

# Nás na Ríogh Housing Association

Bringing Older Persons to the Heart of a  
Vibrant Community

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- Nás na Ríogh Housing Association (NnRHA) is a voluntary, not-for-profit association with charitable status and is affiliated to the Irish Council for Social Housing
- It is managed by a voluntary board of directors
- The NnRHA development is located at McAuley Place in Naas, Co Kildare

# NnRHA's development at McAuley Place, Naas

- 53 apartments in the centre of Naas town
- Community Centre
- Arts and Culture Centre
- Tea Rooms ('The Convent Tea Rooms')
- Volunteer Centre
- Plans for a Health through Learning Centre and Garden













# Community Centre





# Interior of Community Centre



# Arts and Culture Centre



# The Convent Tea Rooms



# Proposed Health through Learning Centre



# Garden









DATE April 12<sup>th</sup> 2010

Pay to the order of Nas Na Rugh Housing Association  
One thousand five hundred and fifty four euro 55 cents

€1554.55



The Girls Team.  
Big Big Bazaar.















# Expectation of the unexpected!





# Quotes from volunteers at McAuley Place

- *It keeps the mind right.*
- *I enjoy the banter with the staff.*
- *It is a lovely, bright and cheerful place to volunteer in.*
- *It is great to have interaction with people in the Tea Rooms, it gives me confidence talking with older people.*
- *It was great to have the opportunity to bake, to learn new skills.*
- *I would say hi to old people if I pass them on the street now. I used to feel they were looking and judging.*
- *Before I became a volunteer I used to hear the word "community", I didn't know what it really meant. Through all of this my world has become bigger and better.*
- *I see all ages mixing in my community cafe and want this to happen everywhere.*

# Comments from participants in the Community Arts Project

- *We all have our own little things. You're getting my inner thoughts. The happiness I felt in this place is wonderful. This should continue. There are so many people missing something.*
- *I love this place. It's a very peaceful place.*
- *I had no grounding. This is a lovely space to come to.*
- *You can wander in, wander out. It's so creative.*
- *It would encourage you to be creative. Through the weeks here, it's encouraging. I've met so many young people here!*
- *This make me feel a lot better, I'm not taking my worries home with me.*

# Comments from Tenants

- I have halved my pain medication since I moved in here.
- There are so many things to do here. It is great.
- I am secure in a cocoon of acceptance of being afraid.
- My brother would not be alive today if he had not moved in here.

