



Fingal Age Friendly **NEWSLETTER**

Latest news
4th April 2025

[Link here](#) for Age Friendly
Ireland Latest Newsletter (latest as
of 5pm 4th April)

SPRING IN FINGAL LIBRARIES

EARRACH I LEABHARLANNA FHINE GALL 2025



MAKE A TRIP TO THE LIBRARY! CHECK OUT THE
SERVICES IN FINGAL LIBRARIES THAT CAN INSPIRE,
MOTIVATE, AND SUPPORT YOU OVER THE COMING
MONTHS!

PLEASE FOLLOW THIS LINK [SPRING IN FINGAL
LIBRARIES 2025 | FINGAL COUNTY COUNCIL](#)



AGE ACTION: GETTING STARTED

COMPUTER TRAINING



Age Action's Getting Started is a free digital literacy programme, helping older people to get online, or use their smart device with confidence. Age Action's Getting Started is the first competency-based digital training for older people in Ireland.

To date over 46,000 older people have already completed Getting Started courses with Age Action.

- **Getting Started KIT -**
- **About Getting Started Computer Training**
- **Videos: Meet some of the learners and volunteers involved in Getting Started**
- **[Click here for more](#)**



Getting Started programme Blanchardstown



Learning Opportunities

Age Action is the leading advocacy organisation on ageing and older people in Ireland. Age Action advocates for a society that enables all older people to participate and to live full, independent lives, based on the realisation of their rights and equality, recognising the diversity of their experience and situation.



As part of our fight against digital exclusion, Age Action's Getting Started programme offers free, one-to-one, volunteer-led training in digital literacy courses, supporting older people to get online or use their smart device with confidence.

We are delighted to announce we have places available in:

Blanchardstown Library

Fridays 11am - 1pm

If you would like to sign up for the course, please phone the

Getting Started Team on 0818 911109 or email

gettingstarted@ageaction.ie

Getting Started programme Balbriggan



Learning Opportunities

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**We are delighted to announce we have
places available in:**

Balbriggan Library

TUESDAYS

11:00 - 13:00

**If you would like to sign up for the course,
Please phone the Getting Started Team on 0818 911109
or email gettingstarted@ageaction.ie**

PALs

Physical Activity Leaders

Fingal Sports Office are hosting Age & Opportunity Physical Activity Leaders training workshops starting on Tuesday the 6th of May in Fingal Liam Rogers Centre and continuing into June. Six 5-hour workshops for Older Adults or those working with Older Adults who want to lead their group in physical activity.

What is PALs?

PALs (Physical Activity Leaders) is an initiative which trains older people how to lead sport and activity sessions in their local groups and communities.

Once you become a PAL you will be trained to lead activities like short exercise routines, fun games, simple dances and sports, like pitch and toss and bowling – in active retirement or community groups, like Irish Countrywomen's Associations, Men's Shed as well as local sports clubs or community centres.

If you are interested in becoming a PAL contact Fingal Sport Office: caitriona.geraghty@fingal.ie.

For more information you can click this link:

<https://ageandopportunity.ie/active/pals/>

In Other News

A new €10m public swimming pool is to be built in Balbriggan, Fingal County Council has announced. Castlelands, one kilometre south of the town centre, has been chosen by the authority as the location of the six-lane 25 metre pool.

The project has now moved to preliminary design and planning stages. It is expected the project will be ready to go to planning by the end of this year and, subject to funding, construction could commence by the end of 2026. See [HERE](#) for more



Féile Bhealtaine 2024 / Bealtaine Festival 2024

The Bealtaine Festival is Ireland's national celebration of the arts and creativity for older adults. Festival events will run in Fingal Libraries throughout the month of May.

To access the Bealtaine Festival Brochure 2025, follow this link: [bealtaine-brochure-2025.pdf](#)

libraries.
fingal.ie



Clár Éire Ildánach
Creative Ireland
Programme



Aois & Deis

Féile Bhealtaine 2025

Age & Opportunity

Bealtaine Festival 2025

30 | **Bealtaine Festival**
YEARS | An Age & Opportunity **arts** initiative





Skerries Forget Me Not Café

Wednesday, 9th April 11am - 1pm

Skerries Harps GAA | Dublin Road
Skerries | K34 HC89

WE ARE OPEN

For more information, please contact us on
skerriesforgetmenotcafe@gmail.com

The café is free of charge and open to people living with dementia, their families, carers, and friends. Come for tea and biscuits, a chat, to meet others on a similar journey and to learn more about dementia services in the area.

To make sure we don't run out of cake (!)
please let us know if you're coming.

Phone or text
083 119 2972



DEDICATED PHONE NUMBERS FOR OLDER PEOPLE



EIR - 1800 252 252

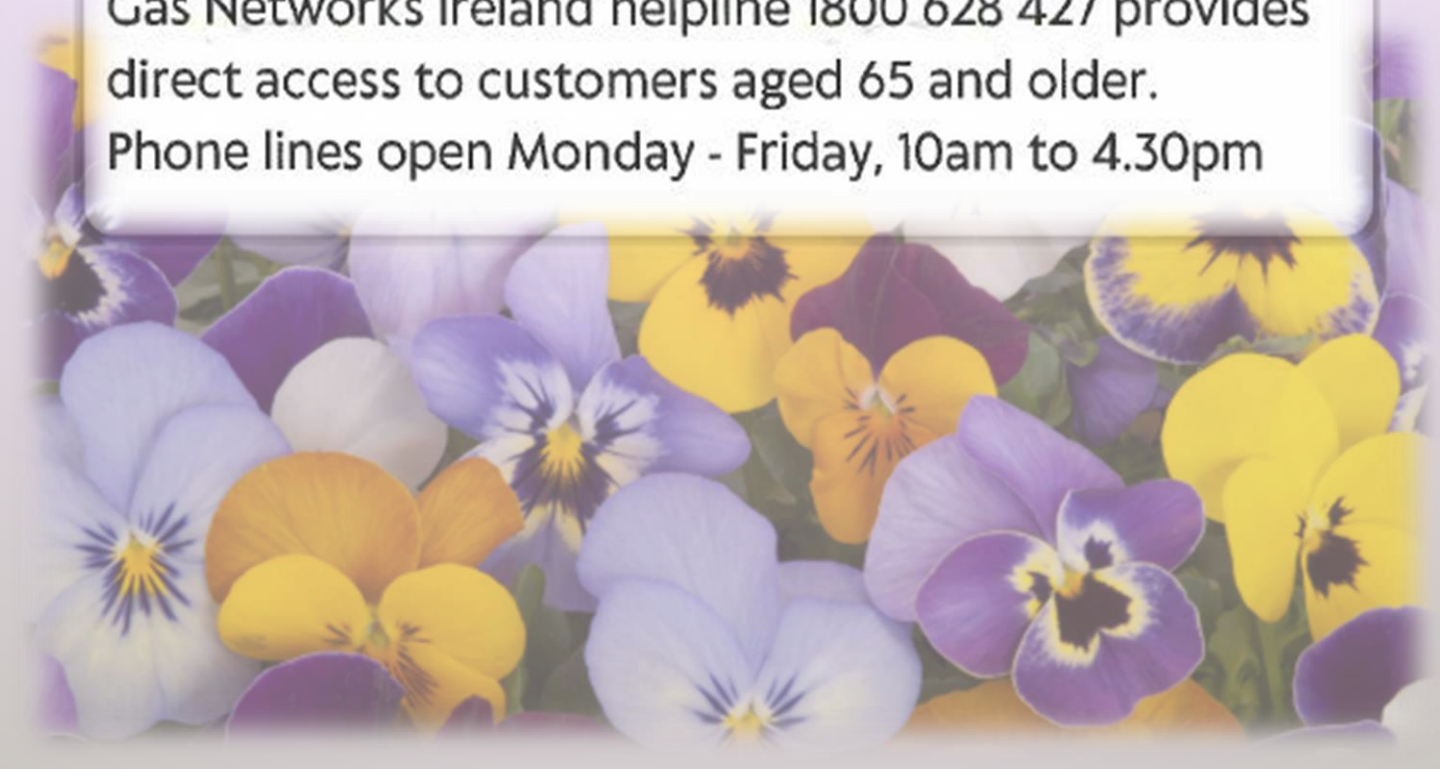
To speak to their dedicated Age-Friendly Care team, call 1800 252 252.

Phone lines open Monday - Friday, 10am to 4pm

Gas Networks Ireland - 1800 628 427

Gas Networks Ireland helpline 1800 628 427 provides direct access to customers aged 65 and older.

Phone lines open Monday - Friday, 10am to 4.30pm



Manage Your Money with MABS, the Money Advice and Budgeting Service: Blanchardstown

Do you find it hard to save? Are rising utility costs getting on top of you? MABS, the Irish money advice service, will be offering a FREE budgeting and money management sessions. MABS has been supporting people with money advice, budgeting, and problem debt for 30 years.

Where: Blanchardstown Library,
The Civic Centre, DUBLIN, D15,

When: Wednesday 9th April
6.30-7.30pm

Contact Blanchardstown Library
Phone: [018905560](tel:018905560)
E-mail: blanchlibrary@fingal.ie

Website:
<https://www.fingal.ie/libraries-events>



Manage Your Money with MABS, the Money Advice and Budgeting Service: RUSH

Do you find it hard to save? Are rising utility costs getting on top of you? MABS, the Irish money advice service, will be offering a FREE budgeting and money management sessions. MABS has been supporting people with money advice, budgeting, and problem debt for 30 years.



Where: Rush Library, Chapel Green,
Rush, Rush, Dublin, K56 ED95

When: Wednesday 9th April 6.30pm

Contact Rush Library

Phone: [018708414](tel:018708414)

E-mail: rushlibrary@fingal.ie

Website: <https://www.fingal.ie/libraries-events>



Manage Your Money with MABS, the Money Advice and Budgeting Service: SWORDS

Do you find it hard to save? Are rising utility costs getting on top of you? MABS, the Irish money advice service, will be offering a FREE budgeting and money management sessions. MABS has been supporting people with money advice, budgeting, and problem debt for 30 years.



Where: Swords Library, 46 North Street, Swords, Dublin, K67 W8W9

When: Mon 7th April 6.30-7.30pm

Contact Swords Library

Phone: [\(01\) 8905582](tel:018905582)

E-mail: swordslibrary@fingal.ie

Website: <https://www.fingal.ie/libraries-events>



**DID YOU KNOW
THAT SWORDS LIBRARY HAVE
'SENIORS SCRABBLE MONDAYS'**

**EVERY MONDAY FROM
11.30AM -1.00PM**



To book your place, contact Swords
Library by email swordslibrary@fingal.ie
or by phone at (01) 8905582



FINGAL LIBRARIES E-SERVICES CLINICS

Library staff will show you how to access and use Fingal Libraries free eServices on your tablet or smart phone, including e-books, audiobooks, online newspapers and databases, at these drop-in sessions.

Blanchardstown Library	Every Wednesday	2:00pm – 3:00pm
Malahide Library	Third Thursday of every month	2:00pm – 3:00pm
Balbriggan Library	Last Wednesday of every month	2:30pm – 3:15pm



AGE ACTION'S CARE AND REPAIR



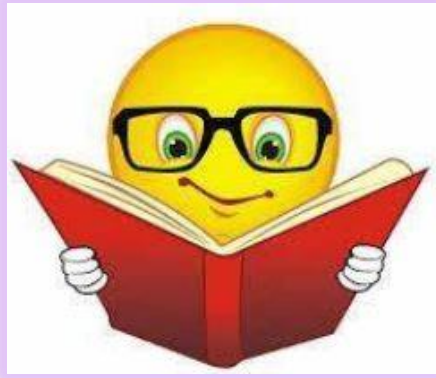
Age Action's Care and Repair does small DIY jobs, free of charge, for older people to help them maintain their homes and their independence.

Operating in Cork, Dublin and Galway, Care and Repair does jobs that might be more difficult to complete as we get older but not big enough to call in a tradesperson.

See [here](#) for more

- **Care and Repair - Dublin office**
- **Phone: 01 4756989**

SO NOW YOU KNOW!



Ants do not have lungs. Ants do not have ears. Ants are farmers. Ants have two stomachs. Ants can swim. Ants are slave owners. Ants are older than dinosaurs. There are more than 12,000 species of ants worldwide. An ant can lift 20 times its body weight. Some queen ants can live for several years and have millions of offspring. When ants fight, they usually fight to the death. When the colony's queen dies, the colony can only survive for a few months. Ants can live for up to two hours without oxygen. Ants have no blood.

RANDOM

“LIFE HACK”



Mould-free finish: If the surrounds of your window or your window sill are likely to develop mould, you don't need to reach for the bleach straight away.

For an effective spray without as harsh chemicals, fill a spray bottle with white vinegar and a few drops of tea tree oil.

Spray it on the problem surface and allow it to sit for half an hour. Wipe it away to reveal clean, mould-free windows.

Have a lovely weekend!