



SOUTH DUBLIN AGE FRIENDLY COUNTY PROGRAMME



Comhairle Contae Átha Cliath Theas  
South Dublin County Council

# SOUTH DUBLIN AGE FRIENDLY COUNTY NEWSLETTER

**A message from the Chair of the Age Friendly County Alliance and Chief Executive of South Dublin County Council, Daniel McLoughlin**



*In 2013, following the development of our Age Friendly Strategy, South Dublin was declared an Age Friendly County by the World Health Organisation. Since then an Alliance of partners, chaired by myself, have worked together on a range of projects and initiatives, all aimed at making our County a great place in which to grow older. This is our first AFC newsletter and it contains details of some of those initiatives, including the annual Bealtaine Festival which kicks off on May 1st.*

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We would love to hear your thoughts and ideas, please contact Sarah by email at [sogorman@sdublincoco.ie](mailto:sogorman@sdublincoco.ie) or by phone on 01 414 9270.



**bealtainefestival**  
celebrating creativity as we age  
1 May – 31 May 2015

The Bealtaine Festival kicks off in South Dublin County on May 1st. A month long programme of courses, activities and events has been organised, and there really is something for everyone. Bealtaine is all about celebrating creativity as we age and this year's competition is an opportunity to express your creativity and put your imagination to work. Have a look at the competition details and see if you would like to take part.

For more information on what's on over the month long Bealtaine Festival visit the South Dublin County Council Website [www.sdcc.ie/events](http://www.sdcc.ie/events), or pick up a brochure in your local Library or Community Centre.

Contact Maria Finn or Sandra Hickey on 01 414 9270.

# OPRAH Older People Remaining at Home

OPRAH is a project that is aimed at supporting older adults to remain living in their own homes and communities by reducing repeated hospital admissions and early entry to long term nursing home care. During our Age Friendly County consultation process we spoke with over 500 older people living in South Dublin and we received a strong message, older people want to stay living in their own homes as long as possible. In many cases all that is required are small changes in order to make this happen. Older people may need help to deal with issues such as loneliness, isolation and anxiety about personal security. They may require adaptations to make their home accessible or they may need help with meals or personal care. The OPRAH Coordinator is available to meet with older people and their families to assess their individual needs and to put a plan in place. The coordinator will provide links to a range of supports and services to support the older person to continue to live safely and securely in their own home.

**Our OPRAH Coordinator in South Dublin County is Ada Donnelly. Ada is based in Tallaght Hospital and is available by email at [ada.donnelly@amch.ie](mailto:ada.donnelly@amch.ie) or by phone at 087 440 9905.**

## *South Dublin Age Friendly Ambassadors*



Ambassadors Vincent Swan, Dermot O Flanagan, Frank Cousins and Claire Morgan receiving their certificates

The first South Dublin Age Friendly Ambassadors were presented with their Ambassador badges in April 2014. Their mission is to ensure that older people who may be at risk of loneliness and isolation are informed about the different social opportunities that are available. The Ambassadors have been working all across South Dublin County and have been involved in setting up new groups, and organising and promoting events and activities. Over the last 8 weeks the Ambassadors took part in a series of training seminars to help them develop the skills and

knowledge they need for their role. The seminars were a great success, and each Ambassador received a certificate of attendance on the final day. The certificates were presented by Cllr. Mick Duff who expressed his appreciation for the work being carried out by the Ambassadors.

**If you would like to become involved please contact us, we would be delighted to give you more information contact Sarah at [sogorman@sdblincoco.ie](mailto:sogorman@sdblincoco.ie) or on 01 4149270.**



Our trained volunteers provide a friendly, caring and supportive ear through regular phone calls for older people living alone or spending long periods alone. This service aims to help alleviate loneliness and isolation, while also assisting older people to access information.

**If you or anyone you know might wish to avail of this service please do not hesitate to contact us on 01 468 5500. This is a free and confidential service.**

## Trustus Friendly Call Service

Our trained volunteers provide a friendly, caring and supportive ear through regular phone calls for older people living alone or spending long periods alone. This service aims to help alleviate loneliness and isolation, while also assisting older people to access information.

**If you or anyone you know might wish to avail of this service please do not hesitate to contact us on 01 4685500. This is a free and confidential service.**



Are you interested in joining our VOLUNTEER TEAM why not gives us a call, we would love to hear from you on 01 468 5500

## Tús Nua Coffee Mornings

Older Person's Council for South Dublin

Tús Nua, the Older Persons Council for South Dublin, hold coffee mornings in Tallaght Library on the last Friday of the month at 11am. The group share information on the issues affecting older people in South Dublin and the different opportunities that are available for them.

**Please drop in for a chat and some light refreshments.  
The next coffee morning takes place on Friday 29th of May at 11am.**



## Volunteer Discount Card

South Dublin County Volunteer Centre have recently launched a volunteer discount card allowing volunteers to avail of discounts in various shops and premises in the County. We believe passionately that volunteering is good for people and good for society, it's a win-win! We also believe that volunteering should be recognised and rewarded. The idea behind the card is that local businesses offer various 'rewards' and incentives to people who volunteer in the community, such as discounts on purchases or 2 for the price of 1 offers.

This is a great and unique opportunity for local community groups to thank their volunteers for their contributions, to promote your organisation as a good place to volunteer and to attract new volunteers to their organisation.

The cards were launched in December 2014, and the list of businesses that have signed up continues to grow.



**This list is available on [www.volunteersouthdublin.ie](http://www.volunteersouthdublin.ie)  
If you would like to find out more please visit the website or contact the Volunteer Centre on 01 462 8558.**

# Whist Drive

Tús Nua would like to invite you to join our weekly Whist Drive in Tallaght Stadium. We play every Tuesday from 2pm (sharp) to 4pm and players of all levels are welcome. If you have never played before there are plenty of experienced people to show you how. The Whist Drive was set up by Mary Lyons, with the generous help of Tony and May Shorten. Tony and May have been running a very successful whist drive in Greenhills for many years and we are very grateful for their support. Come along to Tallaght Stadium and try it out, entry is €2 and refreshments are provided.

For more information contact Sarah on 01 4149270 or at [sogorman@sdblincoco.ie](mailto:sogorman@sdblincoco.ie)



# Seán Walsh Park Community Garden

**Are you interested in gardening?  
Would you like to learn more?**

Come and get involved in the Community Garden in Seán Walsh Park. Please use the entrance beside Tallaght Stadium.



We meet every Wednesday from 11.00am to 1.00pm. All are welcome!

## SOUTH DUBLIN COUNTY PARTNERSHIP Tús Care & Repair

All our workers work in pairs, are insured, carry ID and wear high visibility jackets.

Workers will only call to a house by appointment.

If you would like to check if your area is covered or want to find out more about Tús Care & Repair programme, please contact:

Contact John Mackey

Mobile: 0860270821

Email:

[john.mackey@sdcpartnership.ie](mailto:john.mackey@sdcpartnership.ie)

Tús Office

Killinarden Enterprise Centre

Killinarden Dublin 24

*All calls treated in strictest confidence*

**SDC**

South Dublin County Partnership Ltd.

An Roinn Coimisce Sóisialaí  
Department of Social Protection

[www.welfare.ie](http://www.welfare.ie)



## SOUTH DUBLIN COUNTY PARTNERSHIP Tús Care & Repair

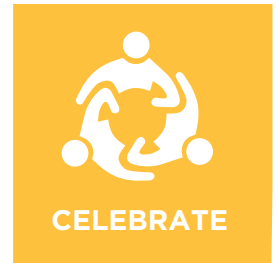
### FREE SERVICE

Supporting the older and less mobile members of our

community



# SOUTH DUBLIN 2016 COMMEMORATIONS



## GET INVOLVED TELL US YOUR IDEAS

**South Dublin County Council will host a Public Meeting at Tallaght Stadium on Tuesday 2nd June from 7.00pm-9.00pm with the Ireland 2016 Project Team from the Department of Arts, Heritage and Gaeltacht.**

The council's plans to commemorate 1916 will include a wide and exciting range of cultural and community activities. To ensure that 2016 is a truly memorable year of celebrations we invite you along to share your ideas about what we can do to commemorate the events of 1916.

**Please contact the commemorations team at 414 9285 or email [communications@sdblincoco.ie](mailto:communications@sdblincoco.ie) to register your interest.**





# Age Friendly Business Recognition Scheme

Are you a business owner in South Dublin County? You might be interested in the following facts:

- Older people own 75% of the wealth in the EU and account for 50% of consumer spending.
- Older customers (65+) in Ireland have a revenue declared annual income of over €6.5 billion.
- Older consumers will double in number in the next 30 years, and those over 80 will quadruple.
- Older people are loyal customers and outspend younger shoppers.
- Older customers not only spend locally and have a lot of purchasing power, but also have the time to shop.
- 50% of all toys are bought by grandparents.
- Over 50's take on average almost three trips a year in Ireland, staying three nights away.

By joining the Age Friendly Business Recognition scheme you can get an Age Friendly logo to identify yourself as an age friendly business and publicise your business locally and nationally. The recognition process involves training sessions, a tool kit and support on how to better meet the needs of older adults and in turn, increase your business. If you are interested in getting involved in the Age Friendly Business Recognition Scheme and would like to find out more contact Sarah on **01 4149270** or at [sogorman@sdblincoco.ie](mailto:sogorman@sdblincoco.ie)

# South Dublin County Libraries

## » Borrow a book, and so much more!

Did you know our libraries are Age Friendly? Along with what you might expect to find in your local library there are also many more services and opportunities for you to get involved.

Almost 2,500 cultural and educational events for adults and children are provided throughout the year in our libraries. We hold regular classes in languages, computers, music and art appreciation and much, much more. Events range from lifestyle talks to book launches for adults, and from author visits to Hip-Hop for children.

Major festivals are held throughout the year in our libraries, including Seachtain na Gaeilge; Bealtaine; Fused, the Children's Book Festival, TedX Tallaght and Reader's Day which is part of our Red Line Book Festival. You can get more details of what takes place during these colourful and stimulating festivals in the brochures provided on our website (news and events sections) and in our libraries.

In your local library you will also find:

- Use of Computers and Free Access to the Internet
- Local Studies Resources and Publications
- Online Newsletters and events listings
- Reserving and renewing books online
- Wide range of ebooks and audio books available for download

Drop in to your local library to find out more, or visit the library website on

**[www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)**

to find out about whats on near you.



**South Dublin Libraries**  
Leabharlanna Átha Cliath Theas



# bea(taine)festival

celebrating creativity as we age

1st May – 31st May

*There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.*

The Social Inclusion Unit invites you to **Celebrate Creativity** by putting your imagination to work

**This can include any of the following:**

Crafts, Poetry, Painting, Photography, Music, Horticultural Skills, Carpentry, Baking, Dance, Flower Arranging, Drama and so on.

Individual and/or Group Entries are welcome  
Closing Dates for Entries is Friday 22nd May 2015  
Lots of prizes to be won – All prizes will be vouchers



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Name:

Address:

Contact Number:

Email:

Title of Entry:

Type of Entry:

Name of Active Retired Club (if applicable):

**Respond through Poetry, Prose, Crafts, Baking, Drawing,  
Photography, Horticultural Skills, Carpentry, Dance, Flower  
Arranging, Drama and so on.**

**Individual and/or group entries are welcome.**

**Entries to be submitted to:**

The Social Inclusion Unit, Housing Social and Community Development Department,  
South Dublin County Council, County Hall, Tallaght, Dublin 24.

**If further information is required please contact:**

Maria Finn or Sandra Hickey,  
Tel: 086 380 3060 or 086 043 1779 or 01 414 9270  
Email: mfinn@sdblincoco.ie or shickey@sdblincoco.ie  
Or visit our website [www.sdcc.ie](http://www.sdcc.ie)

**CLOSING DATE FOR ENTRIES:  
FRIDAY 22 MAY 2015**

