

**‘Age is just a number’ for legendary rally driver Rosemary Smith
and author Christy Kenneally appearing at the
dlr Age Well Expo 2019**

June 9th 2019 | The Pavilion at Leopardstown Racecourse, Dublin

On Sunday June 9th 2019, Dún Laoghaire-Rathdown County Council presents the first dlr Age Well Expo in association with the dlr Age Friendly Alliance. The event will take place in the Pavilion at Leopardstown Racecourse and showcase services and supports available to older people in Dún Laoghaire-Rathdown. **dlr Age Well Expo** will feature two stages with a variety of Entertainment and Cookery Demonstrations complimented by presentations on topics such as Safety and Security and the benefits of becoming a Volunteer. **The Chat Café stage will host appearances from legendary rally driver Rosemary Smith and author, poet, and TV presenter Christy Kenneally.**

Rosemary Smith is undoubtedly one of the icons of modern Irish sport. As a champion rally driver in the 1960s and 1970s, she competed with her male counterparts...and won. She recently drove a Formula 1 car which Jeremy Clarkson apparently struggled to get started, when she drove on the Paul Ricard track in France last year and, at the age of 80 became the oldest person to drive a Formula 1 car. In 1965 she famously beat all comers, male and female, in the Tulip Rally in the Netherlands. She recently published an account of her racing life, *Driven*.

Christy Kenneally is author of 15 books; the most recent being *Say Yes to Life – Discover your pathways to happiness and well-being*, co-authored with Dr. Linda Finnegan. He scripted and presented a series for television on the great religions of the world, as experienced through their art and architecture, entitled *Heaven on Earth*. Christy was recently honoured to receive The Order of the Amazon, from the Polish Cancer Society, in recognition of his twenty years of involvement with Cancer Groups throughout the world. Henry Kissinger and Hilary Clinton are fellow recipients of the award.

The dlr Age Well Expo provides an opportunity to connect, engage and hear about topics of interest, particularly around the subjects of health, security and social participation. These are priorities in the comprehensive Dún Laoghaire-Rathdown Age Friendly Strategy 2016-2020 which aim to enhance well-being and quality of life of our older people and ensure that Dún Laoghaire-Rathdown is a great place in which to grow older.

Up to 1,000 delegates are expected to attend the event which will run from 11.30am to 5pm and consists of a large and diverse exhibition space, seminars and presentations along with a networking and café area. The event is free of charge to attend and will be presented in two sessions morning and afternoon. Due to a phenomenal interest in the event, organisers are asking **attendees to register to attend** at this link: <https://www.eventbrite.ie/e/dlr-age-well-expo-2019-tickets-61519078219>. The link also has booking details for free shuttle bus services from Dún Laoghaire DART Station and Ballinteer Community School to the event.

ENDS

Press Release

*Editors Notes

dlr Age Well Expo 2019 Exhibitor List

- Active Retirement Ireland
- Age & Opportunity
- Age Action Ireland
- Age Friendly Ireland
- Alone
- Alzheimer Society of Ireland
- An Garda Síochána
- Bethany Bereavement Support Group
- Blackrock Hospice
- Book Shop
- Citizens Information Centre
- Craft Corner
- Dance Theatre of Ireland
- DDLETB - Dublin and Dún Laoghaire Education and Training Board
- dlr Chamber of Commerce
- dlr Integration Forum
- dlr Leisure Services
- dlr Mill Theatre
- dlr Network for Older People
- dlr Volunteer Centre
- Dublin Bus
- Dublin City Interfaith Forum
- Dublin Fire Brigade
- Dublin South FM
- Dún Laoghaire-Rathdown County Council Departments
- Dún Laoghaire-Rathdown Public Participation Network
- Garda Older Persons Association (GOPA)
- Getting There.ie
- Healthy Ireland
- Health Service Executive
- Irish Heart Foundation
- Irish Men's Sheds
- Living Well with Dementia
- Making Connections
- Mental Health Ireland
- Money Advice and Budgeting Service (MABS)
- Parkinson's Association of Ireland
- Purple House (Cancer Support)
- Retirement Planning Council of Ireland
- Siel Bleu Ireland
- Southside Partnership (Care & Repair / IT Training)
- Southside Partnership (Healthy Food Made Easy)
- Southside Traveller's Action Group
- Specsavers
- The Seniors Alert Scheme (SAS)
- UCD Access & Lifelong Learning Centre
- University of the Third Age (U3A)
- Wiltshire Farms/Homecare Foods

Press Release

TRAVEL

Dublin Bus will run free shuttle bus services from Dún Laoghaire DART Station and Ballinteer Community School to the Pavilion, Leopardstown Racecourse. To book these services go to: <https://www.eventbrite.ie/e/dlr-age-well-expo-2019-tickets-61519078219> The 114 and 118 bus routes both have stops within 1.5km of the venue.

The LUAS offers a regular service to Sandyford station. The Pavilion, Leopardstown Racecourse is a short walk from the Sandyford station on the LUAS Green Line. An Garda Síochána will operate a feeder bus to the event from the Sandyford Luas Stop from 11am to 5pm.

To reach the Pavilion, Leopardstown Racecourse from the M50 take exit 15 (cross the flyover if coming from south) and follow the signs for Leopardstown Racecourse. Parking is free. From Dublin City Centre take the N11 (Stillorgan dual carriageway) heading towards the southeast, past Stillorgan. Turn right at traffic lights onto Leopardstown Road R113 signposted Leopardstown. Continue straight and Leopardstown's entrance is on the left just before the traffic lights.