

Saturday, 2nd May 2026



# Palmerstown News

## PALMERSTOWN CONTACT INFO

 Palmerstown Community  
and Youth Centre

 Palmerstown Community Council

 [palmerstownparish.com/parish-center](http://palmerstownparish.com/parish-center)


## EMERGENCY NUMBERS

In case of emergency: 999 or 112

Ronanstown Garda Station: (01) 666 7700

Ballyfermot Garda Station: (01) 666 7200

## CONTACT THE PALMERSTOWN NEWS

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 01 616 6981

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## What's going on and things to do

Welcome to our latest issue of Palmerstown News. If you'd like to share any news, information or upcoming events with the community, then get in touch with us through via [magazine@pcyc.ie](mailto:magazine@pcyc.ie) or message us on WhatsApp 083 096 7274.

- Editorial Team

### Love2Run Athletics Club

Love2Run Athletics Club invite you to join with their *Couch to 5km* programme, which is part of South Dublin County Council's Active South Dublin campaign.

*Couch to 5km* is for 18+ and takes place over a span of 12 weeks, beginning on Tuesday 5th May at Waterstown Park.

If you are interested, meet at the Playground Carpark at 6.45pm.

Cost is €50, which includes club membership, insurance and medal.

All levels of fitness are welcome.

The Club also offers training plans, coaching and weekly group runs. For more information, contact 085 732 1627 or email [love2runac@gmail.com](mailto:love2runac@gmail.com)

### Girls Football Academy

Palmerstown FC has launched a new football academy for girls aged 6 to 10 years. A perfect place to kick off their footballing dreams!

The academy meets every Saturday at 12noon in the Glenaulin Green Clubhouse

Contact Morgan on 087 953 3311 for further information

### Gentle Pilates

Drop over to Palmerstown Community and Youth Centre where Kelly offers her popular gentle Pilates classes - on Wednesdays at 9.45am and Fridays at 11.15am.

Bring your own mat! More details: phone 083 800 940

**Palmerstown News is sponsored by Palmerstown Credit Union**

## Your Money, Your Future

### Free Financial Planning Workshop

7.30pm, Wednesday 6<sup>th</sup> May  
in Palmerstown Community and Youth Centre

Register now, limited spaces



John Miller, Financial Advisor

 **PALMERSTOWN  
CREDIT UNION**  
Trusted in Palmerstown & Chappellized for over 50 years

## Energy Saving Tips For Your Home

A FREE energy awareness workshop takes place in PCYC on Monday 11th May from 7.30pm, as part of Dublin Climate Action Week and supported by South Dublin County Council.

This is an interactive workshop designed to demystify home energy. Whether you're looking to slash your monthly bills or make your home warmer and healthier, this jargon-free session provides the roadmap you need.

You'll learn about:

The "Appliance Audit": Discover the real cost of running your home.

Bill Busting: Learn how to read your energy statement like a pro and choose the best rates.

SEAI Grants Simplified: Get a clear breakdown of available grants for attic insulation, solar PV and heat pumps, including average savings and payback periods.

Low-Cost Tips: Practical, immediate actions to create a more comfortable home without spending a fortune.

Reserve your spot at this workshop through [eventbrite.ie](http://eventbrite.ie)

## Free Financial Talk

Palmerstown Credit Union in partnership with Lucan & District Credit Union are holding a free financial planning workshop on Wednesday 6<sup>th</sup> May at 7.30pm, taking place in PCYC.

Financial advisor John Miller will discuss issues regarding savings, pensions, protection and planning for the future, including retirement planning, income protection, life assurance and inheritance tax planning.

Places are limited. Reserve your spot on [eventbrite.ie](http://eventbrite.ie) by searching "Your Money, Your Future". Contact Palmerstown Credit Union on [info@palmerstowncu.ie](mailto:info@palmerstowncu.ie)

## Chair Yoga - St. Mary's Lucan

Maria Pender is offering Holistic Chair Yoga classes, taking place in St. Mary's Parish Centre, Lucan. Every Thursday 12.15pm-1.15pm.

Suitable for everyone - just bring yourself, a cosy blanket, water and a smile!

To book your place and for more information, contact Maria on 086 196 9788.

## Simply The Best Social Club

Simply The Best, a Social Club for the over 50s, meet from 6.30 pm every Saturday night. Come along and make new friends!

2nd May: Cassidy's Hotel, Upper O'Connell Street (across from The Gate Theatre). Lots of new people are joining for the first time tonight.

9th May: The Academy Plaza Hotel (first turning right past The Gresham Hotel)

16th May: *Simply the Best* return to Cassidy's. For more information, contact 083 343 4480.

## Age-Friendly Events

Ballyfermot Civic Centre are holding a number of events in the coming weeks on Tuesdays between 2pm and 4pm:

**5th May:** Tea Dance, music with Damien

**12th May:** Bingo with Carol

**19th May:** Drafting a Will - Informational Talk

## Social Dance

Come along to PCYC on Fridays when we host a social dance, between 8pm and 10pm. Top bands:

1st May: Blue Lace

8th May: Frank Nelson

15th May: The Wicklow Man

Enquiries: Pat McCloskey on 087 252 1658. Admission €10.

## Next issue: Saturday, 16th May

Any articles to be considered for publication should be submitted to [magazine@pcyc.ie](mailto:magazine@pcyc.ie) by close of business on **Monday, 11th May**.