



# Directory of Activities & Services

for older people in South Dublin County Council

# Contents

Support & Community

10

Health and Wellbeing

44

Safety & Security

62

Lifelong Learning

68

Citizens Entitlements  
& Services

76

Sport & Physical Activity

94

Cultural, Libraries & Arts

110

Religious & Spiritual  
Organisations

118

## Background and Introduction

04

SDCC Age-Friendly Programme

05

SDCC Age-Friendly Alliance

06

Older People's Council

07

South Dublin County Council

08

SDCC Community Development Department

09

## Support & Community

10

Healthy Age Friendly Homes

11

Local Authority Integration Team

13

Volunteer Centre

14

TUH Volunteer

15

Age-Friendly Organisations and Support Groups

27

SDCC Community Centres & Facilities

39

## Health and Wellbeing

44

Health Centres - South Dublin County Area

46

HSE Nursing Homes Support Office

49

Integrated Care For Older People

51

Alzheimer Society Of Ireland

53

Irish Heart Foundation

54

Irish Carers Association

55

Our Lady's Hospice & Care Services

56

Mental Health & Coping With Life's Changes

58

Helplines

59



## **Safety and Security**

Local Policing Fora (Lpf)	62
Raising Issues	63
Fraud/Scams	64
CASH/FINANCIAL SECURITY	65
GENERAL FIRE SAFETY IN YOUR HOME	66
	67

## **LifeLong Learning**

Dublin & Dún Laoghaire Education Training Board (DDLETB)	68
Adult Education Service - Key Skills	69
Higher Education Links Scheme (Hels)	70
	71

## **Citizens Entitlements and Services**

South Dublin County Council - Housing Grants	76
Citizens Information	77
	80

## **Sports and Physical Activity**

Active South Dublin	94
Slí Na Sláinte	95
Sdcc Flagship Parks	102
	103

## **Cultural, Libraries and Arts**

Library Spaces	110
	111

## **Religious and Spiritual Organisations**

South Dublin	118
	119

## **Useful Telephone Numbers**

	124
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# Background and Introduction

Welcome to the South Dublin County Council Directory of Activities & Services for Older People in South Dublin County.

This directory was first developed when a clear need for further information on activities and services was identified following consultation with older members of our community.

The first SDCC 55+ Daily Activity planner for Older People in the South Dublin County was then developed, published and distributed Countywide.

Following the success of this Daily Activity Planner, the SDCC Older People's Council (OPC) sought to provide regular updated versions (both printed and digital) to ensure that older people and their families throughout SDCC were able to easily access information on key groups and supports available to them.

I would like to take this opportunity to thank the SDCC Older People's Council (OPC) members who work to achieve their ultimate goal "to make SDCC a great place to grow old in".

I hope this directory helps to keep you informed as to the wealth of services and activities available to you throughout the County.

Joe Lumumba

*Age Friendly Programme Manager*





# SDCC Age-Friendly Programme

The national Age Friendly Ireland Programme supports cities, counties, and towns across Ireland to prepare for the ageing of our population by paying increased attention to the environmental, economic, and social factors that influence the health and well-being of older adults.

Age-friendly programmes work to provide walkable streets, housing and transportation options, access to key services and opportunities for older people to participate in community activities. By doing so, these communities are better equipped to become suitable places, and were appropriate lifelong homes, for people of all ages.

The South Dublin Age Friendly programme is part of a national programme which operates in conjunction with relevant stakeholders to improve the quality of life of older people across our administrative area.

Our programme is focussed on the delivery walkable streets, age-friendly public realm, housing and transport options and age-friendly services. We organise age-friendly activities and programmes in collaboration with our:

- Libraries & Arts Office
- We deliver Active programmes for the 55+ with Active South Dublin
- We Co-operate with and support local communities & volunteer groups such as, Active Retirement groups, Men's Sheds, Women's Shed.
- We support the Older People's Council programme and South Dublin Age Friendly Alliance.

Our programme is inclusive and caters for everyone in the 55+ community.

# SDCC Age-Friendly Alliance

In January 2012 the Age Friendly County Alliance was established. This Alliance includes representatives of agencies who are providing services to older people. Through their membership of the Alliance these agencies are committed to working in a creative partnership to improve the quality of life of older people in South Dublin, and making this a great County in which to grow older.

The Age Friendly County Strategy is a collection of information on what is already happening to make the South Dublin Age Friendly, along with plans for the future. The strategy is a living document and is updated by the Alliance on a regular basis to ensure all new projects and initiatives are included.

# Older People's Council

This is a representative group of older people, established by local authorities as part of the development of the Age Friendly County Programme. The group of older people identify priority areas of need, raise issues of importance and inform and influence the decision-making process of the County Age Friendly initiatives. Representatives of OPC participate, alongside representatives of the relevant member agencies, on the Age Friendly Alliance.

In addition to taking on specific commitments related to the implementation of the Age Friendly County strategies, the Older People's Council also provides a citizen of service user perspective in monitoring the implementation of these strategies. The Older People's Councils are, over time, intended to be representative of the diversity of the older population in the city and county, linked to local older people's groups and supportive of the participation of the most marginalised.

Tel: **01 4149000**

Email: **[comdevof@sdblincoco.ie](mailto:comdevof@sdblincoco.ie)**



Directory of Activities & Services for older people in South Dublin County

# South Dublin County Council

South Dublin County Council plays a major role in the physical, economic, social and cultural development of the county. The elected councillors adopt a 5 year County Development Plan which serves as the blue print for the provision of infrastructure such as housing, roads, parks and community facilities. In addition the Council is developing a new Local Economic and Community Plan (LECP). The implementation of the LECP is overseen by the Local Community and Economic Development and Enterprise Strategic Policy Committee.

County Hall, Belgard Square North Tallaght, Dublin 24,

Tel: **01414 9000**

Email: **info@sdblincoco.ie**

For all queries, please call, email or drop into our County Hall which is open every Monday - Friday 10am to 12 pm & 14:00 to 16:00.

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## Clondalkin Civic Centre

Ninth Lock Road, Clondalkin, Dublin22

Monday - Friday 10am to 12pm and 2pm to 4pm. The office closes for lunch from 12:00 to 14:00

Callers outside this area should dial **(+ 353) 01 414900** for both the County Hall and the Clondalkin Office.

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**SDCC Out of Hours Services** (after 5pm & weekends)

Tel: **01 4574907**

# SDCC Community Development Department

South Dublin County Council, through its various departments and services, plays a major role in the development of the county.

The Council, however, recognises that it is not sufficient simply to provide the basic physical infrastructure such as housing, roads and parks for communities. We also support communities as they grow and develop.

The aim of the Department is to help people to help themselves. Among the many services offered by the Council to achieve this are:- Community Grants Scheme, Community Employment Scheme, Special Projects, Estate Management and Community Development. Age-Friendly Programme, Healthy Ireland, Comhairle na nÓg and much more

A comprehensive support and advisory service is provided to voluntary community-based organisation's throughout the County Council's administrative area. This service is assisted by a team of field staff who work closely with the various community groups in the area and constantly monitor and attempt to meet the needs expressed by those groups.

For more information on our Community Grants Scheme and how your Community Group can apply for financial assistance please visit;

Community Grants - SDCC

<https://www.sdcc.ie/en/services/community/funding-and-support/community-grants/>

Or contact a member of the team directly, their contact details can be found here; Community Development - SDCC

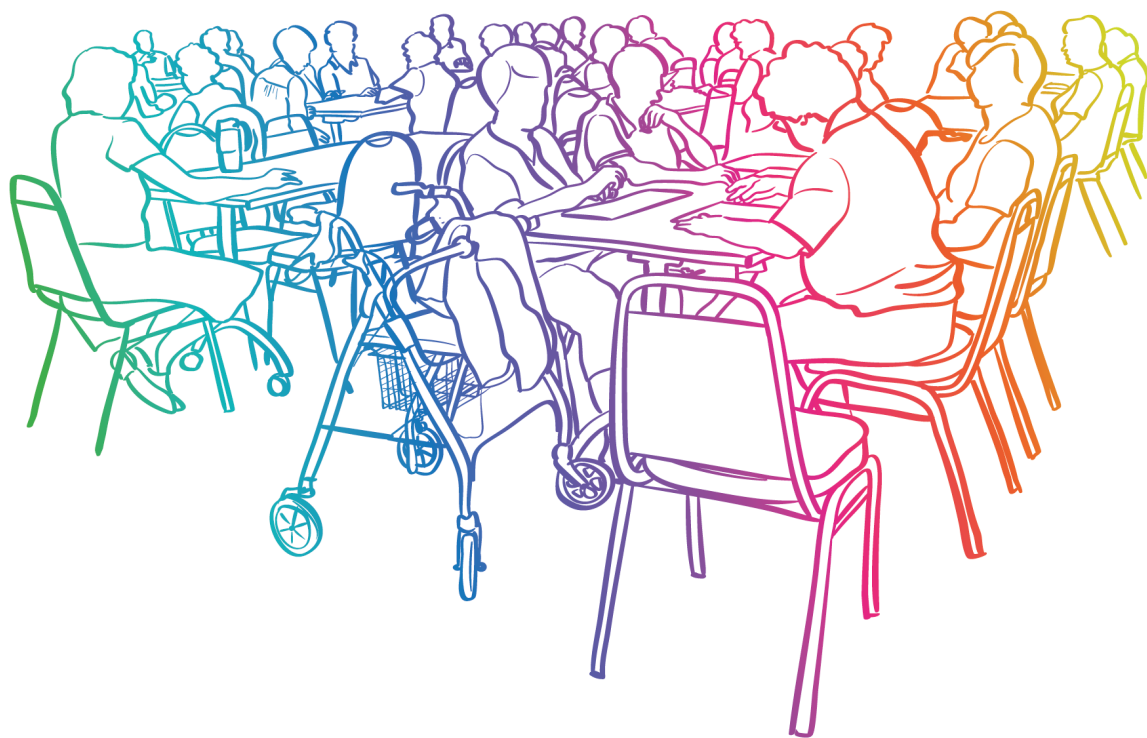
<https://www.sdcc.ie/en/services/community/community-development/>

Alternatively;

Tel: **01 414 9270**

Email: **comdevof@sdblincoco.ie**

# Support & Community



# Healthy Age Friendly Homes

## HEALTHY AGE FRIENDLY HOMES PROGRAMME

The Healthy Age Friendly Homes Programme aims to support older people to live in their own home with dignity and independence, for as long as possible. The programme's ambition is to enable everyone to live longer healthier lives by keeping care close to home and expanding the range of health and social care services in the community. It is about providing a range of alternatives for older people who may otherwise transition into long term residential care prematurely.

To do this, we have appointed a Local Healthy Age Friendly Homes Coordinator in all local authorities. Each Local Coordinator will case manage a support package for each person referred, linking the supports from the variety of public, voluntary, private and community agencies in the area.

The purpose of this referral is to identify an older person who could benefit from some extra help and support in order to continue living in their own home. The Local Coordinator will carry out a home-based assessment and, in partnership with the older person, will identify and design a range of supports to enable the older person to continue living independently. This will not affect any current home help, medical card, pension, or other services being received.

These supports include but are not limited to:

**Housing** – adaptations, rightsizing, minor modifications, home sharing, decluttering, etc.

**Medical/Health** – GP Visits, illness specific supports, transport to hospital appointments, home help, etc.

**Technology** – Digital training, connectivity supports, personal alarms, panic buttons, assistive technology etc.



# Healthy Age Friendly Homes

**Community** – Meals on Wheels, social activities, befriending, community groups, libraries, physical activity, etc.

**Climate/Energy** – Energy retrofits, grant information, BER Assessments, home heating advice, etc.

**Financial** – Bills advice, carers supports, pensions, LPT, etc

More information available at:

Healthy Age Friendly Homes Programme | Age Friendly Ireland  
<https://agefriendlyireland.ie/healthy-age-friendly-homes-programme/>

Or

Contact HAFH directly:

Email Referrals: **[referralshafh@meathcoco.ie](mailto:referralshafh@meathcoco.ie)**

Email Admin: **[healthyagefriendlyhomes@meathcoco.ie](mailto:healthyagefriendlyhomes@meathcoco.ie)**

**Address:**

Meath County Council  
Kells Civic Office  
Headfort Place  
Kells, Co. Meath  
A82 W2R3

Tel: **046-9248899**

# Local Authority Integration Team

## LOCAL AUTHORITY INTEGRATION TEAM

Integration means helping people who have moved to a new country to have a sense of belonging, while also preserving their own identity and culture. This includes access to learning the language, entering employment, education, and training.

The Local Authority Integration Team (LAIT) works with:

- Applicants for International Protection;
- Those with Refugee, Subsidiary Protection, or Permission to remain status;
- Programme Refugees; and
- Beneficiaries of Temporary Protection.

### What We Do

The Local Authority Integration Team (LAIT) will guide service users to the various services in the county that will assist with integration into the community. To do this, we will identify the supports needed, for example access to health services, rights and entitlements, community links, employment and education.

The SDCC Local Authority Integration Team will support people to integrate into the community by providing:

- Signposting to relevant services;
- Providing information and advice; and
- Outreach to accommodation centres.

For more information please check [www.sdcc.ie](http://www.sdcc.ie) or contact the team directly on 01 414 9354

# Volunteer Centre

## SOUTH DUBLIN VOLUNTEER CENTRE

South Dublin County Volunteer Centre is an independent organisation working with volunteers and volunteer involving organisations.

- We provide a range of services for volunteers, where you can:
- Find out about volunteering opportunities without having to make a commitment
- Get information on volunteering opportunities
- Talk to someone on the how, why and where of volunteering
- Get ongoing support and advice if you want it

Link to Website: South Dublin County Volunteer Centre – Find out about volunteering in South Dublin County [volunteersouthdublin.ie](http://volunteersouthdublin.ie)

South Dublin Volunteer Centre, Block 3 County Hall,  
Dublin 24, D24 YNN5  
Tel: 01 4628558 (Tallaght) 01 414 9000 (Clondalkin)  
Email: [info@volunteersouthdublin.ie](mailto:info@volunteersouthdublin.ie)

### What is Volunteering?

Put simply, volunteering is about choosing to give some of your time for free to benefit the community. Volunteers are people from all walks of life, all ages and stages. Whether you're 18 or 80, looking for a new challenge or to share your life experiences, we believe that there is a volunteering opportunity out there for everyone!

Volunteers are involved in virtually every aspect of society – from health, education and social services to arts, culture and media or sports and recreation. There are volunteering roles out there to suit all interests and skills and it is the role of the Volunteer Centre to support anyone interested in volunteering, to find the right role for them.

If you'd like to find out more about volunteering or the Community Volunteers, do get in touch. We are available by phone, email or in person.

# TUH Volunteer

## TALLAGHT UNIVERSITY HOSPITAL

Our Volunteer Services Department has been running since the doors of the hospital opened in 1998. Originally our volunteers showed patients coming to the new hospital where to find their clinic or a ward to find their loved one.

As our hospital has grown so to, has the unique contribution our volunteers make to our patients healthcare journey. Each volunteer at Tallaght University Hospital plays an indispensable role in enhancing the experience our patients, their carers and visitors have during their time with us, whether it is for a brief or extended period of time.

In addition to an array of support services, our volunteer programme particularly through the Volunteer Coffee Shop raise funds which are invested back into programmes within the hospital that benefit of patients. The primary benefactor of monies raised is our extensive arts programme, below are just some of the initiatives supported by our Volunteer programme. If you are interested in becoming involved in our Volunteer Programme please read the information below which includes application details.

### How to Apply?

If you are interested in volunteering at Tallaght University Hospital please contact the Patient Advice & Liaison Service (PALs) team on Ph: (01) 414 4709 and they will be happy to answer any questions you may have. All volunteers need to complete a registration form and return it by email [pals@tuh.ie](mailto:pals@tuh.ie) or by post to Ms. Carol Mullins, Manager, Patient Advice & Liaison Service, Tallaght University Hospital, Tallaght, Dublin 24, D24 NROA. If you apply you must be prepared to attend volunteer training and orientation, depending on the volunteer role this can take up to two days



## TUH Volunteer

To be eligible as a volunteer you must:

- Be enthusiastic and willing to help others
- Aged 18 -100 years old
- Be able to commit to regular volunteer shifts for a minimum of 12 months
- Pass Garda Vetting Process
- Be able to provide two references (not relatives)

Once we receive your application we will organise an interview, reference check, commence Garda Vetting process and arrange any training required either in person or via HSEland website. Following consultation we will then place you in an appropriate volunteer programme and agree your work schedule taking into consideration your work preference, availability and current volunteer vacancies.

Email - [PALS@tuh.ie](mailto:PALS@tuh.ie)

Link to Website - Volunteer Services - TallaghtHospital ([tuh.ie](http://tuh.ie))

# Support & Community

## Active 55's

Greenhills Community Centre, St Joseph's Road, Dublin 12  
Tel: 01 4500165

## Active Age Group

Firhouse Community & Leisure Club, Ballycullen Drive, Firhouse D24  
Tel: 01 4514455  
Email: fclccentre@gmail.com

## Active Age Group

Park Community Centre, Killinenny Road, Firhouse, Dublin 24  
Tel: 01 4620042  
Email: info@theparkcommunitycentre.com

## Active Age Group

Ballyroan Community & Youth Centre, Marian Road, Rathfarnham, D14  
Tel: 01 4955876  
Email: enquiries@bcyc.ie

## Art Classes

Bawnogue Community Centre, Bawnogue, Clondalkin, D22  
Tel: 01 457 6734

## Ballyroan Youth & Community Centre

Marian Road, Rathfarnham, Dublin 14  
Tel: 01-493 8283

## Bawnogue Mens Club A.R.A

Bawnogue Community Centre, Bawnogue, Clondalkin 01457 6734  
Tel: 01457 6734

## Ballroom Dancing

Greenhills Community Centre, St Joseph's Road, Dublin 12  
Tel: 01 4500165

## Boules

Knockmitten Community Centre, Monksfield Lawns,  
Clondalkin, Dublin 22,  
Tel: 01 411 1511  
Email: manager@kycc.ie

## Support & Community

### Bowling Group

Park Community Centre, Killinenny Road, Firhouse, Dublin 24  
Tel: 01 4620042  
Email: [info@theparkcommunitycentre.com](mailto:info@theparkcommunitycentre.com)

### Bokwa

Bawnogue Community Centre, Bawnogue, Clondalkin, D22  
Tel: 01 457 6734

### Bingo

Bawnogue Community Centre, Bawnogue, Clondalkin, D22  
Tel: 087-7581782  
Email: [helenamagee@hotmail.com](mailto:helenamagee@hotmail.com)

### Bingo

Killinarden Heights, Tallaght, Dublin 24, D24 WV6V  
Tel: 01 452617  
Email: [killinardencommunitydev@gmail.com](mailto:killinardencommunitydev@gmail.com)

### Bridge

Ballyroan Community & Youth Centre, Ballyroan, Rathfarnham, D14  
Tel: 01 4955876  
Email: [enquiries@bcyc.ie](mailto:enquiries@bcyc.ie)

### Bridge

Springfield Hotel, Lucan, Co. Dublin  
Wednesdays 7.30 p.m. Mixed grades  
Tel: 086 8813682  
Email: [buidhuill@gmail.com](mailto:buidhuill@gmail.com)

### Bridge

Rathcoole Community Centre, Main Street, Rathcoole Co. Dublin  
Thursdays 7pm Mixed Grades  
Tel: 01 4586134

### Chair Aerobics

Bawnogue Community Centre, Bawnogue, Clondalkin, D22  
Tel: 087-9290825





### Chair Exercise

Greenhills Community Centre, St Joseph's Road, Dublin 12  
Tel: 01 4500165

### Chairde Arts & Crafts, Social Activities , Exercise, Trips

Bawnogue Community Centre, Bawnogue, Clondalkin, D22  
Tel: 087 2269294  
Email: deirdremccarthy@hotmail.com

### Clondalkin A.R.A

Dom Marmion House, The Car Park, Sandyford Road, D16 FD96  
Email: dommarmionorg@gmail.com

### Clondalkin Walk & Talk

Knockmitten Community Centre, Monksfield Lawns, Clondalkin, Dublin 22,  
Tel: 086- 176 2955  
Email: manager@kycc.ie

### Craft & Chat

Bawnogue Community Centre, Bawnogue, Clondalkin, D22  
Tel: 087-7581782  
Email: helenamagee@hotmail.com

### Dominics Active Ladies Club

Dominics Community Centre, Avonbeg Gardens, Tallaght, D24  
Tel: 01 459 0770

### Dominics Active Mens Social Club

Dominics Community Centre, Avonbeg Gardens, Tallaght, D24  
Tel: 01459 0770

### Esker Active Retirement Association

St Andrews Church, Main Street, Lucan, Co Dublin  
Tel: 01 8733836

### Friday Knitting Circle

Knockmitten Community Centre, Monksfield Lawns, Clondalkin, Dublin 22,  
Tel: 01 411 1511  
Email: manager@kycc.ie

## Support & Community

### Fitness League

Ballyroan Youth & Community Centre, Marian Road,  
Rathfarnham, Dublin 14  
Tel: 087-6717096

### Golden Circle Killinarden A.R.A

Killinarden Community Centre, Killinarden Heights, Tallaght, Dublin 24  
Tel: 01 452 6617

### Golden Circle

Killinarden Heights, Tallaght, Dublin 24, D24 WV6V  
Tel: 01 452617  
Email: killinardencommunitydev@gmail.com

### Happy Friday Club

Knockmitten Community Centre, Monksfield Lawns,  
Clondalkin, Dublin 22,  
Tel: 01 411 1511  
Email: manager@kycc.ie

### Indoor Bowling

Ballyroan Community & Youth Centre, Ballyroan, Rathfarnham, D14  
Tel: 087-7581782  
Email: helenamagee@hotmail.com

### Indoor Bowls

Greenhills Community Centre, St Joseph's Road, Dublin 12  
Tel: 01 4500165

### Indoor Bowling

Rowlagh Community Centre, Neilstown Road, Clondalkin, D22  
Tel: 01 6055031

### Jobstown Active Retirement Group

Jobstown Community Centre, Jobstown Road, Tallaght, Dublin 24  
Tel: 01 547 5751  
Email: mjobstowncc@gmail.com



### Knocklyon Women's Group

The Iona Pastoral Centre, Knocklyon, D16  
Email: knocklyonwg@gmail.com

### Killinarden Family Resource Centre

Killinarden Way Tallaght, Dublin 24,  
Tel: 01 452 7143

### Liscarne Community Café

38 Liscarne Court, Clondalkin, Dublin 22,  
Tel: 01 626 2679  
Email: joasis@gmail.com

### Ladies Craft

Glenasmole Community Centre, Castlekelly Glenasmole, Co Dublin  
Tel: 01 2957372  
Email: glenasmolecommunitycentre@gmail.com

### Liscarne A.R.A

38 Liscarne Court, Clondalkin, Dublin 22  
Tel: 01 626 2679

### Line Dancing

Greenhills Community Centre, St Joseph's Road, Dublin 12  
Tel: 01 4500165

### Local Vocals Choir Group

Knockmitten Community Centre, Monksfield Lawns, Clondalkin,  
Dublin 22,  
Tel: 086- 3855794  
Email: manager@kycc.ie

### Mens Active Retirement Group

St Aengus Community Centre, Castletymon Court, Dublin 24  
Tel: 01 452 7247

## Support & Community

### Newcastle Ladies Association

St Finian's Community Centre, Main Street, Newcastle, Co Dublin  
Tel: 01 4589195

### Nysha Yoga

Firhouse Community & Leisure Club, Ballycullen Drive, Firhouse D24  
Tel: 01 4514455  
Email: fclccentre@gmail.com

### Over 60's Club

Women's Collective Lucan, Ballyowen Youth & Community Centre,  
Tel: 083 8607949

### Park Singers

Firhouse Community & Leisure Club, Ballycullen Drive, Firhouse D24  
Tel: 01 4514455  
Email: fclccentre@gmail.com

### Piloxing

Greenhills Community Centre, St Joseph's Road, Dublin 12  
Tel: 01 4500165

### Quarryvale Butterflies

Quarryvale Community Centre, Greensfort Gardens, Clondalkin, D22  
Tel: 01 623 3417

### Radio Club

Ballyroan Community & Youth Centre, Ballyroan, Rathfarnham, D14  
Tel: 01 4955876  
Email: enquiries@bcyc.ie

### Rathcoole Active Retirement Association (RARA)

Rathcoole Community Centre, Main Street, Rathcoole Co. Dublin  
Tel: 01 4586134  
Email: rcc.reception@rathcoolecommunity.ie

### Rathcoole Retired Mens Club

Rathcoole Community Centre, Main Street, Rathcoole Co. Dublin  
Tel: 01 4586134  
Email: rcc.reception@rathcoolecommunity.ie



### Retired Active Mens Social (RAMS)

St Finian's Community Centre, Main Street, Newcastle, Co Dublin  
RAMS Contact: 4589007 / 0868443820  
RAMS in Rhythm  
Tel: 4589611  
Mobile: 0872655683  
Email: paulinemaryod@gmail.com

### Senior Citizen Activities

Tymon Bawn Community Centre, Firhouse Road West, Oldbawn, D24  
Tel: 01 4521028  
Email: tymonbawn@gmail.com

### Senior Citizens pop-in Group

Knockmitten Community Centre, Monksfield Lawns, Clondalkin D22  
Tel: 01 411 1511  
Email: manager@kycc.ie

### Sewing Club

Bawnogue Community Centre, Bawnogue, Clondalkin, D22  
Tel: 085-2045743  
Email: elaineprsns@gmail.com

### St Kevins Family Resource Centre

St Kevins Girls School, Kilnamanagh, Tallaght, Dublin 24  
Tel: 01 462 7149

### St Marks Silver Surfers

St Marks GAA Club, McGee Park, Cookstown Road, Springfield  
Tallaght, Dublin 24  
Tel: 087-7097549

### Tai Chi & Meditation Classes

St Aengus Community Centre, Castletymon Court, Dublin 24  
Tel: 01 452 7247

### Tai Chi

Ballyroan Community & Youth Centre, Ballyroan, Rathfarnham, D14  
Tel: 01 4955876  
Email: enquiries@bcyc.ie

## Support & Community

### Tai Chi/Meditation

Firhouse Community & Leisure Club, Ballycullen Drive, Firhouse D24  
Tel: 01 4514455  
Email: fclccentre@gmail.com

### Tai Chi

Greenhills Community Centre, St Joseph's Road, Dublin 12  
Tel: 01 4500165

### The U Club (Women's Group)

Lucan Crosscare Centre, Griffeen Avenue, Lucan Co. Dublin  
Tel: (01) 621 7640

### Women's Tai Chi

Bawnogue Community Centre, Bawnogue, Clondalkin  
Tel: 01457 6734

### Whist

Ballyroan Community & Youth Centre, Ballyroan, Rathfarnham, D14  
Tel: 01 4955876  
Email: enquiries@bcyc.ie

### Whist

Maldron Hotel, Tallaght, D24  
Tel: 087 6116381

### Yoga

Rowlagh Community Centre, Neilstown Road, Clondalkin, D22  
Tel: 01 6055031

### Yoga/Meditation

Greenhills Community Centre, St Joseph's Road, Dublin 12  
Tel: 01 4500165

### Zumba Gold 55+

Palmerstown Youth & Community Centre,  
Kennelsfort Road Upper, Dublin 20  
Tel: 01 6166981



## ACTIVE RETIREMENT IRELAND

### National office

124 The Capel Building, Mary's Abbey, Dublin 7, D07 PF68

Tel: 01 873 3836

Email: [info@activeirl.ie](mailto:info@activeirl.ie)

Web: [www.activeirl.ie](http://www.activeirl.ie)

Active Retirement Ireland reaches out to all Older People to stop loneliness through friendship and support.

Active Retirement Ireland is a national network of local Active Retirement Associations (ARAs) with a regional structure of nine regions and an elected national board comprising members who are elected annually at the Annual AGM. ARI is a voluntary organisation whose voluntary members plan, organise and deliver activities at local, regional and national levels.

Active Retirement Ireland has a national support office that supports the overall work of the organisation.

### AGE ACTION

30/31 Lower Camden St, Dublin 2, D02 EC96

Tel: 01 475 6989

Email: [info@ageaction.ie](mailto:info@ageaction.ie)

Web: [www.ageaction.ie](http://www.ageaction.ie)

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

Twitter: [www.twitter.com/AgeAction](https://www.twitter.com/AgeAction)

Age Action is Ireland's leading advocacy organisation for older people and ageing. As well as informing and influencing policy we provide practical programmes to support older people to age in place and combat digital exclusion through our Care and Repair, Getting Started and Information Service.



# Support & Community

## ALONE

### National Support and Referral Line

Tel: 0818 222 024

Web: [www.alone.ie](http://www.alone.ie)

ALONE is a national organisation that works with people aged 60 and over. They offer a range of different services, all aiming to help people age positively at home. ALONE provides person centred supports in a wide variety of areas including support around loneliness, isolation, housing, finances, and health.

ALONE services include Visitation Support and Befriending, Telephone Support and Befriending, Coordinated Support, and Assistive Technology. A person does not have to live alone to avail of the organisations services. ALONE will always aim to provide a service whether it is directly or indirectly by supporting to find a suitable service that can help.

If you or anyone you know may benefit from ALONE's service, would like to volunteer with ALONE, or would like further information please the National Support and Referral Line at 0818 222 024. Referrals can also be made online at [www.alone.ie](http://www.alone.ie)

# Age-Friendly Organisations and Support Groups

## AGE & OPPORTUNITY

Marino Institute of Education, Griffith Ave, Dublin 9, D09 K4P6

Tel: 01 805 7709

Email: [info@ageandopportunity.ie](mailto:info@ageandopportunity.ie)

Web: [www.ageandopportunity.ie](http://www.ageandopportunity.ie)

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

We do this by:

1. Championing the creativity and value of older people;
2. Combating stereotypes and negative views of ageing;
3. Developing inclusive and engaging experiences which respond to the interests and needs of the diverse older adult population;
4. Developing, testing and measuring the impact of pioneering programmes and approaches;
5. Making evidence available to policy-makers and service providers;
6. Working with partners and stakeholders to ensure that Ireland's policies, strategies and programmes are directly informed by the needs and experiences of older people.

We work with a multitude of public and private partners such as government departments, local authorities, health services, universities, community groups, arts and culture organisations and local sports groups to provide opportunities for older people to be more active; more visible; more creative; more connected; more confident; more often.

## Support & Community

### CARE AND REPAIR SERVICE, SOUTH DUBLIN COUNTY PARTNERSHIP

Are you aged 65 and over? Our Care and Repair team will help you with a variety of Household Tasks

Tel: 01 44 55 450

- Household Repair Service
- Minor Electrical Repairs
- Moving Furniture
- Basic Plumbing
- Small Carpentry Jobs
- Grass and Hedge Cutting
- We also offer DIY Advice and Solutions

### DIGNITY IRELAND - COMMUNITY TRANSPORT

Unit 9A Nutgrove Enterprise Park, Nutgrove Way,  
Rathfarnham, Dublin 14

Tel: 01 426 6999

Email: [info@dignityireland.ie](mailto:info@dignityireland.ie)

Web: [www.actsltd.ie](http://www.actsltd.ie)

We provide door to door demand responsive accessible transport for people with disabilities and mobility difficulties across South Dublin.

**Your public transport options.** Go to website [www.transportforireland.ie/](http://www.transportforireland.ie/) for:

- Real time public transport passenger information.
- Journey Planner: Door-to-door information for all journeys on foot and by all modes of public transport.

# Age-Friendly Organisations and Support Groups

## SDCC PUBLIC PARTICIPATION NETWORK (SDCC PPN)

South Dublin Public Participation Network (SDCC PPN) is the umbrella network of Community and Voluntary, Social Inclusion, and Environmental groups in South Dublin. Our membership is diverse and includes local active retirement groups, men's sheds, residents' associations, chess and bridge clubs, sporting, environmental, and social inclusion organisations operating in South Dublin County.

We provide our member groups with opportunities for networking, learning, communication, and sharing of information which leads to participating in local decision making and collective action. For example, we provide free training, open to all our members, in areas such as digital skills and technology, governance, committee skills, funding and more. We run regular workshops, linkage groups, and public consultation meetings to ensure that our members' voices are heard. We enable the community to elect representatives to sit on the local government committees which cover these policy areas:

Community, Culture and Wellbeing, Economic Development and Enterprise, Environment and Climate Action, Housing, Planning and Transportation, and Marine Strategic Policy Committees and the Local Community Development Committee.

### Our aims are:

- To facilitate communication between community groups and South Dublin County Council. To give voice to a diverse range of views and interests within the local government system and participate in policy making.
- To strengthen the ability of people, groups, and organisations to contribute in a positive way to the community in which they reside or are active within.
- To act as an information hub for local community and voluntary, environmental, and social inclusion groups and organisations.

**Come join us!** Membership is free to groups in the South Dublin area who fulfil the membership criteria. All ages and abilities are welcome. Further information visit [www.sdccppn.ie](http://www.sdccppn.ie)

## Support & Community

### IRISH COUNTRYWOMEN'S ASSOCIATION (ICA)

Tel: 01 668 0002

Email: [office@ica.ie](mailto:office@ica.ie)

Web: [www.ica.ie](http://www.ica.ie)

The Irish Countrywomen's Association brings together both rural and urban women and their communities in fellowship and through co-operative effort. The ICA is committed to provide a warm welcome for new members, offering support, friendship, personal development, education and life-long learning, having due regard for our Irish Culture and the use of the Irish Language in the affairs of Bantracht na Tuaithe. The ICA, through its advocacy work, networks with many community-based initiatives and facilities located all around Ireland.

#### When you join the ICA you join a local Guild

Our Guilds range in size from a handful to 120 plus members. The beauty of the Guild format is that each Guild is autonomous, taking part in activities which interest their members. Each Guild holds meetings usually on a monthly basis, but some Guilds have additional craft classes and meet weekly. So when women enquire about joining us we always talk to them about their interests and endeavour to match them to a Guild which participates in the activities which interest them.

## Age-Friendly Organisations and Support Groups

### Bohernabreena ICA

Tel: St Anne's GAA Club Tel: 01 451 0372

### Kilnamanagh Guild ICA

St Kevins Family Resource Centre, Treepark Drive,  
Kilnamanagh, Dublin 24

Meetings on second and fourth Tuesday of the month

Phone: 01 462 7149

### Lucan ICA

St Mary's Parish Centre, Lucan Road, Lucan, Co. Dublin,  
Tel: 01 621 7041

### Tymon- ICA

St Aengus Community Centre, Castletymon Court, Dublin 24

Tel: 01 452 7247

## Support & Community

### MEN'S SHEDS IN SOUTH DUBLIN COUNTY COUNCIL

There are currently 10 Men's Sheds operating in the SDCC administrative area, see listed below. Each Shed is unique and offers a variety of activities to its members. Activities include art, woodwork, restoration work, boules, chair exercises, music sessions, outings, gardening, positive mental health activities, socialising, choir, community engagement opportunities and much more!

#### Ballyroan Men's Shed

Ballyroan Community & Youth Centre, Marian Road, Dublin

Tel: 086 4555770

Contact: Sean O'Connor

#### Brookview/Fettercairn Men's Shed

Fettercairn Community Centre, Fettercairn Road, Dublin 24

Tel: 087 2312416/089 6073847

Contact: Mark McGrogan/ Philip McAdam

#### Clondalkin Men's Shed

22 Mayfield Court, Clondalkin, Dublin 22

Tel: 087 6168546/0863423209

Contact: Tommy O'Neill/Fintan Mullaly

#### Clondalkin Travellers Mens Shed

Unit 1, Neilstown Enterprise Centre, Clondalkin, D22

Tel: 083 309 7611

Contact: Shane Lynch



## Age-Friendly Organisations and Support Groups

### Dublin Ten Twenty Men's Shed

Contact: Sean Hegarty/Stephen Lydon

Tel: 087 2940727/087 2297402

### Firhouse Men's Shed

Firhouse Community Centre, Ballycullen Ave, Tallaght, D24

Tel: 087 6196656/086 2538550

Contact: Raymond Jordan/Kieran Coakley

### Greenhill's Mens Shed

Greenhills Community Centre, St Joseph's Road, Dublin 12

Tel: 086 8488056/086 8682667

Contact: Pat Jones/ Gerry Fitzpatrick

### Knocklyon Men's Shed

Knocklyon United Football Club, Ballycullen, D16

Tel: 087 2577607/0862564958

Contact: Eamonn Hogan/Bill Stevens

### KFRC Men's Shed (Kilnamnagh)

Tree Park, Kilnamanagh, Tallaght, Dublin 24

Tel: 086 3671901/085 7248306

Contact: Brendan Ryan/Tony Condren

### Lucan Men's Shed

Contact: Sean Hegarty/Stephen Lydon

Tel: 087 2940727/087 2297402



## Support & Community

### Mojo Men's Shed Tallaght

St Thomas Church, Jobstown, Tallaght, D24

Tel: 087 4567221

Contact: Shane Kivlehan

### Rathcoole Men's Shed

Community Centre, Main Street, Rathcoole, Co Dublin

Tel: 087 2691 619

Contact: Fergus Garrett

### Slade Valley Mens Shed

Lynch Park, Brittas, Co. Dublin

Tel: 086 3834416

Contact: Micheal Loftus

### St Judes Men's Shed

St Judes GAA Club, Wellington Lane, D6W

Email: [nickfinnerty@outlook.com](mailto:nickfinnerty@outlook.com)

Contact: Nick Finnerty

### Templeogue Community Men's Shed

Templeogue United, Wellington Lane, Templeogue, Dublin 6w

Tel: 087 2388 203/086 1922 368

Email: [tcmensshed@gmail.com](mailto:tcmensshed@gmail.com)

Contact: Joe Mac Donagh/Liam Edwards

## Age-Friendly Organisations and Support Groups

### WOMEN'S / LADIES SHEDS IN SOUTH DUBLIN COUNTY COUNCIL

#### Adamstown Sister Shed

Adamstown Youth and Community Centre, Station Road, Adamstown

Email: adamstownss.am@gmail.com

#### Clondalkin Ladies Shed

Bawnogue Community Centre, Bawnogue, Clondalkin, D22

Tel: 086-0618330

Email: murraymary201@gmail.com

#### Kilinarden Sister Shed

Kilinarden Heights, Tallaght, Dublin 24, D24 WV6V

Tel: 01 452617

Email: killinardencommunitydev@gmail.com

#### Rathfarnam Womens Shed

Old Court house, Willowbrook, Rathfarnam, D16

Contact: sheilamcginley26@gmail.com

#### Templeogue Women's Sheds

Contact: templeoguews@gmail.com

## Support & Community

### LGBT IRELAND

80 Dame Street, Dublin 2

Tel: 01 685 9280

Email: [info@lgbt.ie](mailto:info@lgbt.ie)

*For Inclusion, For Equality, For Everyone*

Due to Discrimination and stigma that older LGBTI+ people have experienced in their lifetime, many experience considerable social isolation and loneliness as they age. Our Telefriending Service offers a once a week telephone call by a friendly volunteer who is trained and Garda vetted.

Telefriending provides friendship, security and support to alleviate loneliness, isolation and improve overall mental health and well-being. It is also a great opportunity for members to talk regularly with other people who also identify as members of the LGBTI+ community.

Sign up and learn more at: Web: [www.lgbt.ie/telefriending](http://www.lgbt.ie/telefriending)

Tel: 01 437 1209

Email: [telefriending@lgbt.ie](mailto:telefriending@lgbt.ie)

National LGBT Helpline Tel: 1800 929 539

Available 7 days a week Mon - Thurs - 6:30pm - 10pm.

Fridays 4pm - 10pm. Sat-Sun 4pm - 6pm

### SENIORLINE

National Confidential Listening Service for Older People

Free Phone: 1800 80 45 91

Email: [info@thirdageireland.ie](mailto:info@thirdageireland.ie)

Web: [www.thirdageireland.ie](http://www.thirdageireland.ie)

Seniorline is a FREEPHONE service and our older callers can call free between 10am and 10pm every day of the year, including Christmas Day, Stephen's Day and New Years Day. Callers call to chat and seek information on entitlements, other organisations or services, or look for clarification on topical items as reported in media.



## **SOUTHSIDE DUBLIN COUNTY PARTNERSHIP**

Southside Dublin County Partnership was established is a local development company delivering a range of programs and services in South Dublin County Council Area. Our vision is to see an inclusive and just society, without discrimination, where people are encouraged and enabled to reach their full potential within strong vibrant communities. We work across the lifespan and provide a range of general and targeted supports to particular groups.

The supports we provide include employment and enterprise, supporting people in their adult education and personal development, activities and homework club supports for children and young people, fostering and supporting community groups to address a range of social issues, integration supports, support for Ukrainian citizens as well as a growing number of programmes which address health and wellbeing needs and older people's programmes in the county.

For further information on South Dublin County Partnership, call or visit us at:

South Dublin County Partnership, County Hall Block 3, Belgard Square North, Tallaght, Dublin 24

Tel: 01 464 93 00

Email: [info@sdcpartnership.ie](mailto:info@sdcpartnership.ie)

Web: [www.sdcpartnership.ie](http://www.sdcpartnership.ie)

# Support & Community

## SDCC COMMUNITY CENTRES & FACILITIES

South Dublin County Council County Council, through its Community Development Department, co- ordinate and implement a coherent and integrated approach to local and community development which supports the SDCC Corporate Goal of “Providing quality community, recreational, sporting and cultural opportunities for all who live, work and visit the county”.

South Dublin County Councils Community Facilities provide a focus to support community development, a sense of well-being and quality of life in our local communities. The County Council invests in the physical infrastructure of Community Facilities as well as community activities to support the development and delivery of services in line with local community needs.

These Community Facilities play an important role in our communities. They provide places where people can interact, learn, engage in recreational activities, be supported and grow. In many areas, they are the focus of socially sustainable communities.

Details of our Community Facilities can be found below. Updated information on activities taking place within each Facility can be found on Web: [www.sdcccommunity.ie](http://www.sdcccommunity.ie)

## SDCC Community Centre's & Facilities

### Adamstown Youth & Community Centre

Station Road, Adamstown, Lucan, Co. Dublin,  
Tel: 01 5031644  
Email: [manageraycc@outlook.ie](mailto:manageraycc@outlook.ie)

### Ballyowen Castle Community Centre

Ballyowen Castle Shopping Centre, Castle Road,  
Lucan, County Dublin  
Tel: 085 2574841  
Email: [info@ballyowencommunitycentre.ie](mailto:info@ballyowencommunitycentre.ie)

### Ballyroan Community & Youth Centre

Marian Road, Rathfarnham, Dublin 14, D14 R7Y7  
Tel: 01 495 8576  
Email: [manager@bcyc.ie](mailto:manager@bcyc.ie)

### Bawnogue Youth & Community Centre

Bawnogue Community Centre, Bawnogue Road,  
Clondalkin, D22 DY68  
Tel: 01 4576734  
Email: [bawnoguecommunitycentre@outlook.com](mailto:bawnoguecommunitycentre@outlook.com)

### Belgard Youth & Community Centre

Old Belgard Road, Tallaght, Dublin 24  
Tel: 085 8371130  
Email: [info@belgardcommunitycentre.ie](mailto:info@belgardcommunitycentre.ie)

### Brittas Community Community Centre

Blessington Road, Glenaraneen, Brittas, D24  
Tel: 01 442 1004  
Email: [info@brittascommunity.com](mailto:info@brittascommunity.com)

### Dominics Community Centre

60 Avonbeg Gardens, Tallaght, Dublin 24, D24 KW58  
Tel: 01 459 0770  
Email: [manager@dominicscc.com](mailto:manager@dominicscc.com)

## Support & Community

### Fettercairn Community & youth Centre

Fettercairn Road, Tallaght, Dublin 24, D24 w92n

Tel: 01 452 7011

Email: fcycmanager@gmail.com

### Fettercairn Youth Horse Project

24 Fettercairn Road, Tallaght, Dublin 24, D24 KD36

Tel: 01 462 7214

### Firhouse Community Centre

Firhouse Community & Leisure Club, Ballycullen Drive, D24 YYOH

Tel: 01 451 4455

Email: fclccentre@gmail.com

### Glenasmole Community Centre

Castlekelly, Bohernabreena, Co. Dublin, D24 EC93

Email: glenasmolecommunitycentre@gmail.com

### Greenhills Community Centre

St Joseph's Road, Greenhills, Dublin 12

Tel: 01 450 0165

Email: greenhillscommunitycemntre@eircom.net

### Jobstown Community Centre

Jobstown Road, Jobstown, Dublin24, D24 NV06

Tel: 01 547 5751

Email: mjobstowncc@gmail.com



## SDCC Community Centre's & Facilities

**Kilinarden Community Centre** Kilinarden Heights, Tallaght, Dublin 24,  
D24 WV6V  
Tel: 01 452617  
Email: [killinardencommunitydev@gmail.com](mailto:killinardencommunitydev@gmail.com)

**Kilnamanagh Family Recreation Centre**  
Tree Park Road, Kilnamanagh, Tallaght, Dublin 24  
Tel: 01 452 1199

**Kingswood Community Centre**  
Sylvan Drive, Tallaght, Dublin 24  
Tel: 01 450 0165

**Knocklyon Community Centre**  
Idrone Avenue, Knocklyon, Dublin 16, D16 XT18  
Tel: 01 292 0513  
Email: [cormacnaglegolf@gmail.com](mailto:cormacnaglegolf@gmail.com)

**Knockmitten Youth & Community Centre**  
Monksfield Lawns, Clondalkin, D22  
Tel: 01 411 1511  
Email: [manager@kycc.ie](mailto:manager@kycc.ie)

**Neilstown Community Centre**  
Unit 2, Neilstown Road, Clondalkin, Dublin 22, D22 Y9W9  
Tel: 01 459 5943  
Email: <mailto:info@rosemountfrc.ie> / [neilstowncc@gmail.com](mailto:neilstowncc@gmail.com)

**Palmerstown Community & Youth Centre**  
Palmerstown Shopping Centre, Kennelsfort Road Upper,  
Dublin 20, D20 EY68  
Tel: 01 616 6981  
Email: [info@pcyc.ie](mailto:info@pcyc.ie)

## Support & Community

### Perrystown Community Centre

Limekiln Lane, Perrystown, Shankill, Dublin 12, D12 A26Y

Tel: 01 451 5527

Email: perrystownmanor@eircom.net Tel: 01 616 6981

### Quarryvale Community Centre

Greenfort Gardens, Clondalkin, Dublin 22

Tel: 01 623 3417

### Rathcoole Community Centre

Main Street, Rathcoole, Co Dublin, D24 DX57

Tel: 01 504 5000

Email: rcc.reception@rathcoolecommunity.ie

### Rowlagh Community Centre

Rowlagh Community Centre, Neilstown Road, Clondalkin, D22

Tel: 01 6055031

### St Aengus Community Centre

Castletymon Court, Tallaght, Dublin 24, D24 NCX3

Tel: 01 452 7247

Email: staenguscomcen@hotmail.com

### St Finians Community Hall / Newcastle

Main Street, Newcastle, County Dublin,

Tel: 01 239 0884

Email: ollie.mcnally@gwalls.ie

### St Marks Community Centre

Fettercairn Road, Tallaght, D24

Tel: 01 452 7913

### St Ronans Community Centre

St Cuthberts Road, Deansrath, Clondalkin, D22

Tel: 01457 8211

## SDCC Community Centre's & Facilities

### The Bush Scout & Community Centre

Foxdene Avenue, Balgaddy, Lucan, County Dublin,

Tel: 01 4574579

Email: bushcentrebom@gmail.com

### The Park Community

Parklands Road , Dublin 24, D24 AH70

Tel: 01 462 0042

Email: info@theparkcommunitycentre.com

### The Web Project Whitechurch

Taylors Lane, Ballyboden, Dublin, 16

Tel: 01 4952020

Email: webprojectballyboden@gmail.com

### Tymon Bawn Community Centre

Firhouse Road West, Tallaght, Dublin 24, D24 K524

Tel: 01 452 1028

Email: tymonbawn@gmail.com

### Whitechurch Community & Youth Centre

Whitechurch Heights, Ballyboden, Dublin 16, D16 R298

Tel: 01 445 7035

Email: whitechurchcyc@yahoo.ie

# Health and Wellbeing



## HEALTH SERVICE EXECUTIVE (HSE)

Primary Care Services

Tel: Callsave 1850 241850

HSE's National Information Line: 1800 700 700 from 8am-8pm

Monday-Saturday

Web: [www.hse.ie/dunlaoghaireglasthulepct](http://www.hse.ie/dunlaoghaireglasthulepct)

### About Primary Care

Primary Care services cover many of the health or social care services that you find in your community, outside of the hospital setting. This includes GPs, Public Health Nurses and a range of other services provided through your Local Health Office.

A Primary Care Team (PCT) is a team of health professionals who work closely together to meet the needs of the people living in the community. They provide a single point of contact to the health system.

Primary Care Team services include;

- General Practitioner Service
- Practice Nurse Service
- Community Nurse Service (Public Health Nurse & Community Registered General Nurse)
- Home support Service
- Occupational Therapy Service
- Physiotherapy Service
- Speech and Language Therapy Service
- Social Work Service

There is also a Network of other services available supporting the Team including Psychology/Counselling, Audiology, Podiatry, Area Medical Officers, Community Welfare, Dental, Dietetic (see below for programmes), Ophthalmology, Environmental Health, Community Development, Carers etc. The aim of the Primary Care Team is to provide primary care services that are accessible, integrated, of a high quality and which meet the needs of the local population.

# Health and Wellbeing

## HEALTH CENTRES - SOUTH DUBLIN COUNTY AREA

### Ballyboden Primary Care Centre

Edmonstown Road, Rathfarnham, Dublin, D24 EY68  
Tel: 01 467 5221

### Beacon Hospital

Sandyford, D18 AK68 Tel: 01 293 6600

### Blackrock Clinic

Rock Road, Blackrock, Co Dublin, A94 E4X7  
Tel: 01 283 2222

### Brookfield Health Centre

Rossfield Avenue, Jobstown, Dublin, D24 DY91  
Tel: 01 459 9911

### Clonskeagh Hospital

Vergemount Hall, Rathmines, Clonskeagh, Co. Dublin, 6  
Tel: 01 268 0300

### Connolly Hospital

Mill Road, Dublin 15 D15X40D  
Tel: 01 6465000

### Deansrath Health Centre

St Cuthbert's Road, Deansrath, Dublin, D22 R5YO  
Tel: 01 282 0344

### Killinarden Health Centre

Killinarden Heights, Tallaght, Dublin, D24 YX96  
Tel: 01 462 6260

### Kilnamanagh/Tymon Primary Care Centre

Airton Road, Tallaght, Dublin, D24 CF75  
Tel: 01 921 4801

### Lucan Health Centre

1a Sarsfield Park, Lucan, Dublin, K78 D2EO  
Tel: 01 778 4450

### Mary Mercer Health Centre

Frotunestown Road, Jobstown, Tallaght, Dublin, D24 K854  
Tel: 01 458 5700



### Millbrook Health Centre

St Dominick's Road, Tallaght, Dublin, D24 k3EV  
Tel: 01 427 5000

### Mount Carmel Community Hospital

Braemor Park, Dublin 14, D14 A5R2

Tel: 01 491 8000

Email: mountcarmel@mowlamhealthcare.com

Mount Carmel Community Hospital is a short-stay rehabilitation hospital in Churchtown, Dublin.

### National Rehabilitation Hospital

Rochestown Avenue, A96 E2H2

Tel: 01 235 5000

### Rathcoole Health Centre

Main Street, Rathcoole, Dublin, D16 A6K5

Tel: 01 458 9979

### Rowlagh Health Centre

Collinstown Road, Rowlagh, Dublin, D22 C9C3

Tel: 01 675 4900

### Saint John of God Hospital

Stillorgan, Co Dublin

Tel: 01 277 1400

Admissions: 01 277 1450

### Springfield-Tallaght Primary Care Centre

The Russell Building, Tallaght Cross West, Tallaght, Dublin, D24 DH74

Tel: 01 427 5067

### St. Columcille's Hospital

Loughlinstown, Co. Dublin, D18 E365

Tel: 01 282 5800

### St. James's Hospital

James's Street, Dublin 8, D08 NHY1

Tel: 01 410 3000

Email: info@stjames.ie

# Health and Wellbeing

## St. Michael's Hospital

George's Street Lower, Dún Laoghaire, Co. Dublin, A96 P902

Tel: 01 280 6901

Emergency Dept: 01 663 9815

Bloods Dept: 01 663 9871

Out Patients Dept: 01 663 9864

## St. Vincent's Private Hospital

Merrion Road, Dublin 4, DO4N2EO

Tel: 01 263 8000

## St. Vincent's University Hospital

Elm Park, Dublin 4, D04 T6F4

General enquiries: 01 221 4000

Emergency Dept: 01 221 4358

Admissions: 01 221 4643

Patient accounts: 01 221 4365

## Tallaght University Hospital

Tallaght, Dublin 24, D24 NROA

Tel: 01 414 2000

## TLC Doc

South Dublin

Tel: 045 848 707

Web: [www.tlc.ie](http://www.tlc.ie)

Weekdays Monday to Friday 6pm to 10pm. Weekends 10am to 6pm Monday including Bank Holidays.

## Walkinstown Health Centre

Limekiln lane, Walkinstown, Dublin, D12 H273

Tel: 01 450 6179

## Out of hours GP Services

GPs provide Out of Hours services for their patients usually through GP Co-operatives which the HSE part funds. The out of hours service is for urgent medical care only and is for public and private patients of GPs who are registered with the individual service.





## HSE Nursing Homes Support Office

(Dublin South, Wicklow & Kildare)

HSE Nursing Home Support Office, 2nd Floor, Beech House, 101-103  
Naas Business Park, Naas, Co Kildare, W91 RC85  
Tel: 045 920 000

### Nursing Homes Support Scheme, also known as the “Fair Deal”

Under this scheme, you make a contribution towards the cost of your care and the State pays the balance. The scheme covers approved private nursing homes, voluntary nursing homes and public nursing homes. You can get the list of approved nursing homes from the HSE.

### What is the Fair Deal scheme?

You can apply for financial support to help pay for the cost of care in a nursing home through the Nursing Homes Support Scheme, also known as the Fair Deal scheme. The Fair Deal scheme is managed by the HSE.

You must be ordinarily resident in Ireland and need long-term nursing home care to apply for the scheme. You need to be approved for Fair Deal before you can receive funding for a nursing home.

When you apply, your care needs are assessed by the HSE to confirm that long-term nursing home care is the most appropriate option for you.

Your financial situation is also assessed by the HSE to see how much you can pay towards the cost of your nursing home care. The HSE then pays the balance between what you pay for your care and what the nursing home charges for providing that care. Your assets, such as savings and property, are taken into account when assessing your financial situation.



## Health and Wellbeing

You can apply for a Nursing Home Loan if you have assets including land or property. With a nursing home loan, you can defer paying for your care until after your death, using your assets to secure the loan.

This page explains what Fair Deal covers, how to apply, how much you pay and how to appeal a decision.

The Fair Deal covers:

- Accommodation and food
- Nursing and personal care you may need
- Laundry service
- Basic aids and appliances necessary to support you with everyday living

HSE Freephone: 1800 700 700



## INTEGRATED CARE FOR OLDER PEOPLE

HSE Community Healthcare  
HSE Older Person Community Support

Services that are supported by the HSE include Day Care, Meal on Wheels, Respite and Home Support Packages. Referrals for all these services can be requested through your local Primary Care Team. The home support services also has an information booklet that is available on [Hse.ie](http://Hse.ie).

HSE Community Healthcare East Older Persons Community Support are committed to ensuring that the health, welfare, rehabilitation, social and personal care needs of older people is planned, managed and delivered to the optimum of available resources within this HSE region. This is to involve working with older people, their families, carers, voluntary, statutory and private services.

Ageing is a normal physiological process and it is not a disease. The guiding principles for the older persons services are: dignity and respect, right to decide, you will be listened to and heard; give adequate, timely and appropriate information; services are person-centred and accessible; the independence and autonomy of each older person is promoted and the right to live in their own home. The will and preferences, beliefs and value system of each older person are of utmost importance in all the interactions with the HSE. The focus of the service shall always be on the individual older person. Access to health and social care services shall be based on clinical assessed need and provided in the most appropriate place for the older person consisting of home support, day care, respite and extended care when required with the consent of the person.

These services are flexible, planned, coordinated, accessible, equitable, responsive and appropriate to the individual needs: *right service in the right place at the right time*. While ageing is inevitable and irreversible, the chronic disabling conditions that sometimes accompany it can be prevented or delayed.

## Health and Wellbeing

This can be achieved not only by health/medical interventions but often more effectively by social, economic and environmental conditions. Therefore the HSE Older Persons Services work very closely with older people themselves, all statutory bodies, age alliance networks, NGOs, voluntary organisations, faith groups and community groups so as to promote active participation of all older people in their communities so as to enhance their health and well-being.

ICPOP is a referral based service with referrals accepted from GP. CHN (Primary Care) services are also referral based with referrals from GP / PHN.

Community Healthcare Networks (CHN), ICPOP and Integrated Care Programme for Chronic Disease all now have Healthlink allowing GP's to refer directly via Healthlink.

Useful links;

<https://www.hse.ie/eng/services/list/2/primarycare/enhanced-community-care/>

There is also HSE area finder website which provides contact details for services based on patient's address: <https://hseareafinder.ie/>



## ALZHEIMER SOCIETY OF IRELAND

National Office, Temple Road, Blackrock, Co. Dublin  
Tel: 01 207 3800  
Email: [info@alzheimer.ie](mailto:info@alzheimer.ie)  
Web: [www.alzheimer.ie](http://www.alzheimer.ie)

### Vision and Mission

The Alzheimer Society of Ireland is the leading dementia specific service provider in Ireland. The Alzheimer Society of Ireland works across the country in the heart of local communities providing dementia specific services and supports and advocating for the rights and needs of all people living with dementia and their carers.

Our vision is an Ireland where people on the journey of dementia are valued and supported. A national non-profit organisation, The Alzheimer Society of Ireland advocates, empowers and champions the rights of people living with dementia and their communities to quality support and services.

The Alzheimer Society of Ireland also operates the Alzheimer National Helpline offering information and support to anyone affected by dementia Tel: **1800 341 341**.

## HSE ADULT SAFEGUARDING & PROTECTION TEAM

Ballinteer Health Centre, Ballinteer Avenue, Ballinteer, Dublin 16  
Tel: 01 216 4511  
Email: [safeguarding.CHO6@hse.ie](mailto:safeguarding.CHO6@hse.ie)

The Adult Safeguarding & Protection Team can offer advice, guidance and support to older people who have become vulnerable due to illness or impairment, where they are being exploited or abused. By using a person centred model of care, the vulnerable persons' wishes and needs will be prioritised.

A member of the team is available by telephone Monday to Friday 9am - 5pm. The team can give information or direct inquiries to the relevant service. They can also work with the vulnerable person to help protect them from an abusive situation.

# Health and Wellbeing

## **IRISH HEART FOUNDATION**

17-19 Rathmines Road Lower, Rathmines, Dublin 6

Tel: 01 668 5001

Email: [info@irishheart.ie](mailto:info@irishheart.ie)

Web: [www.irishheart.ie](http://www.irishheart.ie)

The Irish Heart Foundation is the national charity dedicated to eliminating premature death and disability from heart disease and stroke. It campaigns and advocates to change the public policy environment, improve services for heart health and is the driving force behind the national FAST awareness campaign on stroke symptoms. The Irish Heart Foundation promotes health in communities, workplaces and schools across Ireland through free heart health checks in the Mobile Health Unit, healthy eating and active workplace programmes booklets and support groups for stroke, ICD, long QT, SADS, health failure and cardiomyopathy as well as professional support through medical conferences and events.

## **IRISHWHEELCHAIR ASSOCIATION AND DISABLED DRIVERS ASSOCIATION**

Both associations for Wheelchair badges

## **IRISH WHEELCHAIR ASSOCIATION**

Tel: 01 818 6400

Email: [info@iwa.ie](mailto:info@iwa.ie)

## **DISABLED DRIVERS ASSOCIATION OF IRELAND:**

Tel: 094 936 4054

Email: [info@ddai.ie](mailto:info@ddai.ie) & [parkingcard@ddai.ie](mailto:parkingcard@ddai.ie)



## IRISH CARERS ASSOCIATION

National Freephone Careline: 1800 24 07 24

As a not-for-profit organisation, we support family carers and young carers through the provision of free emergency care planning, counselling, specialised training and education programmes, wellbeing support, crisis management, emergency respite/respite provision, advocacy, peer support groups information on rights and entitlements and many other worthwhile initiatives.

The key objective of Family Carers Ireland is to benefit the community by supporting and promoting the health, wellbeing and quality of life of family carers and those for whom they care. We strive to promote carer resilience by enabling all family carers to:

- Be confident in their individual carer roles
- Establish and maintain a regular caring routine
- Feel listened to, valued and not alone
- Be able to access relevant training, guidance and support
- Be informed of their rights and entitlements
- Meet and speak with their peers in a safe, relaxed environment
- Take a break from a demanding and stressful caring role
- Know where to seek additional support from the State and their community
- Access emergency supports when needed

# Health and Wellbeing

## OUR LADY'S HOSPICE & CARE SERVICES

Harold Cross Dublin 6, Co. Dublin

Contact 01 4068700

Website Our Lady's Hospice & Care Services (OLH&CS)

<https://olh.ie>

Our Lady's Hospice & Care Services and provides specialist palliative care for patients and their families both in our hospice and in their own homes. Our person-centred services include:

- Community Palliative Care (traditionally know as Home Care) Day Services
- In-patient care, including symptom management, respite and end of life care.
- Palliative Care is about improving the quality of life for someone living with an advanced life – threatening illness that is progressive and cannot be cured.

Our multi-disciplinary team endeavours to support the physical, emotional and spiritual needs of patients in a nurturing, caring and life-enhancing environment. In addition that support extends to their families and caregivers.





## SOUTH COUNTY DUBLIN PARTNERSHIP - SOCIAL PRESCRIBING FOR HEALTH & WELLBEING

What would it be like to have support to improve your health and wellbeing? Are you interested in trying something new or in accessing supports? Would you like to connect with others?

**Social Prescribing** is about supporting the health and wellbeing of people by helping them to connect with local, community- based activities as well as national and online supports. The South County Dublin Social Prescribing Team will talk to you about what activities interest you or what supports you may need and will then assist you in availing of these activities.

### Who is it for?

The programme is for you if you feel that you need some support to mind your health and wellbeing or if you feel isolated, stressed, anxious or depressed. Using resources within the community may help you to feel more connected during this difficult time and it may support you in minding your mental and physical health.

*Benefits from Participating in Social Prescribing  
Provides you with opportunities to:*

- Learn a new skill or participate in a new activity
- Improve your mental and physical health
- Meet new people
- Receive social support from others
- Increase self-confidence and self-esteem
- Become involved in your community

*Examples of Activities / Supports you could link in with:*

- Physical Activity Classes
- Arts & Creativity Classes
- Self-Help Supports
- Learning New Skills
- Support Groups & Support to access Services

Social Prescribing - South Dublin County Partnership  
Web: [sdcpartnership.ie](http://sdcpartnership.ie)  
Tel: 01 464 9300

# Health and Wellbeing

## MENTAL HEALTH & COPING WITH LIFE'S CHANGES

We experience many changes as we grow older such as retirement, bereavement, decline in physical function, loneliness and isolation, moving from home to care and these can be very stressful, especially if you don't feel prepared or supported.

If you are worried about a mental health problem ... Talk about it.

Many of us feel isolated and overwhelmed by problems sometimes. Talking about how you feel will help. Confide in someone you trust and if you feel there is nobody to talk to, call a helpline and ask for help.

While being diagnosed with a mental illness can be frightening, many people say that being able to put a name to the symptoms you are feeling can be comforting. Knowing what you are experiencing is the first step to recovery. Sorting out whom to talk to and where to get help can be very confusing. The best place to start is often by speaking with your doctor, who can refer you on to the most appropriate service. Bring a family member or friend with you, if it makes you feel more comfortable.

Whatever you do, don't be afraid to talk about how you are feeling and ask for help. Look after yourself and look out for others. If you are in this situation or are aware of someone in this situation, there are many organisations that can provide help. Take the first step and reach out.



## HELPLINES

HSE - YourMentalHealth information line is a phone service you can call any time.

Freephone: 1800 111 888, any time

A member of our team can tell you about the mental health supports and services available to you and how to access different services provided by the HSE and the services funded by the HSE.

## AWARE

Information, support and peer groups for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions. Support also for friends and family members.  
Freephone: 1800 80 48 48 - 10am to 10pm every day  
Email: [supportmail@aware.ie](mailto:supportmail@aware.ie) Web: [www.aware.ie](http://www.aware.ie)

## MENTAL HEALTH IRELAND

Mental Health Ireland is Ireland's oldest mental health charity and aims to:

- promote and enhance mental health, wellbeing and recovery for all individuals and communities
- support people with lived experience of mental health challenges and their supporters and family members in their recovery.

Tel: (01) 284 1166

Email: [info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)

Web: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

# Health and Wellbeing

## **SAMARITANS**

Samaritans services are available 24 hours a day, free of charge for confidential, non-judgmental support providing everything from a calming chat to immediate support for people going through mental health or emotional crisis.

Freephone: 116 123, any time

Free-text HELLO to 50808 to chat with a trained volunteer, any time.

Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

Web: [www.samaritans.ie](http://www.samaritans.ie)

## **ORGANISATIONS THAT OFFER BEREAVEMENT RESOURCES AND SUPPORT**

The 'Bereavement: When someone close dies' booklet describes practical and emotional issues that you may face when someone close dies. This booklet and other free leaflets on grief from the HSE and the Irish Hospice Foundation are available in your Primary Care Centre and to download from [www.healthpromotion](http://www.healthpromotion)

## **THE IRISH HOSPICE FOUNDATION**

The Irish Hospice Foundation Free Bereavement Support Line is a national freephone service.

Tel: 1800 80 70 77 available 10am to 1pm, Monday to Friday.

- We aim to provide a confidential space for people to speak about their experience or to ask questions relating to the death of someone they cared about.
- We will listen to what a person says about what has happened.
- We will do our best to provide comfort and emotional support.
- We will provide any information that might help the caller, including information on practical supports.
- We will provide support for employers or professionals
- who want to inform the care their organisation can offer to bereaved colleagues.



## WIDOW.IE

Widow.ie is an online information and self-help resource for, and by widows, widowers and bereaved life partners. The purpose of the community forum is to help people like you who have lost a loved one with peer support, mutual advice and encouragement.

Web: [www.widow.ie](http://www.widow.ie)

## SUPPORTS FOR PEOPLE BEREAVED BY SUICIDE HUGG

Information and support groups for anyone over 18 years who has lost a loved one to suicide. Services are provided by people who have been bereaved by suicide.

**Leave us a message** on 01 513 4048 (monitored answering machine)

Email [support@hugg.ie](mailto:support@hugg.ie)

Web: [www.hugg.ie](http://www.hugg.ie)

## PIETA

Free individual counselling, therapy and support for people who self-harm or are thinking about suicide and people who have been bereaved by suicide.

Freephone 1800 247 247, any time

Text HELP to 51444 - standard message rates apply

Web: [www.pieta.ie](http://www.pieta.ie)

## COUNSELLING SERVICES

Talk to your GP about counselling services.

If you are over 18 years of age and have a medical card, your GP can refer you for free counselling through the Counselling in Primary Care (CIPC) Scheme. You can also access counselling privately.

# Safety and Security



## LOCAL POLICING FORA (LPF)

SDCC Community Development Department

Tel: 01 414 900

Email: [comdevof@sdublincoco.ie](mailto:comdevof@sdublincoco.ie)

Web: [www.sdcccoco.ie](http://www.sdcccoco.ie)

Further information on Local Policing Fora is available on:

Local Policing Fora - SDCC

There are 4 Local Policing Fora established in the County under the auspices of the Joint Policing Committee. These are:

- North Clondalkin/Palmerstown & Lucan
- D12 South Central
- West Tallaght
- Rathcoole/Newcastle & Clondalkin

The role of these Policing Forums is to enhance the collaboration and communication between An Garda Síochána, South Dublin County Council, the main Transport companies, and local Residents' Associations and organisations.

## GETTING INVOLVED

The Local Policing Forum invites input from community groups, such as:

- Tenants and residents groups
- Community representatives
- Ethnic and minority groups
- Youth groups

# Safety and Security

## RAISING ISSUES

If you would like to sit on a Local Policing Forum you should be nominated by your Community group to represent them and your group should be registered with the Public Participation Network. Local input is very important consideration of the LPF. Members of the public can raise an issue by contacting their sitting County Councillor. Alternatively, please contact the Community Development Department of South Dublin County Council.

## SDCC JOINT POLICING COMMITTEE (JPC)

The South Dublin County Council Joint Policing Committee is intended to be a forum for discussion and a means of building confidence, trust and safety in the County. In doing this, the SDCC JPC seeks to prioritise key community policing policy issues and identify initiatives which will contribute to improved community policing and prevention or reduction of future crime in South Dublin County. The SDCC JPC is a partnership between South Dublin County Council, An Garda Síochána and the Community. The membership comprises of senior Garda Officers, elected Councillors and Oireachtas members and representatives of community & voluntary groups / Public Participation Network (PPN)

## CRIME PREVENTION ADVICE PROPERTY

Mark your property and record serial numbers where appropriate. UV markers and/or special etching tools can be used. Use a unique reference number such as your initials and date of birth. Seek advice about marking high value property e.g. antiques, paintings etc.

It is also a good idea to photograph your property. Photograph items such as jewellery against a ruler or some other common household item (for size reference).



## FRAUD/SCAMS

If you are contacted by persons stating that they have your personal details and/or looking for bank account details you should not engage or provide any personal information. State agencies, such as An Garda Síochána, the Health Service Executive, Revenue will not cold call you looking for personal information such as PPS numbers or bank account details.

DO NOT engage with the caller - DO NOT click on any links in emails or text messages - Screenshot the email, text message or other communication.

Talk to your family and friends and only pass on information from credible and legitimate sources. If you realise you have revealed your bank details to a fraudster, contact your bank immediately, inform them and seek advice on securing the funds in your accounts. If you have revealed your PPS number, contact the Department of Social Protection.



Community Policing | Supporting the community

# Safety and Security

## CASH/FINANCIAL SECURITY

- Do not keep large amounts of cash in your home. Use banks, building societies, credit unions, post offices etc.
- Keep all credit/debit cards in a secure location as well as financial statements, records etc.
- Out-of-date cards should be destroyed.
- When out and about, avoid carrying large sums of money.

## SAFETY & SECURITY AT HOME

### Smoke Alarms

- Smoke alarms are very important for early warning – smoke will not wake you up in fact it will make you sleep more deeply.
- Smoke alarms buy you time to allow you and your family to get safely out of the house. At least two smoke alarms should suit a standard two-storey dwelling.
- These should be located on the landing of each floor. Alarms must be positioned at the highest point and as close to the centre of the ceiling as possible.
- They should be tested weekly by pressing the test button.

### Carbon Monoxide Detectors (CO)

A carbon monoxide detector or CO detector is a device that detects the presence of the carbon monoxide (CO) gas in order to prevent carbon monoxide poisoning. CO is a poisonous colourless, tasteless and odourless gas given off by any appliance which burns a fossil fuel such as gas, coal or oil. It can enter your home if your appliance is faulty, or the room is not properly ventilated, or if the chimney or flue is blocked. They are readily available in any hardware store.



## GENERAL FIRE SAFETY IN YOUR HOME - FIRE PREVENTION KEY POINTS

- Take extreme care when cooking chips / fried food. Never leave a chip-pan unattended.
- Check electric blankets regularly for wear and tear / damage and ensure they are used according to instructions.
- Use an effective spark guard on open fires especially before going to bed.
- Do not leave newspapers, clothes or material too close to a fire or heaters.
- Switch off and unplug all non-essential appliances when not in use.
- Provide large, stable ashtrays in the event of smoking – a burning cigarette end can smoulder for hours before igniting and spreading.
- Never smoke in bed.
- Check all leads and plugs for fraying or burning and replace if necessary. Do not overload sockets.
- Get a qualified electrical contractor to carry out installation and repairs to electrical appliances and fittings. Don't take chances.

# LifeLong Learning



## DUBLIN & DÚN LAOGHAIRE EDUCATION TRAINING BOARD (DDLETB)

### Adult Education Service - Adult Education Guidance Service

The Adult Guidance Service is an educational guidance and information service for all adults and is for learners of all backgrounds, identities and abilities, at all stages in their lives.

The aim is to support adults who are:

- Considering adult basic education and community education options
- Returning learners participating in programmes
- Completing programmes and considering the next step
- Considering options in a college of further education

The Following Services are available:

Tailored guidance and information on education, training, careers and related supports.

The service is free and confidential. In a friendly atmosphere, support is offered to you, as you need, while you make your choices and decisions. In addition, you may be linked with a wide number of services in the area, which could be part of a bigger picture of opportunities for you.

# LifeLong Learning

## ADULT EDUCATION SERVICE - KEY SKILLS

The Adult Education Key Skills Service provides classes and courses for adults who would like to improve on their reading, writing, IT and maths skills.

We offer a range of different courses and levels. Courses run 2 to 6 hours per week.

Our class groups are small to allow learners to develop their skills and improve their confidence in a supported and relaxed environment.

Classes are developed and delivered with the learners needs at the forefront of each programme plan. They include working on practical everyday key skills such as filling in forms, improving handwriting, building on spellings and using the internet and social media. Maths classes include maths to help your child and budgeting.

We also offer accredited classes where learners can achieve a QQI (Quality & Qualifications Ireland) award in levels 2 & 3.

We strive to provide a tailored learning experience for our learners.

Adult education service Key Skills Link:

What Are Key Skills? - DDLETB Adult Education Service

Web: [dublinadulteducation.ie](http://dublinadulteducation.ie)



## HIGHER EDUCATION LINKS SCHEME (HELS)

The Higher Education Links Scheme (HELS) gives learners the opportunity to use their QQI Level 5 or 6 major award to apply, through the CAO, for a place in the first year of a higher education programme.

Programmes leading to Level 5 and Level 6 Major Awards are available through providers who have programmes validated with QQI. Please view the Provider and Programmes Directory for details of providers offering programmes of education and training. Please note, application to participate in the programme is made directly to the provider.

Web: [www.qqi.ie](http://www.qqi.ie)

### Access Programmes to Higher Education:

Access Courses are specially designed courses which help adult learners prepare for university and third level institutes. Sometimes called Return to Learning, or Foundation Courses, University / Third Level Access Courses equip mature students with the skills and confidence required to take the next step to selected degree programmes.

## DCU - DUBLIN CITY UNIVERSITY

Tel: 01 700 5000

Web: [www.dcu.ie](http://www.dcu.ie)

# LifeLong Learning

## DÚN LAOGHAIRE INSTITUTE OF ART, DESIGN AND TECHNOLOGY (IADT)

Kill Avenue, Dún Laoghaire, Co. Dublin

Tel: 01 239 4000

Email: [access@iadt.ie](mailto:access@iadt.ie)

Web: [www.iadt.ie](http://www.iadt.ie)

Open Learning fits around your schedule and gives you all the benefits of being a full-time student, without the full-time commitment. Open Learning allows you to select the modules you wish to study, set the pace of your study, and whether you undertake the module assessment. Open Learning is for you if you:

- Need a more flexible study schedule
- Don't yet qualify for entry to an undergraduate degree
- Want to get a feel for academic life before starting a full degree
- Are interested in one or more of the module topics available and want to learn more from experts in that field.

You can browse all of the modules offered to Open Learners in IADT and our partner institutions in the Open Learning brochure, available at [www.iadt.ie](http://www.iadt.ie)

## TRINITY ACCESS PROGRAMMES

Trinity College Dublin, Goldsmith Hall, Pearse Street, Dublin 2

Tel: 01 896 2754

Email: [mature.student.officer@tcd.ie](mailto:mature.student.officer@tcd.ie)

## TU DUBLIN - TECHNOLOGICAL UNIVERSITY DUBLIN

General Enquiries: 01 220 5000

Email: [courses@tudublin.ie](mailto:courses@tudublin.ie)

Web: [tudublin.ie](http://tudublin.ie)





## UNIVERSITY COLLEGE DUBLIN

UCD Access and Lifelong Learning Centre, James Joyce Library  
Building, Belfield, Co. Dublin

Tel: 01 716 7123

Email: [all@ucd.ie](mailto:all@ucd.ie)

Web: [www.ucd.ie/all/cometoucd](http://www.ucd.ie/all/cometoucd)

## UCD UNIVERSITY ACCESS PROGRAMMES

Programmes: UCD Access to Arts, Humanities, Social Sciences and Law (AHSSL) and UCD Access to Science, Engineering, Agricultural Science and Medicine (SEAM). These University Access courses are the largest and longest established courses in Ireland. Students completing these courses, who achieve the required academic grades, are guaranteed entry to selected degree programmes in UCD.

Programme Information: Part-time, day and evening at UCD, Belfield.

Fees: Fees apply

## UCD MATURE YEARS ENTRY

University College Dublin, Belfield, Dublin 4

Tel: 01 716 7777

Mature Student Adviser: Emma Somers

Tel: 01 716 7542

Email: [emma.somers@ucd.ie](mailto:emma.somers@ucd.ie)

For many mature students the preferred route to Higher Education is through a University Access Programme while others begin by taking a Lifelong Learning or UCD Open Learning course. They may also take a related course in a College of Further Education before progressing to a degree programme. There are a range of study options to suit the adult learner, for example, some degree courses are offered on a part-time basis and for those who do not want to commit to a degree programme there are many interesting courses that can be taken purely for enjoyment in a relaxed and supportive environment.

# LifeLong Learning

## UCD OPEN LEARNING

Tel: 01 716 7123

Email: [all@ucd.ie](mailto:all@ucd.ie)

Web: [www.ucd.ie/all/cometoucd/](http://www.ucd.ie/all/cometoucd/)

Open Learning is a flexible way of studying part-time at UCD. With over 300 modules (courses) to choose from, there is something to suit everyone's interest. All of the modules are at undergraduate level, so it's a chance to join classes with full-time degree students while learning at their own pace. There are no entry requirements for Open Learners and students choose if they want to take a course for interest (audit) or for assessment (credit).

## UCD LIFELONG LEARNING

Tel: 01 716 7123

Email: [all@ucd.ie](mailto:all@ucd.ie)

Web: [www.ucd.ie/all/cometoucd/](http://www.ucd.ie/all/cometoucd/)

Our Lifelong Learning Programme is a series of courses that are participative, engaging, and facilitated by experts in their field. Lifelong Learning courses cover a broad range of topics including Languages, Art Appreciation, Irish Studies, History, Literature, Philosophy, and Writing. They are open to all adult learners regardless of previous educational experience and provide a unique opportunity to explore a subject without examinations. All courses are developed in collaboration with experienced tutors, UCD Schools, and the wider community.



## U3A STANDS FOR “UNIVERSITY OF THE THIRD AGE”

Web: [www.ageaction.ie](http://www.ageaction.ie)

University, in this sense, means a gathering of people. It is not a college building, but simply a group of people interested in following a common programme of activities. No educational or professional qualifications are required (and there are no exams!) The “Third Age” is the time in life when your career may be coming to an end, and/or parental and caring responsibilities have lessened. Third-agers have more time to explore new opportunities - both educational and social. U3A members organise their own activities and learn together.

They draw on the skills, knowledge, and experience of one another - everyone teaches and everyone learns. Activities that U3A groups in Ireland have organised include talks and guest lectures, local history, wildlife, tai chi, creative writing, stress management, gardening, computers, visits, trips and festivals and many other active ageing and learning opportunities and activities. U3A groups have also participated in a variety of projects and initiatives in collaboration with universities and other further Education and Training institutes. There are groups across the country and numbers are constantly growing.

### U3A Ballyroan

Email: [murphyjune39@gmail.com](mailto:murphyjune39@gmail.com)

Contact: June Murphy

### U3A Knocklyon

Email: [mcnamee.john@gmail.com](mailto:mcnamee.john@gmail.com)

### U3A Lucan

Email: [lucanu3a@gmail.com](mailto:lucanu3a@gmail.com)

### U3A Newcastle

Email: [matthewdowling@eircom.net](mailto:matthewdowling@eircom.net)

Contact: Matt Dowling

### U3A An Cosan

Email: [i.hanratty@ancosan.com](mailto:i.hanratty@ancosan.com)

Contact: Imelda Hanratty

# Citizens Entitlements and Services



## **SOUTH DUBLIN COUNTY COUNCIL - HOUSING GRANTS**

### **HOUSING ADAPTATION GRANT FOR OLDER PEOPLE AND PEOPLE WITH A DISABILITY**

The Housing Adaptation Grants for Older People and People with a Disability are available to help older people and people with a disability living in a privately-owned home. These grants are used to carry out works to make the property more suitable for the person with a disability who is a member of the household.

All applications for grant aid under the Housing Adaptation Grants Scheme are assessed based on household means. To be considered eligible for a grant, you must:

- have the grant application approved before the work starts on the home
- live in the home when the work is completed
- have your tax affairs in order
- show that the Local Property Tax for the home is in order

We recommend that you have a clear service charges account when applying for a Housing Adaptation Grant to ensure the payment of any grant is not affected.

#### **Housing Adaptation Grant for People with a Disability**

This grant is for people with a physical, sensory, mental health or intellectual disability. It can be used for works such as:

- level access showers,
- accessible bathrooms,
- access ramps,
- stair lifts,
- extensions

# Citizens Entitlements and Services

Your home can qualify for this grant if it is one of the following:

- privately owned (by you or your family),
- rented from a landlord with a current tenancy agreement registered with the Residential Tenancies Board (RTB) and which is dated and signed by the landlord. You must submit written approval of the landlord to make the changes,
- provided by an Approved Housing Body with their agreement,
- a communal residence with written approval of the owner.

## MOBILITY AIDS GRANT

This grant is for older people and/or people with a disability who find it hard to move around their home. It aims to fast track grant aid to cover a variety of works to address mobility issues such as:

- grab rails
- stair lifts
- access ramps
- level access showers
- other minor works which are required to facilitate the mobility needs of the applicant
- Your home can qualify for this grant if it is one of the following:
- privately owned (by you or your family),
- rented from a landlord with a current tenancy agreement registered with the Residential Tenancies Board (RTB) and which is dated and signed by the landlord. You must submit written approval of the landlord to make the changes,
- provided by an Approved Housing Body with their agreement,
- a communal residence with written approval of the owner.



## HOUSING AID FOR OLDER PEOPLE GRANT

The scheme is available to assist older people (over 66 years of age) living in poor housing conditions to have essential repairs or improvements carried out such as re-wiring, re-roofing and the provision of central heating (where none exists). The availability of the grant is means tested and the level of grant is determined on the basis of gross income of each member of the household over 18 years of age (over 23 if full time student) for the previous tax year. The maximum grant available is €8,000 of the approved cost of proposed works.

*N.B. Central Heating – There is no grant available under this scheme for upgrading an existing central heating system. These grants are available from the Sustainable Energy Authority of Ireland at 1850 927000 or [www.seai.ie](http://www.seai.ie)*

### Useful links

- [www.sdcc.ie/en/services/housing/housing-grants/](http://www.sdcc.ie/en/services/housing/housing-grants/)
- Department of Social Protection: [www.welfare.ie](http://www.welfare.ie)
- VAT refunds from Revenue Commissioners (Form 61A): [www.revenue.ie](http://www.revenue.ie)
- Sustainable Energy Authority of Ireland: [www.seai.ie](http://www.seai.ie)

# Citizens Entitlements and Services

## CITIZENS INFORMATION

Services Provided: information on your rights; help to get what you are entitled to; information on payments and allowances; help to fill out forms; help with an appeal or to make a complaint; additional specialist clinics by appointment: Free Legal Advice, Family Law, Citizenship Application Support Service, Employment Law Taxation advice.

### Tallaght Citizens Information Centre

Hainault House, The Square, Tallaght, Dublin 24, D24 RFVO

Tel: 0818 078 340

Email: [tallaght@citinfo.ie](mailto:tallaght@citinfo.ie)

Web: [www.citizensinformation.ie](http://www.citizensinformation.ie)

Hours: Mon - Fri 9.30am - 4pm last appointment 3.45pm

### Clondalkin Citizens Information Centre

Luke Cullen House, Oakfield Industrial Estate, Clondalkin, Dublin 22, D22 A9C6

Tel: 0818 07 5100

Email: [clondalkin@citinfo.ie](mailto:clondalkin@citinfo.ie) Hours: Mon - Fri 9:30 to 4:30pm

### Lucan Citizens Information Centre

Ballyowen Castle Community Centre, Ballyowen, Lucan, Co. Dublin,

Tel: 0818 07 5090

Email: [lucan@citinfo.ie](mailto:lucan@citinfo.ie)

Hours: Tuesday, Wednesday, Thursday 10:00 am to 4:30pm





## DEPARTMENT OF SOCIAL PROTECTION

Áras Mhic Dhiarmada, Store Street, Dublin 1, D01 WY03

Tel: 01 704 3000

Email: [info@welfare.ie](mailto:info@welfare.ie)

Web: [www.gov.ie/welfareandwork](http://www.gov.ie/welfareandwork)

A range of payments are made to older people by the Department of Social Protection (DSP) and the Health Service Executive. If you are unsure whether or not you would qualify for a payment, you should apply anyway.

Generally payments are made up of a personal payment for yourself and extra amounts for your dependent spouse, civil partner or cohabitant and any dependent children. A cohabitant is a person living in an intimate and committed relationship with a person of the same or opposite sex who is not that person's spouse, civil partner, or a close relative.

You should apply to the Department of Social Protection for your pension at least **3 months in advance**.

## SOCIAL INSURANCE PAYMENTS

You need enough PRSI contributions to qualify for these payments. Apply to the Department of Social Protection.

# Citizens Entitlements and Services

## STATE PENSION (CONTRIBUTORY)

Social Welfare Services, Department of Social Protection, College Road, Sligo, Co. Sligo, F91 T384

Tel: 071 915 7100 | 0818 200 400

Email: [state.con@welfare.ie](mailto:state.con@welfare.ie)

Web: [www.gov.ie/SPC](http://www.gov.ie/SPC)

The State Pension (Contributory) is payable from the age of 66. You are allowed to have income from any other source while you receive this pension, but both the income and the pension are taxable. There are a number of pro-rata State Pensions (Contributory) which are paid at a lower rate. These were introduced to deal with issues that arose as a result of people paying different types of social insurance contributions or not paying contributions for various reasons.

Under the National Pensions Framework, a number of other changes are planned to the qualifying conditions for the State Pension (Contributory). These changes do not affect the State Pension (Non-Contributory).

## WIDOW'S, WIDOWER'S OR SURVIVING CIVIL PARTNER'S (CONTRIBUTORY) PENSION

Department of Social Protection, College Road, Sligo, Co Sligo, F91 T384

Tel: 071 915 7100 | 0818 200 400

Email: [widows.con@welfare.ie](mailto:widows.con@welfare.ie)

You may be eligible for Widow's, Widower's or Surviving Civil Partner's Contributory Pension if you are widowed or a surviving civil partner, have not remarried or entered into a new civil partnership, and are not cohabiting. You can transfer to the State Pension (Contributory) at the age of 66.



## MEANS-TESTED PAYMENTS

Any means you may have, such as weekly income or savings, are taken into account for these payments, but not your own home. You must also satisfy the habitual residence condition. Apply to the Department of Social Protection.

## STATE PENSION (NON-CONTRIBUTORY)

Department of Social Protection, College Road, Sligo, Co. Sligo, F91 T384.

Tel: 071 915 7100 | 0818 200 400

Email: [State.NonCon@welfare.ie](mailto:State.NonCon@welfare.ie)

Web: [www.gov.ie/SPNC](http://www.gov.ie/SPNC)

The State Pension (Non-Contributory) is a payment for people aged 66 or over who do not qualify for a State Pension (Contributory).

## WIDOW'S, WIDOWER'S OR SURVIVING CIVIL PARTNER'S NON-CONTRIBUTORY PENSION

If you are a widowed person or a surviving civil partner who is not entitled to a Widow's, Widower's or Surviving Civil Partner's Contributory Pension, has not remarried or entered into a new civil partnership, has no dependent children and is not cohabiting, you may be eligible for a Widow's, Widower's or Surviving Civil Partner's Non-Contributory Pension. This is a means-tested payment. At age 66 you transfer to the State Pension (Non-Contributory).

# Citizens Entitlements and Services

## PRIVATE PENSIONS OCCUPATIONAL AND PERSONAL PENSIONS

Occupational pensions are organised by employers to provide pensions to employees on retirement or to surviving dependants on the death of an employee. Personal pensions or Personal Retirement Savings Accounts (PRSAs) are organised individually by self-employed people or employed people who do not have an occupational pension scheme.

You need to deal directly with the pension provider to find out exactly what benefits your pension gives you. The Pensions Authority is the regulatory body for occupational pensions and PRSAs. If you have a complaint, the Authority will advise you about your rights. The Pensions Ombudsman investigates and decides on complaints relating to occupational pensions and PRSAs. Generally, you may have income from other sources, for example, from work, if you are receiving a pension. There are some restrictions on people getting both a pension and employment income from the public sector – you should check with the pension provider.

## OTHER SOCIAL WELFARE PAYMENTS

Apply to the Department of Social Protection for these payments.

## INCREASE FOR LIVING ALONE

The Increase for Living Alone is a supplementary payment for people on social welfare pensions who are living alone. It is also available to people under the age of 66 who get certain other payments from the Department of Social Protection.

## AGED 80 INCREASE

If you are getting a social welfare pension, you automatically get an increase in your pension when you reach 80 years of age.



## FREE TRAVEL

Social Welfare Services, Department of Social Protection, College Road, Sligo, Co. Sligo, F91 T384

Tel: 0818 200 400 | 071 915 7100

Email: [freetravelqueries@welfare.ie](mailto:freetravelqueries@welfare.ie)

Web: [www.gov.ie/freetravel/](http://www.gov.ie/freetravel/)

If you are over the age of 66 or getting a carers' or certain other social welfare payments, you can get a Free Travel Pass, entitling you to free travel at any time on bus, road, rail and DART services operated by Bus Átha Cliath, Bus Éireann, Iarnród Éireann, LUAS services, the Aran Islands ferry service and on certain private services which have opted into the scheme.

You can also use your Free Travel Pass on any of the 34 schemes under the Rural Transport Initiative. People who are entitled to free travel are also entitled to have their spouse/partner travel free with them or may be entitled to a Companion Pass on medical grounds. The Free Travel Scheme also covers public transport services in Northern Ireland for people over 66 years of age who have a Senior SmartPass Card.

## IRISH WHEELCHAIR ASSOCIATION

Tel: 01 818 6400

Email: [info@iwa.ie](mailto:info@iwa.ie)

## DISABLED DRIVERS ASSOCIATION OF IRELAND

Tel: 094 936 4054

Email: [info@ddai.ie](mailto:info@ddai.ie) & [parkingcard@ddai.ie](mailto:parkingcard@ddai.ie)

# Citizens Entitlements and Services

## NATIONAL FUEL SCHEME

Department of Social Protection, College Road, Co Sligo, F91 T384  
Tel: 71 915 7100 | 0818 200 400  
Email: [NationalFuelscheme@welfare.ie](mailto:NationalFuelscheme@welfare.ie)

The National Fuel Scheme is a means-tested payment to help people who cannot afford their own heating costs. You may qualify if you get certain payments from the Department of Social Protection or the EU equivalent.

## CARERS

If you are providing full-time care to someone who is ill or incapacitated, you may qualify for a carer's payment. More information is available in our document on payments to carers.

## WORKING IN RETIREMENT

If you are getting a means-tested payment, working or being self-employed affects the amount of that payment. You should check with the Department of Social Protection before taking up work to see what the effect will be. You can have up to €200 earnings from insurable employment without affecting your State Pension (Non-Contributory).

## HOUSEHOLD BENEFITS PACKAGE

Department of Social Protection, College Road, Sligo, Co. Sligo, F91 T384  
Tel: 0818 200 400 | 719 157 100  
Email: [householdbenefits@welfare.ie](mailto:householdbenefits@welfare.ie)

The Household Benefits Package includes the Electricity or Natural Gas Allowance and a Free TV Licence. If you are aged 70 or over, you qualify regardless of your income or who lives with you. The scheme may also be available to people aged 66 and over who get certain social welfare payments or whose income is below certain limits. Apply to the Department of Social Protection.



## COMMUNITY WELFARE SERVICE

### Tallaght Intreo Centre

Intreo Tallaght, The Square Tallaght, Dublin 24

Tel: 0818 405 060

Clinic times: Monday - Friday: 9.30am - 11.30am / 2pm - 4pm

### Clondalkin Intreo Centre

Ninth Lock Road, Clondalkin, Dublin 22, D22 XP86

Tel: 0818 405 060

Clinic times: Monday - Friday: 10am -12.30pm

### HSE Asylum Seekers and New Communities Unit

77 Upper Gardiner Street, Dublin 1 Tel: 01 858 5100

Clinic times: Monday to Friday: 10am - 11.30am & 2pm - 3.30pm

### Homeless Persons Unit Women & Family Team

77 Upper Gardiner Street, Dublin 1 Tel: 01 673 2030

Clinic times: Mon - Fri: 10am - 11.30am and 2pm - 3.30pm

### Homeless Persons Unit Men's Team

Department of Social Protection, North Cumberland Street, Dublin 1

Tel: 01 673 2575 | 1800 724 724

Email: [homeless@dublincity.ie](mailto:homeless@dublincity.ie)

Appointment Service: Monday to Friday 1800 724 724

# Citizens Entitlements and Services

## MEDICAL CARDS

The Medical Card Scheme entitles certain people to free public health services. To be eligible, your income must be below a certain level. If you do not qualify for a card on income grounds you may get a GP Visit Card.

There are different guidelines for the means test depending on whether you are under or over 70 years of age. In the case of a couple, the assessment is based on the age of the older person.

## EMERGENCY MEDICAL CARDS

An emergency medical card is a medical card that is issued without a means test in certain emergency situations.

You can get an emergency medical card if you:

- Have a terminal illness and have been told you have 24 months or less to live or
- Are receiving end-of-life treatment or
- Need urgent ongoing care and urgently need a medical card

### Where to apply for a medical card:

Client Registration Unit, 4th Floor, HSE PCRS, Finglas, Dublin 11

Tel: 051 595 129

Locall: 0818 22 44 78

Email: [clientregistration@hse.ie](mailto:clientregistration@hse.ie)

Web: [www.medicalcard.ie](http://www.medicalcard.ie)

## LONG-TERM ILLNESS CARD

If you have a medical condition covered by the Long-Term Illness Scheme, you can get free drugs, medicines, and medical and surgical appliances for the treatment of that condition.

The Long-Term Illness Scheme does not depend on your income or other circumstances. You may also be eligible for a Medical card or GP visit card, depending on your circumstances.





## DRUGS PAYMENT SCHEME

Under the Drugs Payment Scheme, you and your family only have to pay a maximum of €80 each month for approved prescribed drugs and medicines, and certain appliances. This includes incontinence wear.

## TREATMENT BENEFIT SCHEME

Treatment Benefit is a scheme run by the Department of Social Protection (DSP) to provide a limited financial contribution towards dental, optical and aural services.

The Treatment Benefit Scheme is available to retired people who have the required number of PRSI contributions.

Under the Treatment Benefit Scheme, you may qualify for:

- Dental benefit (free dental exam every year)
- Optical benefit (free eyesight test, once every 2 years).
- Hearing aids (up to €500 per hearing aid or €1000 for both every 4 years)
- Hair piece or wig (hair loss from disease or treatment of disease)

# Citizens Entitlements and Services

## AN POST SERVICES - FOR THE OLDER PERSON

Helping customers collect their social welfare payments

If you can't get to the post office to collect your pension, or any other social welfare payment, you can allow somebody else, known as a temporary agent, to collect it. In addition, post offices will hold selected payments for up to 90 days, and selected payments are now every week.

Request a check in service.

Our customers can request that a member of our team call to the front doors of older and vulnerable customers along their delivery route, this is particularly useful for those who are living alone in isolated areas. They will check on their well-being and check if they are in need of any support. In the event that the individual requires support, the An Post employee will recommend the individual call ALONE or will call ALONE on their behalf.

ALONE's provide an integrated system of coordination of support, practical supports, befriending, phone services, social prescribing, housing with support and assistive technology.

An Post Postmen and women will:

- Always wear an An Post uniform and carry An Post ID
- Newspaper delivery service

You can now buy a subscription to a daily newspaper of your choice. We will deliver the paper daily – except for weekend papers which will be delivered on Monday. Delivery is free for elderly and vulnerable customers.



## DECISION SUPPORT SERVICE (DSS)

Decision Support Service, Waterloo Exchange, Waterloo Road,  
Dublin 4, D04 E5W7

Tel: 01 211 9750

Email: [queries@decisionsupportservice.ie](mailto:queries@decisionsupportservice.ie)

Web: [www.decisionsupportservice.ie](http://www.decisionsupportservice.ie)

The Assisted Decision Making (Capacity) Act 2015 is changing the way that adults who have difficulty making decisions without help are supported. The Decision Support Service has been set up at the Mental Health Commission and promotes the rights and interests of people who may need support with decision-making. We register decision support arrangements and supervise decision supporters. You can find information about the Decision Support Service on the website.

## SOCIETY OF ST. VINCENT DE PAUL

The local branches of SVP are in the community throughout the Dún Laoghaire-Rathdown South Dublin county area. Our main area of work is person to person contact with people who need help and assistance. When someone contacts us with a request for help, they can expect to receive a visit from two friendly SVP volunteers who are there to listen and see what help or information we can offer.

Our volunteers spend time talking with those who request our help to ensure we fully understand the issues they are facing, which enables us to provide the best support possible. We may be able to offer some practical or financial assistance towards day to day essentials, or we may offer information about other relevant services. SVP assistance is offered in a spirit of support and friendship by volunteers from all walks of life and all our visits are dealt with in a completely confidential and non-judgemental manner. Please contact us by phoning our information team to arrange a visit.

Tel: 01 855 0022

Web: [www.svp.ie](http://www.svp.ie)

# Citizens Entitlements and Services

## MABS HELPLINE

Tel: 0818 07 2000

Monday to Friday from 9am to 8pm.

MABS is made up of 53 Money Advice and Budgeting Services operating from over 60 offices nationwide. The MABS offices operate an appointment scheduling system and each service is staffed by experienced Money Advisers who work with clients experiencing difficulties with a wide range of personal debts including personal loans, mortgages, credit card debt, catalogue debts, debts to legal moneylenders and hire purchases.

MABS offices are managed by voluntary Boards that may include the main stakeholders (Citizens Information Centres, Local Authorities, Social Welfare, Society of St Vincent de Paul etc.) at local level who have an interest in assisting people who are in debt or at risk of getting into debt. These Boards have no involvement in the day-to-day client work of the office, and have no access to personal information or details of clients.

MABS is funded and supported by the Citizens Information Board.

### Tallaght MABS

Hainault House, The Square, Tallaght, Dublin 24, D24 RFVO

Tel: 0818 07 2370

Email: [tallaght@mabs.ie](mailto:tallaght@mabs.ie)

Opening Hours: Monday - Friday 9am-1pm and 2pm-5pm (Closed during lunch) Wheelchair Accessible

### Clondalkin MABS

Civic Offices, Ninth Lock Road, Clondalkin, Dublin 22, D22 E9X5

Tel: 0818 07 2310

Email: [dundrum@mabs.ie](mailto:dundrum@mabs.ie)

Opening Hours: Monday - Friday 9:30am - 4:30pm (open during Lunch)



## SOUTH DUBLIN CHAMBER OF COMMERCE

### South Dublin Chamber

Tallaght Business Centre, Whitestown Business Park Tallaght, Dublin  
24, D24 K59A

Tel: 01 462 2107

Email: [buisness@sdchamber.ie](mailto:buisness@sdchamber.ie)

Web: [www.dlrchamber.ie](http://www.dlrchamber.ie)

South Dublin Chamber founded in 1984 is a membership organisation which offers support, networking, events & promotions together with training and education for its members both corporate and Small to Medium Enterprises.

[illegible]

## ACTIVE SOUTH DUBLIN

c/o South Dublin Co. Council

County Hall, Belgard Square, Tallaght, Dublin 24

Tel: 01 4149000 ex2678

Email: [info@activesouthdublin.ie](mailto:info@activesouthdublin.ie) Web: [www.activesouthdublin.ie](http://www.activesouthdublin.ie)

Active South Dublin is a partnership between SDCC and Sport Ireland. Its remit is to support the community of South Dublin Co. to be active in sport and physical recreation regardless of age, ability and background.

### Our Vision:

That everyone in South Dublin Co. has the opportunity to be physically active, having access to activities and facilities suitable for their interests, needs and capabilities while enjoying the positive health and social benefits of that activity.

### Our Mission:

To work in partnership with stakeholders to improve access to participation for all and to create, deliver and promote a diverse range of local programmes and initiatives aimed at encouraging target groups that have lower participation rates.

Examples of activities for older aged include;

- Yoga/Pilates in community centres
- Activator Pole walking, indoors and in parks
- Exwell programme, Better Balance programme
- Boules in public parks or bowling on greens
- Golf - Pitch n Putt, Par 3
- Swimming and gym activities
- Go For Life Games

We work closely with local Active Retirement Groups, community and leisure centres to provide popular activity programmes for those looking to return to physical activity. If you want to start down the road of getting active & improving your balance in a fun social environment, then please contact us on the details above. There are a large number of clubs within the county and we are happy to assist you in finding one suitable to your needs.

# Sports and Physical Activity

## **SOUTH DUBLIN LEISURE CENTRES**

South Dublin Leisure Services Ltd. operates Tallaght & Clondalkin Leisure Centres and Aura Leisure manages Lucan Leisure Centre, all of which are owned by South Dublin County Council. They provide fully equipped gyms, excellent pool facilities, fitness studios, indoor sports hall and all-weather pitches.

The centres are the perfect place to keep active; to meet new friends; or just to relax and unwind. Tallaght & Clondalkin leisure centres also have poolpods installed. These lift style pieces of equipment allow for easy entry to the pool for less able bodied and all staff can assist in demonstrating how they operate.

All centres offer discount rates and special deals for older people but they may vary at each one - so it is better to check with your preferred centre.

Web: [www.tallaghtleisure.com](http://www.tallaghtleisure.com); [www.clondalkinleisure.com](http://www.clondalkinleisure.com);  
[www.auraleisure.com](http://www.auraleisure.com)

## **GRANGE CASTLE GOLF CLUB**

Grange Castle is a beautiful public golf course, recently voted in the best 100 in Ireland. It offers an 18 hole course and also a 7 hole course which could perfectly suit an older player. Being a public course it offers excellent value rates. See [www.grangecastlelgec.com](http://www.grangecastlelgec.com)

For details on all private golf courses in South Dublin Co. please contact Golf Ireland, [www.golfireland.ie](http://www.golfireland.ie)





## PITCH & PUTT

There are 3 Pitch & Putt clubs in South Dublin Co. and all are open to new members

[Roadstone Group](#) in Kingswood, Clondalkin,  
Tel. 086 3950148

[Lucan](#) P & P Club, 12th Lock, Lucan  
[www.lucanpitchandputt.com](http://www.lucanpitchandputt.com)

[Glenville](#) P & P Club, Kiltipper Road, Tallaght, Dublin 24  
Tel. 01 4519916

Also just outside the county border is Old County P&P, O Toole Park, Kimmage, Dublin 12, Tel 087 6651274

## PAR 3

[Liffey Valley](#) Par 3, Leixlip Road, Lucan Demesne, Co. Dublin

An 18 hole Par 3 course, this facility also offers an 18 hole pitch & putt course, see [www.liffeyvalleypar3golf.com](http://www.liffeyvalleypar3golf.com), Tel 01 6219514

## BOWLING/ BOULES

[Griffeen Petanque Club](#)

Griffeen Valley Park (entrance off Old Esker Lane)  
Boules or Petanque is played outdoors on a sandy/fine gravel surface like you would see in continental Europe. The pitch in Griffeen Valley can accommodate up to 20 players comfortably.

Email: [owen.kelleher@gmail.com](mailto:owen.kelleher@gmail.com)

Wednesdays at 6.30pm (light permitting); Sundays @ 12.00

Boules & training provided and all welcome

# Sports and Physical Activity

## TYMON PARK BOULES

(at entrance to park from St. Judes GAA/ Templeogue Utd. car park)  
This is a smaller pitch that would accommodate approx. 8 players

For boules contact St. Judes Mens Shed c/o St. Judes GAA;  
Templeogue Mens Shed situated in the club car park or Templeogue  
Womens Shed situated in the sports pavilion in Limekiln Road car  
park.

## GREENHILLS LAWN BOWLING CLUB

(beside Greenhills Community Centre, St. Joseph's Road, Greenhills,  
Dublin 12)

Greenhills Lawn Bowling Club is a thriving club with an all weather  
facility that is open to all regardless of ability. The club regularly  
hosts Open Days and those interested can drop in any day to view  
the facility and see what is offered.



Directory of Activities & Services for older people in South Dublin County



## FITNESS LEAGUE OF IRELAND

Web: [www.thefitnessleague.ie/active-retired-classes](http://www.thefitnessleague.ie/active-retired-classes)

As we age our joints can become stiff and painful and we can lose muscle tone, resulting in reduced range of movement and loss of confidence. Joining a Fitness League Active Retired class will help to counteract these difficulties with a full body workout which improves strength, mobility and balance, and promotes an overall improvement in health and mood.

Carefully chosen music accompanies each exercise which increases enjoyment and encourages maximum effort, and this makes the Fitness League different.

The Active Retired classes are based on the Bagot Stack principles, as are all Fitness League classes and the exercises are suitable for those who have difficulty getting up from the floor, have existing health problems or have been inactive for some time. Classes in South Dublin Co. are available in the following areas: Clondalkin, Rathfarnham, Knocklyon.

For the full list of classes, times and contact details check [www.thefitnessleague.ie](http://www.thefitnessleague.ie)

## RUA RED

Belgard Square, beside Tallaght Library

Rua Red, South Dublin Co. Co's arts centre also offer a programme of health and wellness activities that are suitable for older aged. Activities include; Pilates, yoga, Zumba and tai chi.

The centre also has a café for post exercise relaxation.

For full details on times please contact Rua Red, [info@ruared.ie](mailto:info@ruared.ie) or Tel. 01 4515860

# Sports and Physical Activity

## WALKING GROUPS

Walking Clubs offer a wide range of walks, suitable for all walkers and levels of fitness. So, whether you prefer a relaxed pace or something a bit more challenging, they have the walks for you.

### The Trekkers Mountaineering Club

The Club has approximately 237 members, including honorary members and three associates. Outings of between 4 and 8 hours are arranged each Saturday. Walks are categorised A, B and C reflecting terrain and level of challenge. In addition, Wednesday and Friday walk programmes are available. Most outings are in the Dublin and Wicklow Mountains but trips are arranged to other locations and overseas from time to time.

Web: [www.trekkers.ie](http://www.trekkers.ie)

Email: [trekkersmountaineeringclub@gmail.com](mailto:trekkersmountaineeringclub@gmail.com)

### Irish Ramblers' Club

Every Sunday and Thursday we have six different day long hikes, each with its own allocated leader, which are divided into six grades. The fittest grade typically covers about 20km and climbs several mountains to accumulate a height gain of about 1000m while the gentlest walk would be about 9km in length and 250m in height gained. Members decide at what grade they will hike on any particular day depending on their level of fitness and stamina.

Web: [www.theramblers.ie](http://www.theramblers.ie)



### Glenwalk HillWalking Club

Glenwalk is a large sociable hillwalking club with over 600 members, established in 2002. The Club is managed by a voluntary Committee. Main walks every second Sunday.  
Web: [glenwalk.com](http://glenwalk.com)

### Dublin Walking Club

We are a Dublin-based club that for over four decades has been organising a wide variety of walks, predominately in the Dublin and Wicklow mountains but also further afield. We offer long, medium and short walks.  
Web: [www.dublinwalkingclub.com](http://www.dublinwalkingclub.com)

### Bogtrotters Walking Club

We are an easy-going, friendly walking/hiking club based in Rathfarnham Dublin that arranges walks most Sundays during the year and on Tuesday evenings during the summer months. We also organise a few weekends away during the year in Ireland and an annual walking week abroad. Occasional cultural and social events take place from time to time and we also have a long running book club that meets 3 or 4 times a year.

We are a small club with about 80 members and each walk sees about 8 to 20 people take part on a members walk mainly in Wicklow and Dublin. [www.bogtrotters.ie](http://www.bogtrotters.ie)

### Walk & Talk

For gentler, local walks there are a number of Walk & Talk groups in South Dublin Co. that organize regular weekday and weekend walks. Areas currently include Jobstown in Tallaght, Brittas, Rowlagh in North Clondalkin, Clondalkin Village and Adamstown in Lucan. Active South Dublin assists local volunteers wishing to set up a walking group by providing leader training, first aid, high vis vests and information on insurance cover for participants through Get Ireland Walking.

If you would like information on a local Walk & Talk group or would be interested in setting one up, please drop us a line [info@activesouthdublin.ie](mailto:info@activesouthdublin.ie) and we will get in contact with you.

# Sports and Physical Activity

## SLÍ NA SLÁINTE

Slí na Sláinte meaning Path to Health, aims to encourage people of all ages and abilities to walk more for health and leisure. A regular programme of walking can keep your heart strong, improve muscle strength, help manage your weight and make you feel good.

The Slí na Sláinte routes are signposted walkways in your community. We have over 230 routes nationally. All routes are on a hard surface, not too long and not too difficult and there is signage in place to guide you along the route. See [www.irishheart.ie](http://www.irishheart.ie)

Did you enjoy the feel of the wind in your hair when you cycled in your younger days, but feel those days are behind you?

Well you can enjoy them again with our Trishaw in Dodder Valley Park ! You can book a free ride on the trishaw which will bring you around the park to better enjoy the sights.

There are 2 meeting points, beside the Balrothery Weir or next to the playground opposite the Speaker Connolly pub. For information and bookings see [www.doddervalleycycling.com](http://www.doddervalleycycling.com) or email [bookings@doddervalleycycling.com](mailto:bookings@doddervalleycycling.com)



Directory of Activities & Services for older people in South Dublin County



## SDCC FLAGSHIP PARKS

### Corkagh Park

Corkagh Park is located near the Nass road stretching towards Clondalkin. Opened to the public in 1986. It consists of 120 hectares and was formerly part of Corkagh Demense. There are many amenities in the park including an adjacent caravan park.

#### Opening Hours:

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



Directory of Activities & Services for older people in South Dublin County

# Sports and Physical Activity

## Dodder Valley Linear Park

The Dodder River provides the focus for this marvellous park which extends from Old Bawn Bridge in Tallaght to Rathfarnham – a distance of 6km. linking the Dublin Mountains with City suburbia, the park consists of over a 100 hectares of fragmented parkland and remnant countryside. In addition to its natural conservation value, the park offers a rich heritage, outstanding scenery and a sanctuary for peaceful recreation.

### Opening Hours

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



Directory of Activities & Services for older people in South Dublin County





## Griffeen Valley Park

The Park, comprising of over 220 acres, is formed from a series of public open spaces, each of which has its own identifiable character. The first and oldest section is the popular little town section in the middle of Lucan village. The second section known as Vessey park can be entered at Adamstown/Newcastle Road: it winds its way around the Vessey housing estate and ends at the Lucan bypass. The third section is an open space on the southern side of the bypass ending at Lynch's lane and extends along the rear of Arthur Griffith housing estate to Griffeen Avenue.

### Opening Hours

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

## Rathcoole Park

The Park is noted for its interesting topography and water features which are enhanced by the surrounding rolling landscape.

### Opening Hours

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

# Sports and Physical Activity

## Rathfarnham Castle Park

Rathfarnham Castle was designed by James Stewart and William Chambers, and it is believed that the castle was built in 1582 for Archbishop Loftus. The building and the extensive demense remained in the family until 1723 when it was sold to the Speaker Connolly, of Hellfire Club fame. It was returned to the Loftus Family in 1767 and was restored and redesigned.

The grounds of Rathfarnham Castle and the former Courtyard buildings that form Rathfarnham Castle Park compromise approximately 7 hectares. The Castle is a welcoming place with attractive walks, mature woodland, two playgrounds, a woodland pond and a formal pond.

### Opening Hours

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

## Sean Walsh Park

The Park is located in the heart of Tallaght on the N81. Ornamental gardens lie side by side with attractive water features such as ponds and waterfalls: extensive tree planting allows shaded areas for relaxation. Pedestrian paths around the ponds allow for pleasant walks and passive recreation.

### Opening Hours

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



Directory of Activities & Services for older people in South Dublin County

# Sports and Physical Activity

## Tymon Park

Tymon Park is a valuable resource for the local communities and the surrounding hinterland. It provides opportunities for a wide range of outdoor and passive recreational activities for all age groups including walking, jogging and participation in active sport, principally field sports. It is a popular venue for many public events such as tournaments, band recitals, film/television shoots, family festivals in the summer, cross country races and circus performances.

### Opening Hours

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



Directory of Activities & Services for older people in South Dublin County



## Waterstown Park

Green flag award winner extensive walks and cycling paths, beside River Liffey, natural play areas and playground, fitness equipment, dog run, carparking, new native tree trail, new water station. This park is very rich in biodiversity and won the bioblitz competition in 2011. No chemicals are sprayed in this park whatsoever (except to treat the invasive Japanese knotweed) in the interests of health wellbeing and biodiversity.

### Opening Hours

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

# Cultural, Libraries and Arts





## SDCC ARTS OFFICE

South Dublin County Council Arts Office provides a service that supports the development of creative people and communities through the Arts. Provision and support of high quality arts experiences are central to the service. This is realised through research, programmes, events, grants and awards and the development of on-line and off-line resources

More information on SDCC Arts Office can found here:  
Arts - SDCC

<https://www.sdcc.ie/en/services/sport-and-recreation/arts/>

Or you can contact the Arts Office on 01 414 9000



Directory of Activities & Services for older people in South Dublin County

# Cultural, Libraries and Arts

## LIBRARY SPACES

The County has 7 branch libraries serving the community, educational and recreational needs of all who live, work or study in the South Dublin area. They are Tallaght, Ballyroan, Castletymon, Clondalkin, Lucan, North Clondalkin, Stewarts and Palmerstown Libraries.

All SDCC Libraries are accessible buildings and are safe, welcoming, inclusive community spaces. Libraries are free to join with no charge to borrow books, and no overdue fees. We have some community spaces available for events and meetings, study and exhibition spaces.

## LIBRARY SERVICES AND RESOURCES

All library authorities in Ireland are connected and share a national catalogue. This means if you need to reserve books from a different county, it's possible to have them sent to your local library for collection, for free. You can also borrow and return items to any library, anywhere in the country.

We are constantly looking for innovative ways to reach out to communities by improving access and expanding the range of services available. As well as books, SDCC Libraries also stock large-print books, audiobooks, music CDs and DVDs. A wide selection of daily and weekly newspapers and magazines are available to browse.

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





## County Library Tallaght

Tel: 01 462 0073

Email: [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)

County Library Tallaght is a light filled spacious customer orientated which boast the following facilities:

- Tech Room: with state-of-the-art tech/PCs, music equipment, 3D Printer.
- Large Conference Room: for outreach events.
- Local Studies Research Library: Holds over 10,000 items including books, newspapers, periodicals, maps, and photographs
- Two large exhibition spaces, Study Spaces.
- The Loft: A dedicated space for young adults.

We offer a wide and varied range of outreach activities including:

- Toddler Mornings: Wednesdays at 10.30am
- English Conversation Sessions: Monday - Thursday 11.30am - 1.30pm
- Senior Cycle Programme: Designed to support secondary school students/parents and teachers (including inspirational speakers/ study skills sessions, free maths grinds with Project Sums and more
- TTM Programme: aimed at assisting children with additional needs/their careers and professionals in the field.

## Cultural, Libraries and Arts

### Ballyroan Library

Tel: 01 494 1900

Email: [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)

Ballyroan Library opened its doors on Monday 18th February, 2013, and includes a lecture room, an exhibition space, a digital training suite and a dedicated research room.

- HP Sprout: A fun creative PC
- Quiet study space
- Weekly toddler group
- Fortnightly CoderDojo
- Czech language collection for children
- Rathfarnham local studies collection.

### Castletymon Library

Tel: 01 414 9203

Email: [castletymon@sdblincoco.ie](mailto:castletymon@sdblincoco.ie)

What we have:

- Children's storytime space
- Books and dvd's
- 3d printer
- Self-service android tablets for use in the library
- Printer/copying and scanning facilities
- PC's for public use
- TTRS (Touch,Type, Read and Spell)



## Lucan Library

Tel: 01 621 6422

Email: [lucan@sdublincoco.ie](mailto:lucan@sdublincoco.ie)

The library was opened to the public in 2000. It is a bright modern building on the first floor of the Supervalu Shopping centre and is accessible by lift. It has a large children's area.

As well as a whole range of facilities we have:

- 3D printer
- laptops & tablets available for public use
- Robots
- Tilt and play Table
- HP Sprout a fun creative PC
- Seminar Room- for library events
- Talks and workshops containing a digital screen and digital projector
- An audio-enabled lectern and a portable sound system

## Clondalkin Library

Tel: 01 459 3315

Email: [clondalkin@sdublincoco.ie](mailto:clondalkin@sdublincoco.ie)

Clondalkin Library, open since 1911, is a two-storey Carnegie building in Clondalkin Village. Designed by T.J. Byrne, it is the oldest library in South Dublin County Councils network. The building although refurbished contains many of its original architectural features. The adult library is downstairs while the younger children's and young adults library is upstairs.

Overall the library has:

- Cosy reading area
- Study tables with a power supply
- 5 adult computers
- 5 children's computers
- 3D printer
- HP Sprout and Tilt and touch Table

## Cultural, Libraries and Arts

### North Clondalkin Library

Tel: 01 414 9269

Email: [ncl@sdblincoco.ie](mailto:ncl@sdblincoco.ie)

North Clondalkin Library is a bright spacious building and has two outdoor gardens for library patrons. It boasts a lecture space, exhibition area, digital training room and a smaller meeting room.

As well as a arrange of books and DVD's for adults and children, facilities available include:

- Self-service Units for return and issue of library items
- A study area
- Internet café with 14 pc's
- Use of android tablets
- Study Area
- Creative studio where music recordings and podcasting can take place.
- The children's area has a dedicated story telling area, junior android tablets for use in the library, and a tilt and touch screen

### Palmerstown Library

Tel: 01 467 8909

Email: [ptowndigihub@sdblincoco.ie](mailto:ptowndigihub@sdblincoco.ie)

Palmerstown library offers:

- Interactive HP Sprout workstation for children.
- Public access for PC's
- Exhibitions
- Lectures
- Children's activities including story time and class visits.
- Special events including Bealtaine, Science week, History and Heritage months and children's books.



## Stewarts Library

Tel: 01 626 4444

Email: [library@stewartscare.ie](mailto:library@stewartscare.ie)

The John Jennings library is situated in the grounds of Stewart's care Ltd, Palmerstown. It is a small library that houses a specialised collection of books and journals on learning and intellectual disabilities. A wider public service is also offered to the wider community.

# Religious and Spiritual Organisations



## **SOUTH DUBLIN**

### **Our Lady of Good Counsel, Ballyboden**

Whitechurch Ballyboden, Dublin 16

Tel: 01 424 1000

Email: [ballybodenparish@eircom.net](mailto:ballybodenparish@eircom.net)

Web: [www.ballybdenparish.ie](http://www.ballybdenparish.ie)

### **Church of the Holy Spirit, Ballyroan**

Marian Road, Ballyroan, Dublin 14,

Tel: 01 494 7303

Email: [ballyroanparish@gmail.com](mailto:ballyroanparish@gmail.com)

Web: [www.ballyroanparish.ie](http://www.ballyroanparish.ie)

### **Church of the Transfiguration**

The Presbytery, Bawnogue, Clondalkin, Dublin, 22

Tel: 01 538 6018

Email: [bawnogueparish@gmail.com](mailto:bawnogueparish@gmail.com)

### **St Anne's Church Bohernabreena**

St Anne's Church, Bohernabreena, Dublin 24,

Tel: 01 414 1838

Email: [stannes.bohernabreena@gmail.com](mailto:stannes.bohernabreena@gmail.com)

Web: [www.bohernabreenaparish.com](http://www.bohernabreenaparish.com)

### **St Aidan's Brookfield**

Brookfield Road, Tallaght, Dublin 24,

Tel: 01 462 5230

Email: [jobstownparish@gmail.com](mailto:jobstownparish@gmail.com)

Web: [www.stthomasjobstown.com](http://www.stthomasjobstown.com)

### **Immaculate Conception of the B.V.M, Clondalkin**

22 New Road, Clondalkin, Dublin 22,

Tel: 01 459 3520

Web: [www.clondalkinparish.ie](http://www.clondalkinparish.ie)

## Religious and Spiritual Organisations

### **St Ronan's Church Deansrath**

St Ronan's Church, Deansrath, Dublin 22,  
Tel: 01 457 0380  
Email: stronansdeansrath@hotmail.com

### **Our Lady of Mount Carmel, Firhouse**

Ballycullen Avenue, Frihouse, Dublin 24,  
Tel: 01 294 1696  
Email: olmcfirhouseparish@gmail.com  
Web: www.firhouseparish.ie

### **Church of the Holy Spirit, Greenhills**

Church of the Holy Spirit, Dublin 12,  
Tel: 01 450 9191  
Email: greenhillsparish@eircom.net  
Web: www.holyspiritparishgreenhills.ie

### **St Thomas the Apostle, Jobstown**

St Thomas the Apostle, Jobstown, Dublin 24,  
Tel: 01 452 3595  
Email: jobstownparish@gmail.com  
Web: www.stthomasjobstown.com

### **Church of the Sacred Heart Kilinarden**

Kilinarden, Tallaght, D24  
Tel: 01 452 2251  
Email: sacredheartparishkilinarden@gmail.com  
Web: www.killinardenparish.ie

### **St Killians Church**

TreePark Road, Kilnamanagh Dublin 24  
Tel: 01 451 5570  
Email: kcparishoffice@gmail.com  
Web: kilnamaghcastleview.com





### **The Annunciation, Rathfarnham**

The Annunciation, Rathfarnham  
Willbrook Road, Dublin 14, D14 E803  
Tel: 01 495 8695  
Email: [parishoffice@rathfarnhamparish.com](mailto:parishoffice@rathfarnhamparish.com)  
Web: [rathfarnhamparish.ie](http://rathfarnhamparish.ie)

### **St Colmcille Knocklyon**

The Presbytery, Idrone Ave, Knocklyon, Dublin 16  
Tel: 01 494 1204  
Email: [ionapastoralcentre@gmail.com](mailto:ionapastoralcentre@gmail.com)  
Web: [www.knocklyonparish.ie](http://www.knocklyonparish.ie)

### **St Mary's Lucan**

St Mary's Parish, Lucan Road, Lucan  
Tel: 01 621 7041  
Email: [secetary@lucanparish.com](mailto:secetary@lucanparish.com)  
Web: [www.marleygrangeparish.ie](http://www.marleygrangeparish.ie)

### **Church of the Devne Mercy (Lucan South)**

Balgaddy Road, Lucan, Co. Dublin,  
Tel: 01 457 2900  
Email: [lucansouthparish@gmail.com](mailto:lucansouthparish@gmail.com)

### **St. Peter the Apostle**

Neilstown Road, Collinstown, Dublin 22  
Tel: 01 457 3546

### **St Finian's Church Newcastle**

Main Street, Newcastle Lyons, Dublin  
Tel: 01 458 9209

### **St Philomena Palmerstown**

Old Lucan Road, Palmerstown, Dublin 20,  
Tel: 01 626 0900  
Email: [parishoffice@palmerstownparish.com](mailto:parishoffice@palmerstownparish.com)  
Web: [www.palmerstownparish.com](http://www.palmerstownparish.com)

## Religious and Spiritual Organisations

### **Church of the Annunciation Rathfarnam**

Willowbrook Rd, Rathfarnam, Dublin 14,  
Tel: 01 495 8695  
Email: parishoffice@rathfarnamparish.com

### **Immaculate Heart of Mary (Rowlagh)**

Liscarne Dale, Rowlagh, Clondalkin, D22  
Tel: 01 626 1010

### **Nativity of the Blessed Virgin Mary (Saggart)**

Saggart, Co. Dublin  
Tel: 086 010 8420  
Email: saggartparish@gmail.com

### **St. Marks Springfield**

68 Maplewood Road, Springfield, Dublin  
Tel: 01 462 0777  
Email: stmarksparishchurch@gmail.com  
Web: stmarksspringfield.org

### **St Aengus (Tallaght)**

Balrothery, Tallaght, Dublin 24  
Tel: 01 451 3757  
Email: staengusparishtallaght@gmail.com  
Web: www.staengusparishtallaght.ie

### **St Mary's Tallaght**

St Mary's Priory, Tallaght, Dublin 24  
Tel: 01 404 8100  
Email: parish@stmarys-tallaght.ie  
Pastoral Centre: 01 441 9303  
Web: www.stmarys-tallaght.ie



### **St Martin de Porres, Tallaght**

Firhouse road West, Tallaght, Dublin 24

Tel: 01 451 0160

Email: [stmartinsparish@eircom.net](mailto:stmartinsparish@eircom.net)

Web: [www.stmartinsparish.ie](http://www.stmartinsparish.ie)

### **St Dominic's**

St Dominic's Road, Tallaght, Dublin 24

Tel: 01 451 0620

Email: [stdominicstallaght1@eircom.net](mailto:stdominicstallaght1@eircom.net)

Web: [www.stdominicsparish.ie](http://www.stdominicsparish.ie)

### **St Pius X**

College Drive, Terenure, Dublin 6W

Tel: 01 490 5284

Email: [info@stpiusx.ie](mailto:info@stpiusx.ie)

### **St. Jude the Apostle**

Orwell Park, Dublin 6W

Tel: 01 460 0127

Email: [judeparishoffice1@gmail.com](mailto:judeparishoffice1@gmail.com)

# Useful Telephone Numbers



# Useful Telephone Numbers

**PLEASE COMPLETE AND KEEP BY YOUR TELEPHONE**

## **Family Member**

1. \_\_\_\_\_

2. \_\_\_\_\_

## **Neighbour / Friend**

\_\_\_\_\_

## **GP / Doctor**

\_\_\_\_\_

## **Home Eircode**

\_\_\_\_\_

## **Wifi Code**

\_\_\_\_\_

## **Chemist**

\_\_\_\_\_

## **Plumber**

\_\_\_\_\_

## **Electrician**

\_\_\_\_\_

# Useful Telephone Numbers

## House Alarm Company

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## Personal Alarm Company

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## Shop/Supermarket

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## Other

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## EMERGENCY

Dial **999** or **112**

Ask for the emergency service you require e.g Ambulance, Fire Brigade, Gardai.

- **ESB Fault/Emergency line Tel: 1800 372 999**
- **GAS Emergency & Leaks Dial Tel:1800 20 50 50**

The information contained in this publication is for general information purposes only and is provided by Dún Laoghaire-Rathdown County Council's Community & Cultural Development Department. Whilst every care has been taken to ensure that information compiled for this publication is correct, changes in circumstances after the time of publication may impact on the accuracy of this information and Dún Laoghaire-Rathdown County Council will not be held responsible for any loss, damage or inconvenience caused as a result of any inaccuracy or error within it. We are extremely grateful to all who have contributed content to this publication.

## Notes

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## Notes

## **SDCC Age-Friendly Programme**

Community Section

South Dublin County Council, County Hall,  
Tallaght, Dublin 24, D24 A3X.

Tel: +353 01 414 9000  
Email: [community@sdcc.ie](mailto:community@sdcc.ie)  
Web: [www.sdcc.ie](http://www.sdcc.ie)

