



Summer Newsletter

September 2026



Homes to build futures in.

Welcome to the Summer edition of the Oaklee Resident Newsletter

This newsletter is about keeping you informed, connected and supported in your home and community. In every edition, we aim to share resident stories, community updates, practical advice, Oaklee news and ways to get involved.

In this edition, we look back at a busy summer across Oaklee communities and share an update on Oaklee Together, our National Resident Voice. You will also find community stories, resident and staff spotlights, a budget-friendly recipe, Oaklee news and practical advice for autumn.

This is your newsletter, and we want it to reflect the voices, experiences and ideas of residents across Oaklee.

If you have a story, photograph, recipe, community update or suggestion for a future edition, we would be delighted to hear from you.



Inside this edition

Here is a guide to the stories, updates and practical information included in this Summer edition.

Resident voice and engagement

Meet Oaklee Together, Oaklee's National Resident Voice, and find out how residents are helping to shape services, share ideas and influence the future of resident engagement.

Ways to get involved

Learn about the different ways you can take part, including Oaklee Together, the Editorial Panel, community groups and other opportunities to have your say.

Community news and resident activity

Read about summer events and activities across Oaklee communities, including garden parties, family fun days, planting projects, biodiversity work and community celebrations.

Resident contributions

This edition includes a budget-friendly family recipe and an invitation for residents to share their own recipes, stories, photographs or ideas for future newsletters.

In the Spotlight

Meet residents and staff who are helping to make Oaklee communities welcoming, active and connected.

Oaklee news and service updates

Find out about new Oaklee communities and updates that may be useful or of interest to residents.

Practical seasonal advice

Get simple tips to help prepare your home, shared spaces and wellbeing for autumn, along with practical information for the colder months ahead.

Competitions and calls to action

Take part in our Summer Fun photo competition and find out how you can contribute to future editions of the newsletter.

Helpful contacts and support information

At the end of this edition, you'll find useful contact details and support information for residents and households.



Resident voice and engagement

Meet Oaklee Together: Your National Resident Voice

Oaklee Together is Oaklee's National Resident Voice. It brings residents together from across Oaklee to share ideas, discuss housing issues, give feedback and help shape services for the future.

The group has been set up to make sure residents have a stronger voice in decisions that affect their homes, services and communities. Members work with Oaklee by sharing their experiences, reviewing resident-facing information, and helping us understand what matters most to residents.

Over the past six months, Oaklee Together members have played an important role in developing Oaklee's new Resident Engagement Strategy, The Way Forward 2026 to 2029. Their views and ideas have helped shape the priorities of the strategy and make sure it reflects the experiences of residents.

As the strategy moves forward, Oaklee Together will continue to play an important role in helping to review progress, identify opportunities for improvement, and support meaningful resident involvement across Oaklee.



Could you be our next member?

Oaklee Together is looking to welcome new members from communities across Ireland.

By becoming a member, you can:

- Share your ideas and feedback
- Help shape services and policies
- Influence decisions that affect residents
- Meet and learn from residents across Ireland
- Play a part in strengthening the resident voice at Oaklee

If you are interested in finding out more, contact the Resident Engagement Team at:

tenantengagement@oaklee.ie

“

Your voice **matters**.

Join Oaklee Together and help shape the future of resident engagement at Oaklee.

”

Ways to get involved

At Oaklee, we want residents to feel informed, included and able to have a say in the services and communities that matter to them. There are a number of ways to get involved, whether you want to join a discussion, share your views, help shape services, contribute to future newsletters, or support activities in your local community.

Oaklee Together

Oaklee Together is Oaklee's National Resident Voice. Members share ideas, discuss housing issues and help shape services and resident-facing policies.

The group also helps review progress against Oaklee's Resident Engagement Strategy and supports meaningful resident involvement across Oaklee.

Join the Oaklee Residents Editorial Panel

The Editorial Panel consists of Oaklee residents, Oaklee's Communications and Policy Manager, and the Senior Resident Engagement Officer. The panel works together to produce Oaklee newsletters and contributes to other publications throughout the year.

If you are interested in writing articles, photography, design, editing or sharing ideas, this could be a great opportunity to get involved. The panel meets around six times per year, either in person or virtually, to discuss newsletter content and ideas for future editions.

Housing Services Committee

In the last edition, we advertised a resident vacancy on the Housing Services Committee. Recruitment is currently paused while we complete the transition from the Resident Engagement Strategy Working Group to Oaklee Together, our National Resident Voice, but the opportunity has not been forgotten.

Once this transition is complete, we will review and reopen the process for recruiting a resident member. The selected resident will receive the training and support needed to participate with confidence.



Ways to get involved

Get involved in a community group

You may want to get involved in your local community or start a project in your area. A good place to start is by joining a community group.

The Oaklee Resident Engagement Officer can support you by linking you with an existing group or helping you and others from your community start one. The community voice is always stronger when residents work together.

Community groups can help support local events, community clean-ups, stronger links with Oaklee staff, neighbourly connection and a shared sense of pride in your area.

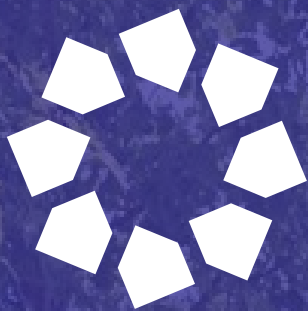
Interested in finding out more?

If you would like to get involved in Oaklee Together, the Editorial Panel, or a community group, please contact:

tenantengagement@oaklee.ie

Or call 01 400 2650 and ask to speak with the Resident Engagement Team.





Oaklee Community News

Community news and resident activity

Summer in our communities

Summer has been a busy and active time across Oaklee communities, with residents coming together to enjoy events, take part in local projects and make the most of shared spaces.

From garden parties and family fun days to planting projects, biodiversity work and community celebrations, these activities show the value of connection, neighbourliness and community spirit.

They also highlight the important role residents play in creating welcoming places to live. Whether through organising local events, joining in with activities, supporting greener spaces or simply spending time with neighbours, every contribution helps build stronger communities.

In this section, we are pleased to share some of the highlights from across Oaklee communities this summer.



Community news and resident activity

Hawthorn Court Summer Garden Party

Residents of Hawthorn Court hosted their annual Summer Garden Party on 11 July, bringing family, friends and neighbours together for food, traditional music and good company.

The event gave residents an opportunity to spend time together, enjoy the summer weather and celebrate the strong community spirit at Hawthorn Court. As one resident put it, “the craic was ninety!”



A day out in Dublin

Residents from Hawthorn Court also enjoyed a special day out aboard Dublin's Vintage Tea Bus. The group spent the day dining, sightseeing and enjoying time together around St Stephen's Green. It was a lovely opportunity to get out, connect with neighbours and enjoy something different.



Community news and resident activity

Fun in Stormanstown

Residents in Stormanstown came together for a Family Fun Day packed with activities and entertainment.

The day included a mobile pet farm, face painting, games, a magician and a sweet table. It was a great opportunity for neighbours to meet, spend time together and enjoy activities in their community.



Residents taking part in summer activities at Stormanstown.

Community news and resident activity

Fun in Stormanstown



Residents enjoyed games, treats and activities throughout the day.

Community news and resident activity

Celebrating European Neighbours' Day

Oaklee communities across Ireland marked European Neighbours' Day on 29 May 2026, celebrating friendship, community spirit and good neighbourliness.

Ice cream vans visited Hawthorn Court, Kilcleagh, Cloverhill Lodge, Páirc na Gréine, Hallwell and Abbey Village, giving residents a chance to come together and spend time with neighbours.

Residents in **Ashfield** celebrated with a community picnic and planting activity, helping to add new flowers to the shared outdoor space.

Simple opportunities to meet and connect can help strengthen communities.



Residents celebrating European Neighbours' Day.

Community news and resident activity

Growing communities together

Residents at Church Hill came together for a community planting evening, using gardening as a way to connect with neighbours, involve local children and improve shared outdoor spaces.

At The Harbour in Athy, residents joined Oaklee and community partners to mark the installation of age-friendly seating and new raised beds.

Projects like these show what can be achieved when residents, staff and local partners work together to create welcoming and practical spaces for the whole community to enjoy.



Community planting and shared-space improvements at Church Hill and The Harbour.

Community news and resident activity

Supporting biodiversity and greener communities

This summer, biodiversity enhancement projects funded by the **Housing Finance Agency Social Investment Fund** helped improve outdoor spaces across Oaklee communities.

Enhancement works took place in **Droughill, Cluain Darach, Moneen View and Baltrasna Park**, helping to create greener, more attractive shared spaces while supporting local wildlife and biodiversity.

The projects also gave residents and staff an opportunity to work together and create outdoor areas that can be enjoyed by the whole community.



Planting and biodiversity projects helping to create greener shared spaces across Oaklee communities.



Community news and resident activity

Rowantree Court Celebrates 18 Years

Residents and staff at Rowantree Court marked a significant milestone this summer as the scheme celebrated its 18th anniversary.

The celebrations offered an opportunity to reflect on the friendships, memories and strong sense of community that have been built over the years.

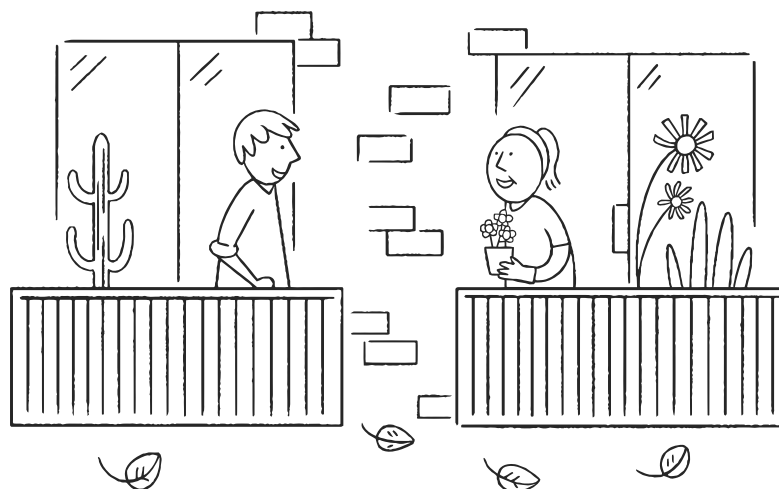
Looking ahead, residents of Rowantree Court and Hawthorn Court are preparing for a joint day trip in September to Dublin's EPIC Museum, followed by lunch together in the city.

Information and Support Drop-In at Hawthorn Court

Residents at Hawthorn Court recently attended a drop-in session on supports and entitlements.

The session provided practical information on areas including the State Pension, Living Alone Allowance, Household Benefits Package and Medical Cards, with residents able to ask questions and find out what support may be available.

Information sessions like this can help make advice and support more accessible to residents.





Resident Contributions



Resident Contributions

Resident Contributions is a space for ideas, stories, photographs, recipes and creative work from across Oaklee communities. In each edition, we will share contributions and invite residents to help shape future content.

Recipe Corner

This issue, members of the Editorial Panel challenged us to create a family meal on a budget. Our Budget-Friendly Spaghetti Bolognese feeds a family of five for less than €12.

Budget-Friendly Spaghetti Bolognese

This issue, members of the Editorial Panel challenged us to create a family meal on a budget. Our Budget-Friendly Spaghetti Bolognese feeds a family of five for less than €12.

Serves: 5 people

Total cost: €11.40

Cost per portion: €2.28

Ingredient	Cost
650g Irish beef mince	€6.29
Onions	€0.79
Garlic	€0.99
2 x chopped tomatoes	€0.84
Tomato purée	€0.85
Mixed herbs	€0.59
Beef stock cube	€0.46
Spaghetti	€0.59
Total cost	€11.40

Spaghetti Bolognese

You will need

- 650g Irish beef mince
- 1 tbsp oil
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 2 tins chopped tomatoes
- 2 tbsp tomato purée
- 1 beef stock cube dissolved in 200ml boiling water
- 1 tsp dried mixed herbs
- Salt and black pepper
- 500g spaghetti



Method

1. Heat the oil in a large frying pan over a medium heat.
2. Add the mince and onion, and cook until browned and softened.
3. Add the garlic and cook for one minute.
4. Stir in the tomato purée and mixed herbs.
5. Add the chopped tomatoes and prepared beef stock.
6. Bring to the boil, then reduce the heat and simmer for 25 to 30 minutes, stirring occasionally.
7. While the sauce is simmering, cook the spaghetti according to the packet instructions.
8. Drain the spaghetti and serve with the Bolognese sauce.

Money-saving tip

Any leftover sauce can be frozen and used another day.

You can also add grated carrots, mushrooms or lentils to make the meal go further while adding extra flavour and nutrition.

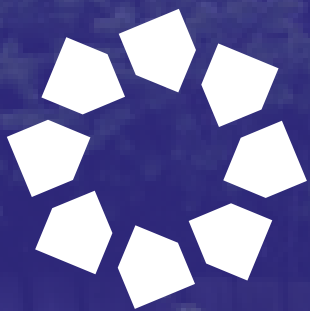
Have a recipe to share?

We would love to hear from residents who have an affordable family favourite.

If you have a recipe that is easy to prepare, good value and full of flavour, please send it to tenantengagement@oaklee.ie or call **01 400 2650**.

Your recipe could be featured in a future edition of the Resident Newsletter.





In the Spotlight



In the Spotlight

Every edition of the Oaklee Resident Newsletter shines a spotlight on the people who help make our communities welcoming, active and connected.

Through In the Spotlight, we share stories from residents, colleagues and community members who are making a positive difference across Oaklee. It is an opportunity to hear about their experiences, interests, work and involvement in community life.

In this Summer edition, we are pleased to feature **Maureen “Mo” Lawler**, a long-standing resident of Hawthorn Court who is involved in community life, resident engagement and creative writing.

We also introduce **Collette Lundy, Oaklee’s Sustainability Officer**, whose work supports greener, more sustainable homes and communities.

We hope you enjoy learning more about their stories and the contribution they are making across Oaklee.

Resident Spotlight: Meet Maureen “Mo” Lawler

Our first spotlight feature introduces Maureen “Mo” Lawler, a long-standing resident of Hawthorn Court and an active member of the local community.

Mo has been living in Hawthorn Court since 2005 and has played an active role in community life through the Residents’ Association, the Resident Engagement Strategy Working Group, Oaklee Together and the Editorial Panel. She is also involved in creative writing through the Full Stops and Commas Writing Group in Celbridge.

In her own words, Mo shares what community means to her, how she stays involved, and why there is ***“always something happening, and there’s always someone to chat to.”***



In the Spotlight

Resident Spotlight: Meet Maureen “Mo” Lawler

Hello everyone,

My name is **Maureen Lawler**, although most people know me as **Mo**. I have been living in **Hawthorn Court** since 2005 and am one of the longest serving residents in the scheme.

I have been very happy here since the day I arrived. There is a strong sense of community in Hawthorn Court. We know one another well, greet each other every day and enjoy spending time together.

It is hard to feel lonely here. We hold coffee mornings every Monday and Friday, organise day trips, and regularly come together for social events and activities. I am an active member of our **Residents’ Association** and enjoy getting involved in community life.

More recently, I joined the **Resident Engagement Strategy Working Group**, which is now evolving into **Oaklee Together**, Oaklee’s National Resident Voice Group. I am also a member of the **Editorial Panel**, helping to develop newsletters like the one you are reading today.

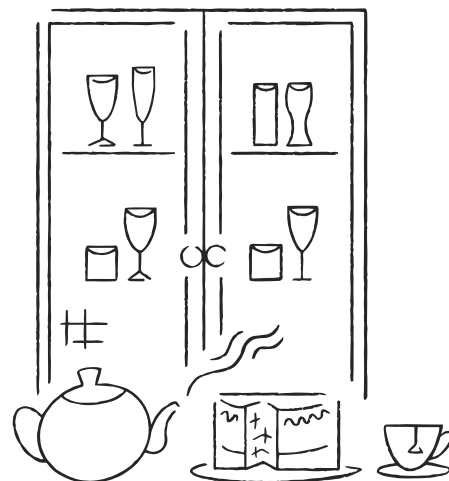
Outside of Hawthorn Court, I enjoy being involved in a number of groups within my local community. One of my favourites is the **Full Stops and Commas Writing Group** in Celbridge, Co. Kildare, which I joined in 2019.

Our group meets monthly in Celbridge Library and spends time writing and sharing essays, memoirs, poetry and short stories.

We recently celebrated the publication of our third anthology, “**Bees Make Honey**”, which includes pieces inspired by the annual Swift and Vanessa Festival held in Celbridge each July.

Writing has given me the opportunity to meet new people, share experiences and develop a creative hobby that I thoroughly enjoy. I am already looking forward to hearing the latest stories and poems from fellow writers and seeing what might appear in our next anthology.

Living in Hawthorn Court has given me many opportunities to get involved, make friends and try new things. I am proud to be part of such a welcoming community and look forward to seeing what comes next.



In the Spotlight

Staff Spotlight: Meet Collette Lundy, Oaklee's Sustainability Officer

Hello everyone,

My name is Collette Lundy, and I am the Sustainability Officer at Oaklee.

I am delighted to introduce myself and share a little about my role and how it supports our Oaklee residents.

My work focuses on helping Oaklee improve the sustainability of our homes and neighbourhoods. This includes looking at ways to make homes more energy efficient, reduce carbon emissions, improve biodiversity and support communities in becoming more sustainable and resilient.

Some of the projects I work on include:

- Improving the energy performance of homes through retrofit programmes.
- Supporting initiatives that can help reduce energy costs for residents.
- Developing communal biodiversity projects and pollinator-friendly spaces that provide inclusive opportunities for all residents to connect with nature, participate in community activities and enjoy shared outdoor spaces. Promoting environmental awareness and sustainability activities for residents.
- Exploring opportunities to make our homes and communities more climate resilient.

Your ideas, experiences and feedback help shape the projects and initiatives we deliver.

Whether it is improving green spaces, supporting community growing projects, resident involvement is essential.

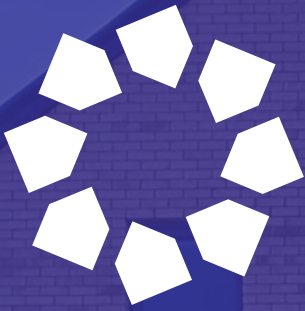
I look forward to working together to create healthier, greener and more sustainable communities for everyone.

If you see me at an event, please feel free to say hello and share your ideas.

Best wishes,

Collette Lundy
Sustainability Officer





Oaklee News



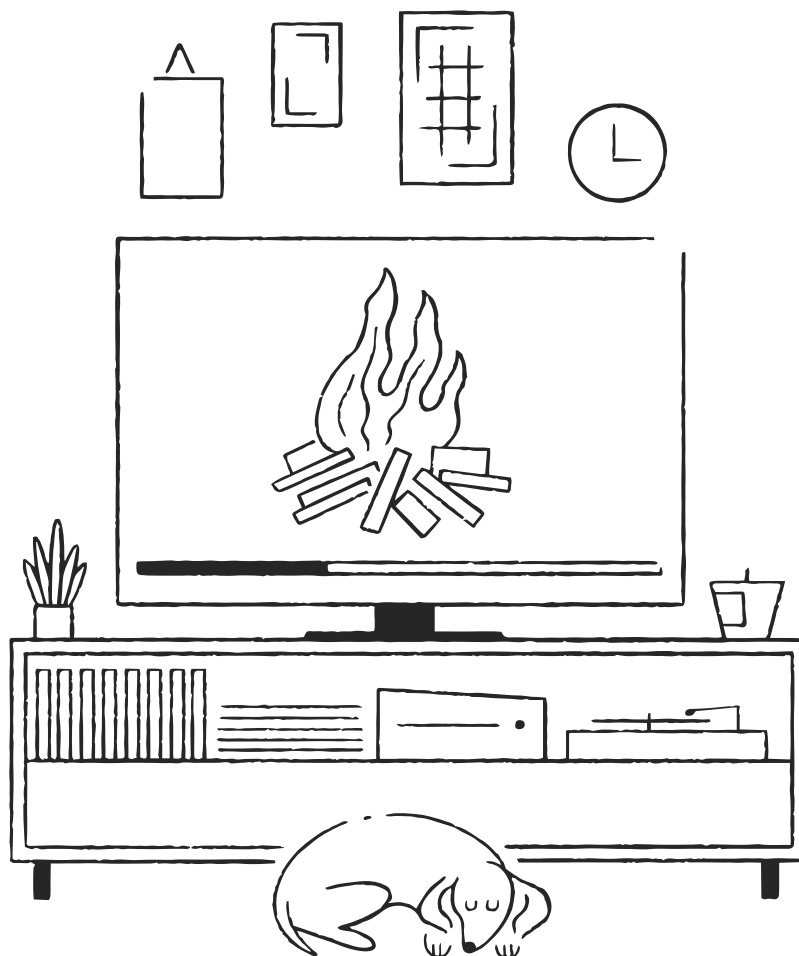
Oaklee News

Oaklee news and service updates

This section shares updates from across Oaklee that may be useful or of interest to residents.

In each edition, we will include news about new communities, resident-facing projects, service updates and other developments taking place across Oaklee.

For this Summer edition, we are welcoming residents who have recently moved into new Oaklee communities and sharing updates on some of the new homes and schemes that have joined the Oaklee network.



Oaklee News

Have your say: Tenant Satisfaction Survey 2026

Oaklee will shortly begin its **Tenant Satisfaction Survey 2026**, giving residents the opportunity to share their views on Oaklee services and their experience as tenants.

The survey will be carried out independently by Acuity, a specialist research provider. A random sample of Oaklee residents may be contacted by telephone and invited to complete a short survey.

What residents need to know

Telephone fieldwork is expected to begin on 31 August 2026 and continue until 27 September 2026.

If you are selected to take part, Acuity may contact you by phone. The number displayed will be:

+353 1 699 4340

The telephone survey takes around 12 minutes to complete. If preferred, residents can ask for an online link to be sent by email so they can complete the survey online instead.

Calls will only be made during the following times:

- Monday to Friday: 9.00am to 8.00pm
- Saturday: 10.00am to 6.00pm

Why your feedback matters

Resident feedback helps Oaklee understand what is working well, where improvements may be needed, and what matters most to the people living in Oaklee homes.

If you are contacted by Acuity, we encourage you to take part and share your honest views.

Your feedback will help shape future improvements to Oaklee services.

Have your say

If you receive a call from +353 1 699 4340, this may be Acuity contacting you to take part in our Tenant Satisfaction Survey.

Your feedback will help Oaklee understand residents' experiences and support future service improvements.



Oaklee News

Welcoming new neighbours to Oaklee communities

Over the past few months, Oaklee has continued to welcome residents into new communities across the country.

New schemes include:

- Hawks Bay, Rathnew, with 16 homes
- Birchwood, Dublin 9, with 20 homes
- Meadow Mill, Athy, where 53 homes have been completed as part of Phase 1
- Áras Uí Chléirigh, Richmond Avenue, Dublin 3, with 28 apartments

Moving into a new home is an important milestone. Oaklee colleagues have been working closely with residents to help make the move as smooth as possible.

Through pre-tenancy workshops, sign-up visits and ongoing support, residents have been provided with information, guidance and practical advice as they settle into their new homes and communities.



Oaklee News

New homes, new communities

Each new Oaklee community represents more than new buildings. It is about creating places where residents can feel settled, supported and connected.

At **Hawks Bay** in Rathnew, residents have moved into a mix of one, two and three-bedroom homes, including a specially adapted home designed to support accessibility and independent living.

At **Birchwood** in Dublin 9, Oaklee has welcomed residents into 20 new homes, helping to provide much-needed housing in the area.

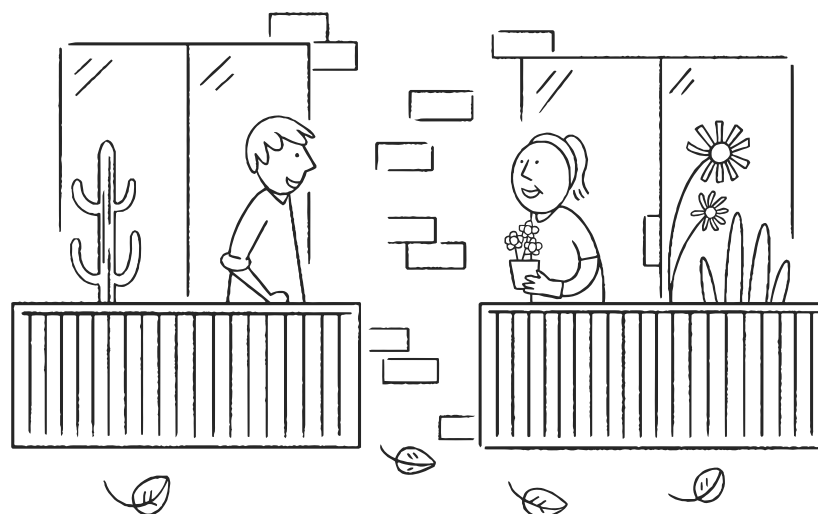
At **Meadow Mill** in Athy, the first phase has delivered 53 homes, with residents beginning to settle into a new community close to local services, transport links and outdoor amenities.

At **Áras Uí Chléirigh** on Richmond Avenue in Dublin 3, 28 apartments will provide homes for older residents, supporting independent living in a well-connected location.

To all residents who have joined Oaklee in recent months: welcome to your new home and community.

We are delighted to have you with us and look forward to supporting you in the years ahead.

View some of the new developments on the next pages.





53 new homes delivered

Meadow Mill, Athy





16 new homes delivered

Hawks Bay, Wicklow





20 new homes delivered

Birchwood, Santry



An aerial photograph of a modern, multi-story apartment building. The building features a flat roof with a brown gravel surface and several rooftop units. The facade is composed of vertical brick columns and large glass windows. The building is situated in an urban environment with other residential buildings visible in the background.

28 new homes delivered

Richmond, Dublin



Cost Rental homes coming soon to Harmen's Rest

A new rental opportunity in Donabate

Oaklee is preparing to launch new Cost Rental homes at Harmen's Rest, Turvey Avenue, Donabate. Applications are expected to open in Q4 2026. Full details, including the homes available, rent levels, eligibility criteria, application dates and how to apply, will be published once confirmed.

What is Cost Rental?

Cost Rental is a Government-supported housing scheme and forms part of the wider Starter Homes Programme. It provides secure, long-term rental homes for eligible households at rents below local market levels. Cost Rental is designed for people who may not qualify for social housing but are finding it difficult to access an affordable and secure home in the private rental market.

Cost Rental can offer residents:

- Secure, long-term rental accommodation
- Rents below local market levels
- Professionally managed homes
- Greater stability and certainty
- The opportunity to put down roots in their community

Know someone who may be interested?

Harmen's Rest may be relevant to a family member, friend, colleague or someone in your community who is looking for a more secure and affordable rental option.

Please feel free to share this update and encourage anyone interested in Cost Rental to visit Oaklee's website. There, they can learn more about how Cost Rental works, review the general eligibility information and register their interest in receiving updates.

Visit Oaklee's Cost Rental page to learn more and register for future updates:

[Learn more about Cost Rental and register your interest](#)



Oaklee Seasonal Advice

Oaklee Seasonal Advice

Autumn ready: looking after our homes, community and wellbeing

As summer draws to a close and the cooler days of autumn begin, it is a good time to prepare our homes, communities and wellbeing for the change in season.

A few simple steps can help make the transition into autumn easier, more comfortable and more manageable.

In this section, you'll find practical tips for:

- Getting your home ready for cooler weather
- Looking after shared spaces and communities
- Supporting your wellbeing as the seasons change
- Checking household bills, supports and entitlements

Small actions can make a real difference, whether that means reporting a repair early, reviewing your energy use, staying connected with neighbours, or checking if there are supports available to your household.



Oaklee Seasonal Advice

Home, community and wellbeing

Getting your home autumn ready

As the weather begins to change, it is worth taking a little time to prepare your home for the months ahead.

You can help by:

- Checking that windows and doors are closing properly
- Reporting repairs that may need attention before colder weather arrives
- Clearing leaves and debris from outdoor areas where possible
- Safely storing summer furniture and items that are no longer needed

If you notice a repair or maintenance issue, please report it as soon as possible so it can be followed up.

Energy-saving tip

As the evenings become cooler and darker, small changes can help reduce energy use and keep your home comfortable.

You can:

- Close curtains and blinds at dusk to help keep warmth in
- Switch off lights when rooms are not in use
- Avoid leaving electrical devices on standby

Looking after our communities

Autumn is an important season for local wildlife. Fallen leaves, berries and seeds can provide valuable food and shelter for birds, insects and small animals. Where possible, let's give nature a little space to thrive while continuing to keep shared areas clean, safe and welcoming for everyone.

We can all play a part by:

- Respecting shared spaces
- Keeping communal areas tidy
- Looking out for neighbours
- Reporting maintenance issues when we spot them

If you notice any maintenance concerns around your scheme, please contact Oaklee's Services Centre on: **01 400 2650**



Oaklee Seasonal Advice

A fresh start for autumn

Autumn can be a good opportunity to reset routines and focus on the things that help us feel well.

Prioritise rest

Getting back into a regular sleep routine can support energy levels and overall wellbeing.

Keep moving

Whether it is a short walk, gardening, stretching or joining a local activity, regular movement can help support physical and mental wellbeing.

Make time for things you enjoy

Reading, baking, crafts, knitting, music or spending time with friends can all help us stay connected and positive.

Stay connected

As daylight hours become shorter, try to spend some time outdoors each day and stay connected with family, friends and neighbours. Even small social interactions can have a positive impact.

Autumn brings beautiful colours, crisp mornings and opportunities to enjoy our communities in a different way. However you spend the season, we hope you have a happy, healthy and enjoyable autumn.



Oaklee Seasonal Advice

Money-saving tips for autumn and winter

As we head into the colder months, now is a good time to check that you are receiving any supports and entitlements you may be eligible for.

If your household receives a social welfare payment, you may qualify for supports such as:

- Fuel Allowance
- Household Benefits Package
- Living Alone Allowance
- Telephone Support Allowance

These supports can help with the cost of heating, electricity, household bills and staying connected.

Review your household bills

Many contracts for electricity, gas, broadband and television services are for 12 months. Once your contract ends, you may automatically move onto a higher rate. Taking a few minutes to compare providers could help you save money. It is also worth contacting your current provider to see if they can offer a better deal.

Don't forget to review:

- Electricity and gas providers
- Waste collection services
- TV packages
- Broadband and phone contracts
- Mobile phone plans

A small check could save you money

Reviewing your entitlements and household bills once or twice a year can make a real difference to your household budget.

Need support?

Information on support services for residents is available on the Oaklee website:

[Oaklee Support Services](#)

You can also contact Oaklee's Services Centre on 01 400 2650.



Oaklee Summer Fun Photo Competition

What does summer mean to you?

We are inviting Oaklee residents to take part in our Summer Fun Photo Competition by sending in a photo that captures a favourite summer moment.

It could be a community event, time spent in the garden, a local walk, a family day out, a favourite view, or a simple moment that made you smile.

To enter, email your photo to:

tenantengagement@oaklee.ie

Please include your name, scheme or community, and a short caption about your photo.

Closing date: Friday, 27 September 2026

Winners announced: Week of Monday, 12 October 2026

Your photo could be featured in a future edition of the Resident Newsletter. Please only send photographs you are happy for Oaklee to consider for use in resident communications.



Simple Health & Wellbeing Tips

Looking after your wellbeing doesn't have to be complicated. Small, everyday habits can make a real difference.

- Get some fresh air
- A short walk or time outdoors can help boost your mood and energy levels.
- Stay connected
- A chat with a neighbour, friend, or family member can make a positive difference to your day.
- Keep moving, your way
- Gentle movement such as walking, stretching, or gardening all counts.
- Take breaks
- Rest is important, give yourself permission to slow down when you need to.
- Eat and drink regularly
- Try to drink plenty of water and enjoy regular meals where possible.
- Look after your space
- A tidy, comfortable home can help reduce stress and support wellbeing.
- Ask for help if you need it
- If you're feeling overwhelmed or struggling, support is available, you don't have to manage alone.

See the list of helpful contacts on the next page.



Helpful Contacts and Supports

If you need support, the following services are available. Most are free, confidential, and easy to access.

Mental Health & Emotional Support

Pieta House

Support for people in distress, including suicidal thoughts or self-harm

☎ 1800 247 247 | Text HELP to 51444

🌐 www.pieta.ie

Samaritans

24-hour emotional support if you are feeling distressed or overwhelmed

☎ 116 123 (freephone)

🌐 www.samaritans.org

50808 Text Service

Free, anonymous 24/7 text support for any mental health difficulty

📱 Text HELLO to 50808

🌐 www.text50808.ie

Money & Financial Advice

MABS (Money Advice & Budgeting Service)

Free support with budgeting, debt, and financial difficulties

☎ 0818 07 2000

📱 WhatsApp: 086 035 3141

🌐 www.mabs.ie

Domestic Violence Support

Women's Aid

Support for women affected by domestic violence

☎ 1800 341 900 (24-hour helpline)

Men's Aid Ireland

Support service for men experiencing domestic violence

☎ 01 554 3811

✉ hello@mensaid.ie



Helpful Contacts and Supports

If you need support, the following services are available. Most are free, confidential, and easy to access.

Community & Family Support

Family Resource Centres

Local support services for families and communities

 www.tusla.ie (find your local centre)

SAGE Advocacy

Support and advocacy for older people and vulnerable adults

 1850 71 9400

 www.sageadvocacy.ie

ALONE

Support for older people, including loneliness and housing challenges

 0818 222 024

 www.alone.ie

Friends of the Elderly

Friendly call service and social support

 01 873 1855

 www.friendsoftheelderly.ie

Disability & Children's Support

Enable Ireland

Services and support for children and adults with disabilities

 01 872 7155

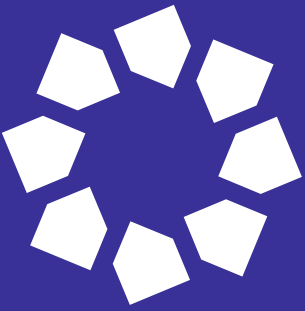
 www.enableireland.ie

Childline (ISPCC)

24/7 support for children and young people

 1800 66 66 66

 Live chat available at www.childline.ie



Oaklee

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