

Programme of events

### **Festival of Inclusion**

4th-12th October 2019







A week of events promoting and celebrating the activities of community groups and volunteers in Dún Laoghaire-Rathdown.

**Get involved** 



**Community** 5k walk/run **LGBTQ+**Theme Movie

Jea Dance Multi Cultural
Variety
Show

**Ageing Well** Workshop

Mens Shed



For more information phone o1-205 4893 or visit events.dlrcoco.ie



### Introduction

by An Cathaoirleach, Cllr. Shay Brennan

#### Festival of Inclusion 2019: Celebrating Generations

I am delighted to welcome you to the Programme of Events for the dlr Festival of Inclusion 2019.

Dún Laoghaire-Rathdown County Council are proud to once again host this week-long Annual Festival of Inclusion, taking place between the 4th and 12th of October. The festival is a series of events which aims to highlight the excellent work undertaken County-wide by various community groups and organisations. Each year we recognise, celebrate and enjoy the work carried out by the many volunteer and professional groups who continue to create positive outcomes, all the while enhancing the lives of families, friends and neighbours.

This year's Festival theme is "Celebrating Generations". We are extremely fortunate here in Dún Laoghaire-Rathdown to have such a vibrant, diverse and engaged population.

As you may notice, this year's programme contains over 100 events and activities throughout our County, many of which aim to encourage intergenerational participation, with new events such as the dlr Leisure Services "Multi-Generational Fitness Classes", the Music Generation dlr "Family Music Sessions" and the dlr Network for Older People's "Intergenerational Speed Talking Session".

Many more events will be taking place throughout the County along with regular core Festival highlights such as The Diversity Fashion Show taking place in the Nutgrove Shopping Centre on Friday the 4th of October and The Core Credit Union Community 5K in Kilbogget Park on Saturday the 5th of October.

I would like to take the opportunity to thank all the participants, hosts, community groups, volunteers and dlr partners for all their hard work and commitment during the Festival and throughout the year.

Finally I would like to encourage you to attend as many events during the week as possible, and look forward to seeing you there.

Cllr. Shay Brennan



Launch of Festival of Inclusion 2019

# **Diversity**Fashion Show



Fashion show for all ages and sizes.
Fun for everyone

### FRIDAY 4<sup>™</sup> OCTOBER

Nutgrove Shopping Centre

3.00pm - 4.00pm

For more information phone o1 205 4893 or visit events.dlrcoco.ie



Nutgrove SHOPPING CENTRE







#### **International Breakfast Morning** Sandyford Community Centre

Bring a dish and meet other people in the locality and gain information on courses available in the centre. The Society of St Vincent de Paul will also attend to let people in the locality hear about what they do and get a chance to meet some of their local volunteers.

**Location:** Sandyford Community Centre, Lambscross,

Sandyford, Dublin 18

Time: 9.00am Contact: 01 295 9149

#### **Colours of Navratri** UTSAV Community Group

Come and join us to celebrate colours of Navratri with traditional Indian dance, food and music. The festival of Navratri (literally meaning nine nights) is one of the most widely celebrated festivals to honour Goddess Durga who symbolizes power and purity. All are welcome!

Location: Assembly Hall, County Hall, Marine Road,

Dún Laoghaire, Co Dublin

Time: 10.00am – 1.00pm
Contact: utsavdlr@gmail.com

#### **Zumba for the Ages** Enable Ireland

A fun Zumba Dance group for parents, grandparents and all ages.

Tea, coffee and biscuits will be available.

Location: Methodist Church Hall, Northumberland Avenue,

Dún Laoghaire, Co Dublin

Time: 11.00am – 12.00pm

Contact: 01 284 5808 / gmorris@enableireland.ie

#### **Bowls for Fun**

#### Sandyford Men's Shed / Step Enterprise

Intergenerational game of bowls for members of Step Enterprise and the Sandyford Men's Shed. **Invitation only.** 

#### The Pleasure of Art Living Well with Dementia

A friendly Art group for people with dementia to attend with or without a family carer. A trained art facilitator leads projects for the group to enjoy at their own pace. Those with an interest or skill will be facilitated in the company of others. Family carers are welcome as group members. No experience is necessary.

Location: Patrician Community Centre, Patrician Villas, Stillorgan,

Co Dublin

Time: 11.30am – 1.00pm

Contact: 01 706 0100 / mspain@livingwellwithdementia.ie

### Junior Community Tea Afternoon Cois Cairn Youth and Community Facility

The Junior Youth Group are hosting their own Junior Community Cooking event where they will bake the cakes for the afternoon tea.

Location: Cois Cairn Youth and Community Facility,

Old Connaught Road, Bray, Co Wicklow

**Time:** 4.00pm – 6.00pm

Contact: 01 239 0884

#### Family Bingo Loreto Nutgrove Residents

Family Bingo with spot prizes. Suitable for children 6+, all children must be accompanied by a family adult. Refreshments served.

Location: Old School House, Loreto Avenue, Rathfarnham

**Time:** 7.00pm – 9.00pm





### **Granny Skills Kitchen at Airfield**Airfield Estate Farm & Garden

Enjoy a multi-generational cuppa with Airfield's Granny in residence. Gather around her kitchen table as she makes homemade preserves using Airfield's garden produce. Taste creamy Jersey milk before making your very own butter to spread on Granny's homemade brown bread. Share cherished memories of grandparents, like how each autumn you washed spiders from dusty jam jars in preparation for steaming hot jam! Finally, before heading off, learn about Airfield's Jacob sheep, as Granny shares plans for her knitting projects over the winter months. Help us preserve Granny skills and family traditions for future generations. Open to grandparents, parents & children.

**Location:** Airfield Estate Farm & Garden, Overend Way, Dundrum, Dublin 14

Time: 11.00am – 12.30pm, 13.00am – 14.30pm & 15.00pm – 16.30pm

Contact: hello@airfield.ie pre-booking required

#### **Tovertafel "Magic Table" Demonstration**

#### dlr Libraries

The Tovertafel helps people with dementia to be more active and to create moments of happiness. Join us for a free demonstration.

**Location:** Deansgrange Library, Clonkeen Drive, Deansgrange, Co Dublin

Time: 11.00am – 12.00 noon

Contact: 01 285 0860 / deansgrangelib@dlrcoco.ie

#### **Sweet Memories Choir**

#### Living Well with Dementia

Our choirs are very much inclusive of People Living with Dementia and their families/carers to promote better quality of life. Music has long been associated with producing endorphins, but recent research has demonstrated that it is helping People Living with Dementia to recover their memories. Anyone who enjoys singing, particularly those affected by dementia and their family members will love our choir.

Location: St Raphael's Convent, Upper Kilmacud Rd., Stillorgan, Co Dublin

Time: 11.00am - 12.30pm

Contact: 01 706 0100 / mspain@livingwellwithdementia.ie

## CORE CREDIT UNION dir COMMUNITY,

5K

Walk, Roll, Run, Have Fun



€5 KIDS FREE

## SATURDAY 5TH OCTOBER 2019

2.00PM | KILBOGGET PARK

**FUN FAMILY ACTIVITES FROM 1PM** 

### **REGISTER NOW**

www.dlrsportspartnership.ie



















#### **Multi-Generational Fitness Class**

#### dlr Leisure Services

A specially designed fitness circuit class that the family can complete together.

Location: dlr Leisure Monkstown and dlr Leisure Ballyogan

Time: 12pm (duration 40 minutes)

Contact: info@dlrleisure.ie

### **Generation Games – Laughter Yoga and Afternoon Tea** SWAN – NCCWN

We would love you to bring your Granny, Mammy, Children and Grandchildren to join us and have a laugh and lunch at SWAN – NCCWN in Loughlinstown. Celebrate quality time together with your family while having great fun!! Laughter Yoga is a combination of Yoga breathing exercise and laughter exercise that tones muscles, promotes positive thinking, relaxes the whole body and promotes happiness, energy and wellbeing. Suitable for almost everyone. It's great fun. FREE EVENT – PLEASE REGISTER IN ADVANCE

**Location:** SWAN – NCCWN, 57 Ennel Court, Loughlinstown, Co Dublin

Time: 12.00pm – 2.00pm

Contact: coordinatorswan@gmail.com

#### **String Quartet**

#### Music Generation dlr / dlr Libraries

Whether young or old, music in all its genres is an art form we are naturally drawn to. Take time out from your busy week and while away an hour in Blackrock library listening to the sounds from Vivaldi to Disney, relax with the Music Generation dlr string quartet as they explore the sounds of Autumn.

Location: Blackrock library, Main St, Blackrock, Co Dublin

Time: 12.30pm – 1.30pm

Contact: 01-288 8117 / blackrocklib@dlrcoco.ie

#### Bridging the Gap

#### Islamic Cultural Centre of Ireland

This cross – generation workshop/interactive conversation with members of the Muslim community includes the sharing of food and a tour to enhance understanding of cultures. All welcome

Location: Islamic Cultural Centre of Ireland, 19 Roebuck Road,

Clonskeagh, Dublin 14

**Time:** 1.00pm – 4.00pm

### Make A Book Workshop with Eva Kelly - Over 55's dlr Mill Theatre

This workshop includes making a handmade A6 concertina book with Fabriano paper. Based on the theme of city life and starting with drawings from a wide selection of photos of the city environment as a source of inspiration. The idea is to create a sense of place through drawings of locations and people in Dundrum. One of the workshops will be facilitated for people with disabilities.

Location: dlr Mill Theatre, Dundrum Town Centre, Dublin 16

Time: 2.00pm

Contact: 01 296 9340 / aoife@milltheatre.ie

#### **LGBTQ+ Themed movie**

#### dlr Libraries / LGBTQ+ Book Club

Why not spend your Saturday evening enjoying watching an LGBTQ+ themed movie with the Dún Laoghaire LGBTQ+ Book Club? We'll be celebrating the differences and similarities of people in different generations and how we can come together to understand and support one another. Join us in the Studio in the LexIcon. There will be a short Q + A afterwards with the book club members.

**Location:** dlr LexIcon, Haigh Terrace, Moran Park, Dún Laoghaire, Co. Dublin

Time: 6.15pm – 8.30pm

Contact: mtaylor@DLRCOCO.IE





#### **Sensory Hour/Autism Hour**

#### **Dundrum Town Centre**

Dundrum Town Centre will turn off the music and any flashing images and ask that all retailers do the same. There will also be available a quiet room complete with cushions, toys and soft lighting.

Location: Dundrum Town Centre, Dundrum, Dublin 14

**Time:** 10am – 11am

#### **Cuairt agus Cultúr Creative Time**

#### dlr Libraries / dlr Arts Office

Mary from Puca Puppets with her helper Niamh Lawlor invite old, young and 'in between' to join them in some creative and collaborative fun. Together you can learn how to make a simple puppet and maybe even bring them to life. Raising awareness, creating understanding of older people in residential care settings, creating opportunities for a creative inter-generational space for residents, family members and visitors from the community. **Invitation only**.

#### **Multi-Generational Fitness Class**

dlr Leisure Services

A specially designed fitness circuit class that the family can complete together.

**Location:** dlr Leisure Meadowbrook and dlr Leisure Loughlinstown

Time: 12pm (duration 40 minutes)

Contact: info@dlrleisure.ie

#### **Adults V Kids Walking Football**

#### **Dundrum FC Club**

A game of walking football between Dundrum's FC younger players and their parents and grandparents.

Location: Meadowbrook Pitches, Dundrum, Dublin 14

Time: 1.00pm – 2.00pm Contact: www.dundrumfc.ie

#### **Meet your Neighbour**

#### Kilcross Resource Centre

Drop in to your local centre for a cuppa and biscuit or cake and see what's going on in Kilcross Resource Centre.

Location: Kilcross Resource Centre, 1 Kilcross Way, Sandyford, Dublin 18

Time: 2.00pm - 4.00pm Contact: 01 295 3259

### O6 OCT

#### **Inclusion Disco**

#### Music Generation dlr

An inclusion disco is where young and old come along and select a song to be performed. It can be music from another Country, another Decade, or a favourite song. Everyone is encouraged to say why they like the song and the audience are free to dance, sway or sit and relax.

Location: dlr LexIcon, Haigh Terrace, Moran Park, Dún Laoghaire, Co. Dublin

Time: 1.00pm – 5.00pm

Contact: 01 204 7930 / musicgen@dlrcoco.ie

#### Family Music Session for babies, toddlers, parents and grandparents

Music Generation dlr / Churchtown School of Music

Everyone is invited to Dundrum Town Centre to a sing along session with our musicians. Using percussion instruments, movement and song to explore the sounds of Autumn with the youngest members of our community!

**Location:** Dundrum Town Centre **Time:** 2.00pm – 3.00pm

Contact: 01 204 7930 / musicgen@dlrcoco.ie

#### **Harvest Craft & Music Fair**

#### **Loughlinstown Community Rooms**

Bringing together all ages in the community from young children who will be carving pumpkins, getting their faces painted and balloon modelling, to older people and parents with pumpkin related cookery demonstrations. We will have local crafters displaying their wares and showing what is available in the local community. The over 50's will also be involved in crafting displays. There will be music for all ages throughout the day and a chance to sing along with our local Sing for Fun Community Choir Group.

Location: Loughlinstown Community Rooms, Loughlinstown Drive,

Loughlinstown, Co Dublin

Time: 2.00pm - 4.30pm Contact: 01 272 0289

#### **Cycle For All Ages**

#### Cycling Without Age and the Dublin Cycling Campaign

A leisurely 4km Fun cycle for all ages and abilities beginning in Blackrock Park, Dublin, on Sunday, 6th October at 10.00am. We will cycle in convoy from the bandstand in the Park (beside the lake) to Merrion Gates and back, with stewards provided by the Dublin Cycling Campaign. We invite you to come join us, on whatever type of bicycle you have and bring the family.

**Location:** Blackrock Park **Time:** 10.00am

Contact: www.cyclingwithoutage.ie



#### Parent and Toddler Group

#### dlr Libraries

Informal social meeting space for parents, minders and toddlers. Opportunity to meet other like-minded parents/minders. Introduction to library for baby and opportunity for preschool learning, play with new toys, enjoy new sounds and make new friends.

Location: Dundrum Library, Churchtown Road Upper, Dublin 14

Time: 10.30am – 12.00pm

Contact: 01 298 5000 / dundrumlib@dlrcoco.ie

### **All Generations in it together cancer support in the community.**Purple House Cancer Support

Public information talks by both clients and therapists involved at Purple House Cancer Support showing how all ages in the family are supported within the community.

**Location:** dlr LexIcon, Haigh Terrace, Moran Park, Dún Laoghaire, Co. Dublin

Time: 11.00am – 1.00pm

Contact: conor.oleary@purplehouse.ie / 01 286 6966

#### **Open Day**

#### Sandyford Men's Shed

Visit the Sandyford Men's Shed for a tea/ coffee and chat to experience their exciting and interesting activities such as computer training, wood turning, wood carving, wood work, radio programme and general projects.

Location: Step Enterprise, 30 Carmanhall Road, Sandyford Business Park,

Dublin 18

Time: 11.00am – 3.00pm

Contact: sandyfordmensshed@gmail.com

#### "Glimpses of High Society with Travellers" Southside Travellers Action Group

Through the devising and performance of this play we aim to enhance the public understanding of Traveller life, experience and culture, as well as celebrating our community. The performance will tell our stories in our own words.

Location: dlr LexIcon, Haigh Terrace, Moran Park, Dún Laoghaire, Co. Dublin

Time: 11.00am – 1.00pm

Contact: 01 295 7372 / info@southsidetravellers.ie

#### **'Leave No One Behind' Seminar**

#### Southside Partnership, St. John of God's and Spinal Injuries Ireland

Promoting a more inclusive workplace. Highlighting the benefits to employers in employing a person with a disability. Offering advice, support and information (including grants that may be available). Unlock your potential with Southside Partnership Local Employment Service – www.southsidepartnership.ie

Location: Southside Partnership, The Old Post Office, Main Street,

Blackrock, Co Dublin

Time: 11.00am – 12.30/1.00pm.

Contact: 01 284 1977

#### **Real Active People (RAP)**

#### **Rosemount Family Resource Centre**

An Intergenerational workshop with Transition Year Students and Rosemount Social Club an active retirement group with open conversations on topics such as FEAR and LONELINESS for older persons and MENTAL HEALTH issues for the younger students.

Location: Rosemount Family Resource Centre, 2 Waldemar Terrace,

Main Street, Dundrum 14

Time: 12.00pm – 2.00pm

Contact: manager.1rosemount@gmail.com



#### **WEEKLY EVENTS**

Monday 7th – Friday 11th October

#### **Open Days**

#### Dún Laoghaire Men's Shed

Experience wood turning, water colour painting, gardening and other activities at the Men's Shed which will be open during the Festival week and have a cup of tea/coffee with a chat.

Location: The Coach House, rear DEC Church, Glenageary Road Lower,

Glenageary, Co Dublin

Time: Mon Wed Fri 14.00 – 17.00, Tues, Thurs 10.00 – 13.00,

Mon Wed 19.00 - 21.00

Contact: dlmensshed@gmail.com

For further information on Men's Sheds within Dún Laoghaire-Rathdown County

Contact Shed Support Volunteer: ballinteertoday@gmail.com



A Men's Shed is any community-based, non-commercial organization which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men and where the primary objective is to advance the health and well- being of the participating men. Men's sheds may look like a shed in your backyard, yet they innovatively share some characteristics of both community education and health promotion projects

### Free Taster Sessions of courses and activities running in the centre Sandyford Community Centre

Participate in a course or activity for free and see if you would like to join!! **Location:** Sandyford Community Centre, Lambscross, Sandyford, Dublin 18

Time: Monday 7th October – Friday 11th October

Contact: Contact centre for further information o1 295 9149





### **AGEING WELL**

## SAFETY & SECURITY OF OLDER PEOPLE

### **WORKSHOP**

#### **Crime Prevention**

Focusing on the Individual and Home Security - Garda Crime Prevention Officer

How to Age Well with Evidence from TILDA Study

Outcomes of Tilda Study - St Michael's Hospital Advanced Nurse Practitioner Safety and Falls Prevention in the Home - HSE Senior Physiotherapist



### TUESDAY 8TH OCTOBER 10.30am - 1.00pm

Sallynoggin Community and Senior Centre, Park Close, Sallynoggin

#### THURSDAY 10TH OCTOBER 10.30am – 1.00pm

Taney Parish Centre, Dundrum, Dublin 14

#### Contact

Sergeant Georgina Reilly, 01 666 5900 / georgina.s.reilly@garda.ie











### ART / INFORMATION EXHIBITIONS

Monday 7th - Friday 11th October

#### **A Perfect Global City**

Southside Partnership women's programme / Southside EU WEMIN Project

An exhibition of the ideal multicultural cityscape in a 3D model made by women of all ages as part the **Southside Partnership EU WEMIN** arts & crafts project. It is facilitated and curated by artists Laragh Pittman and Clare-Louise Bligh. The art installation will be on a map consisting of many miniature buildings with traditional patterns/colours representing each participant.

Location: County Hall, Marine Road, Dún Laoghaire, Co Dublin

### **"Flowers for Families" Art Exhibition**Southside Partnership women's programme

An art exhibition by International Female Artists of all ages who attend the watercolour classes at Furry Hill Community Centre.

Location: County Hall, Marine Road, Dún Laoghaire, Co Dublin

#### 'I Could Be' Exhibition

#### Down Syndrome Ireland

'I Could Be' campaign is about supporting a brighter future for people with Down Syndrome. The campaign aims to promote the message that while people with Down syndrome need additional supports, they have innate potential, skills, talents and unique perspectives to bring to society and to a chosen profession. The campaign features 18 children with Down syndrome aged between 6 and 16.

Locations: Dundrum Town Centre, Sandyford Road, Dublin 16

County Hall, Marine Road, Dún Laoghaire, Co Dublin

**Contact:** www.downsyndromecentre.ie

### ART / INFORMATION EXHIBITIONS

Monday 7th – Friday 11th October

### A Million Dreams; Look out Dalkey Day Service, St John of God Dublin South East

Following on from their 2017 Book Festival event 'Humans of Dalkey: *More than...*', which showcased ability above disability and challenged people's perceptions about others, these amazing men and women continue to tell their stories. This year using video as well as photographs the group look back at where they came from, show how far they have come and what they have achieved and have some fun dreaming about where they just might go.

Locations: Deansgrange Library, Clonkeen Drive, Co Dublin

Stillorgan Library, St. Laurence's Park, Stillorgan, Co Dublin

Dalkey Library, 41 Castle Street Dalkey, Co Dublin

Contact: 01 285 0860 / Amy.mcpartland@sjog.ie

#### dlr Primary School Drawing Competition Exhibition Dún Laoghaire-Rathdown County Council

Children from primary schools around the County were invited to enter the competition with this year's theme for Festival of Inclusion "Celebrating Generations". Come see all their wonderful artwork on display. Entrants from the East of the County (Dún Laoghaire, Blackrock and Killiney – Shankill) will be displayed in the Dún Laoghaire Shopping Centre and entrants from the west of the County (Dundrum, Stillorgan and Glencullen-Sandyford) will be displayed in the Nutgrove Shopping Centre

Locations: Dún Laoghaire Shopping Centre and Nutgrove Shopping Centre

#### Information Exhibition

Southside Partnership, Southside LES, dlr PPN, Prism, dlr Community Addiction Team, AslAm, Asfan Support Family, Purple House Cancer Support, Living well with Dementia, HSE, Health Ireland Programme, dlr Sports Partnership, dlr Disability Consultation Group, dlr Local Enterprise Office (LEO), dlr Age Friendly, dlr Social Inclusion and many more

Location: Assembly Hall, County Hall, Marine Road, Dún Laoghaire, Co Dublin

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### **Community Coffee Morning. Celebrating Arts, Culture and Community.** SSP Ballybrack Community Project Centre

Ballybrack Community Project Centre invites you to join us in celebrating the best of our community. Members of our art and crafts groups will be displaying their work, and there will be opportunities to meet old friends and make new ones over a cup of tea.

Location: Ballybrack Community Project Centre, 36 Willow Vale,

Ballybrack, County Dublin

Time: 10.00am – 12.00pm

Contact: 01 235 0778

### The Road to Self-employment Southside Partnership

This conversational style morning workshop is designed specifically to outline and address the opportunities and challenges which members of the Travelling Community might face should they decide to become self-employed. Topics covered will include:

Understanding the benefits and challenges of self-employment. Identifying and clarifying your business idea, working with your strengths, identifying possible supports and planning your next steps

This workshop has been specifically tailored for members of the Travelling Community, but places are limited so **BOOKING IS ESSENTIAL.** 

**Location:** Southside Travellers Action Group, Unit 5, St. Kieran's Enterprise Park,

Furze Road, Sandyford, Dublin 18

Time: 10.00am – 1.00pm.

**Contact:** To book your place please contact o1 706 0100 or

email esther.mcgearty@sspship.ie

#### **Music for All**

#### Music Generation dlr / Patrician Community Centre

Intergenerational music workshop with the Patrician Community Centre active retirement group and the local preschool exploring songs and well-known melodies that are loved by young and old.

Location: Patrician Community Centre, Patrician Villas, Stillorgan, Co Dublin

Time: 11.00am – 12.00pm,

Contact: 01 204 7930 / musicgen@dlrcoco.ie

#### **Open Day**

#### Nutgrove Loreto Men's Shed

Drop in to our open morning to see what we are all about and have a cup of tea and friendly chat.

Location: Old School House, Loreto Avenue, Rathfarnham

Time: 11.00am – 12.00pm

#### 'The Real Art People' Art Exhibition

#### **Rosemount Family Resource Centre**

Presenting an intergenerational Art Exhibition of the very talented local artists in the Dundrum area who attend a weekly class who have found that this is an extremely important social engagement for the young and the young at heart to come together to develop their artistic skills.

Location: Rosemount Family Resource Centre, 2 Waldemar Terrace,

Main Street, Dundrum 14

Time: 11.00pm – 1.00pm

Contact: manager.1rosemount@gmail.com

#### **Dance Boogie Workshop**

#### **Ballyogan Family Resource Centre**

The dance workshop is open to all the family. We invite you to find your feet, throw a few shapes and dance! There'll be R n B, Rock n Roll music and more, come join us! Led by Philippa Donnellan

**Location:** The Samuel Beckett Civic Campus, Ballyogan Court,

Carrickmines, Dublin 18

Time: 12pm noon Contact: 01 295 3219





#### **Back to Bridge**

#### Living Well with Dementia

Bridge is a skill which remains with many people even with moderate to advanced dementia. The LWwD Bridge club is open to people with a dementia diagnosis who have enjoyed playing in the past. Researchers have discovered that mentally challenging games such as bridge are well suited to older people because the game offers intellectual and social stimulation on a routine basis.

**Location:** St Thomas Community Centre, Fosters Avenue, Booterstown,

Blackrock, Co. Dublin (beside church).

Time: 2.00pm - 3.30pm

Contact: o1 706 0100 / mspain@livingwellwithdementia.ie

#### **Sweet Memories Choir** Living Well with Dementia

Our choirs are very much inclusive of People Living with Dementia and their families/carers to promote better quality of life. Music has long been associated with producing endorphins, but recent research has demonstrated that it is helping People Living with Dementia to recover their memories. Anyone who enjoys singing, particularly those affected by dementia and their family members will love our choir.

Location: Saint Joseph's, Crinken Lane, Shankill, Co Dublin

Time: 2.00pm - 3.30pm

**Contact:** o1 706 0100 / mspain@livingwellwithdementia.ie

#### Bring your grandchildren to Shed Day

Ballinteer Men's Shed

Ballinteer Men's Shed welcomes men to attend with their grandchildren to showcase what the Men's Sheds is about and the benefits of joining.

Location: Dundrum FC Clubhouse, Meadowbrook, Dublin 14.

Time: 2.00pm - 4.30pm

Contact: ballinteertoday@gmail.com

#### Adapted Physical Activities Living Well with Dementia

A programme of enjoyable physical activities to promote health and autonomy. The programme is tailored to individual needs and abilities. It is delivered by a trained physical therapist from Siel Bleu who specialises in delivering adapted physical activity programmes.

**Location:** St Thomas Community Centre, Fosters Avenue, Booterstown,

Blackrock, Co. Dublin (beside church).

**Time:** 2.00pm – 3.30pm

Contact: 01 706 0100 / mspain@livingwellwithdementia.ie

#### dlr Primary School Drawing Competition Award-Giving Ceremony Dún Laoghaire-Rathdown County Council

The selected participants of the Primary Schools Drawing Competition are to be presented with their award certificate by An Cathaoirleach Cllr. Shay Brennan in an award giving ceremony.

**Location:** Assembly Hall, County Hall, Marine Road, Dún Laoghaire, Co Dublin

Time: 4.00pm

Contact: Community Section 01 205 4893 / community@dlrcoco.ie

### Sensory Hour/Autism Hour Dundrum Town Centre

Dundrum Town Centre will turn off the music and any flashing images and ask that all retailers do the same. There will also be available a quiet room complete with cushions, toys and soft lighting available.

Location: Dundrum Town Centre, Dundrum, Dublin 14

**Time:** 6.00pm – 7.00pm

#### **Acappella Choir**

#### Music Generation dlr / dlr Libraries

The Wavy Quavers invites everyone to join them for an open rehearsal! Led by members of the Award winning Ardu Ensemble, Ireland's first professional Acappella Choir, The Wavy Quavers will demonstrate body percussion, moving to the music and get everyone singing over the course of this one-hour open rehearsal.

Location: Blackrock Library, Main Street, Blackrock, Co Dublin

Time: 6.45pm – 7.45pm

Contact: 01 204 7930 / musicgen@dlrcoco.ie



#### **Lunchtime Public Talks**

Assembly Hall, County Hall, Dún Laoghaire, Co Dublin

Time: 12.30pm - 1.00pm

Monday 7th October Mental Health and Wellbeing GROW Community Mental Health Ireland

Tuesday 8th October Introduction to Traveller Cultural Southside Traveller Action Group

Thursday 10th October Migrant situation in Ireland New Communities Partnership

Social Inclusion, Community and Cultural Development Department Dún Laoghaire-Rathdown County Council, County Hall, Marine Road, Dún Laoghaire, Co. Dublin.

For more information phone o1-205 4893 or visit events.dlrcoco.ie





#### **Multicultural Women's Breakfast**

#### Southside Partnership women's programme EU WEMIN Project

All women welcome, bring a dish and bring a friend. Creating intercultural space for all the women in the county. Celebrating different cultures through foods, art and crafts.

Location: Assembly Hall, County Hall, Marine Road, Dún Laoghaire, Co Dublin

Time: 10.00am – 1.00pm

Contact: 01 442 1004

#### **Pop up Dance Session**

#### Move4parkinsons / St Marys Primary School

Siadbh Lawlor, founder and director of Motion2Motion School of Dance, will provide a pop-up dance session where young and old bust out some moves together.

Location: Sandyford Community Centre, Lambscross, Sandyford, Dublin 18

Time: 10.00am – 10.30am

Contact: 01 295 9149

#### **Babytalk**

#### St Mary's Church, Parish Pastoral Centre

With the assistance of an enthusiastic organising committee of young mothers and volunteers from Sandyford Parish, Babytalk has been an important part of the parish to welcome young/new parents living in Sandyford parish since it started over five years ago. Providing a welcoming and nurturing space for young parents and their little ones.

**Location:** St Mary's Church, Parish Pastoral Centre, Sandyford, Dublin 18

Time: 10.30am – 11.30am

Contact: grainne.prior@dublindiocese.ie





### **Generation Game: Social insecurities and inequalities**Eurofound (European Foundation for the Improvement of Living and Working Conditions)

A two-hour seminar to hear and discuss **Eurofound's** research on the social insecurities among the older population and the difficulties in young people accessing social and health services. The seminar will be highlighting the findings for Ireland.

Location: Eurofound, Wyattville Road, Loughlinstown, Co. Dublin

Time: 11.00am – 1.00pm

Contact: 01 204 3177 / imk@eurofound.europa.eu

#### **Sign Language Workshop for Beginners**

Rehabcare

A six-week workshop in basic, everyday use of sign language.

Location: Dalkey Library, Castle Street, Dalkey, Co Dublin

Time: 12.00pm - 1.00pm Contact: 01 276 5764

#### **Movement to Music**

#### Living Well with Dementia

Movement to Music is a very light-hearted form of exercise with fabulous musicality and imagery, which also improves mobility, mood and balance confidence and is particularly welcoming to people with dementia. The class is facilitated by an instructor from the Dance Theatre of Ireland.

Location: Community Centre, Church of the Holy Family, Bakers Corner,

Kill O' the Grange, Co Dublin

**Time:** 1.45pm – 3.15pm

Contact: 01 706 0100 / mspain@livingwellwithdementia.ie

#### Nannies & Grandkids Bingo

Kilcross Resource Centre

Bingo for all, teach kids their numbers in a fun setting with spot prizes to be won!!!

Location: Kilcross Resource Centre, 1 Kilcross Way, Sandyford, Dublin 18

Time: 2.00pm – 4.00pm Contact: 01 295 3259

### **Benefits of the mature employee.** Southside Partnership DLR

Why staff THRIVE over 55.... and how employers can share in the rewards is a short information workshop for local employers on the benefits of including more mature staff in the workforce. Join us for this lunchtime event that will:-

- Provide a keynote presentation on areas of diversity in the workplace in relation to the mature worker;
- Give a flavour of the skills and experience some of these workers have to offer;
- · Look at ways for employers to pilot programmes for these workers;
- Highlight key supports that employers may need and which Southside Partnership DLR can deliver.

Light lunch and interesting conversation guaranteed. As space is limited this event will be for a select number of local employers, by **invitation only**, however any interested local employers should contact us to check availability or express interest in knowing more about this area of our work.

Location: Southside Partnership, The Old Post Office, 7 Rock Hill, Main Street,

Blackrock, Co Dublin.

Time: 12.30pm – 2.00pm

Contact: 01 284 1977 Ursula.Kearney@sspship.ie or

01706 0100 Yvette.McDermott@sspship.ie

#### **Afternoon Tea**

#### Moreen Blackthorn Estate Management and The Network

Moreen Blackthorn Estate Management in conjunction with The Network warmly invite all to Afternoon Tea at The Clubhouse in Moreen Blackthorn.

Location: The Clubhouse, Moreen Blackthorn, Sandyford, Dublin 18

**Time:** 2.30pm – 3.30pm





#### Wednesday Afternoon Social St Mary's Church, Parish Pastoral Centre

The monthly Wednesday Afternoon Social gives us a chance to gather as a community and share music, song, recitation and sometimes dance. We are blessed that several talented local musicians provide the musical backdrop for the afternoon - Georgie Kavanagh, Phil O Neill, Davey Patterson and Pat Ryan are regular contributors. With a little gentle encouragement, many of those who attend share a favourite song, recitation and sometimes a piece on the tin-whistle. The organising committee from Sandyford Parish provide tasty refreshments and a hearty welcome.

Location: St Mary's Church, Parish Pastoral Centre, Sandyford, Dublin 18

**Time:** 2.30pm – 4.30pm

Contact: grainne.prior@dublindiocese.ie

### **ASD Friendly Sensory Storytime: The Gruffalo** dlr Libraries

Join dlr Writer in Residence, Sadhbh Devlin for a fun, interactive sensory story time based on Julia Donaldson and Axel Scheffler's The Gruffalo. This event is tailored specifically to meet the needs of children with ASD and their families. For ages 5-8 years.

**Location:** dlr LexIcon, Haigh Terrace, Moran Park, Dún Laoghaire, Co. Dublin

**Time:** 3.00pm – 4.00pm

**Contact:** Places limited, please book via dlrlexicon@dlrcoco.ie

### **Equality Diversity and Inclusion Degrees**IADT

Come and join us for an information session and a cup of tea to find out more about a new educational degrees in the area of Equality, Diversity and Inclusion. IADT is offering a B.A. in English and Equality Studies (Level 8) and a Masters Degree in Business in Equality, Diversity and Inclusion (Level 9).

Location: Atrium, IADT Campus, Kill Avenue, Dún Laoghaire, Co. Dublin

**Time:** 5.00pm – 6.00pm

Contact 01 239 4623

### **Quiet Wednesday – Welcoming Autism Friendly Event.** dlr Libraries

A welcoming event for Autistic patrons. We will be turning down lights and reducing noise levels between 5.30-7.30pm in the Junior Library. We will also be showcasing sensory toys and furniture.

Location: Dundrum Library, Churchtown Road Upper, Dublin 14

**Time:** 5.30pm – 7.30pm

Contact: 01 298 5000 / dundrumlib@dlrcoco.ie

#### **Dún Laoghaire – Rathdown Public Participation Network (DLR PPN)**

This year for the Festival of Inclusion 2019 Dún Laoghaire-Rathdown Public Participation Network (DLR PPN) will be working with Dublin South FM to produce a special edition of its *Community Connection* radio show and podcast to document how community groups in the county are celebrating the Festival of Inclusion - 'Celebrating Generations'. Listen to it on dublinsouthfm.ie or mixcloud.com/Community Connection

We will also be putting together a special edition of our monthly ezine showcasing the broad range of work that DLR PPN member groups do around inclusion and celebrating generations. You can read and subscribe to our ezine at dlrppn.ie/get-the-dlr-ppn-ezine

#### dlr Age Friendly Alliance Intergenerational Book Launch dlr Network for Older People and The Institute of Art, Design + Technology (Dún Laoghaire)

Official launch of the dlr Age Friendly Alliance Intergenerational Book Project. This project brought students from IADT and older members of the County together to create a wonderful book containing reflections and reminiscences of older people living throughout the County. The students and contributors have created a significant social document for all to enjoy.

Location: County Hall, Marine Road, Dún Laoghaire.

Time: 5.30pm

Contact: 01 205 4893 / community@dlrcoco.ie



#### dlr Together is better dlr Dundrum Office

An Cathaoirleach Cllr Shay Brennan will host an intergenerational information morning to introduce young people and older people to their local County Council and the role of their local Councillor and An Cathaoirleach's role.

Location: dlr Dundrum Office, Dundrum Office Park, off Main Street,

Dundrum, Dublin 14

Time: 10.00am – 12.00pm

Contact: mwhite@dlrcoco.ie Community section / vodonnell@dlrcoco.ie

Dundrum Office for further information.

#### **Moment is Life**

#### The Fitness League

Chair based exercise to music for body and brain plus short information sessions on the benefits of exercise and information from the Community Garda on personal safety.

Location: Dún Laoghaire Evangelical Church (DEC), Lower Glenageary Road,

Dún Laoghaire

Time: 10.00am – 11.00am

**Contact:** www.thefitnessleague.ie

### **What is a Social Enterprise? Information Event.** Southside Partnership DLR

What is a Social Enterprise? Are you curious and want to know more? Then our Information Event is for you! Social enterprises deliver economic, cultural and social value through entrepreneurship. Join us, enjoy a cuppa, and meet social entrepreneur Austin Campbell, founder of My Streets (www.mystreetsireland. com) who will introduce his organisation and talk about how social enterprises have the potential to empower people of all generations who are on the margins. You will also be able to find out more about the social enterprise training, mentoring and networking supports available to you through Southside Partnership DLR.

Location: Southside Partnership DLR, The Old Post Office, Main Street,

Blackrock, Co Dublin

Time: 10am – 12 noon

**Contact:** This event is open to anyone who would like to make a **difference** 

in our area, but places are limited so **BOOKING IS ESSENTIAL.** 

To book your place please contact o1- 706 o100 or

email helena.oneill@sspship.ie

### **Living History Tour with costumed actors as part of the guided tour** Dalkey Castle & Heritage Centre

Travel back to the 1500s with Living History actors. See the extraordinary work of the Archer as he shows his skills with the Longbow. Hear Tudor recipes at the Cook's table, including hedgehog pie! Join in the fun with the Barber Surgeon and hear about ancient remedies and marvel at the implements for curing all ailments! Fun for all ages.

**Location:** Dalkey Castle & Heritage Centre, Castle Street, Dalkey, Co. Dublin

Time: 10.05am & 11.05am

Contact: info@dalkeycastle.ie Booking Essential, max 20 people per tour

#### **Musical Memories Choir**

#### dlr Libraries

Dementia specific event that gives people the opportunity to reconnect through music.

**Location:** Deansgrange Library, Clonkeen Drive, Deansgrange. Co Dublin

Time: 11.00am – 12.00pm

Contact: 01 285 0860 / deansgrangelib@dlrcoco.ie



### **Singing to the young ones**Samuel Beckett Community Facility

Retired ladies choir singing songs tailored to creche-aged children. The idea is that this is a role-reversal of the stereotypical norm of children singing to elderly people. It will include both ends of the age spectrum and facilitate inclusion of both groups.

Location: Samuel Beckett Community Facility, Carrickmines, Dublin 18

Time: 11.00am – 1.00pm

Contact: 01 292 1643

### **Dance Well for Seniors**Dance Theatre of Ireland

DTI's Award-winning *Well-Dance* for Seniors Classes will be inviting their children and grandchildren to join in the dance with them! Dance is multigenerational, joyous, physical and fun - improves breathing, balance, fluidity, flexibility, strength and quality of life for so many-- all to great music (Stevie Wonder, Bee Gees, Frank Sinatra, Elvis Presley and much more). You're never too old or too young to dance.

**Location:** Bloomfields, Lower Georges Street, Dún Laoghaire, Co Dublin

Time: 11.00am – 12.30pm

Contact: 01 280 3455 / danceire@iol.ie

### **Dundrum Windy Arbour Men's Shed**Rosemount Community Rooms

Open Day to showcase Men's Shed activities. Welcome new members to dlr newest Men's Shed.

Location: Rosemount Community Room, Rosemount, Dundrum, Dublin 16

Time: 1.00pm – 3.00pm

**Contact:** ballinteertoday@gmail.com

### 'Join us and Paint a Picture' Blackrock Community Men's Shed

Come and visit our Men's Shed for a tea/ coffee and chat to experience our exciting and interesting activities such as crafts including woodwork, mosaics and painting.

Location: Urban Junction, Main Street, Blackrock

Time: 1.30pm – 5.00pm

Contact: blackrockcommunitymensshed@gmail.com

#### **Afternoon Tea**

### Shanganagh Rathsallagh Estate Management with Shankill Recycled Teenagers

Meet your neighbours over a cup of tea / coffee and a few biscuits. All welcome.

**Location:** Shanganagh Park House

**Time:** 2.00pm – 4.00pm

#### **Adapted Physical Activities**

#### Living Well with Dementia

A programme of enjoyable physical activities to promote health and autonomy. The programme is tailored to individual needs and abilities. It is delivered by a trained physical therapist from Siel Bleu who specialises in delivering adapted physical activity programmes.

**Location:** Ballybrack Project Centre, Coolevin, Ballybrack, Co. Dublin.

(Near Tesco)

Time: 2.00pm - 3.30pm

Contact: 01 706 0100 / mspain@livingwellwithdementia.ie

#### **Quiet/Sensory Room**

#### dlr Libraries

Autism friendly space. Sensory equipment available. Can also be used as a meditation/quiet area.

**Location:** Deansgrange Library, Clonkeen Drive, Deansgrange. Co Dublin

**Time:** 5.00pm – 7.30pm

Contact: 01 285 0860 / deansgrangelib@dlrcoco.ie



### Meet and Greet New Communities Partnerships

This is an opportunity for residents from the county to meet migrants from new communities to Ireland. This is also an opportunity to break stigmas and stereotypes, to form new friendships across the board. We will have a light, open discussion on the importance of Social Inclusion and Integration.

Location: Assembly Hall, County Hall, Marine Road, Dún Laoghaire, Co Dublin

**Time:** 6.00pm – 8.00pm

Contact: raymond@newcommunities.ie

### "This is Nicholas" film screening and Q and A dlr Libraries

This screening will be followed by a Q&A with director Nicholas Ryan-Purcell.

**Nicholas Ryan-Purcell** was diagnosed with Asperger Syndrome aged thirteen. He was also faced with mental health challenges, brought on by an early childhood trauma which triggered a lengthy depression. Nicholas overcame a series of obstacles to complete his Leaving Certificate and then undertake and graduate from a three-year course in TV Production at Ballyfermot College Dublin.

Now aged 28 Nicholas's mental health challenges are a thing of the past. He has made this documentary to chronicle his experience of living with Asperger Syndrome and depression and to celebrate the invaluable support of his family, his teachers and his neighbours in the village of Emly, Co Tipperary. This is a brave and inspirational piece of work, made with clarity and insight by an insider, to greatly enhance our understanding of Asperger Syndrome.

Location: Blackrock Library, Main Street, Blackrock, Co Dublin

Time: 6.00pm – 8.00pm Contact: slynch@dlrcoco.ie

#### Motherfoclóir LIVE! dlr Libraries

"Motherfoclóir" is a weekly podcast presented by Darach Ó Séaghdha, creator the of hit Twitter account @theirishfor and author of Motherfoclóir: Dispatches from A Not-So Dead Language and Craic Baby: Dispatches From A Rising Language. The podcast "a show about words, Irish, Irish words and words from Ireland" aims to change the way Irish is talked about and thought about, away from "the way it's taught" and into the ways it touches 21st century life in Ireland – our technology, our legal system, our literature, our activism, our lives. In conversation with a special guest, Motherfoclóir will discuss raising children with additional needs through Irish and issues around inclusivity.

Location: dlr LexIcon, Haigh Terrace, Moran Park, Dún Laoghaire, Co. Dublin

Time: 6.30pm – 7.30pm

Contact: slynch@dlrcoco.ie or Sadhbh Devlin sadhbhdevlin@gmail.com

(Writer in Residence)

### **Exploring Sound and Making Music for Special Educational Needs**Music Generation dlr / dlr Libraries

Music is for everyone, a universal language that captures the imagination of all. In this interactive workshop, our musicians invite all family members to explore how technology can allow all members of the community to make music. Demonstrating apps on iPads as well as new technologies available including Skoogs and Soundbeam Orchestras, everyone can make music.

**Location:** Stillorgan Library, St Laurence's Park, Stillorgan, County Dublin

**Time:** 6.30pm – 7.30pm

Contact: 01 288 9655 / stillorganlib@dlrcoco.ie

#### Ballybrack/Killiney Older Person's Entertainment Evening An Garda Síochána

An entertainment evening of music and dance will be held to help create a positive engagement and improvement in the wellbeing of older persons experiencing loneliness and /or isolation in the community. **Invitation only.** 

### **Intergenerational Speed Talking** dlr Network for Older People

dlr Network for Older People in cooperation with CBC Monkstown will hold a "Speed Talking" session where Transition Year Students and members of the older community will create an understanding between the young and not so young by changing partners every five minutes to have an informal chat and some fun along the way. **Invitation only** 



dlr invites you to the Festival of Inclusion

## Tea Dance

### **THURSDAY 10™ OCTOBER**

2.30pm – 4.30pm | Kilternan Parish Centre





Kilternan Parish Centre, Church of Ireland, Enniskerry Road, Kilternan

Contact: 01 205 4893 / community@dlrcoco.ie



#### **Pins and Needles Big Breakfast**

Kilcross Resource Centre

Breakfast served with knitting, sewing and crochet – swap ideas and skills **Location:** Kilcross Resource Centre, 1a Kilcross Way, Sandyford, Co Dublin

Time: 10.30am – 12.00pm

**Contact:** 01 295 3259

### Living Well with Dementia Awareness in the Community and Volunteer recruitment event.

#### Living Well with Dementia

LWwD will be providing information on the services it provides for people with dementia their families and carers in DLR. A Healthcare professional will be available to meet with the public to discuss their concerns and to provide practical help and guidance and to answer any questions they might have. LWwD will be recruiting new volunteers to assist in our programme of activities for people with dementia.

Location: Ballinteer Shopping Centre (Supervalu Ballinteer),

Ballinteer Avenue, Dundrum

**Time:** 9.30am – 1.00pm

Contact: 01 706 0100 / mspain@livingwellwithdementia.ie

#### The Pleasure of Art

#### Living Well with Dementia

A friendly art group for people with dementia to attend with or without a family carer. A trained art facilitator leads projects for the group to enjoy at their own pace. Those with an interest or skill will be facilitated in the company of others. Family carers are welcome as group members. No experience is necessary.

Location: Patrician Community Centre, Patrician Villas, Stillorgan, Co Dublin

Time: 11.30am – 1.00pm

Contact: 01 706 0100 / mspain@livingwellwithdementia.ie

#### **Bowls for fun**

#### Sandyford Men's Shed / Step Enterprise

Intergenerational game of bowls for members of Step Enterprise and the Sandyford Men's Shed.



### Open House Dublin 'Universal & Sustainable Design Workshop' dlr Architects/ Irish Architecture Foundation

Architect and facilitator Blaithin Quinn will work with Transition Year Students on an architectural workshop which includes universal and sustainable design. Universal Design is the design and composition of an environment so that it can be accessed, understood and used to the greatest extent possible by all people regardless of their age, size, ability or disability. **Invitation only.** 

#### **Quiet/Sensory Room**

#### dlr Libraries

Autism friendly space. Sensory equipment available. Also, can be used as a meditation/quiet area.

**Location:** Deansgrange Library, Clonkeen Drive, Deansgrange, Co Dublin

**Time:** 2.00pm – 4.30pm

Contact: 01 285 0860 / deansgrangelib@dlrcoco.ie

#### Life before Social Media

#### Dún Laoghaire Active Retirement Association

Members of the Active Retirement Association will talk to the young people of Crosscare Youth Service about how the older people grew up in an era before mobile phones, iPads and social media. The Society of Vincent de Paul will also attend to contribute to the conversation with an opportunity to meet their volunteers and hear more about social justice throughout the generations.

Location: The Boylan Centre, Sussex Street, Dun Laoghaire

**Time:** 2.30pm – 4.00 pm

**Contact:** dunlaoghaireactiveretire@gmail.com

#### 60s & **7**0s Dance

#### Sandyford Community Centre

Emma Slowe of Emma Slowe Entertainment will bang out the tunes of the 6os and 7os at this Free Event. Come along and join us for a bop and walk down memory

**Location:** Sandyford Community Centre, Lambscross, Sandyford, Dublin 18

**Time:** 7.00pm – 9.00pm

**Contact:** 01 295 9149





#### MUSIC GENERALION

### **MUSIC LAUNCH**

### **FRIDAY 11TH OCTOBER**

Location: Glencullen Community Hall, Ballybetagh, Road, Glencullen, Dublin 18 Time: 7.00pm

Contact: 01-204 7930 / musicgen@dlrcoco.ie



Music Generation dlr has come together with Glencullen Men's Shed and Dublin South FM 93.9 FM to capture the music, stories and memories of the Glencullen Men's Shed. The project will include a recording by Dublin South FM featuring the members of the Men's Shed and a workshop in the local primary school, facilitated by Music Generation dlr musicians to pass on their music and stories to the younger generation. Come and join us in launching this exciting new project, the first of several of its kind.









### **Sweet Memories Choir** Living Well with Dementia

Our choirs are very much inclusive of People Living with Dementia and their families/carers to promote better quality of life. Music has long been associated with producing endorphins, but recent research has demonstrated that it is helping People Living with Dementia to recover their memories. Anyone who enjoys singing, particularly those affected by dementia and their family members will love our choir.

**Location:** St Raphael's Convent, Upper Kilmacud Rd., Stillorgan.

**Time:** 11.00am – 12.30pm

**Contact:** o1 706 0100 / mspain@livingwellwithdementia.ie

### **Tovertafel "Magic Table" Demonstration** dlr Libraries

The Tovertafel helps people with dementia to be more active and to create moments of happiness. Join us for a free demonstration.

**Location:** Deansgrange Library, Clonkeen Drive, Deansgrange, Co Dublin

Time: 11.00am – 12.00 noon

Contact: 01 285 0860 / deansgrangelib@dlrcoco.ie

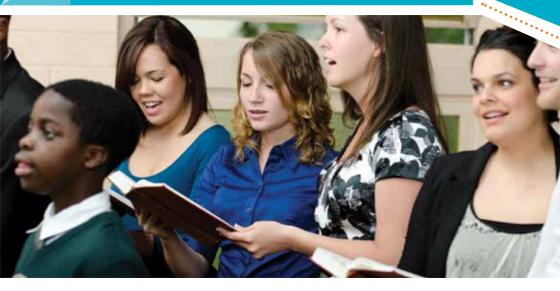
### Make A Book Workshop with Eva Kelly - People with special needs dlr Mill Theatre

This workshop includes making a handmade A6 concertina book with Fabriano paper. Based on the theme of city life and starting with drawings from a wide selection of photos of the city environment as a source of inspiration. The idea is to create a sense of place through drawings of locations and people in Dundrum. One of the workshops will be facilitated for people with disabilities.

**Location:** dlr Mill Theatre, Dundrum Town Centre Dublin 16

Time: 2.00pm

Contact: 01 296 9340 /aoife@milltheatre.ie



#### Singalong – music for all ages

#### Music Generation dlr / dlr Libraries

Drop everything and make your way to Blackrock library to celebrate all things musical! Join the Music Generation dlr Musicians and library staff in a sing along session for all. With percussion instruments and our resident guitar teacher there to guide you through.

Location: Blackrock Library, Main Street, Blackrock, Co Dublin

Time: 11.00am – 12.00 noon

Contact: 01 288 8117 / blackrocklib@dlrcoco.ie

#### **Fun Family Quiz Night** Loreto Nutgrove Residents

Free Family Quiz suitable for all family members. spot prizes to be won.

Location: Old School House, Loreto Avenue, Rathfarnham

**Time:** 5.00pm – 7.00pm



New Communities Partnership

# Multi Cultural Variety show

#### SATURDAY 12TH OCTOBER

2.00pm – 6.00pm

Taney Parish Centre, Taney, Dundrum, Dublin 14 For further information contact:

raymond@newcommunities.ie



Diverse community groups will be showcasing their best talents in this competitive show. There will be different acts from diverse community groups singing, dancing, playing instruments, acting, poetry etc. There will be a judging panel on the day, with lots of prizes to be won.

