Sheds or setting up a new shed, contact:

Irish Men's Sheds Association, 2nd Floor, Irish Farm Centre, Bluebell, Dublin 12, D12 YXW5
Tel: 01 891 6150 / info@menssheds.ie

Women's Shed



Members of Loughlinstown Women's Shed, May 2023

Loughlinstown Community Rooms Women's Shed

Loughlinstown Community Rooms,
Loughlinstown, Co Dublin, A96RY11

Contact: 085 111 3524

Email: lcrwomensshed@gmail.com

Activities: Social Events, Gardening, Crafts, Community Events, Mental Health Awareness

**Monday & Friday 10.00 - 14.00 & Monday,
Wednesday & Thursday 18.00 - 21.30**

Sandyford Sister Shed

Samuel Beckett Community Civic Campus

Email: sandyfordsistershed@gmail.com

Facebook: Sandyford Sister Shed

Activities: Sandyford Sister Shed will cater for a range of activities from arts, social events, crafts, wellbeing, mental health, trips out and Women's Health to name a few. We look forward to welcoming women from across our community to come along. Whether on your own or with a friend, all are welcome.

Wednesday evening 19.00 - 21.00

Rosemount Women's Shed

3 Waldemar Terrace. Main Street, Dundrum.

Contact: 01 216 6131

Email: info@rosemountfrc.ie

Activities: DIY, Health and Beauty, Jewellery Making, Bingo, Mediation-Wellbeing, Sign-posting to Legal Advice Clinics, Nutritionist, Felting, Christmas Wreathmaking, Christmas Decoration, Social Outings.

Thursday 10.00 - 13.00

Alzheimer Society of Ireland Services in South Dublin:

National Helpline

Monday to Friday 10am to 5pm, Saturday 10am to 4pm

Call 1800 341 341 or

Email helpline@alzheimer.ie



THE **Alzheimer**
SOCIETY OF IRELAND

Dementia Adviser

Our Dementia Advisers work with people with dementia, their families and carers to provide a highly responsive and individualised information and signposting service. This service is free and confidential. Dementia Advisers are currently doing home visits in line with public health advice and provide support over the phone

South Dublin Dementia Adviser Service - This service is free and confidential.

Call 085 805 2000 - Please leave a message and a Dementia Adviser will return your call.
Email referrals.sdublindas@alzheimer.ie

Home Care Services

Our home care service offers dementia specific, person-centred care and our trained staff work with clients to ensure that we meet your needs.

South Dublin Home Care

Alzheimer Society of Ireland, South Dublin Home Care, Our Lady's Hospice, Harold's Cross, Dublin 6W, D6W RY72

Contact Adrienne McAvinue, Homecare Co-ordinator / Frances Redmond, Assistant Homecare Co-ordinator

Call 086 8381215 / 086 792 6766

Email amcavinue@alzheimer.ie
frances.redmond@alzheimer.ie

Day Care Services

Our day care centres provide dementia specific, person centred care to meet the needs of the person with dementia in a warm, welcoming and safe environment while providing support and stimulation

The Orchard Day Care, Temple Rd, Blackrock, Co Dublin. A94 N8Y0

Contact Mary Hickey

Call 01 207 3836 / 086 020 1668

Email mhickey@alzheimer.ie

In-person & online Family Carer Training

We offer training to family carers looking after a loved one with dementia. Family carers can either be the primary carers for the person with dementia or those indirectly involved in caring

Call 1800 341 341

Email familycarertraining@alzheimer.ie /
Web <https://alzheimer.ie/about-dementia/family-carer-training>

Support Groups

We run support groups for families affected by dementia around Ireland. The support groups provide an opportunity to meet others in a similar situation, to share stories and experiences, and access information and practical advice in a relaxed, understanding and supportive environment.

Under 65 Family Carer Support Group Dublin

Contact Adrienne McAvinue /
Frances Redmond

Call 086 838 1215 / 086 792 6766 -

Last Tuesday of each month between 8pm and 10pm & this support group is strictly for carers of loved ones living with Young Onset Dementia (under 65's)

Online Carer Support Groups – meet every 3 weeks

Call 1800 341 341

Email onlinesupportgroup@alzheimer.ie

Alzheimer Cafe

Alzheimer Café's provide a warm and welcoming space for people with dementia, their family and friends, social and health care professionals to meet, exchange ideas and learnings.

Balally Parish Pastoral Centre, Cedar Road, Balally, D16 K7C3

Contact Frances Redmond

Call 086 792 6766

Email scdalzcafe@gmail.com

Day Care at Home

The Day Care at Home service provides an alternative model of care and support to our clients and families. ASI staff visit the persons home and engage in personalised activities with them in their home.

South Dublin Day Care at Home

information available from: The Alzheimer Society of Ireland, Eastern Centre of Operations, 1st Floor, 7A The Village Centre, Lucan, Co. Dublin, K78E2D3

Contact Debbie Kenny

Call 087-6551173

Email debbie.kenny@alzheimer.ie

National Dementia Choir

Mindful Melodies- virtual choir

Contact Anne-Marie Veale /
Catherine Bartels

Call 087 2388444 / 086 0490548

Email annemarie.veale@alzheimer.ie /
cbartels@alzheimer.ie

Respite Care

We currently operate one national respite centre in Ireland

The Orchard Respite Centre, Temple Road, Blackrock, Co Dublin. A94 N8Y0

Contact Sebastian Stoica, Director of Nursing

Call 01 278 38 30

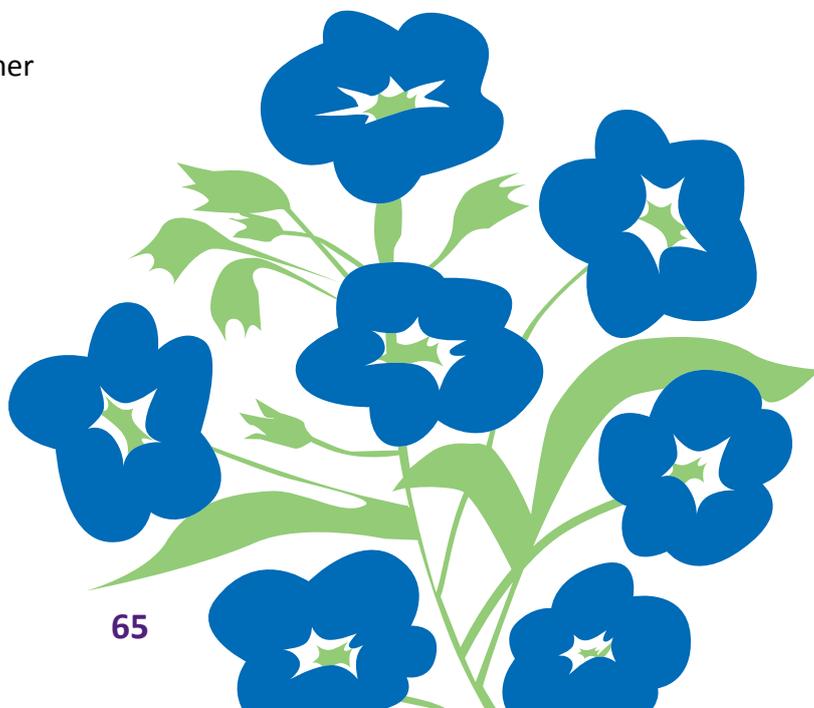
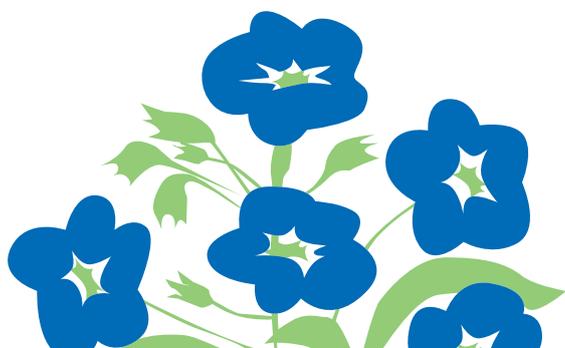
Email managerorchard@mowlamhealthcare.com

South Dublin Branch Office:

Our branch network plays an integral part in helping us achieve our mission to meet the needs of those affected by dementia.

Contact Eilis Walsh, The Chairperson
c/o The Orchard Day Care, Temple Road, Blackrock, Co. Dublin

Call 01 207 3836



dlr Community Facilities & Centres



Sandra Kelly,
Acting Senior
Community Officer



The Community Section of Dún Laoghaire-Rathdown County Council provide support and funding to over 25 Community Facilities and Centres located across the county. Each centre is unique in the activities on offer and the space available for rent to community groups.

Activities and Services which take place in Community Centres include:

Arts & Crafts, Exercise & Yoga classes, Adult Education, Healthy Cooking, Music Lessons, Social Meet Ups, Language Classes, Classes using computers and smart phones and Public meetings. Contact any of the centres to have a chat about what they run or or if there is something you would like to see running in your local centre. By working together and keeping connected, we can ensure our communities are strong and resilient.

The DLR Community Team are happy to support you or your Group with:

- Linking in with activities in your local area
- Setting up a Residents' Association
- Setting up a new Community Group
- Applying for dlr Community Grants

You can contact the Community Team

Call: 01 205 4893 or

Email: community@dlrcoco.ie

Locations of dlr Community Facilities & Centres include:

- ❖ Ballybrack Project Centre
- ❖ Belarmine Community Centre
- ❖ Cois Cairn Youth & Community Facility
- ❖ Glencullen Community Centre
- ❖ Kilcross Resource Centre
- ❖ Loreto Community Facility
- ❖ Loughlinstown Community Rooms
- ❖ Mounttown Community Facility
- ❖ Patrician Community Centre, Stillorgan
- ❖ Rosemount Community Room, Dundrum
- ❖ Sallynoggin Community & Senior Centre
- ❖ Samuel Beckett Community Facility
- ❖ Sandyford Community Centre
- ❖ Shanganagh Park House
- ❖ Stonebridge Community Centre, Shankill

My Window by Tony McCarthy

I was privileged when growing up to have the best bedroom in the world. The room itself was nothing out of the ordinary but the view from the window was very special. Through a gap between two houses across the street, a long garden abounding in red and pink wild roses could be seen. Standing tall beyond was the ruins of Timoleague Abbey with its ivy-clad walls and its grounds cluttered with tombs and headstones. In between was the Cork to Courtmacsherry railway line, the last roadside railway track in Ireland. In the distance was a large wood with its beautiful combination of tree species and multitude of colours which provided a backdrop to the Atlantic Ocean which met the Arigideen River just beneath the Abbey walls.

Picture the scene on an October morning as the majestic black steam engine puffed its way past the Abbey walls, billowing smoke through which the russet and green trees and the angry Atlantic waves would momentarily flash. Looking through that window I was not just looking at beauty but at history.

Timoleague was built around a monastic settlement founded in the middle of the 7th century on his return to his native Cork from Balbriggan by St Molaga who is credited with bringing beekeeping to Ireland. In 1240 a Franciscan monastery was established there by either the De Barrys or Mac Carthy Desmond. It became a seat of learning and in 1480 The Book of the Mac Carthaigh Reagh was written by the monks at the request of Finghin Mac Carthy as a wedding present to his wife. Having regard to travel facilities, means of communication and the fact that the first printing press was invented just 40 years earlier it is remarkable that the book contained a translation of the travels of Marco Polo. Its importance can be gauged from the visit to view it in 1629 by Michaël O' Cleirigh, one of the Four Masters. It was on display in 2011 in UCC on loan from the Duke of

Devonshire. With its combination of colours and designs it is on a par with the Book of Kells.

Residences grew up around the Abbey and Timoleague grew as a market town and an important port for the wine industry with cargo being unloaded beneath the Abbey walls. On Saturday 1st November 1755 there was a dramatic change when an earthquake erupted near Lisbon. The movement of the Earth's crust saw the port silt up and become un-navigable. Today when the tide is out only mudbanks can be seen.

Whilst the wine traders had been successful not every user of the port was fortunate. In 1596 Dr Meredith Hammer had stone and magnificent oak roof beams plundered from the Abbey loaded onto a ship destined for a project of his in Youghal. Then fate intervened. The ship had barely cast off when a sudden storm blew up and it foundered.

I often wondered how the citizens must have felt when a garrison of Cromwell's army with their horses made an entry into the village and pitched base beneath the Abbey walls in November 1649. No resistance was offered as Puritans cruelly dealt with opposition. In nearby Bandon 88 prisoners tied back-to-back were thrown off the bridge into the Bandon River in 1642. Fortunately, no fatalities were recorded in Timoleague.

The steam engine or its diesel successor hauling beet or cattle, or summer day-trippers can no longer be seen from that window because like the Harcourt Street line it was closed in the nonsensical Andrews purge on April 1st, 1961. The iron rails went to Nigeria and the thick timber sleepers lie in many a garden around the county. Their loss is immense, but it is some compensation that they have, in recent years, been replaced by a walkway the 9kms to Courtmacsherry.

seniorline

National Confidential Listening Service for Older People

third age

Responding to the Opportunities
and Challenges of Ageing in Ireland

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**

Open 365 days a year, from 10am to 10pm

As well as responding to individual callers, Seniorline advocates nationally for older people in Ireland, representing their needs, concerns and wishes to media, the general public, politicians and key stakeholders.



Irish Hospice Foundation
**Bereavement
Support Line**
1800 80 70 77



Monday to Friday 10am to 1pm

Women's Collective Ireland DLR



Women's Collective Ireland DLR is a community centre based in Loughlinstown, Dún Laoghaire. We work with women throughout the DLR area. We are 1 of 17 Women's Collective Ireland projects throughout Ireland.

Follow us on Facebook for more information on what we have to offer you: <https://www.facebook.com/womenscollectiveirelanddlr>

We support women in our communities through:

- Providing information, advice and supports on a wide variety of topics
- Delivering accessible, affordable, recreational and education courses
- Offering holistic and well-being sessions, programmes and workshops
- Providing space for women's groups to come together to develop their own groups
- Offering printing, photocopying, CV preparation, typing.
- We can help you in completing forms that you may find difficult to fill out
- We offer low cost counselling for those experiencing mental health issues
- DLRCAT Family support worker works from here, she supports family members affected by someone else's drug or alcohol use.



Addiction Support Services @ WCI DLR

DLRCAT offer free addiction support services here. For more information contact Elaine, Family Support worker from
DLRCAT: 087 2240927

Low Cost Counselling @ WCI DLR

Kathleen offers low cost counselling on Wednesday and Thursday afternoons. For more information please contact her directly on: 083 4304750

Lifelong Learning:

We're delighted to offer a wide range of Educational Courses every term, in-person and on line at little or no cost, on topics such as: Spanish, Drama, Yoga, Arts & Crafts, Flower Arranging, Aquafit, Meditation, Gardening for Wellbeing, Jewellery Making, Introduction to Genealogy, Using your Smartphone for Beginners, Stress Reduction, Tai Chi, Chair Yoga and more.

Contact us for more information & to register on any of our courses.

WCI - DLR - TEAM: Sandra, Tracey, Sharon

086 1744863 - Sandra

086 1382482 - Tracey

086 8233596 - Sharon

57 Ennel Court, Loughlinstown,

Co. Dublin, A96 YR92

Email: dunlaoghaire@womenscollective.ie

Landline: **01 2825932**

Rosemount: Family Resource Centre

We have an extensive suite of classes, groups, activities and get-togethers for all of the community to join and grow together.

Digital literacy, knitting, seasonal crafts, Tai-Chi, cookery, yoga and chair-yoga, Bingo, Women's-Shed, watercolours, acrylics, pilates and upcycling to name but a few. A lot of our activities promote the mental and physical health and wellbeing of the older person, and some are just for fun.

Our active retirement walking group meets every Wednesday (rain or shine) to explore the parks, greenways and riverbanks within a short bus distance, and sometimes further!

Rosemount FRC has an active Social Club for older people. This provides an opportunity for planned excursions that allow older people to leave the confines of their own homes and reduce social isolation. Some of our favourite trips this year have been; Carlow Arboretum, Botanic Gardens Glasnevin, several theatre trips, shopping trips and a fun-filled 4 night trip to Sligo.



We also do house visits for people who may be confined or unwell. We are happy to do befriending calls to people who may be infirm, to see that they are doing ok.

We are always open to suggestions for new activities, and if we can make it happen; we will. Our door is always open and the kettle is probably already boiled.

Rosemount Family Resource Centre
3 Waldemar Terrace,
Dundrum, Dublin 14,
D14 FX79

Tel: 01 216 6131

Email: frcrosemount@gmail.com

Web: rosemountfrc.ie

Hillview Family Resource Centre: Age-Friendly Weekly Activities 2024

Mondays: Knitting Group: 10am - 12 noon and **International Cookery:** 1:30pm - 3:30pm

Tuesdays: Music Group: 11am - 12pm and **Counselling Clinic:** 4pm - 8pm

Wednesdays: Healthy Food Made Easy: 10:30am - 1pm. **Bingo:** 2:30pm - 3:30pm (Full at present) and **Sewing Group:** 7:30pm - 8:30pm

Thursdays: Chair Yoga: 2p.m - 3:30pm and **Knitting & Crochet:** 6pm - 8pm

Fridays: Singing Group with Tea & Coffee afterwards: 11am - 12pm

Call 087 195 7419 / 087 117 3475 / 01 296 5025 or
email ask@hillviewfrc.ie to book places on any of our courses

Call 087 117 3475 to make an appointment for career/CV or to learn how to use mobile phones/ iPads/Tablets/Computers

We are looking forward to seeing you in Hillview Family Resource Centre during 2024!

Hillview Family Resource Centre, 33/34 & 87 Hillview Grove, Ballinteer, Dublin 18,
D16 P9V9. www.hillviewfrc.ie



Dementia: Understand Together – Creating Dementia Inclusive Communities

With more than 64,000 people living with dementia in Ireland, and this figure set to double by 2045, many of us are, and will be affected by dementia.

The majority of people with dementia live in the community, and want to continue doing so. We all have a role in ensuring that they can stay socially active and engaged to support their health and wellbeing.

Dementia: Understand Together aims to create an Ireland that embraces and includes people living with dementia, and displays solidarity with them and their loved ones.

The campaign is one of the 6 priority actions of the **National Dementia Strategy**, which identifies key principles to underpin and inform the full range of services

provided to people with dementia, their families and carers. It is also an integral part of the Model

of Care with focus on continuing to increase awareness and understanding of dementia as well as post diagnostic supports for people with dementia, families, carers and supporters.

Dementia: Understand Together is led by the HSE working in partnership with the Alzheimer Society of Ireland, Age Friendly Ireland, Healthy Ireland, Age & Opportunity and the Dementia Services Information and Development Centre at St James' Hospital. The campaign is supported by a coalition of over 40 national partners, ranging from transport, retail, financial services, community based organisations and academia and more than 750 community champions who are working together to create dementia inclusive communities in which people with dementia are respected and supported.

The innovative campaign has now successfully launched the new **National Dementia Inclusive Community Symbol**. The symbol can be displayed by organisations and community groups across the country as a sign of solidarity and support. By displaying the





symbol, we come together to visibly highlight that people living with the condition in Ireland are welcome, be it in a business, community group or service. Things like staying in touch with family or friends, supporting someone to keep doing the things they enjoy or making a small change in a business that means a person can use a service independently, can make a big difference to the life of someone living with dementia.

The campaign promotes 6 simple actions we can all take to be inclusive and supportive:

1. See the person, not the dementia

The diagnosis of dementia is life changing. But dementia is only one part of the person's life. That is why it is important that you don't lose sight of the person and who they fundamentally are, and don't treat someone differently because of the diagnosis.

2. Talk about dementia

Communication is a powerful tool. You can raise awareness and engage people in conversations about dementia and this will help challenge stereotypes and negative attitudes.

3. Ask how you can help

Imagine what a day for a person with dementia and their family is like and how this simple question could transform it. Only by asking, will you find out how you can be of support.



4. Stay in touch

Relationships are important to everyone in life. The same applies for those diagnosed with dementia and their families. Think about how you engaged before the diagnosis, and how you engage now. Your relationship does not need to end because a person has developed dementia.

5. Support the person to keep up hobbies and interests

Dementia does not mean someone must stop doing the things they love, but as time goes on they may need support to continue to do these things. Whatever the interest may be, having the choice to continue doing them can bring extra joy to life.

6. Make sure your space or service is easy to use

Put yourself in their shoes. See your service or space through the eyes of someone with dementia. This helps you understand the challenges a person with dementia may have when using services or accessing spaces.

You can find out more about the campaign, check out training opportunities, sign up to become a champion and order materials, including dementia inclusive community window stickers or badges at www.understandtogether.ie/get-involved

If you are affected by dementia or worried about a loved one, call the National Helpline provided by The Alzheimer Society of Ireland on Freephone 1800 341 341.



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.



We have a vision of a world in which People with Parkinson's (PwP's) are empowered to achieve their best possible quality of life. With this in mind, Move4Parkinson's provides information, evidence based classes and support to PwP's on how to improve quality of life through self-management.

Our services are centred on improving People with Parkinson's' understanding of their illness and teaching them how active self-management can reduce symptoms and enable them to have a better quality of life. We also aim to serve the families and carers of People with Parkinson's and build a community of support for everyone affected by Parkinson's.

Move4Parkinson's believe that self-management is key to achieving quality of life, but that each PwP should be empowered to choose the self-management activities and approaches which work for them. We cannot tell you what to do or what will work for you. What we can do though is share stories of what has worked for others and guidance on actions, or activities to try based on current research.

Based on our personal experiences of living with Parkinson's, Move4Parkinson's have developed the 'Five Elements Programme' a brief guide to managing Parkinson' and for achieving an improved quality of life. Each element is outlined below can be addressed individually, or combined for even greater effect:

1. Medication Awareness & Medical Support

Talk to your neurologist and get an understanding of your medication and how it works. Be aware of any potential side effects of your medication.

2. Nutrition

What you eat and when you eat can impact the effectiveness of your medication. Consider keeping a food diary of what you eat and when you eat it, along with how you feel afterwards.

3. Exercise

A lack of dopamine in the body is the fundamental problem for People with Parkinson's. Studies have shown that while exercising may not increase your dopamine levels, it can make your brain use the dopamine you have more efficiently. Physical benefits include, improved balance and posture, increased muscle strength and flexibility.



4. Emotional Well-Being

Apathy and depression are two known non-motor symptoms of Parkinson's. Others include anxiety, sleep disturbances and impulse behavioural problems. While these do not affect every person with Parkinson's, if you experience any of these, please speak to your neurologist or Parkinson's nurse. Mindfulness based therapies are one way through which PwP's can support their emotional well-being. Practical approaches include breathing techniques, meditation, guided visualisations and relaxation techniques.

5. Optional Treatments

Traditional therapies such as Occupational and/or Speech therapy can help PWP's with daily tasks such as writing, household chores and speech if these are affected for you. Complementary therapies focus on the body as a whole and the interactions between the body and mind. From acupuncture to yoga, we recommend trying different complementary therapies to find out what works for you.

Move4Parkinson's organise regular research-based group activities and classes to support people with Parkinson's, their families and carers including:

- Voices of Hope Choir in Balally
- Online Voice lessons
- Set Dancing
- Pilates & Yoga
- Dancing Well with Parkinson's
- Physio based exercise classes
- Support Groups & Advocacy
- Volunteering & Support

For more information, to join our activities or to volunteer, contact Move4Parkinson's at [01 295 0060](tel:012950060) / info@move4parkinsons.com



Boarded Out Practical Support Service for Adults

supported by Tusla

Boarded Out is a term used to describe children who were fostered or raised with families other than their own in Ireland. This happened mainly between 1920 and 1970. There was also a practice of being nursed out, where infants were placed with women who could care for them. Some children were boarded out up to the introduction of the 1991 Child Care Act.

While many children were boarded out on farms in rural areas, children were also placed in homes in larger towns and cities.

If you have experience of being boarded out and would like to avail of practical support, you can contact Barnardos Boarded Out Practical Support Service for Adults.

We provide a free and confidential service offering a wide range of practical supports including:

- Support to access health, community and social services
- Support with isolation and loneliness
- Assistance in filling out forms and grant applications
- Advocacy, information and signposting
- Referral to Barnardos therapeutic supports

Get in touch

Email: birthhistory@barnardos.ie

Tel: (01) 813 4100

Saint Joseph's Shankill



Our vision is to lead the way in dementia care in Ireland through innovation, education and community engagement. Developing best practices that others can replicate, where families, staff, volunteers and communities are supported, engaged, and empowered to ensure that people living with dementia enjoy the **Quality of Life** they deserve.

Saint Joseph's Respite

Our Respite Care Service offers people living with dementia the chance to come and stay with us 'full board' as they stay for two weeks. At the same time, their loved one who is caring for them at home can take some time for themselves and recharge their batteries! If you would like to avail of some respite relief, the first step is to contact your Public Health Nurse. This is usually done through your GP or you can contact them directly. The Public Health Nurse will send a written referral to us and your main contact with us in Saint Joseph's will be our Director of Nursing or one of our Clinical Nurse Managers.

Residential Care

We pride ourselves in the specialist dementia care we provide here at Saint Joseph's Shankill. We understand that caring for someone living with dementia at home is difficult and, in some instances, may no longer be possible at home. We also understand that the decision to move into long-term care can be a stressful time and we aim to make the transition as smooth as possible.

Waiting Lists in operation for our services.

Get in touch with us:

St. Joseph's,
Crinken Lane,
Shankill, Co Dublin

Call Reception 01 282 3008

email: saintjosephs@sjog.ie

Saint John of God Hospital
CLG. Group



Coliemore Idyll

By Derek Seymour

Between island and pier a heaving sea
breathes slow through Dalkey Sound.

The island, green and slate grey,
trails a residue of rocks.

Its watchtower signals shore
where triangulating cannons
sink imagined invaders.

Blue and half-blue meet a brighter horizon.
A singular gull catches a thermal, lifting it
toward the sanctuary where the
sea swallows rest before their African
odyssey.

I smell seaweed and bladder wrack,
remember the taste of samphire
served with fresh fish in fashionable
Sandycove restaurants.

Passing cloud-shadows creep along the pier,
The blue-grey is darker now, still immense,
fixating.

I break my gaze, my seascape reverie over.

ExWell Medical

ExWell Medical is an established community-based chronic illness rehabilitation programme with a patient-centred ethos. ExWell Medical offers affordable and community-based supervised exercise classes, as well as home programmes to people with many different long-term illnesses.

ExWell Medical is a not-for-profit company that has over 3,000 in-person patient visits per week, across 25 centres which illustrates the confidence it has gained from the HSE, hospital physicians and boasts a strong and steady referral base from local GPs and other allied health professionals.

ExWell accept all chronically ill participants, meaning those with any long-term conditions such as heart disease, neuromuscular disease, mental health, cancer, diabetes, arthritis, bowel disease etc.

Classes are 45 -50 Minutes in duration & involve a combination of aerobic (walking/ cycling/rowing), resistance (using weights), core strength and balance exercises, led by trained instructors. At ExWell, enjoyment and fun are a priority along with safety.



Medical Referrals

ExWell Medical accept referrals from any healthcare professional that has access to your medical background. All participants must complete an induction/baseline assessment, which will be booked after a referral is received and all referrals must be sent via email or post to:

1. referrals@exwell.ie or exwellmedical@healthmail.ie (HSE/healthmail accounts only)
2. Referrals can be sent directly through Healthlink
3. Post to: ExWell Medical, IWA, Blackheath Drive, Clontarf, Dublin 3, D03 AW62.

ExWell Loughinstown – Exercise classes available 4 days a week

Location: Loughinstown Leisure Centre, Loughinstown Drive, Loughinstown, Dún Laoghaire, Co. Dublin

Tel: (01) 282 3344

Email: info@exwell.ie
cmcgowan@exwell.ie

for Loughinstown related queries



FitLine Telephone Mentoring Service Seeks Participants to Get More Active

FitLine is a volunteer-led telephone mentoring service that supports people aged 50+ to be more active. It is designed to help people who want to feel healthier but just don't have the motivation, confidence or information to get moving.

“We are launching a call-out for FitLine participants,” says Meg Hegarty, FitLine Coordinator with Age & Opportunity’s Active Programme. “It’s a nationwide initiative that has supported many people to date and we’re excited to be growing FitLine 2024.”

“If you sign up as a FitLine participant you will receive regular calls from our friendly volunteers who understand the challenges of getting active. They will discuss your life situation and preferences and help make suggestions to encourage you to be more active.”

Feedback from both FitLine participants has been resoundingly positive.

“FitLine gave me the push I needed to stop making excuses to get up and be active.”

“I live on my own and I love having someone from FitLine ring me regularly. They have good advice.”

FitLine is a free initiative of Age & Opportunity, a national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. FitLine is an initiative within Age & Opportunity’s Active programme, funded by Sport Ireland and the HSE.

Those interested in joining FitLine as a participant can **Tel 087-6211767** or **email fitline@ageandopportunity.ie**



The flyer features the Age & Opportunity logo at the top right. Below it, text reads "Incorporating Age & Opportunity active, The National Sport and Physical Activity Programme for Older People". A pink circular badge on the left says "FREE initiative for over 50s". Three circular images show people: a woman on a phone, two people on a bicycle, and two men in purple shirts. The main heading "FitLine" is in large blue font, followed by the tagline "A friendly word to get you more active." and the phone number "Free phone: 1800 303 545". At the bottom, it states "FitLine Volunteer Mentors make regular phone calls to people who would like to get more physically active."

“I love having someone from FitLine ring me regularly”





**LGBT
IRELAND**

For Inclusion
For Equality
For Everyone

LGBT Ireland Telefriending and Peer Support Services

LGBT Ireland operates the National LGBT Helpline, which informs the development of supports for members of the LGBTQI+ community, including a Telefriending Service and Peer Support Groups.

LGBT Ireland Telefriending

Aimed at members of the LGBTQI+ community who are over 50, the LGBT Ireland Telefriending Service offers a weekly telephone call from a friendly, trained volunteer who is Garda vetted. Telefriending provides friendship, security and support to help alleviate loneliness and isolation and to improve overall mental health and wellbeing. If you are interested in availing of the service, or if you would like to become a telefriend volunteer, please email telefriending@lgbt.ie or sign up at www.lgbt.ie/telefriending

Peer Support Groups

An opportunity for participants to provide emotional, social and practical support to each other around their shared experiences. LGBT Ireland Peer Support Groups provide a safe and confidential environment, facilitated by a trained volunteer, for members to explore their feelings and develop mutual supports and friendships. Groups take place online with occasional in-person events at the request of members.

LGBT Ireland currently offers the following monthly peer support groups:

- **First Out Group for Gay / Bi Men** for men who are gay, bisexual, or questioning and want to talk about coming out (*first Thursday of the month*).
- **Married Women's Group** for gay, bisexual or questioning women who are, or have been, in an opposite gender marriage or long-term relationship (*last Tuesday of the month*).

- **Straight Spouses Group** for people who are, or have been, married or in a long-term heterosexual relationship with someone who has now disclosed that they are a member of the LGBTQI+ community or who are questioning their sexuality or gender identity (*second Tuesday of the month*).

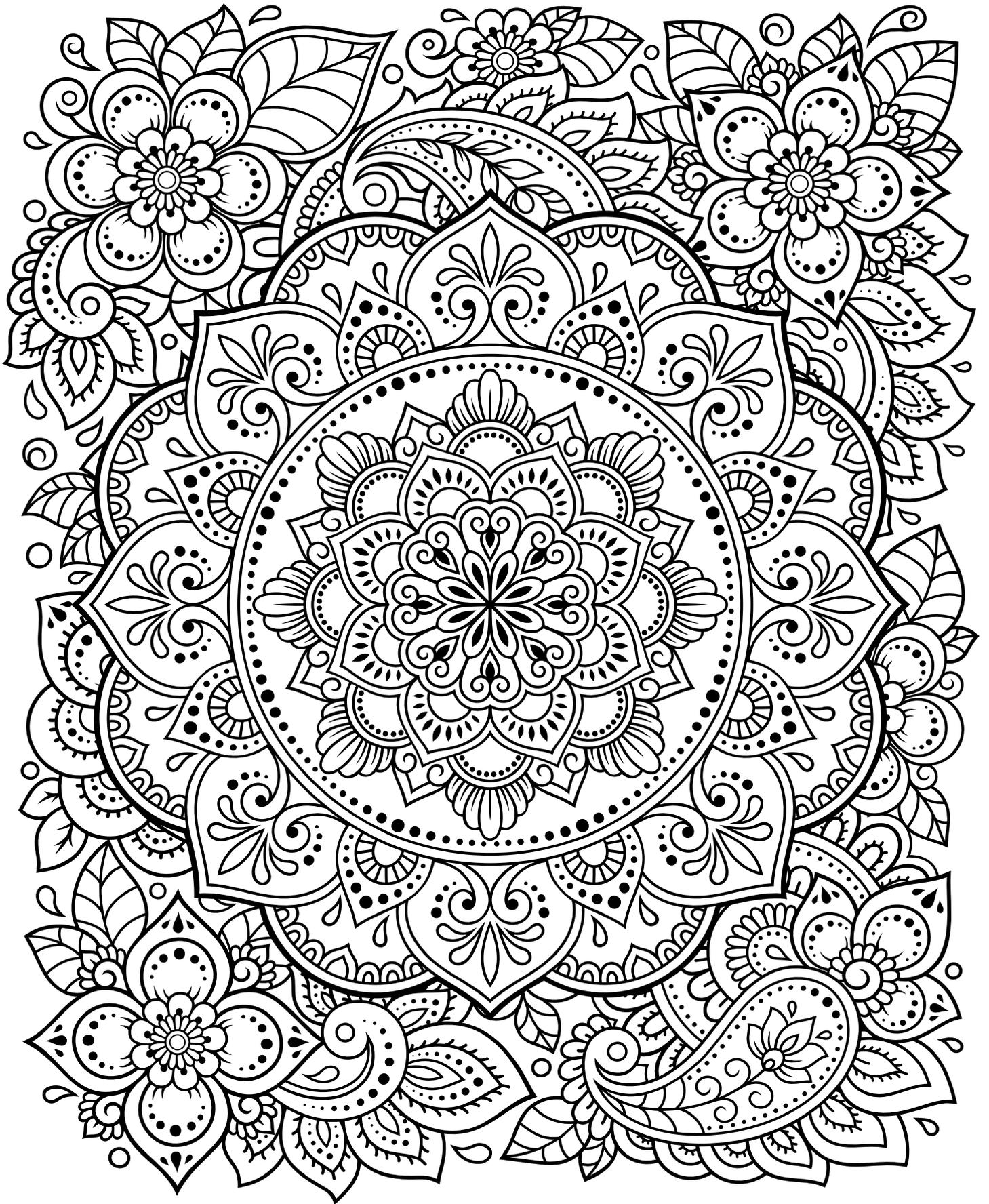


To find out more, or to join one of the groups. **Email:** peersupport@lgbt.ie

Listening Service

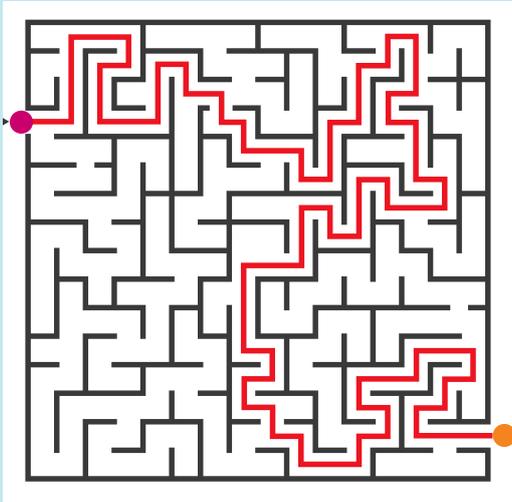
The National LGBT Helpline operates 7 days a week, at evenings and weekends. If you would like to chat to one of our trained volunteers, you can contact us on freephone **1800 929 539** or through www.lgbt.ie





Puzzle answers

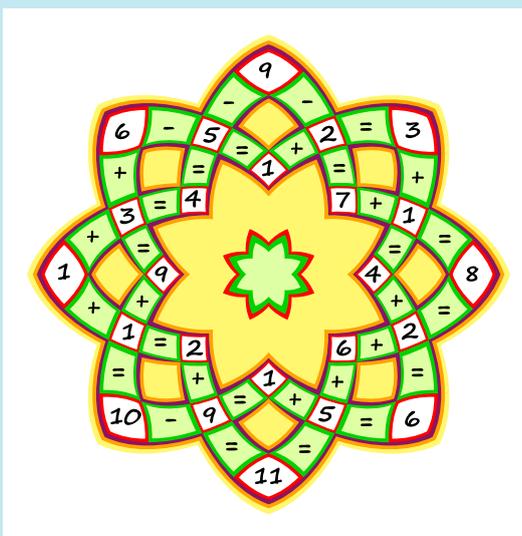
Page 38 Puzzle 1



Page 38 Puzzle 2



Page 38 Puzzle 3



Page 39 Crossword

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

Page 54 Crossword

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

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 annually. 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!



Meet the dlr Age-Friendly Programme & Social Inclusion Unit Team. From Left: Karen Heffernan, Administration Support, Siobhán Nic Gaoithín, Age-Friendly Programme Manager & Social Inclusion Officer, Elaine Ryan, Community Worker.

Support Groups

Age Action	01 475 6989	GROW	0818 474 474
ALONE	0818 222 024	Irish Dementia Working Group	1800 341 341
AWARE	01 661 7211/ 1800 80 48 48	Irish Hospice Foundation	01 679 3188
Blackrock Hospice	01 206 4000	Irish Senior Citizen's Parliament	085 260 4955
Citizen Advice	0818 07 4000	Mental Health Ireland	01 284 1166
Dementia Carers Campaign Network (DCCN)	01 207 3813	Minding Creative Minds	1800 814 244
dlr Local Drugs Task Force	01 706 0125		

National Traveller Mental Health Service	01 872 1094
Neurodiversity Ireland info@neurodiversityireland.com	
Parkinson's Association of Ireland	01 872 2234
Pieta	1800 247 247 Text HELP to 51444
Retirement Planning Council of Ireland	01 478 9471
Safeguarding Ireland Phone	061 461 358
Senior Line	1800 804 591
St John of God Memory Assessment Service	01 277 1400/ 1800 341 341

Local Counselling/ Psychotherapy Service

Balally Family Resource Centre	01 295 2167
Blackrock/Donnybrook Counselling	01 283 8735
Counselling in Primary Care (GP referral required)	01 280 5862
Connect Counselling	1800 477 477
Hillview Resource Centre	01 296 5025
Irish Association for Counselling/ Psychotherapy	01 230 3536

MyMind	0818 278 604
National Counselling Service HSE	1800 234 111
Rosemount Family Resource Centre	01 216 6131
Traveller Counselling Service	086 308 1476
Turn to me (Online Counselling)	turnonme.org

Other Services

Dublin Bus	01 873 4222
Dún Laoghaire Rathdown County Council	01 205 4700 info@dlrcoco.ie
DLRCC Emergency Services (after 5pm & Weekends) Surface Water/Flooding, Dangerous Structures & Places, Transportation	01 677 8844
EBS Emergency/Fault	1800 372 999
Gas Emergency	1800 20 50 50
GoAhead Ireland	0818 804071



Féile le Chéile dlr dlr Festival of Inclusion

Building Friendships in the Community |
Ag Cothú Cairdis sa Phobal

16 - 26 May |
Bealtaine 2024

events.dlrcoco.ie
community@dlrcoco.ie
01 205 4893



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