

Creative and Social Programme for Carers of people living with Dementia

This interactive and engaging programme is specifically designed with carers in mind. It is also welcoming to people living with dementia that may like to attend with their loved ones. Our hope is that carers find these social and creative experiences in our libraries engaging and relaxing, and that they may be a way to meet other carers and to make new social connections.

There's time for tea and coffee and numbers attending will be limited to small groups. If you are currently caring or have recently cared for a loved one with dementia why not come along to try one of our events.

All events are FREE, booking is required.

Booking and more information

Blackrock library

Tel: 01 288 8117

Email: blackrocklib@dlrcoco.ie

Dalkey Library

Tel: 01 285 5317

Email: dalkeylib@dlrcoco.ie

Cabinteely Library

Tel: 01 285 5363

Email: cabinteelylib@dlrcoco.ie

dlr LexIcon, Arts Office

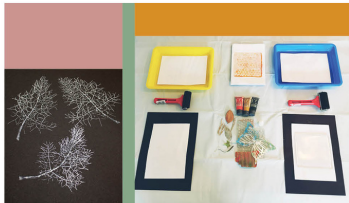
Tel: 01 236 2759

Email: arts@dlrcoco.ie

If you have any additional access requirements please let us know, we are here to help.

Programmed by dlr Arts Office and dlr Library Service.

This programme is generously funded by Creative Ireland's Creativity in Older Age Programme 2022 and supported by Dún Laoghaire-Rathdown County Council.



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Dance with Olwyn Lyons

Dalkey Library	Wednesday 28 September, 11am – 12.30pm
Blackrock Library	Wednesday 12 October, 11am – 12.30pm
dIrl Lexicon, Dún Laoghaire	Wednesday 19 October, 11am – 12.30pm
Cabinteely Library	Friday 11 November, 11am – 12.30pm

Join dance artist Olwyn Lyons for dementia inclusive dance sessions. Dance workshops can support physical, social health and wellbeing. Build your confidence by experiencing exercises and fun dance movements to increase strength and balance. Chat and dance together, either seated or standing.

Art making with Caroline Hyland

Dalkey Library	Wednesday 5 October, 11am – 12.30pm
Blackrock Library	Wednesday 19 October, 11am – 12.30pm

Join artist Caroline Hyland for a relaxing workshop that explores gelli plate printing. This is a fun and easy way to create beautiful designs using found objects such as feathers, leaves and paper stencils. The session is a dementia inclusive workshop and will be followed by an opportunity for tea and a chat.

Music with Eamon Sweeney

Dalkey Library	Monday 10 October, 11am – 12.30pm
Blackrock Library	Monday 24 October, 11am – 12.30pm
Cabinteely Library	Monday 14 November, 11am – 12.30pm

Musician Eamon Sweeney will delight with this dementia inclusive music session, fostering meaningful engagement, connection and stimulation. This is not intended as a music class, sit back and relax, meet other carers and have a cup of tea. Listen, hum or sing along - as you feel comfortable.

Imprints with Caroline Schofield

dIrl Lexicon, Dún Laoghaire	Tuesday 11 or Tuesday 25 October 11am – 12.30pm
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A relaxed exploratory mono-print workshop led by visual artist Caroline Schofield. The workshop will work with natural or found items from home and the garden. No experience necessary except a willingness to play with the materials. You are welcome to bring items from your gardens/homes that we may be able to print.

Finding happiness at my fingertips

dIrl Lexicon, Dún Laoghaire	Thursday 13 or Thursday 20 October, 11am – 12.30pm
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Try your hand at some seasonal activities with nature therapist Joyce Fitzpatrick. Learn how to improve your quality of life in simple ways with nature. Enjoy this nature based workshop with time for tea and chat.

Waking up to the power of nature

Drop-in sessions, no booking required.
The Project Room, Level 3, dIrl Lexicon 10am – 12pm
Saturday 15 & Saturday 22 October

Recent research proves the benefits of a nature connection for mind, body and spirit in all stages of dementia. Drop by, meet nature therapist Joyce Fitzpatrick to get ideas and chat to other carers over a cuppa and cake.