

NEWSLETTER


Dún Laoghaire-Rathdown
County Council Comhairle Contae
Dhún Laoghaire-Ráth an Dúin

Dun Laoghaire Network for older people

Spring 2015

From our new Chair Mr. Donal Marren

There are 30,000 people aged 65 or over living in the county of Dún Laoghaire Rathdown (DLR). That represents 15% of the total population, a figure that is significantly higher than the national average of 11.7%. In absolute terms there are almost as many people over 65 in DLR as make up the entire population of County Leitrim and considerably more than the population of Wexford town.

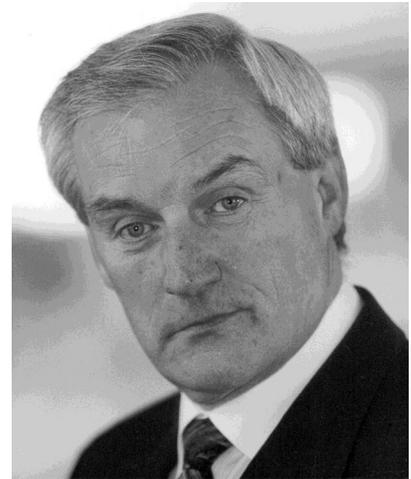
It was precisely to give a more focused representation and a clear voice to this significant sector of the population that the DLR Network for Older People was established in 2002. The DLR Network is organised and administered by volunteers who wish to acknowledge with gratitude the generous support, both financial and secretarial, that they have received from DLR County Council. The DLR Network is at present involved in con-

ducting a survey and fact finding among older people to help to identify and to prioritise the issues of concern. We appeal for your support and your assistance in carrying out this task.

We believe that it is essential to have an attractive, informative and accessible website to assist us in our work. Members of the Network committee, Gerard Scully and Dan Hurst are at present engaged in constructing this website; when launched it will provide a great service in gathering and distributing information

Yours truly,

Donal Marren



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- The Network Celebrates Bealtine Festival
- Dun Laoghaire becomes an Age Friendly County
- Transport Grant available to Community Groups
- The Active Exercise Program



Bealtine Festival



Focus Group

St. Brigid's Parish Cabinteely

About Age Friendly Ireland

Established since January 1, 2014, the key purpose of Age Friendly Ireland is to manage the now five year old national Age Friendly Cities & Counties Programme. This national programme was previously hosted by the independent organisation the Ageing Well Network. Following discussions with key representatives of the County and City Managers Association (CCMA), the Department of the Environment, Community and Local Government and Dublin City Council (DCC), DCC has agreed, on behalf of the Local Government Sector, to host this national programme.

Age Friendly Ireland is in pursuit of a vision that *'every county in Ireland will be a great place in which to grow old.'* Local older people are key to the process – their voice is at the heart of the Age Friendly design in every city or county.

Age Friendly Ireland, which is supported by The Atlantic Philanthropies, has been tasked with supporting the extension of the national roll-out of this Programme to *all* Local Authority areas by the end of 2015.

Age Friendly Ireland is a small but effective team, based in offices at Palace Street in Central Dublin, with four Regional Development Consultants working on the ground supporting and advising the participating Cities and Counties.

Dun Laoghaire - an age friendly county

Age Friendly began in 2007 under the wing of W.H.O. In 2009 Age Friendly came to Ireland, namely Co. Louth. At the EU summit on Active and Healthy Ageing held in Dublin, June 2013, the Dublin Declaration was made – namely – That all local authorities signed to the Age Friendly principles by Nov. 2014. Age Friendly gives the older community an opportunity to become active in the County and National strategies, there are currently 9 areas being considered. Outdoor Spaces and Buildings. Transport. Home and Community. Information. Safety and Security. Learning, Development and Work. Social, Economic and Political Life. Health and Active Living.

There are 4 stages to becoming an Age Friendly County.

- 1 Approval by the County Council and Create an Age Friendly Alliance.
- 2 Incorporating The Network in the programme, consulting the older community and engaging with Organisations Serving the Older Community.
- 3 Complete and Launch Strategy.
- 4 Implement the Plan.

D. L. R. has created an Age Friendly Alliance as the first step in becoming an Age Friendly County.

The County Development Plan

This is the preamble that will be in the draft of the county development plan as advised by Dave Irvine:

“We will employ the Age Friendly County initiative to provide the clearest and most practical indicator of our progress towards identifying and achieving meaningful quality of life targets as part of a comprehensive plan to promote DLR as a County that is, indeed, friendly to an older population. We undertake to develop, encourage and implement initiatives to ensure older citizens in the County are truly valued and respected, and are supported in a secure and enabling environment to lead active, independent and meaningful lives, participating in their local communities.”.

As part of the process there are a number of focus groups are being held around the county in order to identify how Dun Laoghaire Rathdown can make the county a great place to grow old in.

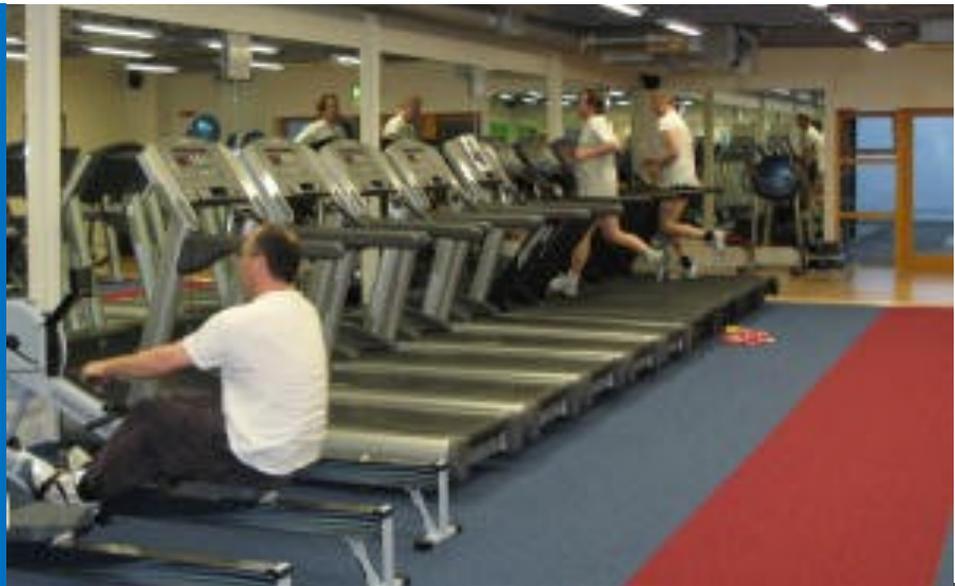
Free travel in Northern Ireland

Free Travel Pass holders wishing to avail of the All Ireland Free Travel scheme within Northern Ireland must first obtain a Senior SmartPass card. The All Ireland Free Travel Scheme allows a Free Travel passholder (those aged 66 and older) to travel free of charge on all bus and rail services within Northern Ireland using a Senior Smartpass card. If your Free Travel Pass allows you to be accompanied by a spouse, civil partner or cohabitant or companion they may continue to travel with you for free on cross-border journeys but they cannot accompany you for free on public transport within Northern Ireland. To get a Senior SmartPass card you must fill in an application form (FTNI1). You should continue to use your current Free Travel Pass for travel in this State.



Transport Grant

Applications for transport grants are now being processed.



Facilities at Monkstown

The Active Exercise Program

The Active Exercise Program is a fun introduction to exercise, which includes use of the fitness centre, outdoor activities and swimming.

The programme is currently running in the DLR Leisure Services Monkstown, Meadowbrook and Loughlinstown for the over 55-age group. The sessions take place on Mondays, Tuesdays, Wednesdays and Thursdays and all are welcome on a pay-per visit. Please contact DLR Leisure Services Monkstown, Meadowbrook or Loughlinstown.

Active classes in Loughlinstown

Mon: 11:00 Active Gym
 11:00 Active Swim
 20:00 Aqua Fit suitable for all ages
 Tues: 12:00 Aqua Fit suitable for all ages
 20:00 Aqua Fit suitable for all ages
 Wed: 11:00 Active Gym
 Thurs: 10:00 Aqua Fit suitable for all ages
 11:00 Active Circuit
 20:00 Aqua Fit suitable for all ages
 Fri: 10:00 Active Swim
 11:00 Active Gym
 11:00 Aqua Fit suitable for all ages

Active classes in Meadowbrook

Mon: 9:15 Beginners Line Dancing
 10:00 Advanced Line Dancing
 11:00 Chair Aerobics
 Tues: 10:00 Circuits
 11:00 Active Gym
 12:00 Active Gym
 Wed: 12:00 TRX it is open to all ages
 Thurs: 11:00 Active Gym
 11:45 Advance Line Dancing

Active classes in Monkstown

Mon: 10:00 Active Gym
 Wed: 10:00 Active Gym
 11:00 Active Swim



The Mill theater Dundrum town centre.

The Bealtaine 2015 Program

To celebrate this year's Bealtaine festival there will be a concert held on the 19th of May in the Mill theatre Dundrum.

A wonderful night of entertainment has been arranged which will include George Hunter, Noel V Ginnity, Paddy Cole.

Coach transport from DunLaoghaire to the mill will be provided (by prior arrangement).

Dun Laoghaire Rathdown Co Co will contact all local regarding invitations.

Network

Laoghaire Rathdown
Network for Older People

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Visit our new website and Facebook page - coming shortly

Return address

C/O DLR CoCo
Marine road

PLACE
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HERE