



# *Fingal Age Friendly* **NEWSLETTER**

***Latest news***  
***28th March 2025***

[Link here](#) for Age Friendly  
Ireland Latest Newsletter  
28<sup>th</sup> March 2025

# 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

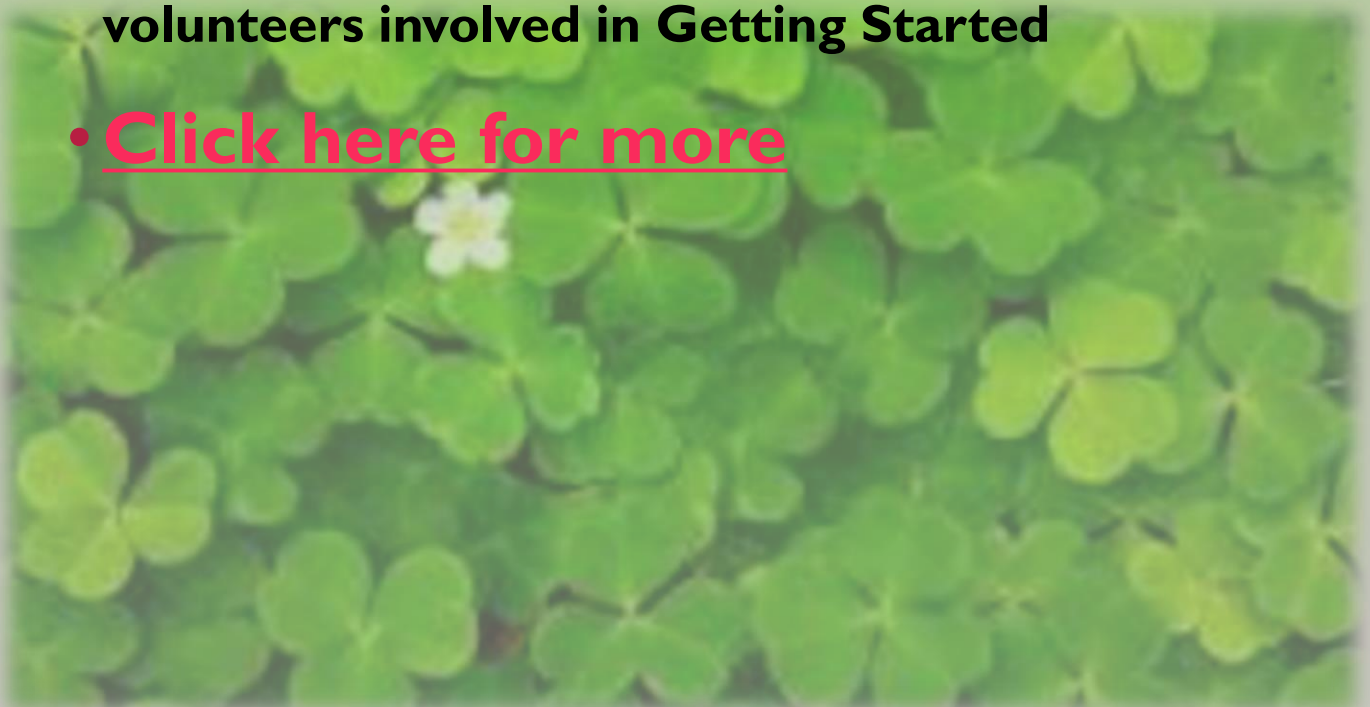
## COMPUTER TRAINING



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

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:**

**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/>

## Facts About Bats with Bat Conservation Ireland



Join Bat Conservation Ireland for an engaging talk about bats. Discover the fascinating truths and debunk the myths surrounding these incredible flying mammals. This is a unique opportunity to learn about the vital role our native bats play in our environment.

Price: Free

Event Type: Adult event

To reserve a place, please contact library hosting the event.

**When: Wed 2nd Apr 2025 18:30**

**Where: Howth Library, Main St, Howth, Dublin,  
Howth, Dublin, D13 XR13, Ireland**

Contact Person: Howth Library

Phone: (01) 8905026

E-mail: [HowthLibrary.Library@fingal.ie](mailto:HowthLibrary.Library@fingal.ie)

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





## **Information Event for Over 55's**

**Tuesday 1st April 2025**

**10:30 - 12:30**

**Skerries Harps, Dublin Road, Skerries K34 HC89**

- **Do you know our rights and entitlements?**
- **Will your home meet your needs as you grow older?**
- **What grants are available to you?**
- **Do you need advice on budgeting?**
- **Do you need help with small jobs in your home?**
- **Would you like to volunteer?**
- **Do you know what services are available in the library?**

**Call in and have a chat with**

**Citizens Information, Healthy Age Friendly Homes,  
Fingal Leader Partnership (Care & Repair),  
ALONE, An Garda Siochana, Fingal Community Team,  
Libraries, Money Advice & Budgeting Services,  
Dublin Fire Brigade, Fingal Volunteer Centre, and more.**

**Contact: [cathrina.murphy@fingal.ie](mailto:cathrina.murphy@fingal.ie)**



## **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



# Tai Chi

## with Stephen Pentony



Tai Chi is a low impact, slow motion exercise. In this four-week course, Stephen Pentony will guide you through the graceful movements and health benefits of this Chinese practice.

Comfortable clothing and footwear are recommended. Please note: This workshop involves physical movement. If you have issues with mobility or balance, please consult your doctor to help you decide if this event is right for you.

This is a four week course on 4th April, 11th April, 25th April and 2nd May from 2:00pm-3:00pm

To reserve a place, please ring **Blanchardstown Library**

**Blanchardstown Library, The Civic Centre, DUBLIN, D15, RY73, CO DUBLIN, Blanchardstown, Dublin, RY73, Ireland**

**Contact: Blanchardstown Library**

**Phone: [018905560](tel:018905560)**

**E-mail: [blanchlibrary@fingal.ie](mailto:blanchlibrary@fingal.ie)**

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

# Manage Your Money with MABS

## Money Advice and Budgeting Service

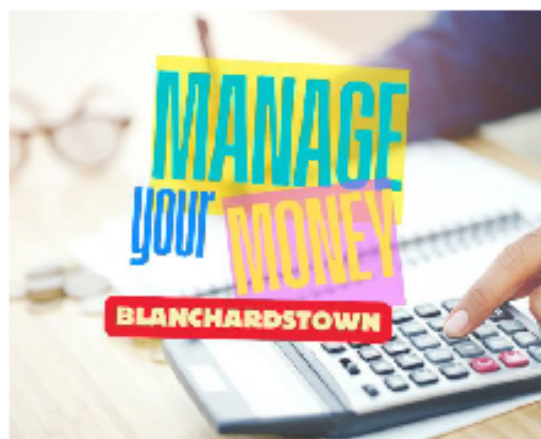
### Blanchardstown

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.

Price: Free

Event Type: Adult event

To reserve a place, please contact the library hosting the event – details below



**When:** Wed 9th Apr 2025 18:30

**Where:** Blanchardstown Library, The Civic Centre, DUBLIN, D15 RY73

**Contact:** Blanchardstown Library

Phone: 018905560

E-mail: [blanchlibrary@fingal.ie](mailto:blanchlibrary@fingal.ie)

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



# Manage Your Money with MABS

## 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.

Price: Free

Event Type: Adult event

To reserve a place, please contact the library hosting the event – details below



When: Wed 9th Apr 2025 18:30

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

Contact: Rush Library

Phone: 018708414

E-mail: [rushlibrary@fingal.ie](mailto:rushlibrary@fingal.ie)

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

# Manage Your Money with MABS

## 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.

Price: Free

Event Type: Adult event

To reserve a place, please contact the library hosting the event – details below



When: Mon 7th Apr 2025 18:30

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

Contact: Swords Library

Phone: (01) 8905582

E-mail: [swordslibrary@fingal.ie](mailto: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](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





**Age Action Care and Repair Programme**  
**Talk by**  
**Marie Keegan of Age Action**

**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.**

**Blanchardstown Library**

**Friday April 4th**

**10.30am -11.30am**

**Booking Essential**

**Tel 01 890 5560**

**Email [blanchlibrary@fingal.ie](mailto:blanchlibrary@fingal.ie)**

libraries.  
**fingal.ie**



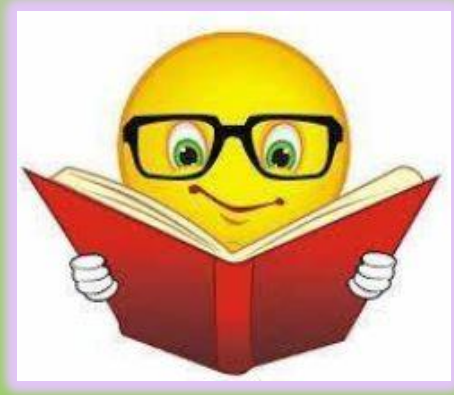
**care+**  
**repair**



**AgeAction**  
Age Equality



# SO NOW YOU KNOW!



**Most of the world maps are wrong!!**

On most maps, the Mercator Projection – first developed in 1569 – is still used. This method is wildly inaccurate and makes Alaska appear as large as Brazil and Greenland 14 times larger than it actually is. For a map to be completely accurate, it would need to be life-size and round, not flat.

# **RANDOM**

## **“LIFE HACK”**



**Say it out loud!**

**When you're leaving the house, whether someone is there or not, say it out loud when you turn off appliances and lights.**

**If you hear yourself say it out loud, you're less likely to doubt yourself later and wonder if you did switch things off.**

**Have a lovely weekend!**