

# Directory of Activities & Services

for older people in Dún Laoghaire-Rathdown County



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# Background and Introduction



The development of this directory originated from the Dún Laoghaire-Rathdown County Development Strategy 2002-2012, and the second implementation Plan 2006-2008. The Older Person Service Providers Forum, a sub structure of the Healthy County Forum, identified the need for a Directory of Activities & Services for Older People in the Dún Laoghaire-Rathdown County. During the most recent Age Friendly Roundtable Conversations in late 2015 that need was reaffirmed.

It was envisioned that the original directory would include a description of all the Older Person relevant activities and services available within the County area together with descriptions of personnel and contact details. The HSE was the original lead agency in the compilation of the Directory in collaboration with personnel from Dún Laoghaire-Rathdown County Council, Dublin Dún Laoghaire Education Training Board, Dún Laoghaire-Rathdown Network of Older People, Dún Laoghaire-Rathdown Chamber and An Garda Síochána. The information contained in this updated version of the directory is the original data but has been updated to reflect the changes of contact details and personnel. We hope that this directory will be a valuable resource to both Older People and service providers alike.

We wish to acknowledge the major piece of original work carried out by Ms. Evelyn Flavin, Physiotherapy Manager, HSE, Local Health Office Dublin South East and her team for the compilation of the original data for this directory. We thank Eilís Hession, Manager of Services for Older Persons, HSE, Local Health Office, Dún Laoghaire for her leadership and determination with the development of the original directory.

I hope this Directory will be of benefit to all who use it.

Donal Marren

*Chairman of dlr Age Friendly Alliance*

# Active Retirement

## Age Action Computers for Older People

(Supported by Southside Partnership)

If you are interested in learning some computer skills then contact the Age Action Team. All classes are free of charge and are all tutored by trained one to one volunteers. Classes are for learning the basics of getting online.

**Tel:** 01 475 6989

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## Ballinteer Active Retirement Association

Ballinteer St. John's GAA club,  
Grange Road, Ballinteer, Dublin 16

**Tel:** 086 803 8662 **Contact:** Anne Lucas

**Activities:** Bowls, walking / ramblers, history groups, drama, book club, Irish speaking group, yoga, choir, bridge, female singing group, folk & trad. group.

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## Ballybrack I.C.A Guild

St. Matthias Church Hall,  
Church Road, Ballybrack, Co. Dublin

**Tel:** 086 287 0218 **Contact:** Monica Farren

**Email:** ballybrackica@gmail.com

**Activities:** Meet every second Tuesday of the month

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## Ballybrack Ladies Club

Project Centre, Coolevin Ballbrack

**Tel:** 089 472 6749

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# Active Retirement



## Balally Hospitality Group

C/O Parish Centre, Church of The Ascension, Cedar Road, Balally, Dublin 16

**Tel:** 01 295 5043 **Contact:** Tony Brooks

**Activities:** Meet every Wednesday morning. Theatre outings, trips, poetry and tea. Every second week, aerobics and rings.

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## Balally Ladies Club

St. Olaf's School Hall, Balally Drive, Dundrum, Dublin 16

**Tel:** 087 763 8737

**Contact:** Ann Glass

**Activities:** Quiz's, demonstrations, outings.

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## Ballyogan Young at Heart Group

Samuel Beckett Civic Centre, Ballyogan Court, Carrickmines, Dublin 18.

**Tel:** 01 294 3870 **Email:** dwballyogan@gmail.com

**Activities:** Outings, crafts, courses and socialising

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## Beaufort Care Centre

Hudson Road, Glasthule, Co. Dublin

**Tel:** 087 669 0447 **Contact:** Torlach O' Connor

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## Blackrock & Monkstown Active Retirement Association

Parish Hall, St. John the Baptist Church, Blackrock, Co. Dublin

**Tel:** 086 245 6518 **Contact:** Anne Sweeney

**Activities:** Meet every Thursday - Outings, Irish and continental holidays, bridge, Italian classes. Meet up for lunch. Exercise classes (extra charge).

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# Active Retirement

## Blackrock I.C.A.

Holy Family Resource Centre,  
Kill O' The Grange, Blackrock, Co. Dublin.

**Tel:** 087 272 0073 **Contact:** Beverly Hanley

**Email:** blackrockguild@gmail.com

**Activities:** Meet 2nd and 4th Thursdays at 7.30pm

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## Blackrock Old Folk Association

Parish Hall, St. John the Baptist Church, Blackrock, Co. Dublin

**Tel:** 01 288 9273 **Contact:** Siobhan Dillon

**Activities:** Tuesday: Bingo & Tea. Outings arranged during the year.

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## Cabinteely Active Retirement Association

St. Brigid's Pastoral Centre, Johnstown Road, Cabinteely, Dublin 18

**Tel:** 01 285 4389 **Contact:** Maritta Malcolm

**Activities:** Theatre and concert outings, going to places of interest, book club, play reading, walks, pitch & putt, Tai Chi, bowls, French bowls/petangoe, 10 pin bowling, art, mahjong

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## Carraig Ladies Club

Johnstown Killiney Pastoral Centre, Churchview Road,  
Killiney, Co. Dublin

**Tel:** 01 284 9455 **Contact:** June Kelly

**Activities:** Debates, Quizzes, Fashion shows, Auctions, Charity Work... And Lots of Fun

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# Active Retirement

## Central Dún Laoghaire Senior Citizens

Park House, Library Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 286 1864 **Contact:** Nancy Forsyth

**Activities:** Outings, art, crafts, social gatherings, bingo, tea and a chat.

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## Churchtown Active Retirement Association

Parish Hall, Church of the Good Shepard, Churchtown, Dublin 14

**Tel:** 01 298 2981 **Contact:** Mai O'Mahony

**Activities:** Social events, outings, card games, scrabble, chat, indoor bowls, bingo, holidays and day tours.

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## Dalkey Active Retirement Association

Our Lady's Hall, 40 Castle Street, Dalkey, Co. Dublin

**Tel:** 01 285 8399 **Contact:** Rosemary Pearson

**Activities:** Art, bridge, short-mat bowling, garden club, hill-walking, book club, theatre outings, music, aerobics, Irish and Spanish conversation, holidays in Ireland

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## Dalkey Island Probus Club

C/O Killiney Golf Club, Ballinclea Road, Killiney, Co. Dublin

**Tel:** 01 280 7549 or 087 288 8371 **Contact:** Peter Lynch

**Email:** peter.lynch@ucd.ie

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## Dom Marmion Society

Dom Marmion House, County Council Car Park, Sandyford Road, Dundrum, Dublin 14

**Tel:** 01 298 2051 **Contact:** Olive Daly

**Activities:** Gentle keep-fit exercises, bowling and bingo, outings.

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# Active Retirement

## Dundrum Flower Club

Gort Muire, Ballinteer, Dublin 16

**Tel:** 087 638 4216 **Contact:** Roberta Cochrane

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## Dundrum & Ballinteer Indoor Bowling Club

Methodist Church Hall, Ballinteer Rd, Ballinteer, Dublin 16

**Tel:** 01 493 4650 **Contact:** Fraser Pelley 086 191 87910

**Activities:** Bowling and Social Club.

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## Dún Laoghaire Active Retirement Association

Boylan Centre, Sussex St, Dún Laoghaire, Co. Dublin

**Tel:** 085 235 7858 **Contact:** Gabrielle Lowe

**Email:** g.m.lowe2@gmail.com

**Activities:** Bridge, exercise class, indoor bowls, walking, gardening, DIY, theatre, outings, computer classes, holidays, creative writing, beginner art classes.

---

## Dún Laoghaire Ladies Club

Park House, Library Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 298 9340 or 087 970 3690 **Contact:** Mary McGuire

**Email:** mcguiremary137@yahoo.com

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## Dún Laoghaire I.C.A

27 Corrigan Ave, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 1703 **Contact:** Helen Carolan

**Email:** icadunlaoghaire@gmail.com

**Activities:** Meet every 2nd Monday of the month at 8:00pm (except July & August)

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# Active Retirement



## Dún Laoghaire Ladies Probus

The National Yacht Club, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 5725 **Contact:** Helen Middleton

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## Dún Laoghaire Marine Probus

Royal St George Yacht Club, Dún Laoghaire, Co. Dublin

**Tel:** 087 251 1626 **Contact:** Jim Farrelly

**Activities:** Meet every Monday at 10:30am

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## Dún Laoghaire-Rathdown Ladies Group

Parish Pastoral Centre, Foxrock, Dublin 18

**Tel:** 01 289 3871 **Contact:** Emily Caragher

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## Dún Laoghaire Borough Old Folks Association

27 Corrig Avenue, Dún Laoghaire, Co. Dublin

**Tel:** 01 214 7608 **Contact:** Blathnaid McGinty

**Activities:** Every Wednesday: Bingo and afternoon tea, 1pm - 3.45pm. We also have outings.

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## Foxrock Active Retirement Association

Foxrock Community Centre, Kill Lane, Foxrock, Dublin 18

**Tel:** 01 289 5650 **Contact:** Maureen Nolan

**Activities:** Cards, table tennis, golf, indoor bowling, holidays, concerts, quizzes, parties.

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# Active Retirement

## Glencullen Active Retirement Association

C/O Glencullen Community Hall, Ballybetagh Road,  
Glencullen, Dublin 18

**Tel:** 01 295 4774 **Contact:** Mary Mahon

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## Hillview Club 55

Hillview Family Resource Centre,  
Hillview Grove, Ballinteer, Dublin 16

**Tel:** 01 296 5025 **Contact:** Clare McEwen

**Activities:** Bingo, flower arranging and outings.

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## Irish Senior Citizens Parliament

**Tel:** 086 253 6933 **Contact:** John O' Neil

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## Johnstown/Killiney Active Retirement Association

Johnstown Pastoral Centre, Churchview Road, Killiney, Co. Dublin

**Tel:** 01 285 4236 **Contact:** Flora McRedmond

**Activities:** Bowling, bridge, whist, gardening, scrabble, art, crafts  
and computer classes.

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## Kill O'The Grange Active Retirement Association

The Parish Resource Centre, Kill Avenue, Co. Dublin

**Tel:** 01 285 1894 **Contact:** Josephine Hickey

**Activities:** Bowls, painting, outings and holidays.

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# Active Retirement

## Kilcross Women's Group - over 50's

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

**Tel:** 01 295 3259

**Activities:** Tai Chi, watercolours, flower arranging, bowling, bingo and graphic communications.

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## Kilternan I.C.A

C/O Glenbroc, Ballycorus Road, Dublin 18

**Tel:** 087 246 5382 **Contact:** Freda Keady

**Email:** kilternanica@gmail.com

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## Leopardstown & District Active Retirement Association

Leopardstown Inn, Brewery Road, Leopardstown, Co. Dublin

**Tel:** 01 288 7897 **Contact:** John McGuire

**Activities:** Visits to historic buildings and National Concert Hall, trips at home and abroad, cultural and artistic activities.

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## Loreto Ladies Club

Community Centre, Loretto Ave, Rathfarnham, Dublin 14

**Tel:** 086 120 8175 **Contact:** Marie Levins

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## Loughlinstown Over 50's Activities Club

Loughlinstown Community Rooms, Rear of Loughlinstown Shopping Centre, Loughlinstown Drive, Co. Dublin

**Tel:** 01 282 6775 **Contact:** Maureen Barry

**Activities:** Bingo, cards, billiards, dancing, indoor bowls, badminton, outings and holidays.

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# Active Retirement

## Loughlinstown Raging Hormones Drama Group

Loughlinstown Community Rooms, Rear of Loughlinstown Shopping Centre, Loughlinstown Drive, Co. Dublin

**Tel:** 01 252 2792 **Contact:** Anne Keegan

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## Marlay I.C.A

C/O Parish Centre, Rathfarnham, Dublin 16

**Tel:** 086 051 0832

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## Monkstown Senior Citizens

Monkstown Community Centre, Monkstown Grove, Co. Dublin

**Tel:** 01 280 0301 **Contact:** Paddy Cahill

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## Mount Merrion Active Retirement Association

Mount Merrion Community Centre, North Ave, Mount Merrion, Blackrock, Co. Dublin

**Tel:** 01 288 6476 **Contact:** Eileen O'Kane

**Activities:** Art, bridge, crafts, chairbics, dancing, cards, walking, bowling, outings and holidays.

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## Mount Merrion Friendship Club

Mount Merrion Community Centre, North Avenue, Mount Merrion, Blackrock, Co. Dublin

**Tel:** 01 288 4411

**Activities:** A full hot three course meal is served each day along with tea or coffee on arrival. Activities include: Talks, Music, Quizzes / crosswords, Newspaper discussions, Arts/ Crafts, Reminiscences, Summer and Christmas outings.

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# Active Retirement

## Mountain View Together

Loreto Court, Nutgrove Ave, Rathfarnham, Dublin 14

**Tel:** 087 930 3886 **Contact:** Teresa Wolfe

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## Rathfarnham Active Retirement

St Mary's Parish Centre, Willbrook Road, Rathfarnham, Dublin 14

**Tel:** 087 673 9935

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## Recycled Teenagers

Shanganagh Park House, Community Centre,

Rathsallagh Avenue, Shankill, Co. Dublin

**Tel:** 01 282 7694 **Contact:** Caroline McDermott

**Activities:** Social outings, bingo and chat.

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## Sallynoggin Old Folks Association

Sallynoggin Youth and Community Facility,

Church Place, Sallynoggin, Co. Dublin

**Tel:** 087 764 5530 **Contact:** Breda O'Brien

**Activities:** Bingo, Sing Song, Arts & Crafts, Ten Pin Bowls, Day Trips, Visiting Speakers, Tea & Chat

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## Sandyford ICA

St Tiernan's Community School, Parkvale, Balally, Dublin 18

**Tel:** 01 295 3783 **Contact:** Anne Tynan

**Email:** sandyfordica@gmail.com

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# Active Retirement

## Shankill Active Retirement Association

St. Anne's Resource Centre, Shankill, Co. Dublin

**Tel:** 01 282 0733 **Contact:** Pat O'Connor

**Activities:** Scrabble and outings

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## Shankill Day Care Centre

Shankill Day Care Centre, Lower Road, Shankill, Co. Dublin

**Tel:** 01 282 6364 **Contact:** Jacinta O' Sullivan

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## Shankill ICA

St. Anne's Resource Centre, Shankill, Co. Dublin

**Tel:** 087 675 8919 **Contact:** Patricia Vaughan

**Email:** shankillica@gmail.com

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# Active Retirement

## Silverthreads

Shanganagh Park House, Shankill, Co. Dublin

**Tel:** 01 282 7694 **Contact:** Anne Farrell

**Activities:** Meet Tuesday evenings at 7:00 pm

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## Furry Hill Community Resource Centre

Furry Hill Community Centre, Furry Hill, Sandyford Road, Sandyford, Dublin 16

**Tel:** 01 442 1004 **Contact:** Rafika or Marese Hegarty

**Activities:** Support services and courses, Arts & Crafts, Yoga, Healthy Food Made Easy.

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## Southside Partnership Women's Programme & the dlr women4women network.

**Tel:** 01 442 1004 **Contact:** Marese Hegarty

**Web:** [www.women4women.ie](http://www.women4women.ie)

**Activities:** Located in Furry Hill Community Centre a range of supports and services are offered for women, including older women including: Free English language and communication classes for Migrant Women in Dún Laoghaire, Sandyford, Ballyogan and Dundrum.

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## Ballybrack Project Centre

Coolevin, Ballybrack, Co. Dublin

**Tel:** 01 235 0778 **Contact:** Gina Hogan

**Email:** [gina.hogan@sspship.ie](mailto:gina.hogan@sspship.ie)

**Activities:** Art Classes, Ladies Club, Jewellery Group, Young at Heart Group

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# Active Retirement

## Stillorgan/Kilmacud

The Parish Hall, St. Laurence O' Toole Church,  
Kilmacud, Stillorgan, Co.Dublin

**Tel:** 01 288 0387 **Contact:** Evelyn Smyth

**Activities:** Meetings every second Monday - bowls, theatre & concert, outings and visits to places of interest

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## The Rotary Club of Dún Laoghaire

**Tel:** 086 826 4625 **Contact:** Eamonn O'Raghallaigh

**Email:** vivaverdi37@eircom.net

**Web:** [www.dunlaoghairerotaryclub.org](http://www.dunlaoghairerotaryclub.org)

**Activities:** Meets every Thursday evening at 6pm in The National Yacht Club, Dún Laoghaire. It organises events and supports local and international charities.

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## Young At Hearts Ballybrack

The Project Centre, Coolevin, Ballybrack, Co. Dublin

**Tel:** 01 284 9388

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## Young at Art - Sallynoggin

Church Place, Sallynoggin, Co. Dublin

**Tel:** 087 764 5530

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dlr has a well-established Joint Policing Committee since 2009. The purpose of the Joint Policing Committee public meetings is to hear views of the local community and assist in the formation of a work plan for the Joint Policing Committee. In doing this, it seeks to prioritise key community policing issues and identify initiatives which would contribute to improved community policing and prevention or reduction of future crime in Dún Laoghaire-Rathdown.

In addition the Gardaí now offer mobile support service to assist older people in the area who are unable to attend their local Garda Station. The service provides advice on security, stamping of documents in the comfort of the older persons home, care home or hospital. This service also sees Community Gardai visit the homes of elderly victims of crime.

Blackrock	<b>Tel:</b> 01 666 5200	Dundrum	<b>Tel:</b> 01 666 5600
Bray	<b>Tel:</b> 01 666 5300	Rathfarnham	<b>Tel:</b> 01 666 6500
Cabinteely	<b>Tel:</b> 01 666 5400	Shankill	<b>Tel:</b> 01 666 5900
Donnybrook	<b>Tel:</b> 01 666 9200		
Dún Laoghaire	<b>Tel:</b> 01 666 5000		

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## GARDA OLDER PERSONS ASSOCIATION (GOPA)

**Tel:** 01 204 7269

Dún Laoghaire-Rathdown is the only county in the country that has a Garda Older Persons Association. The purpose of the group is to bring matters that concern older people to the attention of An Garda Síochána in a formalised meeting space where confidentiality and discretion are guaranteed.

GOPA has successfully reduced the time and effort required to get a personal monitored alarm reduced from 16 to 6 weeks. The cost per alarm is €60 and applicants can simply call 086 160 4718 to place an order.

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# Bowling



## Bowling (Tenpin)

There are a number of tenpin bowling alleys in Dublin. Most of these alleys are part of leisure complexes and many are open 24 hours a day. Admission depends on the day and time, although it's often cheaper to bowl before 6pm on weekdays. The alley in Stillorgan is the venue for all major Competitions, including the 'Irish Open'.

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## Bowling Centres in dlr

### Leisureplex Stillorgan

Stillorgan, Co. Dublin

**Tel:** 01 288 1656

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## Bowls (Lawn)

### Blackrock Bowling & Tennis Club

Green Road, Blackrock, Co. Dublin

**Tel:** 01 288 1938

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## Dún Laoghaire Bowling Club,

Eglinton Park, Dún Laoghaire, Co. Dublin

**Tel:** 01 236 0583

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## Shankill Bowling Club

Quinn's Rd Shankill Co. Dublin

**Tel:** 01 281 4885

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## St Matthias Bowls Club

Church Hall, Church Road, Dún Laoghaire, Co. Dublin

**Tel:** 087 249 3155

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# Bridge Clubs



## Dún Laoghaire Bridge Club

2 Clarinda Park North, Dún Laoghaire, Co. Dublin

**Club information:** Club bridge every Monday and Thursday evening. Open bridge (non-members welcome) every Wednesday and Saturday evening. Play commences at 7.30pm. Table Money (visitors) €6.

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## Belfield

Arts Building, UCD, Belfield, Dublin 4

**Club information:** Tuesday at 7.30pm. Mixed grades. Spare partner available. Guests welcome with Members. Semi-open during month of June. Bar, tea/coffee. Closed July and August.

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## Elm Park

Elm Park Golf Club, Nutley Lane, Dublin 4

**Club information:** Wednesday & Friday at 7.30pm Members only - guests welcome once a month. Bar, tea/coffee. Car parking.

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## Milltown Golf Club

Lower Churchtown Road, Dublin 14

**Club information:** Tuesday & Thursday at 7.30pm Wednesday at 2.30pm Members Only. Spare partner available. Classes run in winter time. Bar tea/coffee. Car parking. Tuesdays open All year round. Wednesday & Thursday: Closed May to September

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## Milltown Parish

Milltown Parish Centre Maple Hall, Milltown Rd, Dublin 6

**Club information:** Wednesday at 7.30pm. Mixed Grades. Visitors and new members welcome. Classes available. Tea/coffee. Car parking. Open All year round.

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# Bridge Clubs

## Churchtown

De La Salle College, Dublin 14

**Club information:** Wednesday at 7.30pm Mixed grades. Open except for competitions. Spare partner available. New members accommodated. Tea/coffee. Car parking. Open All year round.

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## Newpark

Marian Community Centre, 103-111 Marian Road, Rathfarnham, Dublin 14

**Club information:** Thursday at 7.30pm Mixed grades. Visitors welcome. Tea/coffee. Car parking. Closed three weeks in August.

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## Ballinteer

St Johns GAA Club, Grange Road, Dublin 14 (Beside Marley Park)

**Club information:** Monday at 7.30pm Mixed grades. Spare Partner. Guests welcome with members. Tea/coffee. Car parking. Open All year round.

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## Dundrum

Dundrum Family Resource Centre. Behind Meadowbrook Swimming Pool, Ballinteer, Dublin 16

**Club information:** Thursday at 7.30pm Mixed grades. Open. New members accommodated. Tea/coffee. Car parking. Open All year round.

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# Bridge Clubs

## Marley Grange

Divine Word National School, Marley Grange, Dublin 14

**Club information:** Wednesday at 7.30pm

Mixed Grades but mostly N's & B's. Open to new members.

Beginner classes. Tea/coffee. Supervised car parking.

Open All year round depending on numbers.

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## Cabinteely

Leopardstown Park Hospital, Foxrock, Dublin 18

**Club information:** Thursday at 7.30pm

Novices and Intermediate B. Mixed grades. New members and guests welcome. Open All year round.

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## Carysfort

**Club information:** Monday at 7.30pm - Foxrock Pastoral Centre, Kill Lane, Foxrock

Wednesdays at 7.30pm- Leopardstown Park Hospital

Novice section both nights. All grades. New members welcome in the summer and visitors All Year Round. Classes for beginners and improvers. Tea/coffee. Supervised car parking. Open all year round.

---

## King of Clubs

Leopardstown Park Hospital, Foxrock, Dublin 18

**Club information:** Monday at 7.30pm

Novices & Intermediate B. Beginners/improvers classes.

New members accommodated. Tea/coffee. Car parking.

Open All year round.

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# Bridge Clubs

## Newpark

Leopardstown Park Hospital, Foxrock, Dublin 18

**Club information:** Friday at 7.30pm

Mixed grades. Open. New members and guests welcome.  
Tea/coffee. Car parking. Open All year round.

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## Sandyford

Carnegie Library, Sandyford, Dublin 18

**Club information:** Monday at 7.30pm

Mixed grades but mostly A's. Open. Visitors and general members welcome. Tea/coffee. Car parking. Open All year round.

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## Foxrock

Foxrock Pastoral Centre. Kill Lane, Foxrock, Dublin 18

**Club information:** Wednesday at 7pm - 10.30pm approx.

Mixed grades. Semi-open. Spare partner available. Bar, tea/coffee  
Car parking. Open All year round.



# Care and Repair / Carer Support

## Care and Repair

Scout's Den, Coolevin, Ballybrack, Co. Dublin

**Tel:** 01 445 5450

**Email:** careandrepair@sspship.ie

**Information:** We provide a repair service for anyone over the age of 65 living in the Dún Laoghaire-Rathdown area. A suitable 'job' for us to help with, is one that you expect will take up to two hours max and might include a garden tidy-up, replacing light bulbs, fitting door chains or smoke alarms, putting up shelves or moving light pieces of furniture to another room. Our staff will provide a helping hand with a variety of small tasks that an older person may find difficult.

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## Carer Support

Carer support groups for family carers are provided to sustain carers of all ages, caring for all age groups and disabilities. The support group offer information, training and support to assist carers with their work in caring for their loved ones. The carer support groups are facilitated by the following organisations and for further information on venues, dates and times in your area contact the following:

The Carers Association	<b>Tel:</b> 086 021 3749
Age Action Ireland	<b>Tel:</b> 01 475 6989
Alzheimer's Society of Ireland	<b>Tel:</b> 01 207 3800
National Helpline	<b>Tel:</b> 1 800 341 341

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# Chamber of Commerce

## Dún Laoghaire-Rathdown Chamber

Kilcullen House, 1 Haigh Terrace, Dún Laoghaire, Co. Dublin

**President:** Pat Neil

**Tel:** 01 284 5066 **Email:** [office@dlrchambers.ie](mailto:office@dlrchambers.ie)

**Web:** [www.dlrchambers.ie](http://www.dlrchambers.ie)

**Information:** Chambers Ireland is the national chamber of commerce for Ireland and part of the international network of chambers of commerce. With 60 member chambers representing over 12,000 businesses throughout the island, Chambers Ireland is the country's largest business organisation. It is a company limited by guarantee, owned by its member chambers, who pay an annual membership subscription fee. Dún Laoghaire - Rathdown Chamber is a member of Chambers Ireland and represents the entire county.

### What does the Dún Laoghaire - Rathdown Chamber do?

The Dún Laoghaire-Rathdown Chamber is made up of local businesses working together to promote the economic and social development of the county and make it a better place to live, work and do business.

The Chamber offers a variety of services including; lobbying Government on behalf of business, organising business networking events, providing business news and information to members and interested parties, organising business training and education seminars and maintaining a programme of member to member affinity discounts.

Dún Laoghaire - Rathdown Chamber is a private not for profit company governed by a Council comprised of representatives of member businesses who are elected at an Annual General Meeting (AGM). The Council meets monthly and the meetings are open to all members.

# Chess Clubs



Chess is a great way to stimulate the brain and meet new people through club membership.

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## Bray/Greystones

The Conservatory, The Esplanade Hotel, Strand Road,  
Bray, Co. Wicklow

**Email:** [bray/greystoneschessclub@gmail.com](mailto:bray/greystoneschessclub@gmail.com)

**Web:** [www.braychessclub.com](http://www.braychessclub.com)

Meet on Wednesdays.

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## Dún Laoghaire

3, Eblana Avenue, Dún Laoghaire, Co. Dublin

**Tel:** 087 977 3069

**Web:** [www.dlchess.org](http://www.dlchess.org)

Meet on Wednesdays.

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## St. Benildus

St. Benildus College, Upper Kilmacud Road, Stillorgan, Co. Dublin

**Tel:** 087 754 7436

**Web:** [www.stbenilduschessclub.wordpress.com](http://www.stbenilduschessclub.wordpress.com)

Meet Wednesday and Saturday nights.

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# Cinema

Cinema is that source of entertainment which gives us all a complete package of action, romance, thrill, adventure and all facets of life rolled into one. Many cinemas have discounts for off-peak hours.

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## Local Cinemas

IMC Dún Laoghaire	<b>Tel:</b> 01 230 1399
Movies at Dundrum	<b>Tel:</b> 01 291 6802
Ormond Cinema, Stillorgan	<b>Tel:</b> 01 707 4106
Pavilion Theatre	<b>Tel:</b> 01 231 2929 (Monday Nights)



# Citizens Information Centres

## Dún Laoghaire Citizens Information Centre

Marina House, Clarence Street, Dún Laoghaire, Co. Dublin

**Tel:** 076 107 7400 **Email:** [dunlaoghaire@citinfo.ie](mailto:dunlaoghaire@citinfo.ie)

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

**Hours:** Mon - Fri 9.30am - 4pm

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## Dundrum Citizens Information Centre

Unit 2, Level 5, Dundrum Town Centre, Sandyford Road, Dublin 16

**Tel:** 076 107 7430 **Email:** [dundrum@citinfo.ie](mailto:dundrum@citinfo.ie)

**Hours:** Mon - Fri 10am - 4pm

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## Stillorgan Citizens Information Service

St. Laurence's Parish Centre, Lower Kilmacud Road,  
Stillorgan, Co. Dublin

**Tel:** 076 107 7440 **Email:** [stillorgan@citinfo.ie](mailto:stillorgan@citinfo.ie)

**Hours:** Mon/Thurs 2pm - 4.30pm. Tues/Wed/Fri 10am-1pm

### 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.

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# Community Welfare Officers

The Department of Social Protection's representatives, formerly known as Community Welfare Officers (CWOs), are employed throughout Ireland by the Department of Social Protection. CWOs were previously employed by the Health Service Executive (HSE). In legislation they are called designated persons. They are based in Department of Social Protection Offices and are responsible for the day-to-day administration of the Supplementary Welfare Allowance Scheme. To contact your local office:

## Dublin 14

### Community Welfare Service

Nutgrove Intreo Centre, Nutgrove Shopping Centre, Dublin 14

**Tel:** 01 673 2000

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

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## Dublin 16

### Community Welfare Service

Nutgrove Intreo Centre, Nutgrove Shopping Centre, Dublin 14

**Tel:** 01 673 2000

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

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## Dublin 18

### Intreo Centre Dún Laoghaire

18-21 Cumberland Street, Dún Laoghaire, Co. Dublin

**Tel:** 01 214 5540

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

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# Community Welfare Officers

## South County Dublin

18-21 Cumberland Street, Dún Laoghaire, Co. Dublin

**Tel:** 01 214 5540

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

For South County area covered by the Intreo Centre Dún Laoghaire only which includes: Shankill (up to Dublin side of the bridge) Killiney, Dalkey, Ballybrack, Glasthule, Monkstown, Sallynoggin, Cabinteely, Cornelscourt, Foxrock , Carrickmines, Sandyford, Stillorgan, Blackrock and Booterstown

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## Asylum Seekers & New Communities Unit

77 Upper Gardiner Street, Dublin 1

**Tel:** 01 673 2030

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

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## Homeless Persons Unit Women & Family Team

77 Upper Gardiner Street, Dublin 1

**Tel:** 01 673 2030

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

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## Homeless Persons Unit Men's Team

Department of Social Protection, North Cumberland Street, Dublin 1

**Tel:** 01 673 2575 / 1800 724 724

**Fax:** 01 8749203

**Appointment Service:** Monday to Friday  
please contact 1800 724 724 to make an appointment

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## Concert and Performance Venues

There are often reduced rates for older people and free concerts in the following venues.

### Airfield Estate

Overend Way, Dundrum, Dublin 14

**Tel:** 01 969 6666

**Web:** [www.airfield.ie](http://www.airfield.ie)

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### Pavilion Theatre

Marine Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 231 2929

**Email:** [boxoffice@paviliontheatre.ie](mailto:boxoffice@paviliontheatre.ie)

**Web:** [www.pavilliontheatre.ie](http://www.pavilliontheatre.ie)

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### The Mill Theatre Dundrum

Mill Theatre, Dundrum Town Centre, Dundrum, Dublin 16

**Tel:** 01 296 9340

**Web:** [www.milltheatre.ie](http://www.milltheatre.ie)

Events generally advertised through newspapers, radio and libraries etc.

## Adult Education Service - Adult Education Guidance Service

The Adult Guidance Service is an educational guidance and information service for all adults which is part of Dún Laoghaire Community Based Education Service. It 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.

# Dublin Dún Laoghaire Education Training Board

## Adult Guidance Service: Loughlinstown

Dublin & Dún Laoghaire Adult Education Service, Adult Learning Centre, DDLETB Training Centre Loughlinstown, Wyattville Road, Loughlinstown, Co. Dublin

**Tel:** 01 204 3609

**Email:** [dunlaoghaireguidance@ddletb.ie](mailto:dunlaoghaireguidance@ddletb.ie)

**Website:** [www.dublinadulteducation.ie](http://www.dublinadulteducation.ie) / [www.ddletb.ie](http://www.ddletb.ie)

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## Adult Guidance Service: Dundrum

Adult Education Service - Dundrum, Sydenham Road, Dundrum, Dublin 14

**Tel:** 01 298 9283

**Email:** [dundrum@dublinadulteducation.ie](mailto:dundrum@dublinadulteducation.ie)

**Website:** [www.dublinadulteducation.ie](http://www.dublinadulteducation.ie) / [www.ddletb.ie](http://www.ddletb.ie)

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## Adult Education Service - Basic Education

### Purpose of Service:

The service provides support to people who would like to improve their reading, writing, spelling, maths, computer and study skills. It also provides opportunities for people to participate in QQI accredited programmes.

Priority is given to people who have not completed the Leaving Certificate.

### Programmes:

The centres deliver a range of courses in spelling, writing and reading. We also deliver courses in maths particularly practical maths useful in everyday life. Introduction to computers is another popular course and this is especially useful for people starting to use the computer. The groups are small and allow people to develop their skills and improve their confidence in a supported environment. The courses run from 2 to 6 hours per week.

At the centre we also deliver Quality and Qualifications Ireland accredited courses from level 2 to level 4 and these are in a range of subjects including communications, maths, computers, teamwork, and in various vocational areas such as horticulture, customer service, business, health and beauty. Minor awards are achieved when people successfully complete the courses and there are options to gain major awards at each level.

We also deliver non-accredited and accredited courses in English for people whose first language is not English and our Workplace Education Programme is delivered in the centre in partnership with local employers.

We also deliver literacy awareness training for referring agencies, public services and other interested organisations

## Adult Education Service - Community Education

### The aim:

The Community Education Service in Dublin and Dún Laoghaire Education Training Board works in partnership with a wide range of community groups who provide accessible education and learning options to adults.

Community education programmes are chosen by the local community partners, delivered locally in a convenient supportive environment. Providing part time opportunities and flexibility for participants that suits their needs.

Community groups supported through the service prioritise a number of groups which are included in this section. These are:

Adults with Disabilities

Homeless People

Older People

Parents of School Going Children

People in Recovery from Addiction

Foreign Nationals

Travellers

Youth

For further information about community education and groups in your locality please contact the Community Education Facilitator contact details on page 37.



# Dublin Dún Laoghaire Education Training Board

## Community Education: Dún Laoghaire / Loughlinstown

DDLETB Training Centre Loughlinstown, Adult Education Service,  
Wyattville Road, Loughlinstown, Co. Dublin

**Tel:** 01 204 3623

**Email:** [Dunlaoghaire@dublinadulthoodeducation.ie](mailto:Dunlaoghaire@dublinadulthoodeducation.ie)

**Web:** [www.dublinadulthoodeducation.ie](http://www.dublinadulthoodeducation.ie) / [www.ddletb.ie](http://www.ddletb.ie)

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## Community Education: Dundrum

Adult Education Service - Dundrum, Sydenham Road,  
Dundrum, Dublin 14

**Tel:** 01 298 9283

**Email:** [dundrum@dublinadulthoodeducation.ie](mailto:dundrum@dublinadulthoodeducation.ie)

**Web:** [www.dublinadulthoodeducation.ie](http://www.dublinadulthoodeducation.ie) / [www.ddletb.ie](http://www.ddletb.ie)

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## Colleges of Further Education

The Colleges of Further Education offer a wide range of career and professional courses, recognised nationally and internationally. They also provide flexible learning arrangements, for example some programmes are timetabled for mornings only. The colleges are open to discuss arrangements to suit particular mature student needs and welcome adults to visit on open days or by appointment. In addition, the colleges offer accredited and interest courses for adults in the evening.

### Dún Laoghaire Further Education Institute

17 Cumberland Street, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 9676

**Email:** [info@dfei.ie](mailto:info@dfei.ie)

**Web:** [www.dfei.ie](http://www.dfei.ie)

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### Sallynoggin College of Further Education

Pearse Street, Sallynoggin, Co. Dublin

**Tel:** 01 285 2997

**Email:** [reception@scfe.ie](mailto:reception@scfe.ie)

**Web:** [www.scfe.ie](http://www.scfe.ie)

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### Blackrock Further Education Institute

Main Street, Blackrock, Co. Dublin

**Tel:** 01 288 9717

**Email:** [office@bfei.ie](mailto:office@bfei.ie)

**Web:** [www.bfei.ie](http://www.bfei.ie)

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## **Cabinteely Community School**

Future Studies, Johnstown Road, Dublin 18

**Tel:** 01 285 2137

**Email:** [office@cabinteelycs.ie](mailto:office@cabinteelycs.ie)

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## **Stillorgan College of Further Education**

Old Dublin Road, Stillorgan, Co. Dublin

**Tel:** 01 288 0704

**Email:** [admin@stillorgancollege.ie](mailto:admin@stillorgancollege.ie)

**Web:** [www.stillorgancollege.ie](http://www.stillorgancollege.ie)

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## **Dundrum College of Further Education ,**

Main Street, Dundrum, Dublin 14

**Tel:** 2985412

**Email:** [info@cfedundrum.com](mailto:info@cfedundrum.com)

**Web:** [cfedundrum.com](http://cfedundrum.com)

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## Mature Students in Further Education:

You can apply to a College of Further Education as a mature student. Applications are accepted from Autumn onwards. Entry is based on an interview rather than formal qualification. Interviews usually take place between February and June, however late applications are accepted.

Increasingly adults who didn't get the opportunity to complete secondary school are finding it helpful to complete a Back to Education Initiative (BTEI) programme first, in preparation for further education.

Further education courses lead to careers in their own right, but they are also a way of progressing to third level education. Mature students considering higher education can apply directly through the Central Applications Office (CAO).

## Higher Education Links Scheme (HELS):

Under the Higher Education Links Scheme, specific Quality Qualifications Ireland level 5 or level 6 major awards are linked with specific higher education courses in institutes of technology and universities. A certain number of places on these courses are held for FET applicants who are scored using a separate merit system.

## Access Programmes to Higher Education:

Access courses are one-year preparation courses to enter third level. They aim to give mature students the skills and confidence to progress with their learning. The age of entry to qualify varies between colleges, but you must be at least 21. The big plus of access courses is that they have no standard educational requirements such as Leaving Certificate. Access courses are usually made up of the following elements - study/writing skills, computer skills, other selected academic subjects and educational guidance.

# Dublin Dún Laoghaire Education Training Board

## Dún Laoghaire Institute of Art, Design and Technology

Kill Avenue, Dún Laoghaire, Co. Dublin

**Tel:** 01 214 4600 **Access Officer:** 01 214 4628

**Email:** [patricia.byrne@iadt.ie](mailto:patricia.byrne@iadt.ie)

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

**Programme Information:** Full-time

**Qualifications:** Foundation Certificate - FETAC certified

**Financial Supports:** Back to Education Allowance

- fees do not apply

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## Trinity Access Programmes

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

**Tel:** 01 896 2754

**Email:** [lisa.coady@tcd.ie](mailto:lisa.coady@tcd.ie)

**Web:** [www.tcd.ie/trinity\\_access/](http://www.tcd.ie/trinity_access/)

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## University College Dublin

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

**Tel:** 01 716 7584

**Email:** [adult.education@ucd.ie](mailto:adult.education@ucd.ie)

**Web:** <http://www.ucd.ie/all/study/>

**Programmes:** *UCD Access to Arts & Social Sciences* and *UCD Access to Science, Engineering & Agriculture*. Students completing these courses, and achieving 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 but students who are registered as unemployed and/or in-receipt of one of the following payments: Job-seekers Benefit, Job-seekers Allowance or One-Parent Family Allowance or Disability Benefit may qualify for a Mature Years Access Scholarship.

**Qualifications:** UCD's *Access to Arts & Social Sciences* and *Access to Science, Engineering & Agriculture* are Special Purpose Level 6 Awards which guarantee entry to selected courses in UCD.

**Age requirements:** UCD Access courses are open to learners who are 22 years or older by 1st January on the year of entry to the Access course. A mature student is defined as anybody who is 23 years or older by 1st January on the year of entry onto a full-time undergraduate degree programme.

Other Institutes of Technology and Universities also run Access Programmes. More details of the options available can be obtained by contacting the Access Officer / Mature Student Officer of the college you are interested in entering. You are also welcome to contact us in the Adult Guidance Service.

## Mature Students in Higher Education

A person who is at least 23 years of age on 1st January, will generally be considered a mature student. Some institutes require application for entry to be made directly to themselves, but the majority require applications to be made through the Central Applications Offices (CAO). Mature students tend to be considered on an individual basis taking into account motivation, potential to benefit from the course, knowledge and skills gained through work and life experiences along with prior academic achievement.

Today, there are more entry routes to higher education than ever before. For many mature students the preferred route is through a course related to the chosen area of study in a College of Further Education, or an access programme in a third level college. If you decide to continue your studies at third level, you can apply directly through the CAO. Each year the Department of Education and Skills produces a Guide for Mature Students. It provides information on application procedures, supports available and course details and is available on the web at [www.qualifax.ie](http://www.qualifax.ie)

Higher Education, also known as third level education, is made up of Universities, Institutes of Technology, Teacher Training Colleges and some private/independent colleges. There is a range of study options to suit the adult learner, for example, some degree courses are offered in the evening (not UCD). The colleges also offer interesting courses that you can do for your own enjoyment in a relaxed and supportive environment.

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## University College Dublin, Belfield, Dublin 4

**Tel:** 01 716 7777

**Email:** [admissions@ucd.ie](mailto:admissions@ucd.ie) **Web:** [www.ucd.ie](http://www.ucd.ie)

**Mature Student Admissions Administrator:** 01 716 1536

**Mature Student Adviser:** 01 716 7542

**Disability Support Service:** 01 716 7179

**Open Learning:** 01 716 7566

# Open Education

## Open Learning Courses

UCD Open Learning gives you the opportunity to study a range of undergraduate modules in UCD. There are no entry requirements and the Open Learning modules are open to everyone. You can take any combination of modules for interest only (audit) or you can complete the course assessment (credit). Each module is worth 5 European Credit Transfer System points and you can then accumulate the module towards an award of a Certificate or Diploma in Open Learning.

Financial Supports

SUSI and BTEA

**Additional Information:** The Mature Student Admissions Administrator is available to provide information, guidance and assistance thorough the admissions process. The Mature Student Adviser offers a support and advisory service for mature students throughout their time in UCD

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## Distance Learning- Open University in Ireland

Holbrook House, Holles Street, Dublin 2

**Tel:** 01 678 5399

**Email:** Ireland@open.ac.uk

**Web:** [www.openuniversity.edu/Ireland](http://www.openuniversity.edu/Ireland)

**Courses:** Arts, Psychology, Maths, Computing, Education

**Additional Information:** No entry requirements, but must be aged over 18. Tutor support and tutorials included in course fee

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# Open Education

## Open Education Unit Dublin City University

Glasnevin, Dublin 9

**Tel:** 01 7005481

**Email:** [openeducation@dcu.ie](mailto:openeducation@dcu.ie)

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

**Courses:** Arts and Humanities, Information Technology, Nursing Studies and Management

**Additional Information:** Access course for nursing

Leaving Certificate Applied for Adults

The Leaving Certificate Applied is different to schooling you may have experienced in the past:

The course is based on project and practical work rather than exams. Drama, craft and design, computer skills and practical maths are examples of subjects studied.

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# Dún Laoghaire-Rathdown County Council

Dún Laoghaire - Rathdown 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 and parks and community facilities. In addition the Council has adopted a Local Economic and Community Plan (LECP) into which the other major public service providers strategies feed. The implementation of the LECP is overseen by the Local Community Development Committee.

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## Age Friendly Programme

Dún Laoghaire-Rathdown County Council became a signatory to the Dublin Declaration on Age Friendly Cities and Counties in 2013. In May 2016 it launched its Age Friendly Strategy. All of the senior executives of the main public service providers along with representatives from Network for Older People have committed to participating in an Age Friendly Strategic Alliance to oversee the implementation of the strategy and ensure that Dún Laoghaire -Rathdown remains "A great place in which to grow old."

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## Older Persons Support Coordinator

**Office:** 01-6791032 **Mobile:** 087 053 5887

**dlr Support Coordinator:** Lisa Fennelly

dlr County Council in collaboration with ALONE and the Age Friendly Alliance commenced a new service for all people aged 60 and over.

A support coordination service has been developed to promote independence, choice and well-being to all older people in the county. Support coordination works in partnership with all statutory bodies and community organisations to guarantee the best use of local services.

This service provides person centred supports in a wide variety of areas including:

Health, Housing issues, Company & Friendship, Finance, Linking with services, Advocacy and support

Support Coordination bridges the gap between services so there is no issue too big or too small.

If you know any older person who may benefit from this service or would like further information please do not hesitate to contact the dlr Support Coordinator Lisa Fennelly.

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## Community Development & Social Inclusion

Dún Laoghaire-Rathdown County Council through Community Development and Social Inclusion Section provides a comprehensive support and advisory service to voluntary community based organisations throughout the County. The Community Development and Social Inclusion Section administer the annual Community Support Grant programme which offers financial support to clubs, groups, societies and organisations operating in the county.

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# Community Buildings

## Ballybrack Project Centre

Coolevin, Ballybrack. Co. Dublin

**Tel:** 089 472 6749 **Contact:** Ms Aileen Graham

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## Belarmine Community Centre

Belarmine Plaza, Stepside, Dublin 18

**Tel:** 01 295 9149 **Contact:** Fiachra O'Mathúna

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## Cois Cairn Youth & Community Facility

Cois Cairn, Old Connaught Avenue, Bray, Co. Wicklow

**Tel:** 01 239 0884 **Contact:** Jean Brown

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## Furry Hill Community Centre

Sandyford Rd, Sandyford, Dublin 16

**Tel:** 01 442 1004 **Contact:** Marese Hegarty

**Email:** daniela.naab@sspship.ie

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## Glencullen Community Centre

Ballybetagh, Glencullen, Dublin 18

**Tel:** 01 294 6618

**Email:** glencullencommunityhall@gmail.com

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## Hillview Resource Centre

33/34 Hillview Grove, Ballinteer, Dublin 16

**Tel:** 01 296 5025 **Contact:** Clare McEwen

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# Community Buildings

## Kilcross Community Centre

1 Kilcross Way, Sandyford, Dublin 18

**Tel:** 01 295 3259 **Contact:** Mairead McLoughlin

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## Loughlinstown Community Rooms

Rear of Loughlinstown S.C., Loughlinstown Drive,  
Loughlinstown, Co. Dublin

**Tel:** 01 272 0289 **Contact:** Ms Linda Carroll

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## Loreto Community Facility

Loreto Old School, Loreto Avenue, Rathfarnham, Dublin 16

**Tel:** 01 495 0569 **Contact:** Mary Smyth

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## Mounttown Community Facility

Mounttown, Dún Laoghaire, Co. Dublin

**Tel:** 01 663 6131 **Contact:** Peter Tobin

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## Park House

Library Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 1864 **Contact:** Ms Nancy Forsyth

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## Patrician Community Centre

Patrician Villas, Stillorgan, Co. Dublin

**Tel:** 087 260 7188

**Email:** bookingpatriciancc@gmail.com

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## Community Buildings

### Sallynoggin Youth & Community Facility

Church Road, Sallynoggin, Co.Dublin

**Tel:** 01 235 1952 **Contact:** Breda O'Brien

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### Samual Beckett Civic Campus

Ballyogan Court, Ballyogan, Dublin 18

**Tel:** 01 295 9149 **Contact:** Fiachra O'Mathúna

**Email:** sandyfordccentre@eircom.net

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### Sandyford Community Facility

Lambs Cross, Enniskerry Road, Sandyford, Dublin 18

**Tel:** 01 295 9149 **Contact:** Fiachra O'Mathúna

**Email:** sandyfordccentre@eircom.net

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### Shanganagh Park House

Rathsallagh Park, Shankill, Co. Dublin

**Tel:** 01 282 7694 **Contact:** Ms Caroline Mc Dermott

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### St Nathy's Community Centre

St Nathy's Villas, Churchtown, Dublin 14

**Tel:** 085 284 9881 **Contact:** Imelda O Keefe

**Email:** imelda@southsidetravellers.ie

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### Stonebridge Community Facility

7 Stonebridge Grove, Shankill, Co. Dublin

**Tel:** 01 282 4355 **Contact:** Ann Curry

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# Cemeteries

## **Cemeteries in use**

Shanganagh

Deansgrange

For all cemetery enquiries please call 01 289 3416

**Email:** [cemeteries@dlrcoco.ie](mailto:cemeteries@dlrcoco.ie)

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## **Closed Cemeteries**

Bishops Lane

Rathmichael

Old Connaught

Kill Abbey

Tully Vale

Carrickbrennan

Dalkey

For all cemetery enquiries please call 01 289 3416

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## Housing Aid Grants for Older People

The Housing Aid for Older People Grants 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 to their home. The only works available under this scheme are re-wiring, re-roofing and the provision of central heating (where none exists).

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

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## Mobility Aids Housing Grants

**Tel:** 01 205 4847

**Email:** [housing@dlrcoco.ie](mailto:housing@dlrcoco.ie)

The Mobility Aids Housing Grant Scheme is available to fast track grant aid to cover a basic suite of works to address mobility problems, primarily, but not exclusively, associated with ageing. The grant is means tested and the level of grant is determined by taking account of the annual gross income of the registered property owner together with all household members over 18 (or 23 if in full time education) in the previous tax year. In order to qualify for a grant under this scheme the gross household income must not exceed €30,000 (some applicants may qualify for certain income disregards). The maximum grant available is €6,000 or 100% of the approved nett cost of proposed works. The applicant may qualify for a refund of the VAT from the Revenue Commissioners subject to certain conditions once they have paid the contractor in full.

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# Libraries



## **Dún Laoghaire - Rathdown County Council**

**Tel:** 01 236 2700 **Contact:** Ms Ciara Jones

**Email:** [cjones@dlrcoco.ie](mailto:cjones@dlrcoco.ie)

### **Books, Periodicals and Newspapers**

Over 1.4 million books are available for lending throughout the eight branches. These include books for adults and young people, fiction and non-fiction, large print and literacy material. Periodicals are held in all branches. They supplement the book stock and provide up-to-date information on both general and specialised areas of interest. Back issues of most periodicals are available for lending. Newspapers are available in all branches. There is online access to the Irish Times archive and the Irish Newspaper Archives in all branches.

### **Reference and Information**

A selection of reference books is available for consultation in each library. Each branch also holds a variety of application forms, including those for passport and voters register. While Dún Laoghaire Library houses the main local history collection, each branch keeps files containing historical information specific to the surrounding area.

### **Audio-Visual Material**

Language learning CDs and books may be borrowed from all branches. Deansgrange Library holds regular informal language exchange sessions where members of the public meet in groups to share their respective language abilities.

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## IT

Free public Internet access is available in all branches. Booking is strongly advised. The online catalogue can be searched in branches or from home. Members can view their personal details and renew and request items.

## Home Library Service

This service is run from Stillorgan Library and involves regular visits to members of the public who are unable to visit a library and have nobody to visit the library service for them. There are four weekly rotas per month, readers being visited once a month, mostly in their own homes but also in nursing homes. Books are taken by van for selection by the individual reader who may also request particular titles.

## Language Exchange Sessions

Deansgrange Library holds regular informal language exchange sessions, where members of the public meet in groups to share their respective language abilities. Please see website for further details: [www.libraries.dlrcoco.ie](http://www.libraries.dlrcoco.ie)

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## Music Rooms Dalkey Library

**Tel:** 01 285 5277

**Email:** [dalkeylib@dlrcoco.ie](mailto:dalkeylib@dlrcoco.ie)

A music room is available in Dalkey Library. The room contains a piano, guitar and harp and is available for anyone wishing to practise or learn to play these instruments. Either room may also be used for practising other instruments, in particular stringed and wind instruments. Please contact Dalkey Library to check availability.

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# Libraries

## Parent and Toddler Groups

### Blackrock Library

Parent and Toddler Group

Sessions are free and take place on Wednesdays at 10am.

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### Shankill Library

Parent and Toddler Group

Sessions are free and take place on Mondays at 10.30am.

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### Dundrum Library

Parent and Toddler Group

Sessions are free and take place on Mondays at 10.30am.

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## Scrabble Sessions for Adults

Scrabble club meetings are held in Deansgrange Library on Thursdays at 2.30pm.

All are welcome to join these friendly and sociable sessions.

Blackrock Library **Tel:** 01 288 8117 **E:** blackrocklib@dlrcoco.ie

Cabinteely Library **Tel:** 01 285 5363 **E:** cabinteelylib@dlrcoco.ie

Dalkey Library **Tel:** 01 285 5317 **E:** dalkeylib@dlrcoco.ie

Deansgrange

Library **Tel:** 01 285 0860 **E:** deansgrangelib@dlrcoco.ie

Dundrum Library **Tel:** 01 298 5000 **E:** dundrumlib@dlrcoco.ie

dlr Lexicon **Tel:** 01 280 1147 **E:** dlrlexiconlib@dlrcoco.ie

Shankill Library **Tel:** 01 282 3081 **E:** shankilllib@dlrcoco.ie

Stillorgan Library **Tel:** 01 288 9655 **E:** stillorganlib@dlrcoco.ie

# Parks and Markets

## **Marlay Park Market**

Saturday 10.00am - 4pm and Sunday 11.00am to 4pm

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## **People's Park Market**

Park Road, Dún Laoghaire, Co. Dublin

Sunday 11.00am - 4.00pm

**Tel:** 01 205 4848

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## **Shanganagh Park**

Old Dublin Road, Shankill, Co. Dublin

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## **Killiney Hill Park**

Dalkey Ave, Dalkey, Co Dublin

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## **Cabinteely Park**

Park Drive, Cabinteely, Dublin 18

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## **Blackrock Park**

Rock Road, Blackrock, Co. Dublin

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For all parks enquiries please call County Hall  
main office number 01 205 4700 and ask for Parks

# Sport and Physical Activities



## Sports & Physical Activity in dlr

County Hall, Marine Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 271 9502

**Email:** [info@dlrsportspartnership.ie](mailto:info@dlrsportspartnership.ie)

**Web:** [www.dlrsportspartnership.ie](http://www.dlrsportspartnership.ie)

Dún Laoghaire-Rathdown Sports Partnership (dlr Sports Partnership) was set up in 2007 and the Sports Coordinator was appointed in April 2008. dlr Sports Partnership works closely with the Dún Laoghaire-Rathdown County Council's Sports Development Office and other key partners to promote participation, inclusion and coordination in sport at a local level.

All those statutory bodies, organisations and groups operating in Dún Laoghaire-Rathdown with a responsibility for or interest in sports development are invited to participate in the Local Sports Partnership. This includes the involvement of the ETBs, Local Authorities, Health Service, third level colleges, commercial interests, sports clubs/organisations, schools and voluntary/community

The Sports Inclusion Disability (SID) programme promotes greater participation & inclusion in sport and physical activity for people with a disability in the County. We do this by:

- Providing training programmes to volunteers, coaches, care staff etc. to improve access to sport for people with disabilities.
- Delivery of a wide range of inclusive events and sessions annually
- Provision of information and links on activities for people with disabilities

## dlr Leisure Services

dlr Leisure was established in 2009 with the purpose of operating and managing leisure facilities owned by Dún Laoghaire-Rathdown County Council.

They operate 4 Leisure Centres at Loughlinstown, Meadowbrook, Monkstown and Ballyogan. They provide fully equipped gyms, excellent pool facilities, fitness studios and all weather pitches. They also have a skate park in Monkstown and a large indoor sports hall in Loughlinstown. They also operate two golf courses at Stepside and Marlay. These courses are located in stunning scenic locations with excellent putting greens. Their enthusiastic and qualified staff are always on hand to assist with your queries. The centres are the perfect place for a family day out; to keep fit; to meet new friends; or just to relax and unwind.

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

Loughlinstown	<b>Tel:</b> 01 282 3344
Meadowbrook	<b>Tel:</b> 01 299 5610/14/16
Monkstown	<b>Tel:</b> 01 230 1458
Ballyogan	<b>Tel:</b> 01 294 3880
Stepaside Golf	<b>Tel:</b> 01 295 2859
Stepaside Pitches	<b>Tel:</b> 01 537 5011
Marlay Golf	<b>Tel:</b> 01 295 2859
Marlay	<b>Tel:</b> 01 537 5011
Kids Sports	<b>Tel:</b> 01 537 5011

# Golf

## Golf Driving Range

Leopardstown

**Tel:** 01 289 5341

Stepaside:

**Tel:** 01 295 3312

Golf Union of Ireland

**Tel:** 01 295 4281 (For local clubs)

Carrickmines Golf Club

**Tel:** 01 295 5972

Castle Golf Club

**Tel:** 01 490 4207

Dargle View Golf Club

**Tel:** 01 274 5274

Dublin Mountain Golf Club

**Tel:** 01 458 2622

Dún Laoghaire Golf Club

**Tel:** 01 272 1866

Edmondstown Golf Club

**Tel:** 01 493 1082

Enniskerry Golf Club

**Tel:** 01 286 7521

Foxrock Golf Club

**Tel:** 01 289 3992

Glencullen Golf Club

**Tel:** 01 294 0898

Grange Golf Club

**Tel:** 01 493 2889

Killiney Golf Club

**Tel:** 01 285 1983

Leopardstown Golf Club

**Tel:** 01 289 5341



# Historical Societies

## Blackrock Society

Comhaltas Ceolteoirí Éireann, Belgrave Square,  
Monkstown, Co. Dublin

**Tel:** 01 288 9195 **Contact:** David Huffey

**Email:** quinnpaul49@gmail.com

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## Dún Laoghaire Borough Historical Society

Royal Marine Hotel, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 6213 **Contact:** Anna Scudds

**Web:** [www.dunlaoghairehistorical.com](http://www.dunlaoghairehistorical.com)

3rd Wednesday of the month at 8:00pm

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## Kilmacud & Stillorgan Local History Club

**Tel:** 01 298 4848 **Contact:** Clive O' Connor

**Web:** [www.kilmacudstillorganhistory.ie](http://www.kilmacudstillorganhistory.ie)

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## Mount Merrion Historical Society

Mount Merrion Community Centre.  
North Ave., Mount Merrion, Co. Dublin

**Email:** [mountmerrionhistoricalsociety@gmail.com](mailto:mountmerrionhistoricalsociety@gmail.com)

Monthly meetings

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## Rathfarnham Historical Society

**Tel:** 01 493 1840 **Contact:** Vera Bannigan

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# Historical Societies

## Rathmichael Historical Society

Rathmichael School, Stonebridge Road, Shankill, Co. Dublin

**Tel:** 01 285 3960 **Contact:** Richard Ryan

**Email:** rathmichaelhistoricalsociety@gmail.com

**Web:** www.rathmichaelhistoricalsociety.ie

Monthly Meetings

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## Health Service Executive (HSE)

The development of primary care services is a key element of the HSE overall health reform process. The key objective is to achieve a more balanced health service by ensuring that the vast majority of patients who require urgent/planned care are managed within primary and community based settings. Primary care services include primary care teams (PCTs), which is a team of health care professionals comprising of Nursing, Physiotherapy, Occupational Therapy, Speech & Language Therapists, Social Work, Dietician, Psychology General Practice, Home Support and Administrative Staff. There is a network of other services available to support the team including Podiatry, Dental, Ophthalmology, Palliative & Hospice Care, Mental Health and Environmental Health Services. You can contact your local health centre / primary care team listed below or by visiting [www.hse.ie/dunlaoghairglasthulepct](http://www.hse.ie/dunlaoghairglasthulepct)

**Tel:** Callsave 1850 241850

### Health Centres/Primary Care Centres are listed below:

Balally Primary Care Centre	<b>Tel:</b> 01 292 4500
Ballinteer Health Centre	<b>Tel:</b> 01 216 4500
Blackrock Health Centre	<b>Tel:</b> 01 288 2980
Bray Health Centre	<b>Tel:</b> 01 274 4100
Cabinteely Health Centre	<b>Tel:</b> 01 289 6195/97
Churchtown Primary Care Centre	<b>Tel:</b> 01 491 6400
Dalkey Health Centre	<b>Tel:</b> 01 285 9291/285 9233
Donnybrook Health Centre	<b>Tel:</b> 01 268 0380
Dún Laoghaire Health Centre	<b>Tel:</b> 01 280 8471
Leopardstown Primary Care Centre	<b>Tel:</b> 01 299 6600
Loughlinstown Health Centre	<b>Tel:</b> 01 282 2122
Rathfarnham Health Centre	<b>Tel:</b> 01 493 3431
Sallynoggin Health Centre	<b>Tel:</b> 01 280 0786
Shankill Health Centre	<b>Tel:</b> 01 282 0344
Stillorgan Health Centre	<b>Tel:</b> 01 217 2918

# Health Service Executive (HSE)

## **HSE Health Office Dún Laoghaire**

Tivoli Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 284 3579

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## **HSE Health Office Dublin South East**

Vergemount Hall, Clonskeagh, Dublin 6

**Tel:** 01 268 0300

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## **Meals on Wheels / Day Care/ Respite Services**

Referrals for Meals on Wheels are made through the public health nurses in your local health centre.

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## **Nursing Home Support Scheme (Fair Deal)**

HSE Nursing Home Support Office

**Tel:** 045 880 400

The Nursing Home Support Scheme (NHSS) is a programme of financial support for people who need extended nursing home care. Under the scheme you make a contribution towards the cost of your care and the state pays the balance. This applies whether the nursing home is public, private or voluntary.



# Health Service Executive (HSE)

## **HSE Adult Safeguarding & Protection Team**

Ballinteer Health Centre, Ballinteer Avenue, Ballinteer, Dublin 16

**Tel:** 01 216 4511

**Email:** safeguarding.CHO6@hse.ie

The Adult Safeguarding & Protection Team can offer advice, guidance and support to older people who have become vulnerable due to illness or impairment, where they are being exploited or abused. By using a person centred model of care, the vulnerable persons' wishes and needs will be prioritised. A member of the team is available by telephone Monday to Friday 9am - 5pm. The team can give information or direct inquiries to the relevant service. They can also work with the vulnerable person to help protect them from an abusive situation.

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## **Other Entitlements and Allowances**

The Department of Social Protection

**Tel:** 01 704 3000

Contact the Dept. of Social Protection for:  
Free Travel, Living Alone Allowance, Gas/Electricity/Telephone,  
Carer's Allowance and Carer's Benefit.

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# Irish Heart Foundation



## Irish Heart Foundation

**Tel:** 01 668 5001 (The Slí Office)

The East Coast “Slí na Slainte” route follows a coastal path from Malahide, to Howth to Bray. The Slí covers scenic areas such as Howth, Bull Island, North Bull, Raheny, Clontarf Road, West Link Bridge, Sandymount, Blackrock, Dún Laoghaire, East & West Piers, Dalkey, Killiney, Shankill and Bray.

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## The Fitness League of Ireland

Safe Effective Low Impact Exercise Classes

Exercise and music - a terrific combination

Friendly sociable atmosphere

New members may join anytime

Classes available in North & South Dublin, Wicklow and Wexford.

Regular exercise is the key to boosting energy levels. Exercise does not mean that you have to suffer pain, exhaustion or embarrassment in the name of fitness. Healthy exercise is fun, it can be exhilarating, protecting against the effects of today’s sedentary and stressful lifestyle. An hour or two every week, the recommendation of health professionals, not only improves fitness flexibility and stamina levels, it challenges your body, making it stronger and more efficient. Far more enjoyable than a solitary and expensive workout in the gym! The combination of powerful exercise and popular music makes classes both stimulating and lively.

## Benefits of Exercise

Develop maximum range of movement

Improve physical agility, reducing the risk of aches and pains

Strengthen muscle groups enabling daily activities to be carried out more easily

Improve fitness level

Music increases enjoyment and encourages maximum effort

Opportunity to meet new friends

Exercising within a group cheers you up and gives you more energy and motivation

## IT'S NEVER TOO LATE TO GET ACTIVE!

Classes are available at the following venues:

Dún Laoghaire, Dundrum, Foxrock, Glasthule, Killiney, Kill O' The Grange, Monkstown, Mount Merrion, and Shankill.

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### Monday

**Dundrum** 2.00pm

Taney Parish Centre, Taney Road, Goatstown, Dublin 14

**Tel:** 087 419 5474 **Contact:** Vivienne

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**Glasthule** 2.15pm

Parish Hall, Main Street, Glasthule, Co. Dublin

**Tel:** 01 285 2255 **Contact:** Mary

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**Kill O' The Grange** 11.15am & 12.15

Parochial Hall, Kill Lane, Dún Laoghaire, Co. Dublin

**Tel:** 086 390 0223 **Contact:** Yvonne

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# Irish Heart Foundation

## Tuesday

**Foxrock** 11.15am

Foxrock Parish Centre, Kill Lane, Dún Laoghaire, Co. Dublin

**Tel:** 086 390 0223 **Contact:** Yvonne

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**Mount Merrion** 11.00am

Monk Gibbon Hall, Fosters Avenue, Blackrock, Co. Dublin

**Tel:** 01 288 8761 **Contact:** Alison

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**Shankill** 2.00pm

St. Anne's Church Resource Centre,  
Shanganagh Road, Shankill, Co. Dublin

**Tel:** 086 156 5126 **Contact:** Mary

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## Wednesday

**Monkstown** 10.40am

St. Patrick's Parish Centre, Carrickbrennan Road,  
Monkstown, Co. Dublin

**Tel:** 087 630 5930 **Contact:** Yvonne McGuinness

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## Thursday

**Dún Laoghaire** 9.45am

Presbyterian Church Hall, York Road, Dún Laoghaire Co. Dublin

**Tel:** 01 2841187 **Contact:** Sylvia

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**Killiney/Johnstown** 12.15pm

Johnstown Parish Centre, Churchview Road, Killiney, Co. Dublin

**Tel:** 086 390 0223 **Contact:** Yvonne

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# Living Well with Dementia (LWWD)

## Living well with Dementia (LWWD)

The Memory Harbour, Clonskeagh, Dublin 6

**Tel:** 01 268 0392

**Contact:** Joan Fitzpatrick, Senior Occupational Therapist and Dementia Co-ordinator **Email:** joan.fitzpatrick@hse.ie

or

**Tel:** 086 041 8450 / 01 706 0100

**Contact:** Mary Spain, Volunteer and Activities Co-ordinator  
**email:** mspain@livingwellwithdementia.ie

## Who is it for?

For people concerned about their memory, those diagnosed with dementia, their families and carers living in the following areas  
Shankill, Loughlinstown, Sallynoggin, Dalkey, Cabinteely,  
Dún Laoghaire, Blackrock, Stillorgan

## Service

The Memory Harbour provides advice and information given by an Occupational Therapist. There is a display of equipment and assistive technology, items that can be helpful when living at home.

LWWD runs some activities inclusive of people with dementia, e.g. Sweet Memory Choirs, Physical Exercise Classes, Dance and Art Therapy, and Bridge. Direct support in the form of Carers Information evenings and Befriending service. Volunteers play a pivotal role in our service to help with all activities and we welcome people to come and work with us. Training is provided.



# Men's Sheds



## **Ballyroan Men's Shed**

Ballyroan Community & Youth Centre, Marian Road,  
Rathfarnham, Dublin 14

**Tel:** 01 495 8576 **Contact:** Grainne Wall

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## **Glenageary Men's Shed**

C/O Dr. Robbie Burns

**Tel:** 01 280 9066

**Email:** dlmensshed@gmail.com

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## **Loreto Men's Shed**

Old School Building, Loreto Avenue, Rathfarnham, Dublin 14

**Tel:** 087 220 3116 **Contact:** Raymond O' Kelly

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## **Sandyford Men's Shed**

Step Building, Carmanhall Road,  
Sandyford Industrial Estate, Dublin 18

**Tel:** 086 273 1812 **Contact:** Aidan Carty

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## **Shenta Na Fir (Men's Shed)**

125a Cedar Court, Loughlinstown, Dún Laoghaire, Co. Dublin

**Tel:** 086 402 5148 **Contact:** Mr Noel Blake

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## **Southside Travellers Men's Shed**

Unit 5 Furze Road, St Kieran's Enterprise Park, Sandyford, Dublin 18

**Tel:** 086 388 5982 **Contact:** Eamonn Gillen

# Men's Sheds

## Glencullen Men's Shed

C/O Glencullen Community Hall,  
Ballybetagh Road, Glencullen, Dublin 18

**Tel:** 01 294 6618

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## Rosemount Men's Shed

Rosemount Family Resource Centre, 3 Waldemar Terrace,  
Main St. Dundrum, Dublin 14

**Tel:** 01 216 6131 **Contact:** Mark Garvey

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# Money Advice and Budgeting Service

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 also has a Helpline (076 107 2000) that operates Monday to Friday from 9am to 8pm.**

MABS is funded and supported by the Citizens Information Board.

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## Dún Laoghaire MABS

Ground Floor, Marina House,  
Clarence Street, Dún Laoghaire, Co. Dublin

**Tel:** 076 107 2530

**Email:** [dun\\_laoghaire@mabs.ie](mailto:dun_laoghaire@mabs.ie)

**Opening Hours:** Monday - Friday 9am-1pm and 2pm-5pm

Wheelchair Accessible

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## Dundrum / Rathfarnham MABS

1A Upper Kilmacud Road, Dundrum, Dublin 14

**Tel:** 076 107 2310

**Fax:** 01 296 4027

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# Museums

## Dalkey Castle

**Tel:** 01 285 8366 **Email:** [info@dalkeycastle.com](mailto:info@dalkeycastle.com)

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## James Joyce Tower

**Tel:** 01 280 9265

**Email:** [joycetower@failteireland.ie](mailto:joycetower@failteireland.ie)

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## National Maritime Museum

Haigh Terrace, Dún Laoghaire

**Tel:** 01 280 0969

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# Network for Older People (NOP)



## Network for Older People (NOP)

14 Loughlinstown Park, Loughlinstown, Co. Dublin

**Tel:** 01 282 2425

**Email:** [www.olderdlr.ie](http://www.olderdlr.ie)

The NOP was established to represent the views and concerns of older people living in Dún Laoghaire-Rathdown. It also coordinates and manages about 60 Active Retirement Groups operating in the county. Since 2015 the NOP also acts as the Older Persons Council in the context of the development and implementation of the Age Friendly Strategy 2016-2020

## Objectives

To work in co-operation with the Community Section of Dún Laoghaire-Rathdown County Council.

To enhance the longevity, quality of life and care provision for the older citizens in communities and society of Dún Laoghaire-Rathdown.

To work with but not duplicate other associations and to speak with a unified voice in matters of concern for older people in our area.

To bring to the notice of the Cathaoirleach, the County Councillors and Community Section these concerns.

To establish a Newsletter.

To maintain and update a Directory of organisations who work on behalf of the older people in the county.

For members to give freely their knowledge and experience and to set up sub-committees where necessary

## Network for Older People (NOP)



# Non - Government Organisations (NGOs)

## Age Action Ireland

**Tel:** Lo Call 1890 369 369/ 01 475 6989

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

Age Action Ireland is the national organisation which works to improve the quality of life of all older people and their carers - especially those who are most disadvantaged and vulnerable - by enabling them to live full, independent and satisfying lives for as long as they wish in their own homes.

In collaboration with Southside Partnership they have developed Care and Repair Services for older people in Dún Laoghaire Rathdown.

Age Action Ireland sees the Care and Repair Programme as an opportunity to create new services of value to older people in Ireland and to help Age Action fulfill its core goal of making Ireland the best country in the world in which to grow older.

### **The Care and Repair Programme consists of five services:**

1. The Repair Service uses a pool of volunteers and handypersons to carry out small repairs and to complete minor home tasks for older people. The most common services required by older people are:

Minor gardening - e.g. mowing lawns

Minor home decorating - e.g. interior painting, taking down carpet, hanging curtains, installing handrails, security locks, chains, smoke alarms, changing plugs fuses and light bulbs.

## Non - Government Organisations (NGOs)

2. The Care Service is a home visiting or befriending service using volunteers to provide social contact to older people who are at risk of isolation in their own homes. (See also Making Connections)
3. The Trades Referral Service is an option whereby a register of reliable and honest tradespersons is maintained. Through this means informed recommendations can be made to older people who may have job requirements which are beyond the scope of the Care and Repair Programme. In this way, clients can have confidence that the prices charged for these larger jobs by professional tradespersons will be reasonable and that the service provided will be of a good standard.
4. The Quote Check Service is a service whereby an experienced volunteer visits the older person's home, assesses a large job and gives an informed opinion about quotations received by the client from professional tradespersons. Quote Check gives the older person peace of mind and the assurance that the prices being quoted do not constitute a "rip off".
5. The Daily Contact Service is a daily phone call made to the client at a pre-arranged time by a volunteer. The purpose of the call is to make sure that the client is in good spirits and not in need of urgent support (especially medical attention).



# Non - Government Organisations (NGOs)



## Making Connections

Glenard, 36 Roebuck Road, Clonskeagh, Dublin 14

**Tel:** 01 2951053

**Email:** [info@makingconnections.ie](mailto:info@makingconnections.ie)

**Web:** [www.makingconnections.ie](http://www.makingconnections.ie)

Making Connections is a local charity with a vision of; *communities where no older person is lonely or isolated*. The core programme involves volunteer befriending to improve the wellbeing and mental health of vulnerable older people in critical need of social support. Making Connections also run campaigns and action projects to inspire wider social change. At Making Connections experience has taught that something as simple as a regular home visit can have a very positive impact on an older person's general health and well-being. To help achieve this, volunteers, who are fully screened, are connected with an older person - to do one weekly hour long visit. Volunteers are matched with the older person based on common interests. There is a magic in the relationships that develop and often the volunteers get as much enjoyment from the contact as the older person.

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## Southside Womans Action Network (SWAN)

57 Ennel Court, Loughlinstown, Dún Laoghaire, Co. Dublin

**Tel:** 01 282 5932 / 086 823 3596 **Contact:** Ms Sharon Perry

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## The Grace O'Malley Foundation

**Tel:** 01 499 5096

**Web:** [www.graceomalley.ie](http://www.graceomalley.ie)

Supporting our elderly on the margins to preserve their independence and dignity.

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# Nursing Homes

## **Aclare House Nursing Home**

4/5 Tivoli Terrace, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 1345

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## **Altadore Nursing Home**

Glenageary Road Upper, Dún Laoghaire, Co. Dublin

**Tel:** 01 284 2233

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## **Annabeg Nursing Home**

Meadow Court, Wyattville Road, Killiney, Co. Dublin

**Tel:** 01 272 0201

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## **Ashbury Nursing Home**

1a Kill Lane, Kill O' The Grange Co. Dublin

**Tel:** 01 284 1266

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## **Ashford House Nursing Home**

6 Tivoli Terrace, Dun Laoghare, Co. Dublin

**Tel:** 01 280 9877

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## **Beechfield Manor**

Shanganagh Road, Shankill, Co.Dublin

**Tel:** 01 282 4874

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## **Belmont House**

Galloping Green, Stillorgan, Co. Dublin

**Tel:** 01 278 4393

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# Nursing Homes



## **Cairnhill Nursing Home**

Westminster Road, Foxrock, Dublin 18

**Tel:** 01 289 6885

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## **Carysfort Nursing Home**

Arkendale Road, Glenageary, Co. Dublin

**Tel:** 01 285 9301

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## **Cedar House Nursing Home**

35 Mount Anville Park, Dundrum, Dublin 18

**Tel:** 01 283 1024

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## **Dalkey Lodge**

Ardburgh Road, Dalkey, Co. Dublin

**Tel:** 01 285 1436

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## **Ferndene Nursing Home**

Deansgrange Road, Blackrock, Co. Dublin

**Tel:** 01 236 0028

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## **Glebe House**

Kilternan Care Centre, Enniskerry Road, Kilternan, Dublin 18

**Tel:** 01 206 3382

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## **Glengara Nursing Home**

Glenageary, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 6168

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# Nursing Homes

## Harvey Nursing Home

25 Upper Glenageary Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 0508

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## Killiney Grove Nursing Home

Killiney Hill Road, Killiney, Co. Dublin

**Tel:** 01 285 1855

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## Newtown Park House

Mount Albany, Newtown Park, Blackrock, Co. Dublin

**Tel:** 01 288 7403

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## Our Ladys Manor

Bulloch Castle, Dalkey, Co. Dublin

**Tel:** 01 280 6993

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## Rickard House

Temple Hill Road, Blackrock, Co. Dublin

**Tel:** 01 283 3900

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## Silver Stream

Killiney Grove, Killiney, Co. Dublin

**Tel:** 01 285 1855

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## Sophie Barat Residence

29, The Old Farm, Lr Kilmacud Rd, Dublin 14

**Tel:** 01 298 4717

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# Nursing Homes



## **St Josephs Crinken Glen**

Crinken Lane, Shankill, Co. Dublin

**Tel:** 01 282 3000

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## **Friendship Club Mount Merrion**

Community Hall, Mount Merrion, Co. Dublin

**Tel:** 01 288 4411

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## **Marley Nursing Home**

Kellystown Road, Rathfarnham, Dublin 16

**Tel:** 01 499 44 44

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## **Beaufort Day Care Centre**

Hudson Road, Glasthule, Co. Dublin

**Tel:** 01 280 9720

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## **Leopardstown Park Hospital**

Foxrock, Dublin 18

**Tel:** 01 295 5055

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## **Clonskeagh Community Nursing Unit**

Clonskeagh Road, Clonskeagh Dublin 6

**Tel:** 01 268 0300

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## Religious & Cultural Organisations

There are many physical, educational, spiritual and social activities available to older people in the Dún Laoghaire-Rathdown area based in religious institutions and local parish halls. Each parish has a range of activities such as old folk clubs, exercise, art, Bethany Support Groups, bridge, historical, lectures, chess etc. which may be of interest to you. Contact details for some religious minority groups and cultural organisations are also included in this section.

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### ROMAN CATHOLIC PARISHES

#### Balally

Church of the Assumption of the Lord,  
Cedar Road, Balally, Dublin 16

**Tel:** 01 295 4296

**Web:** [www.balallyparish.ie](http://www.balallyparish.ie)

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#### Ballinteer

St. John the Evangelist, Ballinteer Ave, Ballinteer, Dublin 16

**Tel:** 01 499 4203

**Email:** [editor@ballinteer.dublindiocese.ie](mailto:editor@ballinteer.dublindiocese.ie)

**Web:** [www.ballinteer.dublindiocese.ie](http://www.ballinteer.dublindiocese.ie)

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#### Ballyboden

Church of Our Lady of Good Counsel,  
Whitechurch Green, Ballyboden, Dublin 16

**Tel:** 01 424 1000

**Web:** [www.ballybodenparish.ie](http://www.ballybodenparish.ie)

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# Religious & Cultural Organisations

## **Blackrock**

St. John the Baptist, Newtown Ave, Blackrock, Co. Dublin

**Tel:** 01 288 2104

**Email:** [Johnthebaptist@eircom.net](mailto:Johnthebaptist@eircom.net)

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## **Boooterstown**

Church of the Assumption, Boooterstown Ave, Co. Dublin

**Tel:** 01 283 1593

**Email:** [info@booterstownparish.ie](mailto:info@booterstownparish.ie)

**Web:** [www.booterstownparish.ie](http://www.booterstownparish.ie)

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## **Cabinteely**

St. Brigid's, 18 Johnstown Rd, Kilbogget, Dublin 18

**Tel:** 01 285 8835

**Email:** [info@cabinteelyparish.ie](mailto:info@cabinteelyparish.ie)

**Web:** [www.cabinteelyparish.ie](http://www.cabinteelyparish.ie)

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## **Churchtown**

The Good Shepherd, 14 Nutgrove Ave Churchtown Dublin 14

**Tel:** 01 298 4642

**Web:** [www.goodshepherschurchtown.ie](http://www.goodshepherschurchtown.ie)

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## **Clonskeagh**

Immaculate Virgin Mary of the Miraculous Medal,  
Bird Ave, Farranboley, Dublin 14

**Tel:** 01 283 7948

**Email:** [parishofficeclonskeagh@eircom.net](mailto:parishofficeclonskeagh@eircom.net)

**Web:** [www.clonskeaghparish.ie](http://www.clonskeaghparish.ie)

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## Religious & Cultural Organisations

### Dalkey

Assumption of the Blessed Virgin Mary, 3 Castle St,  
Dalkey, Co. Dublin

**Tel:** 01 285 9418

**Email:** [office@dalkeyparish.ie](mailto:office@dalkeyparish.ie)

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### Dundrum

Dundrum Holy Cross, 14 Main St, Dundrum, Dublin 14

**Tel:** 01 298 3494

**Email:** [dundrumparish@gmail.com](mailto:dundrumparish@gmail.com)

**Web:** [www.dundrumparish.com](http://www.dundrumparish.com)

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### Dún Laoghaire

St. Michael's, Marine Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 280 4969

**Email:** [stmichdl2@eircom.net](mailto:stmichdl2@eircom.net)

**Web:** [www.dunlaoghaireparish.ie](http://www.dunlaoghaireparish.ie)

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### Foxrock

Our Lady of Perpetual Succour, Kill Lane, Foxrock, Dublin 18

**Tel:** 01 289 3492

**Email:** [secretary@foxrickparish.ie](mailto:secretary@foxrickparish.ie)

**Web:** [www.foxrockparish.ie](http://www.foxrockparish.ie)

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### Glasthule

St. Joseph's, Glasthule Road, Glenageary, Glasthule, Co. Dublin

**Tel:** 01 663 8604/ 663 8605

**Email:** [stjosephglastule@gmail.com](mailto:stjosephglastule@gmail.com)

**Web:** [www.glastuleparish.com](http://www.glastuleparish.com)



# Religious & Cultural Organisations

## Johnstown/Killiney

Our Lady of Good Counsel, Churchview Road, Glenageary, Dublin

**Tel:** 01 235 1416

**Email:** [johnstownparish@gmail.com](mailto:johnstownparish@gmail.com)

**Web:** [www.johnstownkillineyparish.com](http://www.johnstownkillineyparish.com)

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## Kill o' the Grange

Church of the Holy Family, Kill Lane,  
Kill O' The Grange, Blackrock, Co. Dublin

**Tel:** 01 284 5299

**Email:** [holyfamily2000@eircom.net](mailto:holyfamily2000@eircom.net)

**Web:** [www.holyfamilyparish.info](http://www.holyfamilyparish.info)

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## Kilmacud

St Laurence O' Toole, Kilmacud Road Upper, Stillorgan, Co. Dublin

**Tel:** 01 288 4009

**Email:** [kilmacudparish@eircom.net](mailto:kilmacudparish@eircom.net)

**Web:** [www.kilmacudparish.com](http://www.kilmacudparish.com)

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## Loughlinstown

St. Columbanus, Loughlinstown Drive, Glenageary,  
Loughlinstown, Co. Dublin

**Tel:** 01 282 4085

**Email:** [loughlinstownparish@gmail.com](mailto:loughlinstownparish@gmail.com)

**Web:** [www.loughlinstownparish.ie](http://www.loughlinstownparish.ie)

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## Religious & Cultural Organisations

### Marley Grange

The Divine Word, Hermitage Downs, Rathfarnham, Dublin 16

**Tel:** 01 494 4295

**Email:** [marleyparish@eircom.net](mailto:marleyparish@eircom.net)

**Web:** [www.marleygrangeparish.ie](http://www.marleygrangeparish.ie)

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### Meadowbrook

St. Attracta's Oratory, 16 Ludford Dr, Ballinteer, Dublin 16

**Tel:** 01 298 7401

**Email:** [info@meadowbrookparish.ie](mailto:info@meadowbrookparish.ie)

**Web:** [www.meadowbrookparish.ie](http://www.meadowbrookparish.ie)

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### Monkstown

St. Patrick's, Monkstown Road, Monkstown Village, Co. Dublin

**Tel:** 01 280 2130

**Email:** [secretary@monkstownparish.ie](mailto:secretary@monkstownparish.ie)

**Web:** [www.monkstownparish.ie](http://www.monkstownparish.ie)

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### Mount Merrion

St. Therese, The Rise, Mount Merrion, Co. Dublin

**Tel:** 01 288 1271

**Email:** [mountmerrionparishoffice@eircom.net](mailto:mountmerrionparishoffice@eircom.net)

**Web:** [www.mountmerrionparish.ie](http://www.mountmerrionparish.ie)

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# Religious & Cultural Organisations

## **Newtownpark**

Church of the Guardian Angels, Newtownpark Ave,  
Stradbrook, Blackrock, Co. Dublin

**Tel:** 01 283 2988

**Email:** newtownparkparish@eircom.net

**Web:** www.newtownparkparish.com

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## **Rathfarnham**

The Annunciation, Willbrook Rd, Rathfarnham, Dublin 14

**Tel:** 01 495 8695

**Email:** rathfarnhamparish1@eircom.net

**Web:** www.annunciationrathfarnham.com

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## **CHURCH OF IRELAND/PRESBYTERIAN PARISHES**

### **Booterstown**

St. Philip & St. James, Cross Avenue, Blackrock, Co. Dublin

**Tel:** 01 283 5873

**Email:** mountmerrion@dublin.anglican.org

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### **Crinken**

St James Church, Crinken, Bray, Co. Wicklow

**Tel:** 01 282 0150

**Web:** www.crinken.ie

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### **Dalkey**

St. Patrick's, Harbour Rd, Glenageary, Dalkey, Co. Dublin

**Tel:** 01 284 5941

**Email:** dalkeyparish@gmail.com

**Web:** www.stpatricksdalkey.com

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## Religious & Cultural Organisations

### Deansgrange

Kill O'The Grange, Kill Lane, Blackrock, Co. Dublin

**Tel:** 01 289 6442

**Email:** [office@kotg.ie](mailto:office@kotg.ie)

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### Sandford

Sandford Parish Church & St Philip's,  
Sandyford Village, Co. Dublin

**Tel:** 086 038 6432

**Email:** [sandfordandstphilips@eircom.net](mailto:sandfordandstphilips@eircom.net)

**Web:** [www.sandfordandstphilips.dublin.angican.org](http://www.sandfordandstphilips.dublin.angican.org)

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### Glenageary

St. Paul, 31 Silchester Road, Glenageary, Co. Dublin

**Tel:** 01 280 1616

**Email:** [stpaulsdublin@gmail.com](mailto:stpaulsdublin@gmail.com)

**Web:** [www.glenageary.dublin.anglican.org](http://www.glenageary.dublin.anglican.org)

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### Killiney

Holy Trinity Parish, Killiney Hill Road, Scalpwilliam,  
Killiney, Co. Dublin

**Tel:** 01 285 2695

**Email:** [rector.htkilliney@dublin.anglican.org](mailto:rector.htkilliney@dublin.anglican.org)

**Web:** [www.holytrinitykilliney.wordpress.com](http://www.holytrinitykilliney.wordpress.com)

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# Religious & Cultural Organisations

## Kilternan Parish Church

Anglican Communion, Enniskerry Road, Glebe,  
Kilternan, Co. Dublin

**Tel:** 01 295 5603

**Email:** [office@kilternanparish.ie](mailto:office@kilternanparish.ie)

**Web:** [www.kilternan.dublin.anglican.org](http://www.kilternan.dublin.anglican.org)

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## Monkstown

Monkstown Parish Church, Monkstown Road,  
Monkstown, Co. Dublin

**Tel:** 01 214 7714

**Email:** [monkstownparish@hotmail.com](mailto:monkstownparish@hotmail.com)

**Web:** [www.monkstownparishchurch.com](http://www.monkstownparishchurch.com)

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## Mount Merrion

St Thomas' Church, Foster's Avenue, Blackrock, Co. Dublin

**Tel:** 01 280 6596

**Email:** [mountmerrion@dublin.anglican.org](mailto:mountmerrion@dublin.anglican.org)

**Web:** [www.boosterstown.dublin.anglican.org](http://www.boosterstown.dublin.anglican.org)

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## Rathfarnham

Rathfarnham Parish Church, Church Lane,  
Rathfarnham, Dublin 14

**Tel:** 01 490 5543

**Email:** [rathfarnhamparish@gmail.com](mailto:rathfarnhamparish@gmail.com)

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## Religious & Cultural Organisations

### Rathmichael

Rathmichael Parish Church, Ferndale Rd, Shankill, Co. Dublin

**Tel:** 01 282 2803

**Email:** [rathmichael@dublin.anglican.org](mailto:rathmichael@dublin.anglican.org)

**Web:** [www.rathmichael.dublin.anglican.org](http://www.rathmichael.dublin.anglican.org)

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### Stillorgan

St. Brigid & All Saints, St Brigid's Church Road,  
Stillorgan, Co. Dublin

**Tel:** 01 288 1091

**Email:** [office@stbrigidsandallsaints.com](mailto:office@stbrigidsandallsaints.com)

**Web:** [www.stbrigidsandallsaints.com](http://www.stbrigidsandallsaints.com)

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### Taney Christchurch

Taney Road, Dundrum, Dublin 14

**Tel:** 01 298 5491

**Email:** [info@taneyparish.ie](mailto:info@taneyparish.ie)

**Web:** [www.taneyparish.ie](http://www.taneyparish.ie)

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### Whitechurch

Whitechurch Parish, Whitechurch Road, Rathfarnham, Dublin 16

**Tel:** 01 493 4973

**Email:** [whitechurchparish@eircom.net](mailto:whitechurchparish@eircom.net)

**Web:** [www.whitechurch.dublin.anglican.org](http://www.whitechurch.dublin.anglican.org)

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## Other Denominations

### **Hindu Cultural Centre**

**Email:** [info@hindu.ie](mailto:info@hindu.ie)

**Web:** [www.hindu.ie](http://www.hindu.ie)

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### **Jewish Ireland**

**Tel:** 01 492 3751

**Email:** [office@jewishireland.org](mailto:office@jewishireland.org)

**Web:** [www.jewishireland.org](http://www.jewishireland.org)

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### **The Methodist Church**

Dublin Central Mission, 9c Lower Abbey Street, Dublin 1

**Tel:** 01 874 4668

**Web:** [www.dublincentralmission.ie](http://www.dublincentralmission.ie)

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### **Islamic Cultural Centre of Ireland**

19 Roebuck Road, Clonskeagh, Dublin 14

**Tel:** 01 208 0000

**Email:** [info@islamireland.ie](mailto:info@islamireland.ie)

**Web:** [www.islamireland.ie](http://www.islamireland.ie)

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### **Ahlul Bayt Islamic Centre, Ireland**

Milltown Bridge, Dundrum, Dublin 14

**Tel:** 01 260 4491

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# Support Groups

## Age Action Ireland Ltd

30-31 Lr. Camden Street, Dublin 2

**Tel:** 01 475 6989

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

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

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## Age and Opportunity

Marino Institute of Education, Griffith Avenue, Dublin 9

**Tel:** 01 805 7709

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

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## Alone

Olympic House, Pleasants Street, Dublin 8

**Tel:** 01 679 1032

**Email:** [enquiries@alone.ie](mailto:enquiries@alone.ie)

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

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## Alzheimer Society of Ireland

National Office, Temple Road, Blackrock, Co. Dublin

**Tel:** 01 207 3800

**Email:** [info@alzheimer.ie](mailto:info@alzheimer.ie)

**Web:** [www.alzheimer.ie](http://www.alzheimer.ie)

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## Aware

72 Lower Leeson Street, Dublin 2

**Tel:** 01 661 7211 / 1800 804 848

**Web:** [www.aware.ie](http://www.aware.ie)

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# Support Groups



## **Bethany Bereavement Support Group**

See website for contact details

**Web:** [www.bethany.ie](http://www.bethany.ie)

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## **Care Alliance Ireland**

Coleraine House, Coleraine Street, Dublin 7

**Tel:** 01 874 7776

**Email:** [info@carealliance.ie](mailto:info@carealliance.ie)

**Web:** [www.carealliance.ie](http://www.carealliance.ie)

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## **Crosscare**

Holy Cross College, Clonliffe Road, Dublin 3

**Tel:** 01 836 0011

**Web:** [www.crosscare.ie](http://www.crosscare.ie)

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## **Family Carers Ireland**

Smithfield Business Centre, The Distillers Building, New Church Street, Smithfield, Dublin 7

**Tel:** 01 894 3174 / 1800 240 724

**Email:** [info@familycarers.ie](mailto:info@familycarers.ie)

**Web:** [www.familycarers.ie](http://www.familycarers.ie)

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## **Caring for Carers Ireland**

2 Carmody Street Business Park, Ennis, Co. Clare

**Tel:** 065 686 6515

**Email:** [support@caringforcarers.org](mailto:support@caringforcarers.org)

**Web:** [www.caringforcarers.ie](http://www.caringforcarers.ie)

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## Support Groups

### Friends of the Elderly

25 Bolton Street, Dublin 1

**Tel:** 01 873 1855

**Web:** [www.friendsoftheelderly.ie](http://www.friendsoftheelderly.ie)

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### National Association of Widows in Ireland

Coleraine House, Coleraine Street, Dublin 7

**Tel:** 01 873 3622 / 01 872 8814

**Email:** [info@nawi.ie](mailto:info@nawi.ie)

**Web:** [www.nawi.ie](http://www.nawi.ie)

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### National Federation of Pensioners' Associations

56 Parnell Square West, Dublin 1

**Tel:** 01 878 2541

**Web:** [www.nfpa.ie](http://www.nfpa.ie)

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### Retirement Planning Council of Ireland

First Floor, 14-15 Lower Camden Street, Dublin 2

**Tel:** 01 478 9471

**Email:** [information@rpc.ie](mailto:information@rpc.ie)

**Web:** [www.rpc.ie](http://www.rpc.ie)

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### Senior Help Line

National Confidential Listening Service for Older People

Third Age Centre, Summerhill, Co. Meath

**Tel:** 046 955 776

**Local:** 1850 440 444 (10am-1pm & 7pm-10pm)

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# Support Groups

## **St. Vincent de Paul**

SVP House, 91-92, Sean McDermott Street, Dublin 1

**Tel:** 01 838 6990

**Email:** [info@svp.ie](mailto:info@svp.ie)

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

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# Transport Providers (Community)

## Transport Providers (Community)

### What is a Community Transport Service?

Community transport provides door to door on-demand, accessible transport for people with disabilities and older people with mobility difficulties, across the county. The community transport providers operating in the dlr area are not for profit limited companies with charitable status. Each one of the companies operates as an independent travel club - which requires each client to register as a member and pay a very small annual membership fee. Clients can then use the service in a normal taxi way by calling to make a booking.

The advantages of this service are:

- The services are generally available 7 days a week  
7.00am to 10.00pm

- Generally cheaper than a regular taxi

- Driver will assist client into and out of the vehicle and  
is trained in Disability Awareness

- Payment is managed by invoice at the end of each month  
and can be managed via bank transfer

# Transport Providers (Community)

## **ACTS Community Transport**

Unit 1 Ballyogan Business Park, Ballyogan Road, Dublin 18

**Tel:** 01 292 1573 or 01 292 1574

**Fax:** 01 292 1575

**E-mail:** [info@actsltd.ie](mailto:info@actsltd.ie)

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

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## **Easi- Cab**

APC Building, Southern Cross Business Park, Boghall Road, Bray, Co. Wicklow

**Tel:** 01 276 5488

**Web:** [www.easi-cab-travel-club.org](http://www.easi-cab-travel-club.org)

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## **LIFTS Community Transport**

Mounttown Community Facility, Meadowlands, Fitzgerald Park, Dún Laoghaire, Co. Dublin

**Tel:** 086 392 4571

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# Theatres

## **Amharclann Naithi**

Boradford Road, Ballinteer, Dublin 16

**Tel:** 01 296 2462

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## **Deilg Inis Ltd Dalkey**

**Tel:** 01 285 780

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## **Lambert Puppet**

Clifton Lane, Monkstown, Co. Dublin

**Tel:** 01 280 0974

**Web:** [www.lambertpuppettheatre.ie](http://www.lambertpuppettheatre.ie)

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## **Pavilion Theatre**

Marine Road, Dún Laoghaire, Co. Dublin

**Tel:** 01 231 2929

**Web:** [www.paviliontheatre.ie](http://www.paviliontheatre.ie)

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## **The Mill Theatre**

Dundrum Town Centre, Dundrum, Dublin 16

**Tel:** 01 296 9340

**Web:** [www.milltheatre.ie](http://www.milltheatre.ie)

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# Useful Numbers



## Centre for Independent Living

Carmichael House, North Brunswick St., Dublin 7

**Tel:** 01 873 0986

**Web:** [www.dublincil.org](http://www.dublincil.org)

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## Comhaltas Ceoltóirí Éireann

32 Belgrave Square, Monkstown, Co. Dublin

**Tel:** 01 280 0295

Traditional Irish Music, ceilís and Irish Language

**Web:** [www.comhaltas.ie](http://www.comhaltas.ie)

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## Dublin Toast Masters

**Tel:** 086 835 4274 **Contact:** Michael

**Email:** [info@dublintoastmasters.ie](mailto:info@dublintoastmasters.ie)

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## Friends of Dublin Central Mission Sheltered Housing

Ailt An Óir, Upper Glenageary Road, Dún Laoghaire

**Tel:** 01 284 4066

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## Irish Country Women's Association

**Tel:** 01 668 0002

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

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## Irish Federation of Women's Clubs

**Tel:** 01 868 0080

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# Useful Numbers

## Irish Georgian Society

City Assembly House

58 South William Street, Dublin 2

**Tel:** 01 676 7053

**Web:** [www.igs.ie](http://www.igs.ie)

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## Irish Patchwork Society

P.O. Box 45, Blackrock, Co. Dublin

**Email:** [admin@irishpatchwork.ie](mailto:admin@irishpatchwork.ie)

**Web:** [www.irishpatchworksociety.blogspot.ie](http://www.irishpatchworksociety.blogspot.ie)

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## Mental Health Ireland

Mensanna House, 6 Adelaide Street, Dún Laoghaire, Co. Dublin

**Tel:** 01 284 1166

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

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

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## Hospitals

### Blackrock Clinic

Rock Road, Blackrock, Co Dublin

**Tel:** 01 283 2222

**Web:** [www.blackrock-clinic.ie](http://www.blackrock-clinic.ie)

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### Beacon Hospital

Sandyford, Dublin 18

**Tel:** 01 293 6600

**Web:** [www.beaconhospital.ie](http://www.beaconhospital.ie)

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# Useful Numbers

## National Rehabilitation Hospital

Rochestown Ave, Dún Laoghaire, Co Dublin

**Tel:** 01 235 5000

**Web:** [www.nrh.ie](http://www.nrh.ie)

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## St. Columcille's Loughlinstown

Loughlinstown, Co Dublin

**Tel:** 01 282 5800

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## St. John of Gods Stillorgan

Stillorgan Road, Stillorgan, Co. Dublin

**Tel:** 01 277 1400

**Web:** [www.stjohnofgodhospital.ie](http://www.stjohnofgodhospital.ie)

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## St. Michaels Dún Laoghaire

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

**Tel:** 01 280 6901

**Web:** [www.stmichaels.ie](http://www.stmichaels.ie)

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## St. Vincent's Elm Park

Merrion Road, Dublin 4

**Tel:** 01 221 4000

**Web:** [www.stvincents.ie](http://www.stvincents.ie)

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# Volunteering

## What is a 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.

We are available to meet with anyone who wants to find out more about volunteering, so if you would like to have a chat in person or over the phone, give us a call (01) 209 0630. You can also email us on [info@volunteerdlr.ie](mailto:info@volunteerdlr.ie)

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## Dún Laoghaire - Rathdown Volunteering Centre

Main Street, Blackrock, Co. Dublin

**Tel:** 01 209 0630

**Web:** [www.volunteerdlr.ie](http://www.volunteerdlr.ie)

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# Walking Clubs



## The Trekkers Mountaineering Club

**Tel:** 086 823 5597

**Email:** [trekkerssecretary@hotmail.com](mailto:trekkerssecretary@hotmail.com)

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

The Trekkers Mountaineering Club is for members aged 20 - 70+. There are 3 grades of walks and 5 walks per month in the Wicklow Mountains.

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## Shanganagh Ramblers

**Tel:** 087 786 3970 **Contact:** Aidan Walsh

**Email:** [info@shanganaghramblers.com](mailto:info@shanganaghramblers.com)

**Web:** [www.shanganaghramblers.com](http://www.shanganaghramblers.com)

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## Marley Walkers

**Email:** [secretary@marleyhillwalkers.org](mailto:secretary@marleyhillwalkers.org)

**Web:** [www.marleyhillwalkers.org](http://www.marleyhillwalkers.org)

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