

Directory of Activities & Services

for older people in South Dublin County Council



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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 focused 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.



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

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: community@SDUBLINCOCO.ie

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.

Clondalkin Civic Centre

Ninth Lock Road, Clondalkin, Dublin 22

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.

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: **community@SDUBLINCOCO.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

Email Admin: healthyagefriendlyhomes@meathcoco.ie

Address:

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

Tel: 046-9248899



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

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 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

South Dublin Volunteer Centre, Block 3 County Hall,
Dublin 24, D24 YNN5

Tel: 01 4628558 (Tallaght) 01 414 9000 (Clondalkin)
Email: 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 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

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



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

Support & Community

Active 55's

Greenhills Community Centre, St Joseph's Road, Dublin 12
Tel: 01 450 0165

Active Age Group

Firhouse Community & Leisure Club, Ballycullen Drive, Firhouse D24
Tel: 01 451 4455
Email: fclccentre@gmail.com

Active Age Group

Park Community Centre, Killinenny Road, Firhouse, Dublin 24
Tel: 01 462 0042
Email: info@theparkcommunitycentre.com

Active Age Group

Ballyroan Community & Youth Centre, Marian Road, Rathfarnham, D14
Tel: 01 495 8576
Email: enquiries@bcyc.ie

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: 01 450 0165

Bowling Group

Park Community Centre, Killinenny Road, Firhouse, Dublin 24
Tel: 01 462 0042
Email: info@theparkcommunitycentre.com

Bingo

Bawnogue Community Centre, Bawnogue, Clondalkin, D22
Tel: 087 758 1782
Email: helenamagee@hotmail.com

Bingo

Killinarden Heights, Tallaght, Dublin 24, D24 WV6V
Tel: 01 45 2617
Email: killinardencommunitydev@gmail.com

Support & Community

Bridge

Ballyroan Community & Youth Centre, Ballyroan, Rathfarnham, D14
Tel: 01 495 5876
Email: enquiries@bcyc.ie

Bridge

Springfield Hotel, Lucan, Co. Dublin
Wednesdays 7.30 p.m. Mixed grades
Tel: 086 881 3682
Email: buidhuill@gmail.com

Bridge

Rathcoole Community Centre, Main Street, Rathcoole Co. Dublin
Thursdays 7pm Mixed Grades
Tel: 01 458 6134

Chair Aerobics

Bawnogue Community Centre, Bawnogue, Clondalkin, D22
Tel: 087 929 0825

Chair Exercise

Greenhills Community Centre, St Joseph's Road, Dublin 12
Tel: 01 450 0165

Chair Yoga

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

Chairde Arts & Crafts, Social Activities , Exercise, Trips

Bawnogue Community Centre, Bawnogue, Clondalkin, D22
Tel: 087 226 9294
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: 087 758 1782
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: 01 873 3836

Friday Knitting Circle

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

Fitness League

Ballyroan Youth & Community Centre, Marian Road,
Rathfarnham, Dublin 14
Tel: 087 671 7096

Golden Circle Killinarden A.R.A

Killinarden Community Centre, Killinarden Heights, Tallaght,
Dublin 24, D24 WV6V
Tel: 01 452 6617

Golden Circle Killinarden Heights

Killinarden Heights, Tallaght, Dublin 24, D24 WV6V
Tel: 01 452 617
Email: killinardencommunitydev@gmail.com

Support & Community

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: 01 495 8576
Email: programmes@bcyc.ie

Indoor Bowls

Greenhills Community Centre, St Joseph's Road, Dublin 12
Tel: 01 450 0165

Indoor Bowling

Rowlagh Community Centre, Neilstown Road, Clondalkin, D22
Tel: 01 605 5031

Jobstown Active Retirement Group

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

Killinarden Family Resource Centre

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

Knocklyon Women's Group

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

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: 01 295 7372
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: 01 450 0165

Local Vocals Choir Group

Knockmitten Community Centre, Monksfield Lawns, Clondalkin, Dublin 22,
Tel: 086 385 5794
Email: manager@kycc.ie

Lulu Fitness, Strength and Conditioning Training

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

Mens Active Retirement Group

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

Newcastle Ladies Association

St Finian's Community Centre, Main Street, Newcastle, Co Dublin
Tel: 01 458 9195

Nysha Yoga

Firhouse Community & Leisure Club, Ballycullen Drive, Firhouse D24
Tel: 01 451 4455
Email: fclcentre@gmail.com

Over 60's Club

Women's Collective Lucan, Ballyowen Castle Youth & Community Centre, Ballyowen Lane, Ballyowen, Lucan, Co. Dublin, K78 N263
Tel: 083 860 7949

Park Singers

Firhouse Community & Leisure Club, Ballycullen Drive, Firhouse D24
Tel: 01 451 4455
Email: fclcentre@gmail.com

Support & Community

Piloxing

Greenhills Community Centre, St Joseph's Road, Dublin 12
Tel: 01 450 0165

Quarryvale Butterflies

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

Radio Club

Ballyroan Community & Youth Centre, Ballyroan, Rathfarnham, D14
Tel: 01 495 5876
Email: enquiries@bcyc.ie

Rathcoole Active Retirement Association (RARA)

Rathcoole Community Centre, Main Street, Rathcoole Co. Dublin
Tel: 01 458 6134
Email: rcc.reception@rathcoolecommunity.ie

Rathcoole Retired Mens Club

Rathcoole Community Centre, Main Street, Rathcoole Co. Dublin
Tel: 01 458 6134
Email: rcc.reception@rathcoolecommunity.ie

Retired Active Mens Social (RAMS)

St Finian's Community Centre, Main Street, Newcastle, Co Dublin
RAMS Contact: 01 458 9007 / 086 844 3820
RAMS in Rhythm
Tel: 01 458 9611
Mobile: 087265 5683
Email: paulinemaryod@gmail.com

Senior Citizen Activities

Tymon Bawn Community Centre, Firhouse Road West, Oldbawn, D24
Tel: 01 452 1028
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: 085 204 5743

Email: elaineprsns@gmail.com

Sound Bath/Meditation

Bawnogue Community Centre, Bawnogue, Clondalkin

Tel: 01 457 6734

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: 087 709 7549

Tai Chi

Bawnogue Community Centre, Bawnogue, Clondalkin

Tel: 01 457 6734

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: 01 495 5876

Email: enquiries@bcyc.ie

Tai Chi/Meditation

Firhouse Community & Leisure Club, Ballycullen Drive, Firhouse D24

Tel: 01 451 4455

Email: fclcentre@gmail.com

Tai Chi

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

Tel: 01 450 0165

Support & Community

The U Club (Women's Group)

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

Under 65 - Young Onset Dementia Activity Club

Bawnogue Community Centre, Bawnogue, Clondalkin
Tel: 01 457 6734
Email: debbie.kenny@alzheimer.ie

Women's Tai Chi

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

Whist

Ballyroan Community & Youth Centre, Ballyroan, Rathfarnham, D14
Tel: 01 495 5876
Email: enquiries@bcyc.ie

Whist

Maldron Hotel, Tallaght, D24
Tel: 087 611 6381

Yoga

Rowlagh Community Centre, Neilstown Road, Clondalkin, D22
Tel: 01 605 5031

Yoga/Meditation

Greenhills Community Centre, St Joseph's Road, Dublin 12
Tel: 01 450 0165

Zumba

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

Zumba Gold 55+

Palmerstown Youth & Community Centre,
Kennelsfort Road Upper, Dublin 20
Tel: 01 616 6981



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

Support & Community

ACTIVE RETIREMENT IRELAND

National office

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

Tel: 01 873 3836

Email: info@activeirl.ie

Web: 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

Web: www.ageaction.ie

Facebook: www.facebook.com/AgeActionIreland

Twitter: 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.



ALONE

National Support and Referral Line

Tel: 0818 222 024

Web: 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

Support & Community

AGE & OPPORTUNITY

Marino Institute of Education, Griffith Ave, Dublin 9, D09 K4P6
Tel: 01 805 7709

Email: info@ageandopportunity.ie

Web: 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.

Age-Friendly Organisations and Support Groups

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

IRISH DEMENTIA CAFÉ NETWORK

A dementia café is a welcoming, once monthly meeting for anyone who is affected by dementia. People living with dementia, their families and friends, healthcare professionals, and people who are interested in supporting a dementia inclusive community, are all welcome to attend. Dementia cafés are run by local voluntary steering committees and are always free of charge.

Ballyroan Cara Café

Ballyroan Community and Youth Café, Marian Rd., Rathfarnham Dublin 14, D14R7Y7

Email: community@sdublincoco.ie

Second Tuesday of each month at 1.30 pm

Café Memoir

Tallaght Library, Parthalan Place, Dublin, D24 TNP8

Email: cafememoirtallaght@gmail.com

First Wednesday of every month at 3 pm- 5 pm

Support & Community

Féileacán Bán Community Café

St. Marys Parish Centre (grounds of St Marys Church) Lucan Road,
Dublin, K78EY62

Email: feileacanban.anp@hse.ie

2 pm – 5 pm on Saturday, please email for exact dates.

DIGNITY IRELAND - COMMUNITY TRANSPORT

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

Tel: 01 426 6999

Email: info@dignityireland.ie

Web: 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/ 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.



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

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

Support & Community

IRISH COUNTRYWOMEN'S ASSOCIATION (ICA)

Tel: 01 668 0002

Email: office@ica.ie

Web: 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.

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

Age-Friendly Organisations and Support Groups

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: 086 455 5770

Contact: Sean O'Connor

Brookview/Fettercairn Men's Shed

Fettercairn Community Centre, Fettercairn Road, Dublin 24

Tel: 087 231 2416/089 607 3847

Contact: Mark McGrogan/ Philip McAdam

Clondalkin Men's Shed

22 Mayfield Court, Clondalkin, Dublin 22

Tel: 087 616 8546/086 342 3209

Contact: Tommy O'Neill/Fintan Mullaly

Clondalkin Travellers Mens Shed

Unit 1, Neilstown Enterprise Centre, Clondalkin, D22

Tel: 083 309 7611

Contact: Shane Lynch

Support & Community

Dublin Ten Twenty Men's Shed

Contact: Sean Hegarty/Stephen Lydon
Tel: 087 294 0727/087 229 7402

Firhouse Men's Shed

Firhouse Community Centre, Ballycullen Ave, Tallaght, D24
Tel: 087 619 6656/086 253 8550
Contact: Raymond Jordan/Kieran Coakley

Greenhill's Mens Shed

Greenhills Community Centre, St Joseph's Road, Dublin 12
Tel: 086 848 8056/086 868 2667
Contact: Pat Jones/ Gerry Fitzpatrick

Kingswood/Kilnamanagh Active Age Men's Club A.R.A.

Kingswood, Tallaght, D24
Tel: 01 873 3836

Knocklyon Men's Shed

Knocklyon United Football Club, Ballycullen, D16
Tel: 087 257 7607/086 256 4958
Contact: Eamonn Hogan/Bill Stevens

KFRC Men's Shed (Kilnamanagh)

Tree Park, Kilnamanagh, Tallaght, Dublin 24
Tel: 086 367 1901/085 724 8306
Contact: Brendan Ryan/Tony Condren

Lucan Men's Shed

Contact: Sean Hegarty/Stephen Lydon
Tel: 087 294 0727/087 229 7402

Age-Friendly Organisations and Support Groups

Mojo Men's Shed Tallaght

St Thomas Church, Jobstown, Tallaght, D24

Tel: 087 456 7221

Contact: Shane Kivlehan

Rathcoole Men's Shed

Community Centre, Main Street, Rathcoole, Co Dublin

Tel: 087 269 1619

Contact: Fergus Garrett

Slade Valley Mens Shed

Lynch Park, Brittas, Co. Dublin

Tel: 086 383 4416

Contact: Micheal Loftus

St Judes Men's Shed

St Judes GAA Club, Wellington Lane, D6W

Email: ceptabrady238@gmail.com

Templeogue Community Men's Shed

Templeogue United, Wellington Lane, Templeogue, Dublin 6w

Tel: 087 2388 203/086 1922 368

Email: tcmensshed@gmail.com

Contact: Joe Mac Donagh/Liam Edwards

Support & Community

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: 086 061 8330
Email: murraymary201@gmail.com

Kilinarden Sister Shed

Kilinarden Heights, Tallaght, Dublin 24, D24 WV6V
Tel: 01 452 6617
Email: killinardencommunitydev@gmail.com

Rathfarnham Women's Shed

Old Court house, Willowbrook, Rathfarnham, D16
Contact: moira.walters1@hotmail.com

Templeogue Women's Shed

Contact: templeoguews@gmail.com

Age-Friendly Organisations and Support Groups

LGBT IRELAND

80 Dame Street, Dublin 2

Tel: 01 685 9280

Email: 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: www.lgbt.ie/telefriending

Tel: 01 437 1209

Email: 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

Support & Community

SENIORLINE

National Confidential Listening Service for Older People

Free Phone: 1800 80 45 91

Email: info@thirdageireland.ie Web: 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 as 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

Web: www.sdcpartnership.ie

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



Support & Community

Adamstown Youth & Community Centre

Station Road, Adamstown, Lucan, Co. Dublin, K78E7F8

Tel: 01 503 1644

Email: manager@aycc.onmicrosoft.com

Ballyowen Castle Community Centre

Ballyowen Castle Shopping Centre, Castle Road,

Lucan, County Dublin, K78N2

Tel: 085 867 1245

Email: info@ballyowencommunitycentre.ie

Ballyroan Community & Youth Centre

Marian Road, Rathfarnham, Dublin 14, D14 R7Y7

Tel: 01 495 8576

Email: manager@bcyc.ie

Bawnogue Youth & Community Centre

Bawnogue Community Centre, Bawnogue Road,

Clondalkin, D22 DY68

Tel: 01 457 6734

Email: bawnoguecommunitycentre@outlook.com

Belgard Youth & Community Centre

Old Belgard Road, Tallaght, Dublin 24, D24 YK38

Tel: 01 459 0522 / 085 837 1139

Email: info@belgardcommunitycentre.ie

Brittas Community Centre

Blessington Road, Glenaraneen, Brittas, Co. Dublin

Email: info@brittascommunity.com

Brookfield Youth and Community Centre

Brookfield Road, Tallaght, Dublin 24, D24 VF5E

Tel: 01 452 0300/ 086 032 7909

Email: staff@brookfieldycc.ie

SDCC Community Centre's & Facilities

Dominics Community Centre

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

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
fettercairnhorseproject@gmail.com

Firhouse Community Centre

Firhouse Community & Leisure Club, Ballycullen Drive, D24 YYOH
Tel: 01 451 4455
Email: fclcentre@gmail.com

Glenasmole Community Centre

Castlekelly, Bohernabreena, Co. Dublin, D24 EC93
Email: glenasmolecc@gmail.com

Greenhills Community Centre

St Joseph's Road, Greenhills, Dublin 12, D12 Y899
Tel: 01 450 0165
Email: greenhillscommunitycentre@eircom.net

Jobstown Community Centre

Jobstown Road, Jobstown, Dublin24, D24 NV06
Tel: 01 547 5751
Email: mjobstowncc@gmail.com

Support & Community

Killinarden Community Centre Killinarden Heights, Tallaght, Dublin 24, D24 WV6V
Tel: 01 452 6617
Email: killinardencommunitydev@gmail.com

Kilnamanagh Family Recreation Centre
Tree Park Road, Kilnamanagh, Tallaght, Dublin 24, D24 Y6WK
Tel: 01 452 1199

Kingswood Community Centre
Sylan Drive, Kingswood Heights, Tallaght, Dublin 24, D24 Y098
Tel: 01 452 0590
Email: info@kingswoodclc.ie

Knocklyon Community Centre
Idrone Avenue, Knocklyon, Dublin 16, D16 XT18
Tel: 01 494 3991
Email: cormacnaglegolf@gmail.com

Knockmitten Youth & Community Centre
Monksfield Lawns, Clondalkin, D22 W598
Tel: 01 411 1511
Email: manager@kycc.ie

Neilstown Community Centre
Unit 2, Neilstown Road, Clondalkin, Dublin 22, D22 Y9W9
Tel: 01 457 5943
Email: neilstownc@gmail.com

Orchard Lodge Meeting Centre
Unit 1C, Orchard Lodge, Orchard Lane, Dublin 22, D22 NV9F
Email: thyes@showtime.ie

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

SDCC Community Centre's & Facilities

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, D22 NW54

Tel: 01 623 3417

Email: admin@qcyc.ie

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 VY46

Tel: 01 605 5031

Saggart Schoolhouse Community Centre

School Road, Saggart, Co. Dublin D24V04D

Tel: 01 578 2377

Email: info@schoolhouse.onmicrosoft.com

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, D22 Y5T7

Email: bookingsst.finiashall@gmail.com

St Mark's Youth and Family Centre

Fettercairn Road, Tallaght, D24 PK6P

Tel: 01 452 7913

Email: admin@stmarksyouthclub.ie

Support & Community

St Ronans Community Centre

St Cuthberts Road, Deansrath, Clondalkin, D22
Tel: 01 457 8211

The Bush Scout & Community Centre

Foxdene Avenue, Balgaddy, Lucan, County Dublin, K78 VP97
Tel: 01 457 4579
Email: bushcentrebom@gmail.com

The Old Court House Rathcoole

Main Street, Rathcoole Village, Co. Dublin
Tel: 01 504 5700
Email: info@theoldcourthouse.ie

The Park Community

Parklands Road , Dublin 24, D24 AH70
Tel: 01 462 0042
Email: info@theparkcommunitycentre.com

The Web Project Whitechurch

Taylor's Lane, Ballyboden, Dublin 16, D16 PN53
Tel: 01 495 2020
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

SDCC Community Centre's & Facilities

Health and Wellbeing

HEALTH SERVICE EXECUTIVE (HSE)

HSELive (HSE National Information Line): 1800 700 700

Web: <https://www.hse.ie/>

Health Regions

Six Health Regions have been established within the HSE as part of implementing Sláintecare. The Health Regions will plan, resource, and deliver health and social care services in each area based on local population needs. The Health Region aligned with South Dublin County Council is HSE Dublin and Midlands.

Website: <https://dublinmidlands.hse.ie>

Integrated Healthcare Areas

Integrated Healthcare Areas (IHAs) are the substructures within each of the six health regions. There are 20 Integrated Healthcare Areas in total. They serve a population of between 150,000 and 450,000. Integrated Healthcare Areas bring together both acute and community services as well as other non-HSE providers. There are four IHAs in HSE Dublin and Midlands, two of which sit within South Dublin County Council boundaries:

- Dublin Southwest Integrated Healthcare Area
- Dublin South City and West Integrated Healthcare Area

Health and Wellbeing

Community Healthcare Areas

Within each Integrated Healthcare Area (IHA) there are several Community Healthcare Areas (CHAs). There are 96 CHAs across Ireland. Each CHA will deliver a range of healthcare services to meet the needs and demands of a local population of approximately 50,000.

The Community Healthcare Area consists of a network of health and social care services which include:

- Primary Care Services
- Psychology / Counselling
- Mental Health Services
- Child and Adolescent Mental Health Services
- Psychiatry of Later Life
- Children's Disability Network Teams
- Audiology
- Podiatry / Chiropody
- Dental
- Ophthalmology (Eye Care)
- Community Radiology
- Palliative Care
- Community Intervention Team
- Community Specialist Teams
- Health and Wellbeing Services (e.g. stop smoking)
- Social Inclusion
- Residential Care
- Disability Services
- Older Persons Services

To access these services, contact your GP, local primary care team or public health nurse.

The Community Healthcare Areas within **Dublin Southwest IHA** are:

- Rathfarnham, Knocklyon & Ballyboden
- Clondalkin
- Tallaght (East) & Firhouse
- Newcastle / Citywest / Saggart (incl. Rathcoole & Tallaght West - Jobstown, Killinarden, Springfield)

The Community Healthcare Areas within **Dublin South City and West IHA** are:

- Ballyfermot and Palmerstown
- Drimnagh, Crumlin and Harold's Cross
- Lucan
- Rathmines, Terenure and Templeogue
- South Dublin Inner City

Community Healthcare Network

The Community Healthcare Area will deliver primary care services via a Community Healthcare Network (CHN) of multi-disciplinary primary care teams. The primary care teams work together with GPs to deliver the Sláintecare vision of providing the right care, in the right place, at the right time.

Primary care staff working in the Community Healthcare Networks (CHNs) include:

- Physiotherapists
- Occupational Therapists
- Speech and Language Therapists
- Podiatrists
- Dietitians
- Social Workers
- Administrative staff
- Community Healthcare Network Manager

Health and Wellbeing

Community Nurses (Public Health Nurses (PHNs) and Registered General Nurses (RGNs) work collaboratively with their Primary Care colleagues in the CHN, to ensure care is co-ordinated and patient centred.

Primary Care Services are based in Primary Care Centres / Health Centres located in your local community. They are the first point of contact to the healthcare system.

Contact details for community healthcare services can be found at **www.hseareafinder.ie**.

To access these services, contact your GP.

DUBLIN SOUTHWEST IHA COMMUNITY HEALTHCARE NETWORKS

Rathfarnham, Knocklyon & Ballyboden

Tel: 01 7785300

Email: Ballyboden.chn@hse.ie

PHN: Ballyboden.phn@hse.ie / 01 7958165

Clondalkin

Tel: 01 7955931

Email: Clondalkin.CHN@hse.ie

PHN: Clondalkin.phn@hse.ie / 01 7955738

Tallaght (East) & Firhouse

Tel: 01 9214828

Email: Tallaghtfirhouse.chn@hse.ie

PHN: Tallaghtfirhouse.phn@hse.ie / 01 7957682

Newcastle / Citywest / Saggart (incl. Rathcoole & Tallaght West - Jobstown, Killinarden, Springfield)

Tel: 01 7957660

Email: TallaghtWestRathcoole.chn@hse.ie

PHN: tallaghtwestrathcoole.phn@hse.ie / 01 7957682

DUBLIN SOUTH CITY AND WEST IHA COMMUNITY HEALTHCARE NETWORKS

Ballyfermot and Palmerstown

Tel: 01 79 56170

Email: BallyfermotPalmerstown.CHN@hse.ie

PHN: BallyfermotPalmerstown.phn@hse.ie / 01 7955727

Drimnagh, Crumlin and Harold's Cross

Tel: 01 79 57300

Email: Crumlindrimnagh.CHN@hse.ie

PHN: Crumlindrimnagh.phn@hse.ie / 01 7957317

Lucan

Tel: 01 79 55236

Email: lucan.chn@hse.ie

PHN: lucan.phn@hse.ie / 01 7955727

Rathmines, Terenure and Templeogue

Tel: 01 4904648

Email: Rathminesterenuretempleogue.chn@hse.ie

PHN: Rathminesterenuretempleogue.phn@hse.ie / 01 4904648

South Dublin Inner City

Tel: 01 7089400

Email: Southdublininnercity.chn@hse.ie

PHN: southdublininnercity.phn@hse.ie / 01 795 8165

To access these services, contact your GP.

Health and Wellbeing

HEALTH CENTRES IN SOUTH DUBLIN COUNTY AREA

Website: <https://www2.hse.ie/services/primary-care-centres/>

DUBLIN SOUTHWEST INTEGRATED HEALTHCARE AREA

Ballyboden Primary Care Centre

Edmonstown Road, Rathfarnham, Dublin, D24 EY68
Tel: 01 7785300

Brookfield Health Centre

Rossfield Avenue, Jobstown, Dublin, D24 DY91
Tel: 01 4685801

Clondalkin Primary Care Centre

Boot Road, Clondalkin, Dublin 22, D22 E771
Tel: 01 77 87800

Deansrath Health Centre

St Cuthbert's Road, Deansrath, Dublin, D22 R5YO
Tel: 01 4675221

Killinarden Health Centre

Killinarden Heights, Tallaght, Dublin, D24 YX96
Tel: 01 4626260

Kilnamanagh Tymon Primary Care Centre

Airton Road, Tallaght, Dublin, D24 CF75
Tel: 01 9214801

Mary Mercer Health Centre

Fortunestown, Jobstown, Tallaght, Dublin 24
Tel: 01 4585700

Millbrook Health Centre

St Dominick's Road, Tallaght, Dublin, D24 K3EV
Tel: 01 4275000

Rathcoole Health Centre

Main Street, Rathcoole, Dublin, D16 A6K5
Tel: 01 4586560

Rowlagh Health Centre

Collinstown Road, Rowlagh, Dublin, D22 C9C3
Tel: 01 79 55900

Tallaght Cross Primary Care Centre

The Russell Building, Tallaght Cross West, Tallaght, Dublin, D24 DH74
Tel: 01 79 57501

DUBLIN SOUTH CITY AND WEST INTEGRATED HEALTHCARE AREA

Armagh Road Primary Care Centre

Armagh Road, Crumlin, Dublin, D12 W62N
Tel: 01 9213801

Ballyfermot Primary Care Centre

Ballyfermot Road, Dublin 10 D10C973
Tel: 01 7956001

Curlew Road Health Centre

Curlew Road, Crumlin, Dublin, D12 KF85
Tel: 01 7957451

Inchicore Primary Care Centre

Patriot's Path, St Michael's Estate, Inchicore, Dublin, D08 KF63
Tel: 01 4716300

Lucan Health Centre

1a Sarsfield Park, Lucan, Dublin, K78 D2E0
Tel: 01 6100020

Health and Wellbeing

Old County Road Primary Care Centre

57 Old County Road, Crumlin, Dublin 12, D12 KT66
Tel: 01 7957300

Pearse Street Primary Care Centre

Mark's Lane, Lombard Street, Dublin City, Dublin, D02 TD23
Tel: 01 642 7700

Rialto Primary Care Centre

383 South Circular Road, Rialto, Dublin, D08 EOX7
Tel: 01 795 9400

Rossecourt Resource Centre

Balgaddy, Lucan, Co Dublin, K78 R9C9
Tel: 01 4647760

Terenure Health Centre

68 Terenure Road North, Terenure, Dublin, D6W DC67
Tel: 01 4904648

The Meath Primary Care Centre

Heytesbury Street, Dublin City, Dublin, D08 Y1TW
Tel: 01 795 8000

Thomas Court Primary Care Centre

4 St Catherine's Lane West, Dublin City, Dublin, D08 WTW0
Tel: 01 708 3200

Limekiln Lane Health Centre

Limekiln Lane, Walkinstown, Dublin, D12 H273
Tel: 01 4506177

GP OUT OF HOURS SERVICES IN SOUTH DUBLIN COUNTY

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.

TLC Doc

TLC Doc is an out of hours service for South Dublin available to patients whose GP is an active member of TLC Doc <https://www.tlcdoc.ie/participating-surgeries/>
Tel: 045 848 707
Web: www.tlc.ie

Weekdays Monday to Friday 6pm to 10pm (lines open from 5:30pm)
Weekends and Bank Holidays 10am to 6pm (lines open 24/7)
From 10pm – 8am midweek and 6pm – 10am at weekends and bank holidays, the TLC Doc line will still be open. A GP will be available for phone consultations. House calls can be provided in certain cases.



Health and Wellbeing

COMMUNITY SPECIALIST TEAMS

The Community Healthcare Networks are supported with Community Specialist Teams for Older Persons and Chronic Disease.

Integrated Care Programme for Older People (ICPOP)

Integrated Care Programme for Older People (ICPOP) community specialist teams provide services for older adults who:

- have complex needs
- need specialist multidisciplinary intervention to help maintain their independence and live well at home

The team provides a comprehensive geriatric assessment, where members of the team work together to assess and respond to an older person's needs. The team may include nurses, a physiotherapist, an occupational therapist, a speech and language therapist, a social worker and dietitian, under the governance of a consultant geriatrician. This provides a "one-stop-shop" for older people with complex needs. The assessment is a full evaluation of an older adult's:

- medical conditions
- functional capacity
- social circumstances

It results in a coordinated plan and delivery of care, which leads to better health outcomes. The team provides access to community-based interventions, for eligible older adults, for a period of up to 6 weeks.

The ICPOP team work closely with hospitals, community services and other agencies to plan and coordinate your care. The ICPOP team will work with you and your family to understand your goals and help you achieve them. The ICPOP team provide short-term specialist help when you need it most.

Care focuses on the 4Ms:

- **What Matters** to you
- Your **Medication**
- Your **Mind** (your memory and mental health)
- Your **Mobility** (your movement and ability to do everyday activities)

This programme helps you stay well and independent at home, with support for you and your family.

Please watch our video on the 4Ms [Age Friendly Health System - The 4Ms - patient education](#) video available on the [HSE Health and Wellbeing YouTube channel](#). This will help you learn about the 4Ms and how to use them in your visits with healthcare professionals.

We have a Falls Prevention advice video which may be helpful [Falls Prevention Advice from Tallaght ICPOP Team - YouTube](#) available on the [HSE DSKWW Community Healthcare](#) YouTube channel.

Integrated Care Programme for Chronic Disease (ICPCD)

The Integrated Care Programme for Chronic Disease (ICPCD) community specialist teams aim to improve standard of care for four major chronic diseases including:

- cardiovascular disease
- type 2 diabetes
- chronic obstructive pulmonary disease (COPD)
- asthma

To access these services, please contact your GP.

HSE OLDER PERSONS SERVICES

The HSE provide community older persons support services such as Meals on Wheels, Day Care, Home Support Services, Respite and Residential Care. Your local primary care team or public health nurse can help you access community services in your area.

Older Persons Services, Hawthorn House, Millennium Park, Osberstown, Naas, Co. Kildare, W91 FY53

Tel: 045 988 369

Email: communityops.cho7@hse

HSE Nursing Home Support Scheme “Fair Deal”

The HSE is committed to supporting older people to stay at home for as long as it is safe and practical. Residential care in Ireland is provided through public (HSE) nursing homes, private nursing homes and voluntary organisations. If residential care is required, the HSE has a scheme to part fund nursing home care. This is called the “Fair Deal” scheme.

Health and Wellbeing

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.

Under Fair Deal, you pay a certain amount towards the cost of your care and the HSE pays the rest. Fair Deal covers approved private nursing homes, voluntary nursing homes and public nursing homes.

The scheme covers long-term nursing home care only.

The Fair Deal covers:

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

Other goods and services may be available under schemes such as the Medical Card or Drugs Payment Scheme.

The Fair Deal scheme does not cover:

- Short-term care such as respite, convalescent or day-care
- Extra fees charged by the nursing home for services like hairdressing, therapies or activities

Ask your nursing home what extra fees you may need to pay. You must agree with your nursing home about these extra costs before you go into the nursing home (your admission date).

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.

There are 4 steps to the Fair Deal application process:

- Step 1: Fill in the application form
- Step 2: Complete a Care Needs Assessment
- Step 3: Complete a Financial Assessment
- Step 4: Apply for a Nursing Home Loan (this step is optional)

Nursing Home Loan

The Nursing Home Loan is an optional element of the Fair Deal scheme. It is an option if the person in nursing home care has assets including land and property.

If you are approved for the Nursing Home Loan, the contribution based on your assets (land or property) can be postponed. This means the HSE will pay the money to the nursing home for you, and it will be collected after your death or after the sale of all or part of your asset.

<https://www2.hse.ie/services/schemes-allowances/fair-deal-scheme/nursing-home-loan/>

HSE Nursing Home Support Office, Hawthorn House, Millennium Park, Osberstown, Naas, Co. Kildare, W91 FY53

Tel: 045 920 000 (9:00am to 12:45pm) / 045 920172

Email: Naas.NHSS@hse.ie

Website: <https://www2.hse.ie/services/schemes-allowances/fair-deal-scheme/>

HSELive: 1800 700 700

Health and Wellbeing

HSE Home Support Services

The HSE Home Support Service (formerly called the Home Help Service or Home Care Package Scheme) aims to support older people to remain in their own homes for as long as possible and to support informal carers. The Home Support Service provides you with support for everyday tasks including: getting in and out of bed, dressing and undressing, personal care such as showering and shaving. The support you will receive depends on your individual needs. These supports will be provided by the HSE, or by an external provider, approved by the HSE. To access these services, contact your local primary care team or public health nurse.

HSE Home Support Service, Junction House, Kilnamanagh-Tymon Primary Care Centre, Airton Road, Tallaght, Dublin 24

Tel: 01 9214718

Email: homesupport.cho7@hse.ie

Website: <https://www.hse.ie/eng/home-support-services/>

HSE Short Stay and Respite Services

The HSE provides respite services to support individuals and caregivers with health needs. To access these services, contact your local primary care team or public health nurse.

Older Persons Services, Hawthorn House, Millennium Park, Osberstown, Naas, Co. Kildare, W91 FY53

Tel: 045 931698

Email: Cho7.Shortstaybeds@hse.ie

HSE ADULT SAFEGUARDING TEAM

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 might be at risk of abuse.

HSE Beech House, 101-102 Naas Business Park, Naas, Co Kildare, W91 RC85

Tel: 045 920 410

Email: safeguarding.CHO7@hse.ie

HSE ADULT AUDIOLOGY SERVICES

Community Audiology Services are based in the Russell Centre in Tallaght Cross. Adults who possess a medical card can access this service by seeking a referral from their GP. This community service provides investigation of hearing loss and where appropriate hearing aid intervention.

HSE Audiology, 1st Floor, Russell Centre, Tallaght Cross West, Dublin 24. D24 DH74

Tel: 01 7957616

Email: Audiology.dml@hse.ie

For those who already possess hearing aids provided by the HSE that need repair, please contact the national repair centre at:

Grangegorman Primary Care Centre, Upper Grangegorman Road, Grangegorman, Dublin 7, D07 H984

Tel: 01 867 6263 or 01 867 6264

Email: audiology@hse.ie

HSE ADULT OPHTHALMOLOGY SERVICES

Common conditions seen:

- Cataract pre and post op assessment
- Glaucoma assessment clinics
- Virtual glaucoma clinics
- Laser clinics
- Medical retina
- General clinic

Address Kilnamanagh Tymon Primary Care Centre, Airton Road, Dublin 24, D24 CF75

Tel: 01 921 4990

Email: adulteyecare.cho7@hse.ie

HSE ADULT DENTAL SERVICES

There are a number of dental practices in the area that provide treatment to private patients, insured patients and adult medical cardholders (via the Dental Treatment Services Scheme (DTSS)). The DTSS provides emergency and limited routine dental treatments to patients from age 16 onwards with a full valid medical card. To access this care please contact private dental practices directly for information and assistance.

DTSS services available to medical card holders include:

- annual dental examination
- teeth cleaning
- extractions
- fillings
- dentures

Some additional DTSS treatments may be available to exceptional/ high risk patients. These include more extensive gum treatments and additional fillings. The DTSS dentist will best advise what is available on an individual patient basis.

The HSE Dental Service provides special care services to eligible adults in line with available resources. Contact your local HSE Dental clinic for further information or the Dental office on 01 7957390.

HSE Dental Services, Old County Road, Crumlin, Dublin 12. D12
KT66
Tel: 01 7957390

HSE Dental Clinics are located at:
HSE Health Centre, Old County Road, Crumlin, Dublin 12.
Tel: 01 7957300

HSE Mary Mercer Centre, Jobstown, Dublin 24.
Tel: 01 4585700

HSE Millbrook Health Centre, Tallaght, Dublin 24.
Tel: 01 4275000

Out of hours emergency dental services

The Dental Hospital, Lincoln Place, Dublin 2, provides a service on Saturday, Sunday and public holidays for severe dental emergencies only, from 9 am to 11 pm. You can access this service by calling 01 6127200 and leaving your details, including the telephone number at which you can be contacted, on the answering machine. If you have a severe dental emergency outside these hours, you should contact your nearest emergency department.

DUBLIN SOUTH CENTRAL COMMUNITY MENTAL HEALTH SERVICES

Community Mental Health

Community Mental Health Teams treat and support people in their own homes and community as much as possible. They provide assessment and treatment in different ways depending on what the problem is and how severe or complicated it is. It's normal for people to move from one service to another depending on what difficulties they need to address at the time. Services may include outpatient clinics, day centres, day hospital, home based interventions, group programmes and therapies (e.g. cognitive behavioural therapy).

Clondalkin Community Mental Health Centre

Steeple House Primary Care Centre, Ninth Lock Road, Clondalkin, Dublin 22, D22 HW58. Tel: 01 795 7788

Tallaght Community Mental Health Centres (Tallaght, Firhouse)
Sheaf House, Exchange Hall, Belgard Square North, Dublin 24, D24 WK80. Tel: 01 463 5200

Mary Mercer Health Centre

Fortunestown Road, Jobstown, Tallaght, Dublin 24, D24 K854.
Tel: 01 458 5744

Owendoher Community Mental Health Centre (Rathfarnham, Ballyboden)
Rialto Primary Care Centre, 383 South Circular Road, Rialto, Dublin, DO8 EOX7.

Tel: 01 7089437

Email: rialto.dh@hse.ie

Health and Wellbeing

Psychiatry of Later Life

Psychiatry of later life is a specialist mental health service for people over the age of 65.

Tallaght area

Tallaght, Clondalkin, Lucan, Ballyfermot, Newcastle, Citywest, Saggart, Rathcoole, Dublin 24, D6W
Address: Sheaf House, Exchange Hall, Belgard Square, Tallaght, Dublin 24, Dublin, D24 WK80
Tel: 01 4635240
Email: plldublinsw.admin@hse.ie

James area

Dublin 6, Dublin 16 (Knocklyon, Rathfarnham, Ballyboden)
Address: Mercer's Institute for Successful Ageing, St James' Hospital, James' Street, Dublin 8
Tel: 01 4103089
Email: mentalhealthcn@stjames.ie

HOSPITALS IN SOUTH DUBLIN COUNTY AREA

St. James's Hospital

James's Street, Dublin 8, D08 NHY1
Tel: 01 410 3000
Email: info@stjames.ie
Website: <https://www.stjames.ie/>

Tallaght University Hospital

Tallaght, Dublin 24, D24 NROA
Tel: 01 414 2000
Patient Advice & Liaison Service: PALS@tuh.ie
Website: www.TUH.ie

Tallaght University Hospital have a useful podcast called "Let's Talk About..." which is available on YouTube.

SCAN ME



Safer Mobility
YouTube

SCAN ME



Good Brain Health
YouTube

- Down Syndrome / YouTube
- Diabetes / YouTube
- Women's Health
- The Many Faces of Alzheimer's/ YouTube

HSE HEALTH AND WELLBEING

The HSE Health Promotion & Improvement team supports the implementation of health & social care services at a community level.

Health Promotion And Improvement Padlet Page

Padlet acts as a noticeboard to highlight some of the services and resources available within the area. The page provides information on Tobacco, Making Every Contact Count, Sláintecare Healthy Communities, Alcohol, Physical Activity, Women's Health, Men's Health, Self-Management Support for Chronic Conditions and Mental Health to name but a few.

Please visit this link or scan the QR code:

<https://bit.ly/DubandMidHealthandWellbeingPublic>



Health and Wellbeing

Dublin South West Pathways to Physical Activity

This pathways resource brings together 30 referral pathways to community based physical activities. All designed to make physical activity a more accessible and achievable part of everyday life. To avail of the activities on offer, please scan the QR Code below or go to the web link which will bring you directly to the HSE webpage with all relevant information.

<https://bit.ly/DublinSouthPathwayToPhysicalActivity>





DUBLIN SOUTH WEST Pathway to Physical Activity



This document provides information on physical activity programmes in your area, along with further information on community based programmes to support your mental, physical and social wellbeing.

Scan the QR Code or click on the link. Please note that some of these exercise classes and groups may require a small payment and a letter from your GP or Doctor before you attend.

Every Move Counts

Scan here to read the full guidelines



Regular physical activity has significant health benefits for your heart, body and mind. This can be done through a variety of ways including walking, cycling, sports, gardening or playing with your kids etc.



Some is better than none



REPLACE
with more physical activity



Every Move Counts

BENEFITS OF PHYSICAL ACTIVITY

Physical activity helps with your physical, mental and social wellbeing. Start small and keep moving, whatever your age or ability. By staying active, you can reduce the risk of chronic illness.

Physical activity helps to:



INCREASE

- Improve and maintain your muscle tone, strength and cardiorespiratory fitness
- increase your energy levels
- boost your self-esteem
- maintain healthy bones, muscles and joints
- improve your balance and coordination
- a chance to make friends and strengthen social bonds



REDUCE

- reduce the risk of chronic diseases including heart disease, stroke and some cancers
- reduce feelings of stress, anxiety and depression
- keep your weight at a healthy level



Access is available to a range of Health & Wellbeing services and resources for Dublin South City and West, Dublin South West and Kildare West Wicklow IHA areas. Scan the QR Code and scroll down through the page to find the information you require.



<https://bit.ly/DubandMidIhealthandWellbeingPublic>





Health and Wellbeing Public Padlet Page

Access Health and Wellbeing services and resources for the Dublin South City and West, Dublin South West and Kildare West Wicklow areas below.



Follow the Link:

<https://bit.ly/DubandMidHealthandWellbeingPublic>

Or

Scan the QR code



FSS Bhaile Átha Cliath
agus Lár na Tíre
HSE Dublin and Midlands

LIVING WELL AT HOME SUPPORTS

South Dublin County Partnership

Care and Repair Tús Service

Tús Care & Repair provides a free odd job service for people and organisations that are eligible within our local community.

Email: careandrepair@sdcpartnership.ie

Freephone: 1800 938884

Mon-Fri 9am-5pm

Social Prescribing

Social Prescribers work with individuals to improve health and wellbeing by referring into and supporting engagement with a range of non-clinical community-based supports, activities, services and programmes.

Email: info@sdcpartnership.ie

Elizabeth Marnell (Social Prescribing Link Worker Tallaght)

Tel: 086 013 2344

Email: elizabeth.marnell@sdcpartnership.ie

Coco Kenny (Social Prescribing Link Worker Clondalkin)

Tel: 086 137 2084

Email: coco.kenny@sdcpartnership.ie

Darlene Dunne (Social Prescribing Link Worker Tallaght and Clondalkin)

Tel: 086 152 6717

Email: darlene.dunne@sdcpartnership.ie

Patricia Fahey (Social Prescribing Link Worker Migrant Social Prescriber)

Tel: 086 127 7789

Email: patricia.fahey@sdcpartnership.ie

Health and Wellbeing

ALONE

Emma Fitzgerald - Dublin & Midlands Service Manager

Tel: 086 8196117

Email: emma.fitzgerald@alone.ie

Natasha Kinsella - Support Coordinator CHO7 (Tallaght area)

Tel: 086 083 9097

Email: natasha.kinsella@alone.ie

Rhonda Ryan - Support Coordinator CHO7 (Clondalkin area)

Tel: 086 0119265

Email: Rhonda.ryan@alone.ie

EX WELL

ExWell Medical is an established community-based chronic illness rehabilitation programme with a patient-centred ethos, providing supervised exercise classes and nutrition services to patients with a range of chronic illnesses.

Locations: Clondalkin Leisure Centre, Thomas Davis GAA Club, TU Dublin Tallaght

<https://www.exwell.ie/referring-a-participant>

Email: info@exwell.ie / nsmyth@exwell.ie

Referrals via email to: referrals@exwell.ie / exwellmedical@healthmail.ie or directly via Healthlink

Ex Well Choir

Meets weekly in Thomas Davis GAA Club; Thursdays at 10am

<https://www.exwell.ie/choir>

Ex Well weekly Zoom talks

Every Friday at 5pm, Dr Noel McCaffrey and the ExWell Medical team present a lecture on a different medical topic.

<https://www.exwell.ie/zoomtalks>

SIEL BLEU

Siel Bleu holds a range of physical activity sessions which are open for people with dementia and their carers to attend. They also offer one to one classes in person's own home.

<https://www.sielbleu.ie/>

Address: CRA 20076504 18 Eustace Street, Temple Bar, Dublin 2
D02 WR53

Tel: 01 209 6889

Email: info@sielbleu.ie

HSE MEMORY TECHNOLOGY RESOURCE ROOM

The Memory Technology Resource Room is run by an Occupational Therapist and showcases a wide variety of Assistive Technology equipment. People with memory difficulties and their carers will have an opportunity to discuss the benefits of assistive technology equipment and to have a hands experience of this equipment. The Occupational therapist will be able to provide the person with memory difficulties information regards other relevant services that are available in the area and provide strategies and tips to aid with the difficulties associated with memory loss.

<https://www.understandtogether.ie/get-support/memory-technology-resource-rooms/>

Address: Ballyfermot Primary Care Centre, Ballyfermot, Dublin 10,
D10 C973

Tel: 01 7956125

Email: ballyfermot.mtrr@hse.ie

COPD SUPPORT GROUP

COPD support Ireland have local support groups for weekly exercise classes and peer to peer support for people living with COPD

- Ballyfermot Tuesday 11am-12pm
- Fettercairn Community centre Tallaght 09.30-10.30 Tuesday
- Red Rua South Dublin Arts Centre Tuesday 10am -11am
- Red Rua South Arts centre Tallaght Thursday 10am-11am

Tel: 01 539218

Email: support@copd.ie

Safety and Security

LOCAL POLICING FORA (LPF)

SDCC Community Development Department

Tel: 01 414 900

Email: comdevof@sdblincoco.ie

Web: 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).

Safety and Security

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.



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.

Safety and Security

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



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

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

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

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

Web: 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

TRINITY ACCESS PROGRAMMES

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

Tel: 01 896 2754

Email: mature.student.officer@tcd.ie

TU DUBLIN - TECHNOLOGICAL UNIVERSITY DUBLIN

General Enquiries: 01 220 5000

Email: courses@tudublin.ie

Web: 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

Web: 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

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

Web: 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

Web: 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

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

Contact: June Murphy

U3A Knocklyon

Email: mcnamee.john@gmail.com

U3A Lucan

Email: lucanu3a@gmail.com

U3A Newcastle

Email: matthewdowling@eircom.net

Contact: Matt Dowling

U3A An Cosan

Email: i.hanratty@ancosan.com

Contact: Imelda Hanratty

LifeLong Learning

The National Adult Literacy Agency

We help people improve their literacy and numeracy

Since 2000, NALA has providing educational opportunities to people who want to improve their reading, writing and digital skill. Our Tutoring Service provides tutor support over the phone and internet.

Our website www.learnwithnala.ie can help people assess their skills and get an individual learning plan to boost their skills.

Learn for free

Freephone 1 800 20 20 65 and we will call you back.

We can help you with:

- Reading, writing and spelling
- Maths and financial information
- Using technology and computers

Go to www.learnwithnala.ie and get started.

Contact info@nala.ie if you'd like to learn more.



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

Useful links

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

Web: 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 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

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

Web: 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.

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

Web: 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

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

Web: 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).

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

Web: 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

DISABLED DRIVERS ASSOCIATION OF IRELAND

Tel: 094 936 4054

Email: info@ddai.ie & 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

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

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

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

Web: 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

Web: 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

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

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

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

Web: 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.

Sports and Physical Activity

ACTIVE SOUTH DUBLIN

c/o South Dublin Co. Council
County Hall, Belgard Square, Tallaght, Dublin 24
Tel: 01 414 9157 ex2678
Email: info@activesouthdublin.ie Web: 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
- Boules in public parks or bowling in greens
- Golf-Pitch n Putt, Par 3
- Swimming and Gym activities
- Go for Life Games
- Community Walks

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



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

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; www.clondalkinleisure.com; 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.grangecastlegc.com

For details on all private golf courses in South Dublin Co. please contact Golf Ireland, www.golfireland.ie

Sports and Physical Activity

PITCH & PUTT

CPM Sports and Social Club, Clondalkin There are 4 Pitch & Putt clubs in South Dublin Co. and all are open to new members.
Tel. 01 516 9200

Roadstone Group in Kingswood, Clondalkin,
Tel. 086 395 0148

Lucan P & P Club, 12th Lock, Lucan
www.lucanpitchandputt.com

Glenville P & P Club, Kiltipper Road, Tallaght, Dublin 24
Tel. 01 451 9916

Also just outside the county border is Old County P&P, O Toole Park, Kimmage, Dublin 12, Tel 087 665 1274

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, Tel 01 621 9514

BOWLING/ BOULES

Griffen Petanque Club

Griffen 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 Griffen Valley can accommodate up to 20 players comfortably.

Email: owen.kelleher@gmail.com

Wednesdays at 6.30pm (light permitting); Sundays @ 12.00
Boules & training provided and all welcome

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.



Sports and Physical Activity

FITNESS LEAGUE OF IRELAND

Web: 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

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 or Tel. 01 451 5860

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

Email: 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

Sports and Physical Activity

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

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

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

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 and we will get in contact with you.

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

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 or email bookings@doddervalleycycling.com

Sports and Physical Activity

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



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



Sports and Physical Activity

Griffeen Valley Park

The Park, comprising of over 220 acres, is formed from a series of public open spaces, each of which as 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

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 comprise 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

Sports and Physical Activity



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

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

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

Sports and Physical Activity

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 also have a busy mobile library service which visits 36 stops around the county bringing the library services out into the community. Our mobile library service will also deliver books and other items directly to your door if you cannot make it to your local library.

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. All of our branches have a dedicated Age Friendly Rep who looks after the services and needs of the local community.

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@sdblincoco.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.

NEW!

MAGIC TABLE

**TRY OUR NEW MAGIC TABLE ESPECIALLY
FOR PEOPLE WITH DEMENTIA OR ADULTS
WITH A LEARNING DISABILITY**



The Magic Table is an interactive light projector which projects colourful images on to a table surface. These images can be played with by touching the surface. The Magic Table is suitable for people with dementia or adults with a learning disability.

If you have a family member who might benefit from such a service, please enquire at the libraries listed below.

**Available at the following libraries -
Tallaght Library, Ballyroan Library, North Clondalkin Library and
Lucan Library**

Ballyroan Library

Tel: 01 494 1900

Email: 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

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)

Cultural, Libraries and Arts

Lucan Library

Tel: 01 621 6422

Email: lucan@sdblincoco.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@sdblincoco.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

North Clondalkin Library

Tel: 01 414 9269

Email: 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 selection 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

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.

Cultural, Libraries and Arts

Stewarts Library

Tel: 01 626 4444

Email: 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.

LIBRARY

LIBRARY BOOKS DELIVERED TO YOUR DOORSTEP

**SOUTH DUBLIN
MOBILES
LIBRARY**
@ HOME

HOME DELIVERY SERVICE
DESIGNED FOR PEOPLE WHO
HAVE DIFFICULTY LEAVING
HOME TO VISIT THE LIBRARY

FOR MORE DETAILS:
MOBILESDUBLINCOCO.IE
014597834

SDCC
Comhairle Contae South Dublin
Átha Cliath Theas County Council



Religious and Spiritual Organisations

SOUTH DUBLIN

Our Lady of Good Counsel, Ballyboden
Whitechurch Ballyboden, Dublin 16
Tel: 01 424 1000
Email: ballybodenparish@eircom.net
Web: www.ballybdenparish.ie

Church of the Holy Spirit, Ballyroan
Marian Road, Ballyroan, Dublin 14,
Tel: 01 494 7303
Email: ballyroanparish@gmail.com
Web: www.ballyroanparish.ie

Church of the Transfiguration
The Presbytery, Bawnogue, Clondalkin, Dublin, 22
Tel: 01 538 6018
Email: bawnogueparish@gmail.com

St Anne's Church Bohernabreena
St Anne's Church, Bohernabreena, Dublin 24,
Tel: 01 414 1838
Email: stannes.bohernabreena@gmail.com
Web: www.bohernabreenaparish.com

St Aidan's Brookfield
Brookfield Road, Tallaght, Dublin 24,
Tel: 01 462 5230
Email: jobstownparish@gmail.com
Web: 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

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, Firhouse, 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: kcparrishoffice@gmail.com

Web: www.kilnamaghcastleview.com

The Annunciation, Rathfarnham

The Annunciation, Rathfarnham

Willbrook Road, Dublin 14, D14 E803

Tel: 01 495 8695

Email: parishoffice@rathfarnhamparish.com

Web: www.rathfarnhamparish.ie

St Colmcille Knocklyon

The Presbytery, Idrone Ave, Knocklyon, Dublin 16

Tel: 01 494 1204

Email: ionapastoralcentre@gmail.com

Web: www.knocklyonparish.ie

St Mary's Lucan

St Mary's Parish, Lucan Road, Lucan

Tel: 01 621 7041

Email: secetary@lucanparish.com

Web: www.marleygrangeparish.ie

Church of the Divine Mercy (Lucan South)

Balgaddy Road, Lucan, Co. Dublin,

Tel: 01 457 2900

Email: 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

Web: www.palmerstownparish.com

Religious and Spiritual Organisations

Church of the Annunciation Rathfarnam
Willowbrook Rd, Rathfarnam, Dublin 14, D14 E803
Tel: 01 495 8695
Email: parishoffice@rathfarnamparish.com

Church of the Immaculate Heart of Mary (Rowlagh)
Liscarne Dale, Rowlagh, Clondalkin, D22 VX84
Tel: 01 626 1010

Nativity of the Blessed Virgin Mary (Saggart)
Saggart, Co. Dublin
Tel: 086 010 8420
Email: saggartparish@gmail.com

St Mark's Springfield
68 Maplewood Road, Springfield, Dublin
Tel: 01 462 0777
Email: stmarksparishchurch@gmail.com
Web: www.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
Web: www.stmartinsparish.ie

St Dominic's Church
St Dominic's Road, Tallaght, Dublin24
Tel: 01 451 0620
Email: stdominicstallaght1@eircom.net
Web: www.stdominicsparish.ie

St Pius X Church
College Drive, Terenure, Dublin 6W
Tel: 01 490 5284
Email: info@stpiousx.ie

St. Jude the Apostle
Orwell Park, Dublin 6W
Tel: 01 460 0127
Email: judeparishoffice1@gmail.com

Church of the Holy Family
Rathcoole, Main St., Rathcoole, Co. Dublin D24 EP90
Tel: 086 010 8420
Email: saggartparish@gmail.com

Religious and Spiritual Organisations

St Maelruain's Church of Ireland
Old Blessington Road, Main St., Tallaght, Dublin 24, D24FY51
Tel: 01 462 6006
Email: tallaghtparish@gmail.com

Rathcoole Church of Ireland
Main Street, Rathcoole, Co. Dublin
Tel: 01 459 2160
Email: clondalkin.rathcoole@gmail.com

Rathfarnham Parish Church
Church of Ireland, Main St., Rathfarnham, Dublin 14, D14 TN93
Tel: 01 490 5543
Email: Rathfarnhamparish@gmail.com

Whitechurch Parish Church
Church of Ireland, Whitechurch Rd., Kilmashogue, Co. Dublin.
Tel: 01 493 4972
Email: office@whitechurchparish.com

St Andrew's Church of Ireland, Lucan
St John's Church of Ireland, Clondalkin, Tower Rd, Clondalkin, Dublin 22
Tel: 01 459 2160
Email: clondalkin.rathcoole@gmail.com

St Andrew's Church of Ireland
Lucan16 Main St., Lucan, Co Dublin K78PN22
Tel: 01 624 0976
Email: parishoffice@leixlipunion.ie

Muslim Association of Ireland Tallaght
Mosque, Unit 2, Greenhills Bus. Centre, Greenhills Rd., Tallaght, Dublin 24
Tel: 01 452 3407
Email: mai.ireland@gmail.com

Clondalkin Muslim Mosque
19 Naas Rd., Clondalkin, Co. Dublin

Lucan Presbyterian Church
2 Hanbury Ln., Main St., Lucan, Co. Dublin, K78 AD90
Tel: 01 628 0217
Email: lucanpresbyterian@gmail.com

Lucan Methodist Church
Main St., Lucan, Co. Dublin, K78R7P2
Tel: 089 471 2153

Tallaght Methodist Church
An Solas, Jobstown, Tallaght, Dublin 24, D24 XT7N
Tel: 01 668 0833
Email: andrew.kingston@irishmethodist.org

Lifegate Bible Baptist Church
3 Main St., Tallaght, Dublin 24, D24 DPK2
Tel: 01 451 5574
Email: lifegatebbc@gmail.com

Dublin Prayer Fellowship
Springfield, Tallaght, Dublin 24
Tel: 087 795 0423

Ballycullen Community Church
St. Colmcille's Community School, Scholarstown, Dublin 16
Tel: 087 639 3646 Email: info@ballycullenc.com

Pentecostal Church of Ireland
Greenogue Business Park, Greenogue, Dublin 24, D24 PX97
Tel: 087 069 4257 Email: ipcchurchofireland@gmail.com

Christ Embassy Dublin
Unit K2, Ballymount Industrial Est., Ballymount, Dublin
Tel: 01 460 6091 Email: cecddublin@yahoo.com

Clondalkin Christian Fellowship
Rowlagh Community Centre, Dublin 22
Tel: 087 257 8836

Religious and Spiritual Organisations

Chinese Gospel Church, Lucan
Esker House, Esker Rd., Esker South, Lucan, Co. Dublin
Tel: 087 993 3901

Abundant Life Christian Fellowship, Tallaght
Jury's Inn, Tallaght, Dublin 24
Tel: 01 462 8900

Word of Life Church, Tallaght
14A Greenhills Business Park, Block 3, Greenhills Road, Tallaght,
Dublin 24.
Tel: 087 961 7130
Email: oigbochievictor@yahoo.ie

Christ Apostolic Church, Tallaght
15B Cookstown Business Centre, Belgard Rd., Tallaght, Dublin 24
Tel: 087 654 0437
Email: gbenga_esho@yahoo.co.uk

Shalom Christian Fellowship, Tallaght
Glenview Lodge, Tallaght, Dublin 24.
Tel: 086 313 0536

Quakers Religious Society of Friends
Quaker House, Stocking Lane, Dublin 16, D16 V3F8
Tel: 01 499 8003
Email: office@quakers.ie

Kingdom Hall of Jehovah's Witnesses, Clondalkin
Mill Lane, Clondalkin, Dublin 22, D22 T883
Tel: 01 515 7869

The Redeemed Christian Church of God
Joseph's Palace, Dublin, 34 Airton Cl., Airton Rd., Tallaght, Dublin 24.
Tel: 087 067 5792



The Sanctuary Church, Tallaght
Greenhills Road, Tallaght, Dublin 24.
Tel: 01 960 9429
Email: info@thesanctuarychurch.ie

Diocesan Centre of the Romanian Orthodox Episcopate
Church Monastery, Drimnagh Castle, Long Mile Rd., Walkinstown,
Dublin 12.

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

Personal Alarm Company

Shop/Supermarket

Other

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.

SDCC

Comhairle Contae South Dublin
Átha Cliath Theas County Council

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Email: community@sdcc.ie
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Fiagh agus lean Comhairle
Contae Átha Cliath Theas ar
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