

Tallaght Library contd

Friday 8th September 11am-12pm Shane Carthy Talk on Overcoming Depression

Former All-Ireland winning Dublin GAA player and author of "Dark Blue", Shane Carthy, speaks to young adults about his personal struggle with depression during the height of his success. In the time since 'Dark Blue's publication, Carthy has been a vocal proponent of mental health, and has visited schools around the country to educate young people, as well as dispel the various myths surrounding mental illness. **School Event: This event is not open for booking to the public.**



Saturday 9th September 10:30am – 12pm Discover health magazines on Libby!

Enjoy a tea or coffee in the library while we show you how to use your phone or tablet to access a range of free magazines on the Libby app. It's all free with your library card. Bring your own device if you have one but if you don't, we can show you on a library tablet.



Mobile Library

Ph (01) 459 7834 email: mobiles@sdblincoco.ie

Monday 28th August 11am - 3pm

The Irish Heart Foundation will offer free blood pressure and pulse checks for staff working in the Square Industrial Complex, Tallaght. This event is not open to the public for booking.

Friday 1st September 11am – 2pm

The Irish Heart Foundation will offer free blood pressure and pulse checks at Bawnogue Youth & Community Centre. Operating on a walk-in basis.

28th September Cool School Foods will visit Clonburris NS. This event is not open for booking.

Palmerstown Hub

Ph (01) 467 8909 email: ptowndigihub@sdblincoco.ie

Thursday 14th September, 12pm, All About Coeliac Disease

Learn about the dos and don'ts of managing your gluten-free diet or that of your family members along with the latest science from Sarah Keogh, dietician with the Coeliac Society of Ireland. Tea/coffee and gluten-free treats from 11.30am. Booking via www.palmerstownlibrary.eventbrite.ie or in the library.



Wednesday 30th August 11am – 3pm Irish Heart Foundation Heart Health Checks

Call in for free blood pressure and pulse checks with the Irish Heart Foundation. Mobile health unit will be outside the library operating on a walk-in basis.



Healthy Ireland at your Library

The Healthy Ireland at Your Library service is available in all local libraries across the country



Events 2023



North Clondalkin Library

Friday 8th Sept 10.00am Suicide Awareness Safe TALK by Karin Jonsson.
safeTALK is an internationally recognised half-day training programme that prepares participants to recognise and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources. Booking at the desk in NCL or on our Eventbrite page from August 28th.



Monday 11th September: Jackie Farrell: Creative Mindfulness & Wellbeing Workshop for TY students. 10am one hour workshop.

Introducing mindfulness & well-being in a fun & creative way. Share lots of skills & tools to help with anxiety, worry, fear etc & ways to help deal with the normal stresses of everyday life! Bring in elements of self-compassion, easy- to- implement practices & speak about how mindfulness & meditation can support overall well-being & help build resilience. Include a little about the science of mindfulness, neuroplasticity & ways we can tame our inner critic!
This is a school event and is not open for booking.

Tuesday 12th September: Luke Clerkin: workshop to discuss the mental health challenges faced by Luke and his journey to wellness.

Talk by Luke, Q+A, music performance and creative writing workshop 10.00am to 1.00pm. ***This is a school event and is not open for booking.***



30th August; 6th and 13th September 6.45pm: Meditation Wednesdays
All Welcome.



Thursday 31st August 11am – 3pm Irish Heart Foundation Heart Health Checks

Call in for free blood pressure and pulse checks with the Irish Heart Foundation. Mobile health unit will be outside the library, please check in for a 10-minute slot at the main desk. All welcome.



NCL Library: Liscarne Close, Rowlagh, Dublin 22, D22 E2Y2
Ph: (01) 414 9269 Email: ncl@sdblincoco.ie

Tallaght Library

Monday 28th August 11am – 3pm Irish Heart Foundation MHU

Call in to Tallaght Library for free blood pressure and pulse checks with the Irish Heart Foundation. Please check in for a 10-minute slot at the main desk.



Tuesday 29th August 11am – 12pm Mindful Stitching Workshop with Kim Jenkinson

Join Kim Jenkinson for this mindful stitching workshop, using simple stitches on embroidery hoops to create pattern and colour as a slow and meditative experience. Booking on talib.eventbrite.ie from 21st August.

Saturday 2nd September 11am – 12pm Relaxing Manga Portrait Workshop for Teens

Experience calm and creativity at this workshop with manga artist, Shota Kotake. Suitable for 12 years+. Booking on talib.eventbrite.ie from 26th August.



Wednesday 6th September 10:30am – 11am Tovertafel Demonstration with the Tallaght Stroke Survivors Support Group

The Tovertafel at Tallaght Library challenges target groups to develop or maintain their skills in a fun and playful way. To request more information or a demonstration for your group, contact us at talib@sdblincoco.ie

Thursday 7th September 6-8pm Boxercise for Young Adults

Kick-start the 23/24 school year with some boxercise fitness fun with School Fitness Ireland! Three sessions available. Age 12-17. Booking on talib.eventbrite.ie from 24th August.



County Library, Library Square, Tallaght, Dublin D24 A3EX
Tel: (01) 462 0073 Email: talib@sdblincoco.ie

Clondalkin Library

Date: 28th August, Time: 11am-3pm Irish Heart Foundation Heart Health Checks.

Call in to Clondalkin Library for free blood pressure and pulse checks with the Irish Heart Foundation. Please check in for a 10-minute slot at the main desk or call the library on 01 – 459 3315.

High blood pressure which is a major cause of stroke and heart attack is one of the most prevalent risk factors in the population and one which once identified is very manageable. A blood pressure check is a simple quick and non-invasive test that could prove lifesaving!

Any individual having a blood pressure check must be over 18.

Date: 18th September Time: Do you want to maximise your performance in sport?

On 18th September Dr Aoife Quinn will speak to a local secondary school to give an introduction to sport psychology. This interactive workshop will look at topics including confidence, concentration and anxiety along with helpful tips and tricks to help you perform at your best in sport.

School Event: This event is not open for booking to the public.



Lucan Library



13th September 7pm-8.30pm. Migraine, it's not just a headache.

Did you know that Migraine is a complex neurological condition? Over 600,000 people in Ireland have Migraine. Many people who don't understand migraine believe it is "just a headache" but in truth it is so much more. On Wednesday 13th September at 7pm the team from Migraine Ireland will give a presentation called "Migraine, it's not just a headache".

During the talk they will endeavour to explain why migraine is way more than a simple headache but rather a complex neurological disorder with many different facets for the individual especially in their place of work. The presentation will cover a lot of detail including an explainer on what migraine is, symptoms and phases of migraine, migraine triggers and medications. The Migraine Association will also share recent research on the impact of migraine on the workplace. The presentation will be given by Migraine Ireland CEO Pascal Derrien and Naomi Thornton Migraine Nurse.

Migraine Ireland is Ireland's only patient charity who provide support, education, awareness, and reassurance to migraineurs nationwide. Booking for this event is through Lucan Library Eventbrite from September 1st at 10am.

Wednesday 30th August 11am – 3pm Irish Heart Foundation Mobile Health Unit

Call in to Lucan Library for free blood pressure and pulse checks with the Irish Heart Foundation. Please check in for a 10-minute slot at the main desk. Booking will take place from Monday 21st August at the library desk.



Clondalkin Library: Clondalkin Library, Monastery Road, Clondalkin, Dublin D22 XPO3
Tel: (01) 459 3315 Email: clondalkin@sdblincoco.ie

Lucan Library: Lucan Shopping Centre, Newcastle Road, Lucan, Dublin K78 V295
Tel: (01) 6216422 Email: lucan@sdblincoco.ie

Castletymon Library

Collage Journaling Workshop (2 part) Mon 28th & Wed 30th Aug - 12:00pm

Learn collaging and journaling techniques in this relaxing two-part workshop. Create mementos, a memories archive or simply a beautiful artwork over the course of two days. All materials will be provided however feel free to bring your own materials, papers, holiday souvenirs: ticket stubs, brochures, maps, photos and writing to be used in your artwork if you wish to have a more personalised piece.

Suitable for adults - Booking on Eventbrite from Monday 21st August 10am



Mindfulness and Relaxation (2 Part) Tues 29th Aug & Tues 5th Sep - 10am

A two part session of relaxation and mindfulness with Sarah Tully. Leave the library in a state of zen, and take some well deserved techniques for mindful living away with you. Suitable for adults - Booking on Eventbrite from Monday 21st August 10am



Yoga and Storytime Sat 2nd Sep 2pm

Join Laura Heslin for a unique and relaxing storytime with a twist. Incorporating yoga, relaxation and mindfulness into the storytelling, your little ones are in for a treat with this event! Suitable for ages 3 to 9 - Booking on Eventbrite from Friday 25th August 10am



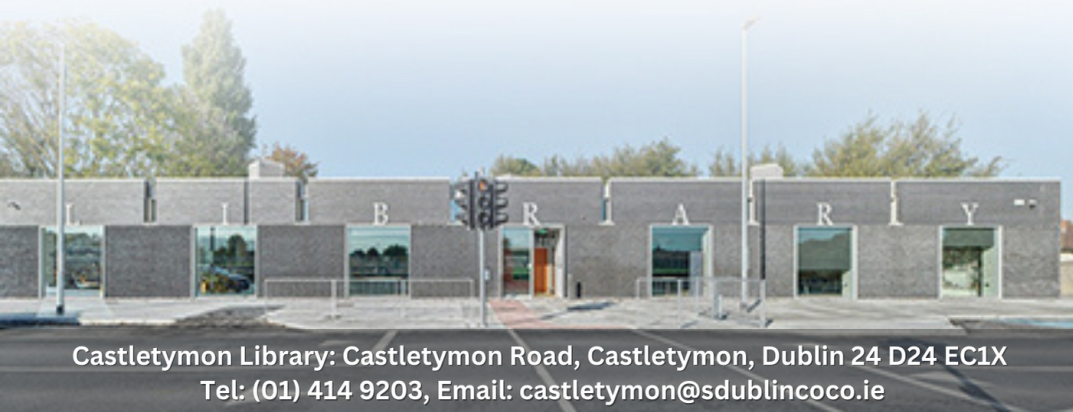
Rhythm in Your Soul - Drumming Workshop Sat 9th Sep 11am

Anybody who has been to a drumming workshop with Thomas Annang knows how invigorating they are! Come along for an afternoon of rhythmic soul food. Suitable for all ages, children must be accompanied by an adult - Booking on Eventbrite from Friday 1st September 10am



Irish Heart Foundation Mobile Health Unit Friday 1st September 11am – 3pm

Call in to Castletymon Library for free blood pressure and pulse checks with the Irish Heart Foundation. Please check in for a 10-minute slot at the main desk.



Castletymon Library: Castletymon Road, Castletymon, Dublin 24 D24 EC1X
Tel: (01) 414 9203, Email: castletymon@sdblincoco.ie

Ballyroan Library

Tuesday 5th Sept 6.30pm Managing Anxiety for Teenagers with Fiona Hall

Are you a teenager struggling with anxiety? Are you a parent concerned about your child's mental health? Join us at Ballyroan Library for a talk on managing anxiety, where both teens and parents are welcome. Fiona Hall MIACP will outline practical daily steps teenagers can take to help adjust their mindset, reduce stress factors and lower anxiety levels. Learn how to identify triggers, calm your mind and manage difficult emotions. Booking on Eventbrite from Tuesday 29th August.



Friday 1st Sept 2.00 – 4.00pm Back to School Healthy Smoothies, with the Smoothie Bike in collaboration with South Dublin County Partnership.

Have fun, and keep fit, while making a delicious smoothie! All welcome, no booking required.

Tuesday 29th August 11am – 3pm Irish Heart Foundation Heart Health Checks

Call in for free blood pressure and pulse checks with the Irish Heart Foundation. Mobile health unit will be outside the library operating on a walk-in basis



Ballyroan Library: Orchardstown Avenue, Rathfarnham, D14 VY33,
Ph: (01) 494 1900, Email: ballyroan@sdblincoco.ie