

1st May - 31st May

Bealtaine Festival 2019



www.sdcc.ie
SouthDublinCountyCouncil
sdublincoco



Réamhrá an Mhéara



Tá an-áthas orm bróisiúr Fhéile na Bealtaine a chur i láthair agus ba mhaith liom aitheantas agus buíochas a thabhairt do na gníomhaireachtaí agus na heagraíochtaí rannpháirteacha go léir ar fud an Chontae.

Ba mhaith liom gach duine a spreagadh le bheith rannpháirteach sna himeachtaí atá beartaithe agus bheinn buíoch as aon chúnamh a bheadh le fáil ionas go n-éireodh go breá le Féile na Bealtaine.

Mayor's Introduction

"I am delighted to introduce the Bealtaine Festival Brochure and I would like to acknowledge and thank all participating agencies and organisations throughout the County.

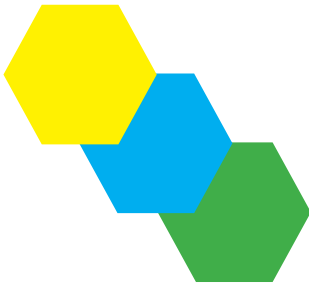
I encourage everyone to get involved in the planned activities and to help make the Bealtaine Festival a success".

Mayor Mark Ward

Chief Executive's Message



We believe that the month of May belongs to the Bealtaine festival, celebrating art and creativity as we age! The Bealtaine Festival gives everyone the opportunity to discover a new talent or find a new way to use an old skill. It is an opening to make new friends and connect with your community. The name Bealtaine comes from the ancient Celtic festival of that name celebrating springtime, freshness and renewal.



South Dublin County Council has organised a number of events during the month to celebrate this festival and has produced this programme to advertise the wide variety of events and activities that are planned for the festival.

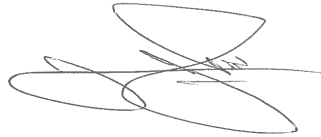
In South Dublin County the number of people age 65

and over is 23,053 and is rising. Our aging population offers both challenges and opportunities to South Dublin County.

In South Dublin County we have developed useful links and working relationships between our partner agencies and service providers. We have established the Age Friendly County Alliance and Tús Nua Older Persons Forum. It raises more awareness of issues affecting older persons and allows us to put the necessary structures in place to address this. South Dublin County is fully committed to being an Age Friendly County.

The Bealtaine Festival improves the quality of life of older people by promoting their greater participation

in various aspects of life. In 2018 we had over 5,000 participants in the festival. I commend all the events being organised to celebrate this special month.



Daniel McLoughlin
Chief Executive

1st May – 31st May

To celebrate Bealtaine 2019 the Social Inclusion Unit invites you to let Bealtaine be part of your life

Use your imagination to submit an entry to show how creative you are.

Include any of the following:
Crafts, Poetry, Painting, Music,
Baking, Sports, Writing and Dance

Closing date for entries:

Thursday 16 May 2019

Lots of prizes to be won. Prizes will be vouchers.

First Prize: €50 | **Second Prize:** €30
Third Prize: €20 | Plus Runner Up Prizes

If further information is required please contact:

Donna O Reilly or Adrienne Moloney, Social Inclusion Unit, Housing, Social and Community Development Department

T: 01 414 9270 or 086 185 0656 / 086 779 3429

E: socialinclusionunit@sdblincoco.ie

Visit our website at www.sdcc.ie
SouthDublinCountyCouncil
sdblincoco

Coffee Mornings

We are hosting a series of coffee mornings in a number of community centres in South County Dublin to mark the start of the festival. This is an opportunity for older persons to visit their local centre and see what activities and events are available to them. See participating centres below:

Wednesday 1 May

11.00 am
Glenasmole Community Centre,
Cunard

Angela McCann / Susan
Kearns
087 216 0952 / 086 746 0561

Friday 3 May

9.30 am
Divine Mercy SNS, Balgaddy,
Lucan

Eibhlin Campbell
086 308 8262

Wednesday 1 May

11.00 am
Áras Rualach, Neilstown
Road

Sinead Mahon
01 623 0574

Tuesday 7 May

10.30 am - 12.30 pm
Clondalkin Leisure Centre,
Clondalkin

Margaret McKay
01 457 4858

Wednesday 1 May

11.00 am - 1.00 pm
Rathcoole Community Centre,
84 Main Street, Rathcoole

Tricia Kellett
087 276 1008

Wednesday 8 May

10.30 - 12.30 pm
The Park Community Centre,
Parklands Road

Denise McGann / Lorraine Kelly
01 462 0042

Coffee Mornings (Continued)

Wednesday 8 May

11.00 am
4 District's Day Care Centre,
Rathcoole

Irina Bereznytska
01 458 0339

Wednesday 8 May

11.00 am
Killinarden Community Centre,
Tallaght

Ann Rooney / Hilda Hamilton
01 452 6617

Thursday 9 May

10.30 am - 12.00 noon
Lucan Crosscare, Youth
Service, Griffeen Glen,
Lucan

Sam Kearney
087 743 1107

Friday 10 May

10.00 am - 12.00 noon
Liscarne Community Café Drop
In Centre, Clondalkin

Martina McStay
01 626 2679

Saturday 11 May

11.00 am - 1.00 pm
Adamstown Youth and
Community Centre, Station
Road, Lucan

Tony Cooney
01 503 1644

Monday 13 May

10.00 am - 12.00 noon
St Ronan's Community Centre,
Clondalkin

Catherine Kelly
01 457 8211

Tuesday 14 May

10.00 am - 1.00 pm
Women's Together Tallaght
Network, Unit 16, Brookfield
Entreprise Centre, Jobstown

Laura Maloney
086 174 4701

Tuesday 14 May

10.30 am - 12.30 pm
The Happy Pear, 22 Tower
Road, Clondalkin

Hannah Healy
01 557 6173

Tuesday 14 May

10.30 am - 12.30 pm
Clondalkin Heritage Centre,
Round Tower, 15 Tower Road,
Clondalkin

Vivienne Glanville
01 457 0687

Tuesday 14 May

6.45 pm
Quarryvale Community &
Leisure Centre, Greenfort
Gardens, Clondalkin

Niamh Farrell
01 623 3417

Wednesday 15 May

10.00 am
Whitechurch Library, Taylor's
Lane, Rathfarnham

Jennifer Donohoe
01 495 2020

Thursday 16 May

11.00 am - 1.00 pm
St Michael's House,
Templeogue

Debbie Doyle/ Angelina Stewart
01 490 0936 Ext: 7

Thursday 16 May

11.00 am - 12.30 pm
St Finian's Community Centre,
Newcastle

Matt Dowling
01 458 9007

Thursday 23 May

10.00 am - 12.00 noon
Crosscare Ronanstown Youth
Service, Neilstown Road,
Clondalkin, Dublin 22

Martina Byrne / Sinead Harris
01 457 0363

Coffee Mornings (Continued)

Friday 24 May

11.00 am
4 District's Day Care Centre,
Rathcoole

Irina Bereznytska
01 458 0339

Tuesday 28 May

10.30 am - 12.30 pm
Whitechurch Community &
Youth Centre, Whitechurch
Heights

Joan Giltrap
01 445 7035

Wednesday 29 May

10.30 am - 1.00 pm
Firhouse Community Centre,
Ballycullen Drive, Firhouse

Rita Carthy
087 953 9526

Wednesday 29 May

11.15 am - 12.30 pm
Ballyroan Community &
Youth Centre, Marian Road,
Rathfarnham

Evelyn Vaughan
086 455 5770

Thursday 30 May

10.00 am
Intercultural Drop-in Centre,
Mountain Park, Tallaght

Emma McGuire
087 383 8432



Ghost Hares

A THEATRICAL CELEBRATION OF THE PEOPLE AND
LANDSCAPE OF SOUTH DUBLIN COUNTY
PERFORMED BY A CHORUS OF CITIZENS

PEOPLE WITH SOMETHING TO SAY.
PEOPLE WITH STORIES TO TELL.

THROUGH SPOKEN WORD AND SONG, *GHOST HARES* TELLS
THE EXTRAORDINARY STORY OF ORDINARY LIVES LIVED IN
THE MAJESTIC SHADOW OF THE TIMELESS
DUBLIN MOUNTAINS.

*"SOMETIMES I STAND
WHERE THE MOTORWAY ROARS
TO TRY AND GLIMPSE
THE GHOST HARES RUN
THROUGH SPIRIT GRASSES TALL
A BLACK TIPPED EAR
A FLASH, A SCUT
TAKES FLIGHT,
SOARS,
SAILS,
FALLS,
FLASH,
THEY'RE GONE"*

1, 2 & 3 MAY
8PM, THE CIVIC THEATRE TICKETS
€12/ €10/ €6 GROUP RATE

WRITTEN & DIRECTED BY VERONICA COBURN
ORIGINAL MUSIC BY DEBRA SALEM
VISUAL DESIGN BY KILIAN WATERS
AN IN CONTEXT 4 - IN OUR TIME

SDCC PUBLIC ART COMMISSION



Bealtaine Festival 2019 Events

Mindful Chair Yoga

Wednesday 1 May
10.00 am - 12.00 noon
Lucan Library, Supervalu
Shopping Centre, Lucan

Join us for a calming and mindful chair yoga session and celebrate May Day. Booking from Monday 15th April. Email: lucan@sdblincoco.ie, phone or call into the library to book.

01 621 6422

Summer Bedding Window Box

Wednesday 1 May
11.00 am - 1.00 pm
Seán Walsh Park, Old Bawn,
Tallaght

Learn how to create a window box using a range of summer plants to suit sun or shade and the correct way to maintain them.

Adrienne Moloney / Donna O'Reilly

**01 414 9270 / 086 779 3429 /
086 185 0656**

Maria Lane Choir

Wednesday 1 May
11.30 am - 1.00 pm
County Library, Chamber
Square, Tallaght

Join us at the County Library, Tallaght as we celebrate Bealtaine with a performance from the Maria Lane Choir. All welcome.

01 462 0073

Well-being and Health Post-menopause

Wednesday 1 May
12.00 noon - 1.00 pm
Ballyroan Library, Orchardstown
Avenue, Rathfarnham

Life coach Catherine O'Keeffe will talk about health and well-being in the post-menopausal years, how to keep your brain active and top tips to optimise well-being in this chapter of one's life.

01 494 1900



Art with Linda

Wednesday 1 May

2.00 pm - 4.00 pm

Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Art classes.

Niamh Valentine
01 459 0770

Hobby Hub

Wednesday 1 May

6.30 pm - 8.00 pm

County Library, Chamber
Square, Tallaght

Bring along your crafts and
enjoy the company of other
crafters in a relaxed, friendly
atmosphere. All welcome.

01 462 0073

*Those who love deeply
never grow old; they
may die of old age, but
they die young.*

Ben Franklin

Introduction to Aromatherapy

Thursday 2 May

11.00 am - 12.30 pm

Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

An introduction to Aromatherapy
- Learn about different oils, their
properties and also suggested
uses for them.

Niamh Valentine
01 459 0770

Origami Meditation & Relaxation Workshop with Yoshiko Watkins.

Thursday 2 May

11.00 am - 12.30 pm

County Library, Chamber
Square, Tallaght

Origami is an art that anyone
can do anywhere. All you
need is paper, a keen eye
and a steady pair of hands.
With a little instruction and
collaborative effort surprisingly
beautiful objects can be made
from simple materials. Booking
essential.

01 462 0073

Bealtaine Festival 2019 Events (continued)

Go for Life Games - Flisk

Thursday 2 May
11.00 am - 1.00 pm
Tallaght Leisure Centre,
Fortunestown Way, Whitestown,
Tallaght

Paula Swayne
086 829 2443

Talk on the history of “An Gorta Mór” - The Famine Years

Thursday 2 May
6.00 pm - 8.00 pm
County Library, Chamber
Square, Tallaght

Come join Michael Blanch, who will give a talk on the impact of An Gorta Mór and its catastrophic effects on Ireland along with the legacy of The Great Hunger, and the shaping of Ireland and the world. All welcome.

01 462 0073

*And the beauty of a woman
with passing years only
grows!*

Audrey Hepburn

Line Dancing Classes

Thursday 2 May
7.00 pm - 9.00 pm
Dominic’s Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Line Dancing Classes - Come along and enjoy an evening of line dancing.

Niamh Valentine
01 459 0770

Tai Chi

Friday 3 May
10.00 am
Firhouse Community Centre, 24
Ballycullen Road, Tallaght

Introduction to Tai Chi. Tai Chi involves movement and meditation. A four week introductory course.

Rita Carthy
087 953 9526



Healthy Mind, Healthy Body

Friday 3 May
10.30 am - 12.30 pm
County Library, Chamber
Square, Tallaght

For those who enjoy gentle exercise, music, holistic engagement and lots of laughter. Through entering a circle of light, powerful creative energies are released. In the hands of an experienced facilitator, you'll enjoy meditation, some pampering and come away with an overall sense of well-being. This session includes tea-leaves, inspirational cards, oils and incense. Booking essential.

01 462 0073

Craft class for adults with Joan

Friday 3 May
12.00 noon - 1.30 pm
Clondalkin Library, Monastery
Road, Clondalkin

Booking essential in person, by email or by phone.

01 459 3315

Tour of Rathfarnham Castle

Saturday 4 May
1.00 pm
Rathfarnham Castle, 153
Rathfarnham Road

Join us for a tour of Rathfarnham Castle. Originally built as an impressive defensive house for Archbishop Adam Loftus in the sixteenth century and extensively remodelled by his descendants in the eighteenth century. Light refreshments provided. Places limited. Booking essential.

Adrienne Moloney / Donna O' Reilly

**01 414 9270 / 086 779 3429 /
086 185 0656**

Dawn/ Dusk Chorus

Sunday 5 May
8.30 pm - 9.30 pm
Watergate Park

The Dominic's Active Men's Social (DAMs) vocal ensemble will present the Bealtaine Dusk Chorus in Watergate Park beside the main pond. The DAMS will perform classic & Bealtaine songs.

Cara Davey
085 213 9870



55+ *Daily Activity*

SOUTH DUBLIN COUNTY

2018

Greyhound on Train: A play by Carnation Theatre Company

Tuesday 7 May
11.00 am - 12.00 noon
County Library, Chamber Square, Tallaght

Carnation Theatre presents Greyhound on Train an interactive play that takes us back in time to the War of Independence. Meet four ordinary women who helped with the struggle to achieve Irish independence. This is one train not to be missed!

Booking essential.

01 462 0073

Introductory course in Tai Chi for the Active Age

Tuesday 7 May
12.00 noon - 1.00 pm
The Park Community Centre, Parklands Road, Ballycragh, Firhouse, Dublin 24

4 week introductory course for the active age in Tai Chi. Booking essential.

Denise McGann / Lorraine Kelly

01 462 0042

Be Mindful through Art

Tuesday 7 May
2.00 pm - 4.00 pm
Firhouse Community Centre, 24 Ballycullen Road, Tallaght

Mark Making to create your own free style Mandala with visual artist Christine Carey

Deirdre Kearns

01 451 4455

Self Care Incl. Tai Chi

Tuesday 7 May
4.00 pm - 5.30 pm
Dominic's Community Centre, 60 and 60A Avonbeg Gardens, Tallaght

Self care sessions incl. Tai Chi.

Niamh Valentine

01 459 0770

Gardening Skills

Tuesday 7 May
7.00 pm - 8.00 pm
Dominic's Community Centre, Gardening skills course - Learn how to plant a variety of different things including herbs, flowers, vegetables etc.

Niamh Valentine

01 459 0770

Bealtaine Festival 2019 Events (continued)



Reg. Psychol., Ps.S.I.

Moodwatchers

Wednesday 8 May
10.00 am - 12.00 noon
County Hall, Tallaght

A two hour seminar delivered by Shane Martin (Moodwatchers), a psychologist dedicated to teaching the very best self-help psychology to empower people by offering pathways and strategies to help to enhance the quality of their lives. Max of 70 people. Booking is essential.

Adrienne Moloney / Donna O' Reilly
01 414 9270 / 086 779 3429 / 086 185 0656

Zumba Gold

Wednesday 8 May
10.00 am - 11.00 am
St Michael's House,
Templeogue

Zumba gold classes for members of St Michael's House where participants will get an opportunity to dance and perform gentle aerobic exercises to music.

Debbie Doyle / Angelina Stewart
01 490 0936 Ext: 7

Spring Floristry Workshop

Wednesday 8 May
10.30 am - 12.00 noon
The Coach House,
Palmerstown

Come along and create a basket arrangement using spring/ summer flowers. Places are limited and must be booked in advance.

Suzanne Keena / Helen Brown
01 625 8957

Planting for the bees

Wednesday 8 May
11.00 am - 1.00 pm
Seán Walsh Park, Old Bawn,
Tallaght

Discover the perfect plants to attract bees for containers or for planting in the garden.

Adrienne Moloney / Donna O' Reilly

**01 414 9270 / 086 779 3429 /
086 185 0656**

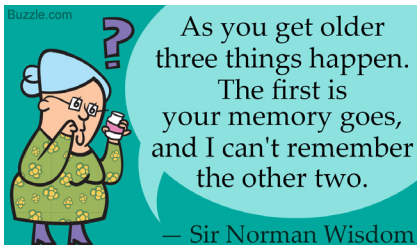
Art with Linda

Wednesday 8 May
2.00 pm - 4.00 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Art classes.

Niamh Valentine

01 459 0770



Hobby Hub

Wednesday 8 May
6.30 pm - 8.00 pm
County Library, Chamber
Square, Tallaght

Bring along your crafts and enjoy the company of other crafters in a relaxed, friendly atmosphere. All welcome.

01 462 0073

Carnation Theatre

Thursday 9 May
10.00 am - 11.00 am
Clondalkin Library, Monastery
Road, Clondalkin

Greyhound On Train - A "War of Independence" story that no one has yet told. In this play we meet four ordinary women from this turbulent time in Irish history who struggled to help achieve Irish independence. Booking essential in person, by email or by phone.

01 459 3315



Bealtaine Festival 2019 Events (continued)

Healthy Mind, Healthy Body

Thursday 9 May
10.00 am - 12.00 noon
Ballyroan Library, Orchardstown
Avenue, Rathfarnham

For those who enjoy gentle exercise, music, holistic engagement and lots of laughter. Through entering a circle of light, powerful creative energies are released. In the hands of an experienced facilitator, you'll enjoy meditation, some pampering and come away with an overall sense of well-being. This session includes tea-leaves, inspirational cards, oils and incense. Booking essential at ballyroanlibrary.eventbrite.ie, phone or call into the library to book.

01 494 1900

Aging seems to be the only available way to live a long life.

Kitty O' Neill Collins

Introduction to Traditional Irish Music & Instruments

Thursday 9 May
11.00 am
Áras Chrónáin, Watery Lane,
Clondalkin

A hands-on introduction to Irish music. This interactive event gives everyone the opportunity to discover and experience traditional Irish music and instruments and meet new friends. Participants will learn about the history, structure and richness of the Irish music and instruments.

Brian Ó Gáibhín
01 457 4847

Go for Life Games - Scidils

Thursday 9 May
11.00 am - 1.00 pm
Tallaght Leisure Centre,
Fortunestown Way, Whitestown,
Tallaght

Paula Swayne
086 829 2443

Grandad Day

Thursday 9 May
11.00 am - 12.00 noon
St Finian's Community Centre,
Newcastle

For older grandads to encourage other non-members to attend RAMS meetings and invite their grandchildren from St Finian's National School to attend. Movie morning for older men and encourage involvement of times "past".

Matt Dowling
01 458 9007

Introduction to Aromatherapy

Thursday 9 May
11.00 am - 12.30 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

An introduction to Aromatherapy - Learn about different oils, their properties and also suggested uses for them.

Niamh Valentine
01 459 0770

Japanese Origami

Thursday 9 May
11.00 am - 12.30 pm
Lucan Library, Supervalu
Shopping Centre, Lucan

Mindful origami workshop.
Booking from Monday 15th April.
01 621 6422

It's Question Time ??

Thursday 9 May
2.00 pm - 4.30 pm
Lucan Library, Supervalu
Shopping Centre, Lucan

Test your general knowledge and meet new people at our table quiz for adults. Be our guest for some tea and cakes. Booking from Monday 15th April.
01 621 6422

Line Dancing Classes

Thursday 9 May
7.00 pm - 9.00 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Line Dancing Classes - Come along and enjoy an evening of Line dancing.

Niamh Valentine
01 459 0770

Health & Wellbeing for 55+ in the Community

Welcome

Anxiety and Depression: how to stay well, **Ms Sinead Hennessy cANP**

Dementia; how to reduce the risk **Ms Joshi Dookhy cANP**

Aging mindfully. Turning Towards Aging **Dr Veronica O Doherty**
Principal Psychology
Manager

Places are limited and booking is essential

Contact:

Frank Price

086 606
3683

email:

fprice@sdu
blincoco.ie

Wednesday 9th May 2019

County Library, Tallaght

Conference Room, Belgard Square, Dublin 24.

10.00 am - 1.00 pm

Registration: 9.45 am sharp

Refreshments provided



Tallaght
University
Hospital

An Academic Partner of Trinity College Dublin

Ospidéal
Ollscoile
Thamhlachta



Tús Nua
Older Person's Council for South Dublin



The Big House and sport in the nineteenth century: Some new perspectives

Thursday 9 May
7.30 pm

The Coach House, Old Lucan Road, Palmerstown

A precursor to the Anglo Irish Male writers series which starts the following week and will run until July. Professor Terence Dooley will deliver this talk on his research on sport in nineteenth century Ireland. All welcome. Email: library@stewartscare.ie.

Siobhan McCrystal
01 651 8129

Tai Chi

Friday 10 May
10.00 am
Firhouse Community Centre, 24 Ballycullen Road, Tallaght

Introduction to Tai Chi. Tai Chi involves movement and meditation. A four week introductory course.

Rita Carthy
087 953 9526

Adult Craft Class with Kim Jenkinson

Friday 10 May
11.00 am - 12.30 pm
County Library, Chamber Square, Tallaght

Want to learn a new craft? Join us at Tallaght Library for this fun, relaxing workshop. Booking on www.talib.eventbrite.ie.

01 462 0073

An Evening of Traditional Music, Song & Dance

Friday 10 May
7.00 pm
Belgard Community Centre, Old Belgard Road, Tallaght

Come along and join the Belgard Trads and Friends. Enjoy yourself with an evening of musical entertainment.

Dermot O' Flanagan
086 835 6239



Bealtaine Festival 2019 Events (continued)

History Walk/ Talk

Saturday 11 May

11.30 am - 1.30 pm

Meet at Morton's Pub Car
Park

Families come along. We are telling tales of milestones, millraces and murders. Trace the old road before Templeogue bridge was built.

Michael O' Toole

01 451 2437

Board Games Club for Adults

Monday 13 May

11.00 am - 1.00 pm

County Library, Chamber
Square, Tallaght

Challenge your friends to a game of Scrabble, Dominoes, Ludo or Snakes and Ladders. Light refreshments served. All welcome.

01 462 0073

Age Action Ireland Computer Classes

Monday 13 May

10.30 am - 12.30 pm

County Library, Chamber
Square, Tallaght

This 5 week course for computer beginners starts on 13th May and runs until 17th June.

Age Action

01 475 6989

Plant Propagation Workshop

Monday 13 May

11.00 am - 12.30 pm

Ballyroan Library, Orchardstown
Avenue, Rathfarnham

Join Aoife Munn for a gardening workshop on how to grow plants using cuttings.

01 494 1900



Mad Knitters Tea Party

Monday 13 May

2.00 pm

Whitechurch Library, Taylor's Lane, Rathfarnham

Mad knitters Tea Party - Come along, have a cup of tea and try our knitting and stitching group - all crafters welcome.

Jennifer Donohoe

01 495 2020

Hand Massage Workshop

Monday 13 May

3.00 pm - 4.30 pm

Dominic's Community Centre, 60 and 60A Avonbeg Gardens, Tallaght

Hand Massage Workshop - Learn how to give and receive a relaxing, therapeutic hand massage.

Niamh Valentine

01 459 0770



Generation STEAM: Intergenerational 3D Printer workshop for parents/ grandparents and children

Monday 13 May

6.30 pm - 8.00 pm

Clondalkin Library, Monastery Road, Clondalkin

Find out how to use our new 3D printer. After the workshop participants should have enough knowledge to use the 3D printer to print off a model that they downloaded from an object sharing website. Booking essential in person, by email or by phone.

01 459 3315

Gardening Skills

Monday 13 May

7.00 pm - 8.00 pm

Dominic's Community Centre, 60 and 60A Avonbeg Gardens, Tallaght

Gardening skills course - Learn how to plant a variety of different things including herbs, flowers, vegetables etc.

Niamh Valentine

01 459 0770



FLAVOURS OF SOUTH DUBLIN

FOOD FESTIVAL HOSTED BY
South Dublin County Council

Rathfarnham Castle

Sunday 23rd June 2019

from **11:00^{AM}** to **06:00^{PM}**

For more information follow us on

 @SouthDublinCountyCouncil

 @FlavoursOffestival

 @sdublincoco



Group Healing & Meditation Workshop

Tuesday 14 May
10.00 am - 12.00 noon
Killinarden Family Resource
Centre, Killinarden Way,
Tallaght

Relax and unwind during this lovely group healing and meditation workshop. Helen and Terry have over 30 years experience and work together to treat you better.

Gillian McWilliams
01 452 7143

Our Song for Life

Tuesday 14 May
10.30 am - 12.30 pm
Clondalkin Round Tower GAA
Club, Convent Road, Clondalkin

Song contest open to the public. MC is the famous Finbar Coady, full sound system, any song, any era. Please send your song choice into Clare Morgan 086 327 4323. Tea/ coffee available. Booking essential.

Clare Morgan
086 327 4323

Bealtaine Quiz

Tuesday 14 May
11.00 am - 12.30 pm
County Library, Chamber
Square, Tallaght

Come along to our Bealtaine Table Quiz and test your brain power and general knowledge skills! Booking advisable. Teams of 4 people.

01 462 0073

Sitting Aerobics

Tuesday 14 May
11.15 am - 12.00 noon
Clondalkin Leisure Centre,
Nangor Road, Clondalkin

Sitting Aerobics Class. Meet and greet the fitness instructor upon arrival to discuss needs and expectations and what the facility has to offer the older person.

Margaret McKay
01 457 4858

*Grow old with me! The best
is yet to be.*

Robert Browning

Bealtaine Festival 2019 Events (continued)

An Introduction to Yoga & Relaxation

Tuesday 14 May

11.30 am

Áras Chrónáin, Watery Lane,
Clondalkin

Informal enjoyable fun introduction to Yoga and relaxation for people at all levels.

Brian Ó Gáibhín

01 457 4847

Introductory course in Tai Chi for the Active Age

Tuesday 14 May

12.00 noon - 1.00 pm

The Park Community Centre,
Parklands Road, Ballycragh,
Firhouse, Dublin 24

4 week introductory course for the active age in Tai Chi. Booking essential.

Denise McGann / Lorraine Kelly

01 462 0042

Natural Skincare for mature skin

Tuesday 14 May

2.00 pm

Whitechurch Library, Taylor's Lane, Rathfarnham

Forget pricey products full of chemicals and pamper your skin with natural products. Paula will show you how to make natural masks and scrubs to indulge mature skin.

Jennifer Donohoe

01 495 2020

Self Care Incl. Tai Chi

Tuesday 14 May

4.00 pm - 5.30 pm

Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Self care sessions incl. Tai Chi.

Niamh Valentine

01 459 0770



Cookery Demonstration

Wednesday 15 May
10.00 am - 11.30 am
The Coach House,
Palmerstown

A guided cookery demonstration by our chef on healthy recipes with the help of our day attendees.

Niall / Angelina
01 620 3590

Zumba Gold

Wednesday 15 May
10.00 am -11.00 am
St Michael's House,
Templeogue

Zumba gold classes for members of St Michael's House where participants will get an opportunity to dance and perform gentle aerobic exercises to music.

Debbie Doyle / Angelina Stewart
01 490 0936 Ext: 7

*Aging gracefully is one thing,
but trying to slow it down is
another.*

Courtney Cox

A fun introduction and lesson in the Irish Language

Wednesday 15 May
11.00 am
Áras Chrónáin, Watery Lane,
Clondalkin

Enjoyable fun introduction to Irish language. Participants will learn about the history, structure and richness of the Irish language, and also learn a few new phrases which they will be encouraged to use in their daily lives.

Brian Ó Gáibhín
01 457 4847

Summer Presentation Bouquet

Wednesday 15 May
11.00 am - 1.00 pm
Seán Walsh Park, Old Bawn,
Tallaght

Learn how to create a colourful bouquet using a range of fresh flowers and garden materials, flower care and handling.

Adrienne Moloney / Donna O'Reilly
**01 414 9270 / 086 779 3429 /
086 185 0656**

Bealtaine Festival 2019 Events (continued)

Prize Bingo

Wednesday 15 May

11.00 am

Killinarden Community Centre,
Killinarden, Tallaght

Free prize bingo. All welcome.
Booking essential.

Ann Rooney / Hilda Hamilton
01 452 6617

Art with Linda

Wednesday 15 May

2.00 pm - 4.00 pm

Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Art classes.

Niamh Valentine
01 459 0770

Intergenerational Story- telling

Wednesday 15 May

11.00 am - 12.00 noon

Ballyroan Library, Orchardstown
Avenue, Rathfarnham

A session where grandparents
and grandchildren tell each
other their favourite stories.

01 494 1900

St Mark's Afternoon Tea Dance

Wednesday 15 May

2.30 pm - 5.30 pm

St Mark's GAA Club, Cookstown
Road, Tallaght

Bealtaine Tea Dance brought
to you by St. Mark's Silver
Surfers Active Retirement Club.
Music and dancing by Finbar
Coady. Free entry. Reservation
necessary by 8th May. St.
Mark's Silver Surfers ARA
Membership is full.

Margaret Corri
087 937 4239





GROW YOUR

Community Garden



OWN

Seán Walsh Park, Tallaght, Dublin 24

**This is a great garden with a small community
of local gardeners. We meet every Wednesday
from 11.00 am to 1.00 pm**

**For more information on this project
please contact Adrienne Moloney,
Social Inclusion Unit,
South Dublin County Council
Tel: 01 414 9270 / 086 779 3429**



Bealtaine Festival 2019 Events (continued)

Hobby Hub

Wednesday 15 May
6.30 pm - 8.00 pm
County Library, Chamber
Square, Tallaght

Bring along your crafts and enjoy the company of other crafters in a relaxed, friendly atmosphere. All welcome.

01 462 0073

Anglo-Irish Male Writers and the Big House series

Wednesday 15 May
7.00 pm
The Coach House, Old Lucan
Road, Palmerstown

Week 1 Roslyn Hickey will lead this discussion group starting with Swift and Goldsmith. The library will supply the reading material. Booking required.

Email: library@stewartscare.ie.

Siobhan McCrystal
01 651 8129

South Dublin County Volunteer Centre Open Morning

Thursday 16 May
10.00 am - 1.30 pm
County Library, Chamber
Square, Tallaght

Please join us for a cuppa to find out more about the benefits of volunteering and how you get involved. DO GOOD and FEEL GOOD too!

Colette Gallagher
086 703 6768

Activator Poles

Thursday 16 May
11.00 am
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Indoor programme using activator poles to improve functional fitness, posture, balance and strengthening of core muscles. Inclusive of all fitness levels.

Niamh Valentine
01 459 0770

Try the Tech

Thursday 16 May
1.00 pm - 8.00 pm
Palmerstown Library Digital
Hub, Unit 11/12 Palmerstown
Shopping Centre, Kennelsfort
Road, Palmerstown

Drop in any time during the day
and try out a laptop, tablet, iPad
or the 3D printer. See what free
library services you can get
online too.

Jennifer Wann
01 467 8909

Activator Poles

Thursday 16 May
1.30 pm
Church of Ireland Parish Centre,
16 Main St, Esker North,
Lucan

Indoor programme using
activator poles to improve
functional fitness, posture,
balance and strengthening of
core muscles. Inclusive of all
fitness levels.

Mary Murphy
087 271 7941



Flower Arranging Workshop

Thursday 16 May
2.00 pm - 4.00 pm
An Cosán, The Shanty
Education Project Ltd, Kiltalown
Village Centre, Jobstown,
Tallaght

Flower arranging workshop.
For people to experience the
joy of making floral displays
and also gain gardening tips.
Refreshments served and a
questions and answers session.

Imelda Hanratty
01 462 8488





Award Winning Leisure Centres

Pay as you go and memberships for all

Swimming Lessons*

Leisure Swims*

Fitness classes

Children's Parties

Children's Camps

Children's Gymnastics

Sports Halls

All Weather Pitches*

Coffee Shop

And Lots More

*Living for Life **

Our popular Living for Life class for over 55's incorporates exercise and games in a fantastic atmosphere followed by tea /coffee for only €3.50.

*Senior Swims **

Share a rewarding feeling of well-being with others in our over 55's senior swims for only €3.



**FOR FURTHER
INFORMATION CONTACT:**



Tallaght Leisure Centre Ph: 01 452 3300 www.tallaghtleisure.com
Lucan Leisure Centre Ph: 01-6241930 www.lucanleisure.com
Clondalkin Leisure Centre Ph: 01-4574858 www.clondalkinleisure.com

*denotes available at Tallaght & Clondalkin Leisure Centre only

Celebrating Stories and Memory with Nuala Hayes

Thursday 16 May
2.00 pm - 4.00 pm
County Library, Chamber Square, Tallaght

What stories from a long life would we pass on to the younger generation? How do our memories become stories? Sharing the wisdom of stories, songs, rhymes and proverbs. Booking essential.

01 462 0073

Intergenerational Bingo

Thursday 16 May
3.30 pm - 4.30 pm
Dominic's Community Centre, 60 and 60A Avonbeg Gardens, Tallaght

Intergenerational Bingo - Come along and join us for an afternoon of Bingo. Grandchildren are more than welcome to join you as well.

Niamh Valentine
01 459 0770



Tai Chi

Friday 17 May
10.00 am
Firhouse Community Centre, 24 Ballycullen Road, Tallaght

Introduction to Tai Chi. Tai Chi involves movement and meditation. A four week introductory course.

Rita Carthy
087 953 9526

Bealtaine Memoir and Poetry Workshop - From Bone to Blossom

Friday 17 May
10.00 am - 12.00 noon
County Library, Chamber Square, Tallaght

This workshop is for those who enjoy putting pen to paper. In the hands of a widely published creative writing facilitator, participants will explore memoir and poetry, two wonderful ways to use personal experience. Through triggers and prompts, from rough draft to finished piece, this workshop fulfils the cravings of your inner writer. Booking essential.

01 462 0073

Bealtaine Festival 2019 Events (continued)

Old Time Waltz & Afternoon Tea

Friday 17 May

1.30 pm

Áras Chrónáin, Watery Lane,
Clondalkin

Enjoyable fun introduction to Old Time Waltz dancing for people at all levels followed by a cup of tea and coffee in Áras Chrónáin.

Brian Ó Gáibhín

01 457 4847

Be Mindful through Art

Friday 17 May

2.00 pm - 4.00 pm

Lucan Library, Supervalu
Shopping Centre, Lucan

Mark Making to create your own free style Mandala with visual artist Christine Carey. Booking from Monday 15th April. Email: lucan@sdblincoco.ie, phone or call into the library to book.

01 621 6422



National Drawing Day

Saturday 18 May

12.30 pm - 3.30 pm

County Library, Chamber
Square, Tallaght

Calling all parents, grandparents and children! Get your pencils at the ready for National drawing day on Saturday the 18th of May. Create your own self portrait/family portrait, invent a superhero, make a doodle cube or pick a word prompt from the drawing hat. Once you have framed your masterpiece, you can exhibit your fabulous work on our artists' gallery. All welcome.

01 462 0073

Be Mindful through Art

Monday 20 May
10.00 am - 12.00 pm
County Library, Chamber
Square, Tallaght

Mark Making to create your own
free style Mandala with visual
artist Christine Carey.

01 462 0073

Chair/ Laughing Yoga

Monday 20 May
2.30 pm - 4.30 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Chair/ Laughing Yoga.

Niamh Valentine
01 459 0770



Gardening Skills

Monday 20 May
7.00 pm - 8.00 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Gardening skills course - Learn
how to plant a variety of different
things including herbs, flowers,
vegetables etc.

Niamh Valentine
01 459 0770

Holistic Therapy Sessions

Tuesday 21 May
9.00 am - 4.00 pm
St Michael's House,
Templeogue

Holistic therapy sessions
for members of St Michael's
House.

**Debbie Doyle / Angelina
Stewart**
01 490 0936 Ext: 7



Bealtaine Festival 2019 Events (continued)

Sitting Aerobics

Tuesday 21 May
11.15 am - 12.00 noon
Clondalkin Leisure Centre,
Nangor Road, Clondalkin

Sitting Aerobics Class. Meet and greet the fitness instructor upon arrival to discuss needs and expectations and what the facility has to offer the older person.

Margaret McKay
01 457 4858

Introductory course in Tai Chi for the Active Age

Tuesday 21 May
12.00 noon - 1.00 pm
The Park Community Centre,
Parklands Road, Ballycragh,
Firhouse, Dublin 24

4 week introductory course for the active age in Tai Chi. Booking essential.

Denise McGann / Lorraine Kelly
01 462 0042

Self Care Incl. Tai Chi

Tuesday 21 May
4.00 pm - 5.30 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Self care sessions incl. Tai Chi.

Niamh Valentine
01 459 0770

Zumba Gold

Wednesday 22 May
10.00 am - 11.00 am
St Michael's House,
Templeogue

Zumba gold classes for members of St Michael's House where participants will get an opportunity to dance and perform gentle aerobic exercises to music.

Debbie Doyle / Angelina Stewart
01 490 0936 Ext: 7



Meditation & Mindfulness

Wednesday 22 May
10.30 am - 11.30 am
Great Hall, Stewarts Care Ltd

A magical inner journey to discover your inner well being through breathwork, Tibetan Bells & music.

Angelina / Joan
01 625 0590



Table Centre Piece

Wednesday 22 May
11.00 am - 1.00 pm
Seán Walsh Park, Old Bawn,
Tallaght

Demonstration on how to create a colourful table floral display for all occasions.

Adrienne Moloney / Donna O' Reilly
01 414 9270 / 086 779 3429 / 086 185 0656

Sit-down Yoga

Wednesday 22 May
12.00 noon - 1.30 pm
Ballyroan Library, Orchardstown
Avenue, Rathfarnham

Join Patricia Crimin for a session of sit-down yoga. Participants are advised to wear comfortable shoes and clothing.

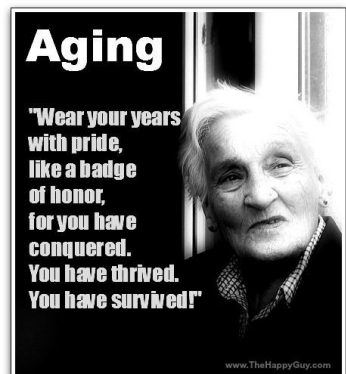
01 494 1900

Art with Linda

Wednesday 22 May
2.00 pm - 4.00 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Art classes.

Niamh Valentine
01 459 0770



Health and Wellbeing Week 2019

Seachtain na Sláinte
agus na Folláine

The Week-long
Event of Activities
for Everyone!



Activator Poles

Wednesday 22 May
3.00 pm
Parish Centre, Willbrook
Road

Indoor programme using activator poles to improve functional fitness, posture, balance and strengthening of core muscles. Inclusive of all fitness levels. Booking essential.

Renee
01 494 4078

The Benefits of Music and Creativity Protecting the Mind

Wednesday 22 May
6.30 pm - 8.00 pm
Ballyroan Library, Orchardstown
Avenue, Rathfarnham

Join Catherine Jordan, research fellow with the Global Brain Health Institute for this illuminating talk on the benefits of music and creativity in older age.

01 494 1900

Hobby Hub

Wednesday 22 May
6.30 pm - 8.00 pm
County Library, Chamber
Square, Tallaght

Bring along your crafts and enjoy the company of other crafters in a relaxed, friendly atmosphere. All welcome.

01 462 0073

Storytelling to celebrate Brendan Nolan - Collective evening for adults

Wednesday 22 May
7.00 pm
Lucan Library, Supervalu
Shopping Centre, Lucan

Celebrate the memory of the late local storyteller Brendan Nolan (R.I.P) with stories from various storytellers and music with piper Martin Nolan.

01 621 6422



Bealtaine Festival 2019 Events (continued)

Be Mindful through Art

Thursday 23 May

10.00 am - 12.00 noon

Áras Rualach, Neilstown Road,
Clondalkin

Mark Making to create your own
free style Mandala with visual
artist Christine Carey.

Vivienne Glanville

01 623 0574

Go for Life Games - Corn Hole

Thursday 23 May

11.00 am - 1.00 pm

Tallaght Leisure Centre,
Fortunestown Way, Whitestown,
Tallaght

Paula Swayne

086 829 2443



An afternoon of enjoyable Irish Céilí and Set Dancing

Thursday 23 May

1.30 pm

Áras Chrónáin, Watery Lane,
Clondalkin

An afternoon of enjoyable Irish
Céilí and Set Dancing followed
by a cup of tea and coffee.

Brian Ó Gáibhín

01 457 4847

Aromatherapy Hand Massage Workshop with Miriam McNally

Thursday 23 May

2.00 pm - 3.30 pm

County Library, Chamber
Square, Tallaght

Learn how to give and receive
a relaxing, therapeutic hand
massage. This workshop begins
with an introduction to the
benefits of massage. For the
massage, participants use their
choice of cream or oil (both are
supplied). Booking essential.

01 462 0073

Eat Well for Less

Thursday 23 May
2.00 pm - 4.00 pm
An Cosán, The Shanty
Education Project Ltd, Kiltalown
Village Centre, Jobstown,
Tallaght

Talk and cookery demonstration with Jolene Cox. Jolene will show how cooking from scratch can be easy and accessible for everyone no matter what your budget is.

Imelda Hanratty
01 462 8488

Cormac Lowth Lecture

Thursday 23 May
7.00 pm - 9.00 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Lecture on maritime Dublin from old photographs.

Niamh Valentine
01 459 0770

Tai Chi

Friday 24 May
10.00 am
Firhouse Community Centre, 24
Ballycullen Road, Tallaght

Introduction to Tai Chi. Tai Chi involves movement and meditation. A four week introductory course.

Rita Carthy
087 953 9526

Inter-generational Board Games Afternoon

Saturday 25 May
12.00 noon - 3.30 pm
County Library, Chamber
Square, Tallaght

Come to the library with your grandchildren and enjoy an afternoon playing board games with them. All welcome.

01 462 0073

*You don't stop laughing
because you grow old. You
grow old because you stop
laughing.*

Michael Pritchard

Bealtaine Festival 2019 Events (continued)

Afternoon Tea Dance

Sunday 26 May
3.00 pm - 6.00 pm
Palmerstown Youth &
Community Centre, Kennelsfort
Green, Woodfarm

Live music and refreshments
served. Admission by ticket only.

Abigail O' Callaghan
01 616 6981

A brief extract from Oklahoma The Musical

Monday 27 May
10.30 am - 12.30 pm
St Finian's Community Centre,
Newcastle

A brief extract from Oklahoma
the Musical performed by
the Ladies' Social Group,
Newcastle, Co Dublin.

Marian Gargan
086 350 4540



Flower Felting Workshop

Monday 27 May
11.00 am - 12.30 pm
Ballyroan Library, Orchardstown
Avenue, Rathfarnham

Join Elena Buttner's workshop
to make felt, and then create
flowers out of that felt.

01 494 1900

Board Games Club for Adults

Monday 27 May
11.00 am - 1.00 pm
County Library, Chamber
Square, Tallaght

Challenge your friends to a
game of Scrabble, Dominoes,
Ludo or Snakes and Ladders.
Light refreshments served. All
welcome.

01 462 0073

*You are never too old to set
another goal or to dream a
new dream.*

C.S. Lewis

Bealtaine Summer Strolling 4 Park Challenge

4 Weeks 4 Parks
During the Month of May
Friday Mornings

Dates:

10th, 17th, 24th & 31st

Venues:

Corkagh Park

Tymon Park

Waterstown Park

Ballymount Park

Contact: info@sdscsp.ie for more info



**South Dublin
County Partnership**
Páirtíocht Chontae
Átha Cliath Theas

Tús Care & Repair

The Care & Repair team consists of voluntary Tús workers who have put themselves forward for this project. They all are committed to improving the lives of senior citizens and people with mobility issues in our community. In order to reassure and give peace of mind to our service users, all of our workers have been Garcia vetted and carry company ID cards.

This is a free service and no monetary offers will be accepted.

We have excellent goodwill between our service users and our workers since the project began and we are always looking for opportunities to be of assistance within our community.

Some jobs might be too big, but never too small ...

For further information please contact:

Tallaght Office: 086 027 0821, rtallaght@sdpartnership.ie
Main Building, Killinarden Enterprise Park Tallaght, Dublin 24

Clondalkin Office: 01 413 0745, crclondalkin@sdpartnership.ie
ACE Enterprise Park Unit 10, Bawnogue Clondalkin, Dublin 22

Office opening hours: Monday to Friday 9am-2pm, after 2pm by appointment only.

Bealtaine Festival 2019 Events (continued)

Creative Writing Workshop

Monday 27 May
2.00 pm
Intercultural Drop-in Centre,
Mountain Park, Tallaght

A fun and interactive workshop
where you'll learn a new
approach to creative writing.

Emma McGuire
087 383 8432

Chair/ Laughing Yoga

Monday 27 May
2.30 pm - 4.30 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Chair/ Laughing Yoga.

Niamh Valentine
01 459 0770



Folk tales with Nuala Hayes

Monday 27 May
6.45 pm
Clondalkin Library, Monastery
Road, Clondalkin

Join actor and story teller Nuala
Hayes for an evening of folk
tales. Booking essential in
person, by email or by phone.

01 459 3315

Gardening Skills

Monday 27 May
7.00 pm - 8.00 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Gardening skills course - Learn
how to plant a variety of different
things including herbs, flowers,
vegetables etc.

Niamh Valentine
01 459 0770

Healthy Mind, Healthy Body

Tuesday 28 May
10.30 am - 12.30 pm
Lucan Library, Supervalu
Shopping Centre, Lucan

For those who enjoy gentle exercise, music, holistic engagement and lots of laughter. Through entering a circle of light, powerful creative energies are released. In the hands of an experienced facilitator, you'll enjoy meditation, some pampering and come away with an overall sense of well-being. This session includes tea-leaves, inspirational cards, oils and incense. Booking from Monday 15th April. Email: lucan@sdblincoco.ie, phone or call into the library to book.

01 621 6422

*To keep the heart
unwrinkled, to be hopeful,
kindly, cheerful, reverent -
that is to triumph over old
age.*

Thomas Bailey Aldrich

Health & Wellbeing Post-Menopause

Tuesday 28 May
12.00 noon - 1.00 pm
County Library, Chamber
Square, Tallaght

Life coach Catherine O'Keeffe will talk about health and well-being in the post-menopausal years, how to keep your brain active and top tips to optimise well-being in this chapter of one's life. All welcome.

01 462 0073

Introductory course in Tai Chi for the Active Age

Tuesday 28 May
12.00 noon - 1.00 pm
The Park Community Centre,
Parklands Road, Ballycragh,
Firhouse, Dublin 24

4 week introductory course for the active age in Tai Chi. Booking essential.

Denise McGann / Lorraine Kelly

01 462 0042

Bealtaine Festival 2019 Events (continued)

Self Care Incl. Tai Chi

Tuesday 28 May
4.00 pm - 5.30 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Self care sessions incl. Tai
Chi.

Niamh Valentine
01 459 0770

Lucan in Love

Tuesday 28 May
6.00 pm
Lucan Library, Supervalu
Shopping Centre, Lucan

Lucan Library is hosting an
exhibition celebrating local
couples and romance. We
would love to hear your story!
Share your story or just come
and celebrate the love all
around us at our vintage tea
party. All welcome.

01 621 6422

Zumba Gold

Wednesday 29 May
10.00 am -11.00 am
St Michael's House,
Templeogue

Zumba gold classes for
members of St Michael's House
where participants will get
an opportunity to dance and
perform gentle aerobic exercises
to music.

**Debbie Doyle / Angelina
Stewart**
01 490 0936 Ext: 7

Arts & Crafts

Wednesday 29 May
10.30 am - 11.30 am
The Coach House,
Palmerstown

Come celebrate this festival by
joining our Art & Craft Workshop
where we will be delving into
some of the traditional rituals
of Celtic times. You will get an
opportunity to create a piece of
Art/ Craft that resonates with
you and your heritage.

Angelina / Sarah
01 625 0590



Zumba Class

Wednesday 29 May
12.00 noon - 1.00 pm
Rathcoole Community Centre,
84 Main Street, Rathcoole

Zumba class for people of all abilities.

Deirdre Harrington
01 458 9892

Art with Linda

Wednesday 29 May
2.00 pm - 4.00 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Art classes.

Niamh Valentine
01 459 0770

Gardening Workshop

Wednesday 29 May
6.30 pm - 8.00 pm
Clondalkin Library, Monastery
Road, Clondalkin

Learn how to create stunning hanging baskets and make them last longer at this hands-on workshop. Booking essential in person, by email or by phone.

01 459 3315

Hobby Hub

Wednesday 29 May
6.30 pm - 8.00 pm
County Library, Chamber
Square, Tallaght

Bring along your crafts and enjoy the company of other crafters in a relaxed, friendly atmosphere. All welcome.

01 462 0073

Anglo-Irish Male Writers and the Big House series

Wednesday 29 May
7.00 pm
The Coach House, Old Lucan
Road, Palmerstown

Week 2 will focus on Oscar Wilde. Reading material will be supplied by the library. Booking required. Email: library@stewartscare.ie.

Siobhan McCrystal
01 651 8129





Social Prescribing

Get well... Connected!

What is Social Prescribing?

A new service that connects people with supports and activities in the community to strengthen their health, wellbeing and quality of life.

Social Prescribing is a formal way of enabling healthcare services to support self-management by referring people to a variety of local, non-clinical projects and activities in the community through a link worker.

Who is this project for?

This project is for people over 18 years of age, living in South Dublin who may need additional support to mind wider health and wellbeing needs previously identified by General Practitioners. This project is mainly beneficial to people who may feel lonely, socially isolated, anxious, depressed or in need of different kinds of social supports.

What are the results?

This is a new service that is being piloted since August 2018. The main achievements so far are the engagement of Healthcare Professionals from two general practices in Tallaght (Glenview Clinic and Parkhouse Family Practitioners in Brookfield) who are currently referring patients to the Social Prescribing Service. From this pilot project we expect: increased acceptability and uptake of the Social Prescribing service; improved patient self-reported wellbeing; reduced pressure in clinical workload; improved connectivity between medical and community sector.

Who are the funders?

Health Services Executive (HSE), Healthy Ireland and the Social inclusion and Social Activation Programme.

How can I find out more about the project?

For more information please contact the Social Prescribing Coordinator: **João Esteves**
Mobile: 0873336208; Email: joao.esteves@sdcpartnership.ie



The programme is overseen by South Dublin Age Friendly Alliance Group with the following objectives:

To improve the Health & Wellbeing of Older people in the County
To increase participation in the social, economic and cultural life of the County
Encourage effective partnership between local statutory, private and voluntary organisations.



Tús Nua (the older persons' council) meets monthly in Tallaght Library for training and information sessions.

Additional Supports for Older People from South Dublin County Council

South Dublin County Council have a range of schemes that are free and accessible to older people in the County. Since 2016 we have delivered a Home Security Scheme providing replacement security locks for external doors and provided smoke alarms. This year we will introduce a Carbon Monoxide Alarm programme.

For further information please contact Cathy Purdy, Interagency Co-ordinator, Housing, Social and Community Department.

Email: cpurdy@sdblincoco.ie

Tel: 01 414 9000 Ext: 3363

Floristry Workshop

Thursday 30 May
11.00 am - 1.00 pm
Dominic's Community Centre,
60 and 60A Avonbeg Gardens,
Tallaght

Floristry Workshop - Come along and create a beautiful centrepiece that you can bring home.

Niamh Valentine
01 459 0770

Closing Ceremony

Thursday 30 May
4.00 pm - 7.00 pm
Red Cow Inn, Clondalkin

Prize giving ceremony for winners of the Bealtaine Competition. This will be followed by a Tea Dance. Invitation only.

Adrienne Moloney / Donna O' Reilly
01 414 9270 / 086 779 3429 / 086 185 0656

Bealtaine Festival 2019 Events (continued)

Story-sharing - Celebrating Stories and Memory

Thursday 30 May
4.30 pm - 6.00 pm
Ballyroan Library, Orchardstown Avenue, Rathfarnham

How do our memories become stories to pass on to the younger generation?

01 494 1900

Electric Picturehouse Movie Club

Thursday 30 May
6.00 pm - 8.00 pm
County Library, Chamber Square, Tallaght

Enjoy a classic movie and some light refreshments. All welcome.

01 462 0073

It is a rare and difficult attainment to grow old gracefully and happily.

Arnold Palmer

Generation STEAM: The 50th Anniversary of the Moon-landing

Thursday 30 May
6.30 pm - 8.00 pm
Ballyroan Library, Orchardstown Avenue, Rathfarnham

A history talk by Cecelia Hartsell, focusing on the 50th anniversary of the first moon landing.

01 494 1900

Music Night

Thursday 30 May
7.00 pm - 9.00 pm
Dominic's Community Centre, 60 and 60A Avonbeg Gardens, Tallaght

A caberet evening of music and song.

Niamh Valentine

01 459 0770



Wild Flower Container

Wednesday 5 June
11.00 am - 1.00 pm
Seán Walsh Park, Old Bawn,
Tallaght

Using a range of containers
learn how to create cheap and
easy floral displays.

**Adrienne Moloney / Donna O’
Reilly**

**01 414 9270 / 086 779 3429 /
086 185 0656**



Contact

South Dublin County Council Enquiries

Housing, Social and Community
Development Department
Email

01 414 9270
comdevof@sdblincoco.ie

Social Inclusion Unit

Adrienne Moloney, Social Inclusion Officer
Donna O'Reilly
Email

086 779 3429
086 185 0656
socialinclusionunit@sdblincoco.ie

Sports and Recreation

Paula Swayne

086 829 2443

Tús Nua

Cathy Purdy

086 820 2595

Sports Partnership

Thos McDermott
Ian Farrell
Email

086 044 1071
086 775 4800
info@sdscsp.ie

South Dublin County Libraries

Development Unit
Email

01 459 7834
libdevoff@sdblincoco.ie

South Dublin County Council Liasion and Access Officer

Selina Bonnie
Email

01 414 9041
sbonnie@sdblincoco.ie

Community Development Team

General

01 414 9156

Senior Community Officer

Paul McAlerney

Ext: 3306

Tallaght South Area Team

Jimmy Morrissey

Ext: 3366

Niamh Carton

Ext: 3387

Luke Collins

Ext: 3344

Andrea Molloy

Ext 4316

Tallaght Central, Rathfarnham, Templeogue and Terenure Area Team

Ger Neill

Ext: 3377

Deirdre Cleary

Ext: 3379

Su Clarke

Ext: 3378

Clondalkin and Lucan Area Team

Bernadette Kaluzny

Ext: 2340

Valerie Brien

Ext: 9246

Claire Morrissey

Ext: 3382

Frank Price

Ext: 3318

Ciaran Farrelly

Ext: 3380

South Dublin County Council Leisure Centres

Tallaght Leisure Centre

01 452 3300

Clondalkin Leisure Centre

01 457 4858

Lucan Leisure Centre

01 624 1930



Comhairle Contae
Átha Cliath Theas
South Dublin County Council

bea(taine)festival
celebrating creativity as we age

1st May - 31st May
2019