



# *Fingal Age Friendly* **NEWSLETTER**

***Latest news***  
***11th April 2025***

[Link here](#) for Age Friendly  
Ireland Latest Newsletter,  
11/4/2025

At the time of issue last Friday there was no  
up-to-date AGI Newsletter so [here is last](#)  
[weeks newsletter](#), 4<sup>th</sup> 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](mailto: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](mailto: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](mailto:caitriona.geraghty@fingal.ie).

For more information you can click this link:

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

# 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







# Male Advice Line

## Confidential Support for Men Experiencing Domestic Abuse



The Male Advice Line Team, providing the most valuable commodity of all...  
Time and Confidentiality to callers

**FREEPHONE 1800 816 588**

This freephone service offers advice and support to men  
experiencing domestic abuse. **FREEPHONE NUMBER: 1800  
816 588**

Be aware, domestic abuse comes in all forms, not just physical.





## **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



# LIVING WELL

## A Programme for adults with long-term health conditions

Upcoming  
**FREE 6 & 7 weeks**  
Programmes in  
Dublin North City  
and County

The Living Well programme supports you to develop and enhance the skills that help you to live well with a long-term health condition. Two trained leaders run the workshops; one of the leaders lives with a long-term health condition.

Living Well Programme	Start and Finish Date	Time	Location
Chronic Health Conditions Self-Management In Person Programme	Wednesday 16th April - Wednesday 28th May	10.30am-1.00pm	Blakestown Resource Centre, D15
Chronic Pain Self-Management Online	Wednesday 23rd April - Wednesday 4th June	7.00pm-9:30pm	Zoom
Chronic Health Conditions Self-Management living with Lymphoedema or Lipoedema Online	Thursday 24th April - Thursday 4th June	7.00pm-9.30pm	Zoom
Building Better Caregivers In Person	Monday 12th May - Monday 16th June	10:30am-1:00pm	Huntstown Family Resource Centre

**To register or for further enquiries please contact:**

**Leah Harrington, Living Well Coordinator**

**Email: [LivingWellDNCC@hse.ie](mailto:LivingWellDNCC@hse.ie)**

**Phone: 087 365 4392**



# Fingal county council grant information for senior and people with a disability

## Applying for a grant to adapt your home?

Adaptations can include;

- 1) Level access shower
- 2) Ramps
- 3) Fixed track hoists
- 4) Ground floor toilet facilities

You can apply for a grant if you live in a private home,  
renting from a private landlord or renting

### Speakers

- **Danielle** Local Co-Ordinator  
Healthy Age Friendly Homes  
Fingal County Council
- **Joanne**, Senior HSE  
occupational therapist (H.S.E)



**Entry is on  
first come first  
served basis.  
Booking not  
required.**



Thursday, 1st of May



11 A.M



Balbriggan Library,  
Turret Room



**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](mailto: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.

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



## 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.

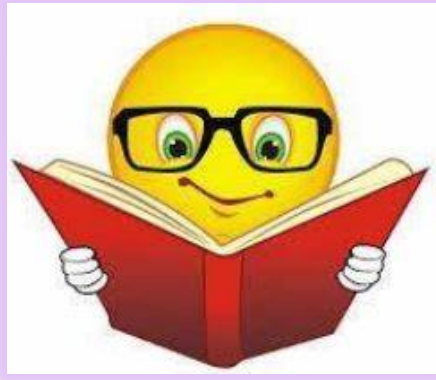
Operating in Cork, Dublin and Galway, Care and Repair does jobs that might be more difficult to complete as we get older but not big enough to call in a tradesperson.

See [here](#) for more

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



# SO NOW YOU KNOW!



- Butterflies taste with their feet
- Flamingos aren't born pink
- Cats can't taste sweet flavours
- The sun's surface reaches around 10,000 degrees fahrenheit

# **RANDOM**

## **“LIFE HACK”**



The next time your jar of chocolate spread or peanut butter is nearly empty, add some milk! Screw the lid back on and shake for a minute or two.

You will be left with a quick and tasty milkshake (add a scoop of icecream as a tasty extra)

And to keep your conscience clear, remember that you're using up leftovers which would otherwise be washed down the sink or binned!

**Have a lovely weekend!**