

Seachtain na Sláinte agus na Folláine Health and Wellbeing Week


29th September to 5th October 2014



**GET YOUR ASS
OFF THE COUCH**



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A week long event of activities for everyone!



Health and Wellbeing Week 2014

Mayor's Introduction

Tá an-áthas orm an bróisiúr ar an tSeachtain na Sláinte agus na Folláine a sheoladh agus ba mhaith liom aitheantas agus buíochas a thabhairt do na gníomhaireachtaí agus na heagraíochtaí rannpháirteacha go léir ar fud an Chontae.

Ba mhaith liom gach duine a spreagadh le bheith rannpháirteach sna himeachtaí atá beartaithe agus le cabhrú ionas go n-éireoidh le Seachtain na Sláinte agus na Folláine i mbliana.

Is iontach an deis í seo d'óg agus d'aosta páirt a ghlacadh i ngníomhaíochtaí agus in imeachtaí go leor a chuidíonn leis an duine a bheith sláintiúil, folláin.

I am delighted to introduce the Health and Wellbeing Week Brochure and I would like to acknowledge and thank all participating agencies and organisations throughout the County.

I would encourage everyone to get involved in the planned activities and to help make Health and Wellbeing Week 2014 a success.

This is a great opportunity for young and old to participate in a range of activities and events which encourage Health and Wellbeing.



Chief Executive's Message

The development of Health and Wellbeing Week for South Dublin County follows a collaborative process among partner agencies developing a shared vision and awareness of the many services and facilities available to our citizens. Health and Wellbeing is one of the major challenges faced by all public and private organisations. Healthy minds and bodies are essential to enjoying complete physical, mental and social wellbeing. Local authorities play a critical role in protecting and promoting wellbeing at local level and this is particularly so in disadvantaged areas. South Dublin County Council is very conscious of its role in this regard, and continues to maintain the well being of its citizens as a priority objective of service delivery.

The Healthy Ireland Framework 2013-2025 states "The impact of positive social interaction cannot be underestimated. Social Interaction and supporting social connectedness and involvement in community life are a keystone to empowering people at the individual level and building strong communities for health and wellbeing."

This week will give people at risk of exclusion opportunities to get out and get involved in activities, and develop improved awareness of physical and mental wellbeing.

We believe that our first Health and Well Being Week is an investment in people that will deliver much longer term benefits. This planned week of activities will be an integrated part of our policy and approach to ensuring good quality of life for all our residents in South Dublin County into the future.

Monday, 29 September

11.00 am

Launch of Health and Wellbeing Week by Mayor Fintan Warfield

Mayor Fintan Warfield will launch the week by welcoming primary school children representing each corner of the county to participate in a physical activity challenge in Tallaght Stadium. This will include a walk followed by various sporting activities.

Venue: Tallaght Stadium, Whitestown Way, Tallaght

Contact: Alison Silke or Paula Swayne **Tel:** 01 414 9270

9.00 am – 4.30 pm

Understanding your mental health (Booking is essential)

This one day interactive workshop is part of our programme of Capacity Building in Youth Mental Health for professionals and volunteers working with Young People.

Venue: Knockmitten Youth and Community Centre

Contact: Amy Barr, Project Assistant, Jigsaw Clondalkin **Tel:** 01 538 0087

9.00 am – 8.00 pm

An Insight into Other Cultures Photographic Exhibition

Mayor Fintan Warfield and Minister Aodhán Ó Ríordáin, Minister of State at the Department of Justice and Equality, and Arts, Heritage and the Gaeltacht, with special responsibility for Equality, New Communities and Culture, will officially open the exhibition at 5.30 pm on Monday, 29 September. The Photographic Exhibition has been compiled by the South Dublin Migrant Integration Forum. In the pictures we have tried to capture a flavour of the culture, food and activities in countries all over the world.

Venue: County Library, Tallaght

Contact: Deepesh Man Shakya **Tel:** 086 195 4380

9.00 am

Bizzy Bee Activity Programme

This is a series of activities for the classroom to get pupils moving on the spot. Children take part in the activities from their desk or in the school yard using the available space around them. The activities which take 10 minutes and will focus on strength, flexibility and aerobic fitness.

Venue: Primary Schools – County Wide

Contact: Alison Silke or Paula Swayne **Tel:** 01 414 9270

Monday, 29 September

9.00 am

Photographic Exhibition: Social Inclusion through Community Gardening

Three Community Gardens were established in South Dublin County to provide a space for people at risk of exclusion, each with a particular focus on migrants, disabled people and those experiencing long term unemployment. The gardens are situated in Sean Walsh Park, Tallaght and Corkagh Park, Clondalkin. Horticultural Therapy is a preventive tool and there are proven benefits to the physical, mental and emotional wellbeing that comes from using gardening as a healing or therapeutic process. The project has been shortlisted for Chambers Ireland Excellence in Local Government Awards.

Fresh produce from the gardens will be on display in the reception area, County Hall, Tallaght.

Venue: Reception area, County Hall, Tallaght

Contact: Maria Finn or Sandra Hickey **Tel:** 086 380 3060 or 01 414 9270

10.00 am – 3.00 pm

Free Heart Health Check with the Irish Heart Foundation (*Booking is essential*)

A nurse from the Irish Heart Foundation will offer free heart health checks. This will include carbon monoxide monitoring for smokers and blood pressure testing. Advice will be available on the positive steps we can all take to improve our heart health.

All participants need to book in advance, each session lasts about 15 minutes.

Venue: Lucan Library

Contact: Catherine Gallagher **Tel:** 01 621 6422

12.30 pm - 2.30 pm

Health Literacy Workshop

Health literacy is about communicating health information clearly and understanding it correctly. It is relevant at all levels of healthcare and is an issue for everyone. Even where a person has a high level of literacy, their level of health literacy can be low depending on a number of factors. Health literacy is therefore about mutual understanding between the patient and the practitioner.

The workshop aims to introduce health literacy and explore practical strategies to communicate health messages more clearly.

Venue: HR General Training Room County Hall, Tallaght

Contact: Helen Ryan, National Adult Literacy Agency **Tel:** 01 412 7919

Monday, 29 September

1.00 pm

Healthy Eating with Liz Griffin

This taster session is an introduction to the Healthy Food made easy programme. We will look at the food pyramid and recommend portion sizes. It is practical and fun and everyone can participate.

Venue: County Library, Tallaght

Contact: Rosena Hand **Tel:** 01 462 0073

7.00 pm

Positive Ageing: A talk by Professor Des O'Neill

Although it is something that affects all of us, directly or indirectly, ageing can often be perceived negatively. Professor Des O'Neill will outline not only the challenges that can arise from ageing but also how active and rewarding life can continue to be in old age.

Professor Des O'Neill is a consultant geriatrician (a doctor who specialises in the health of older people) at Tallaght Hospital. He writes regularly in the Irish Times and is the author of Ageing and Caring.

Venue: Ballyroan Library, Rathfarnham

Contact: Ann Dunne **Tel:** 01 494 1900

7.00 pm

Aware: Promoting Positive Mental Health

This informative talk by Drew Flood from Aware will focus on how Aware, through its extensive services, offers support and practical help and advice to people who have

- personal experience of depression; or
- concerns about a family member, friend or colleague.

He will outline the various programmes offered by Aware, one of which is the Life Skills group programme. The Life Skills group programme is a cognitive behavioural therapy programme which is effective for mild to moderate depression, stress and/or anxiety.

Venue: Palmerston Library

Contact: Siobhán McCrystal **Tel:** 01 651 8129

7.00 pm – 9.00 pm

Mental Health Awareness Seminar for Sport Coaches and Sport Clubs

Venue: Tallaght Stadium, Whitestown Way, Tallaght

Contact: Thos McDermott **Tel:** 01 414 9270

Tuesday, 30 September

10.30 am – 1.00 pm

Healthy Food Made Easy (*Booking is essential*)

This six week course is aimed at supporting people who are interested in healthier eating, particularly where cost is a consideration.

Venue: St. Mark's Youth and Family Centre, Cookstown Lane, Tallaght

Contact: Maria Finn or Sandra Hickey **Tel:** 01 414 9270 or 086 380 3060

12.00 pm

Radio Show hosted by Phoenix Clubhouse

A live outside broadcast with West Dublin Access Radio 96fm. Please tune in to hear a positive news story for those living with the challenges of mental health. Everybody is welcome to visit the clubhouse on the day (8.30 am to 4.00 pm).

Venue: Phoenix Clubhouse, 96 Monastery Road

Contact: Niamh Coady **Tel:** 01 467 0632

1.00 pm – 2.30pm

Looking after our mental health as we age with Nevidita Das, Clinical Nurse Manager with Bloomfield Health Services (*Booking is essential*)

A lunchtime talk on how to maintain good mental health focusing on the specific needs of older people. This will be of interest to those providing services and caring for older people. Light lunch will be provided.

Venue: County Library, Tallaght

Contact: Sarah O' Gorman **Tel:** 01 414 9270

3.00 pm – 3.30 pm

Presentation of Prizes to Children

Mayor Fintan Warfield will present prizes to the children who participated in the Health and Wellbeing competition for Schools.

Venue: South Dublin County Council Chamber, County Hall, Tallaght

Contact: Maria Finn or Sandra Hickey **Tel:** 01 414 9270 or 086 380 3060

Tuesday, 30 September

3.30 pm

Active Storytelling for Children

When telling stories makes you active! Wear your runners and bring your water for a story telling session full of movement and fun!

Venue: County Library, Tallaght

Contact: Jackie Coady **Tel:** 01 462 0073

6.30 pm

Looking after Yourself in Stressful Times

In this talk Aoife Gallaher from Bloomfield Hospital will discuss maintaining good mental health, covering briefly depression and anxiety and focusing on developing coping skills.

Venue: Lucan Library

Contact: Catherine Gallagher **Tel:** 01 621 6422

7.00 pm

Oireachtas Soccer Team Versus Direct Provision Centre in Dublin

Soccer match to highlight issues around immigration and equality in Ireland.

Venue: Tallaght Stadium, Whitestown Way, Tallaght

Contact: Community Services Department, South Dublin County Council

Tel: 01 414 9270



Wednesday, 1 October

10.00 am – 1.00 pm

Tallaght Health Fair 2014

Annual Health Fair with over 50 information stands from health organisations National and local with opportunities for free tests such as blood pressure, sugar levels, heart rates, plus staff from HSE Primary Care Teams available to meet. This is a collaborative annual event supported by HSE, Health Promotion Unit, Fettercairn Community Health Project, South Dublin Partnership, South Dublin County Council and HSE Primary Care Teams.

Venue: Killinarden Community Centre

Contact: Catherine Heaney or Cathy Purdy **Tel:** 086 790 7778 / 086 820 2595

11.00 am

Yoga for Children

(Booking is essential. 16 children max.)

Children will discover yoga in this enjoyable and relaxing session. Suitable for schools (fifth and sixth class)

Venue: Castletymon Library

Contact: Mary Byron **Tel:** 01 452 4888

11.00 am – 1.00 pm

Grow Your Own Group

Open day at the garden promoting the health benefits of gardening.

Venue: Sean Walsh Park, Tallaght

Contact: Maria Finn or Sandra Hickey **Tel:** 01 414 9270 or 086 380 3060

1.00 pm

In my Room: The Recovery Journey as encountered by a Psychiatrist; with Jim Lucey

Many of us find it difficult to speak of the mind and care of the mind requires an ability to listen and to reflect. This inspiring talk by psychiatrist Jim Lucey will give you many moments of reflection as you journey with Jim's patients towards recovery, and will restore your faith in the human experience.

Venue: County Library, Tallaght

Contact: Rosena Hand **Tel:** 01 462 0073

Wednesday, 1 October

6.00 pm – 8.00 pm

Enneagram Talk by Geraldine Russell

This talk introduces you to the Enneagram which is a system for understanding yourself and others. The Enneagram describes how people have different ways of paying attention which give really different versions of reality. The benefit of knowing this system and your own style is that relationships and communication with others can be instantly improved.

Venue: Lucan Library

Contact: Catherine Gallagher **Tel:** 01 621 6422

6.30 pm

Eat Yourself Well: Simple Changes that can Transform your Life with Bernadette Bohan

When she was diagnosed with cancer for a second time, Bernadette Bohan took her health into her own hands, launching a one-woman health care regime that brought about her full recovery. In this talk Bernadette will share with the audience her programme for change that brings better health. At this event you will get solid information about disease prevention and learn how to:

- achieve sustainable weight loss,
- lower cholesterol,
- relieve painful arthritis,
- improve energy levels,
- reduce sugar cravings, and
- overcome heart disease and cancer.

Bernadette Bohan is widely known for her books, appears frequently on television and is a popular lecturer on health and lifestyle issues.

Venue: Clondalkin Library

Contact: Siobhán Bermingham **Tel:** 01 459 3315

6.30 pm – 8.30 pm

MoJo Men's Shed Open Evening

Venue: Ardmore Community Centre, Tallaght

Contact: Derek McDonnell **Tel:** 087 660 0872

Thursday, 2 October

11.00 am - 12.30 pm Walk in Massey Woods (*Booking is essential*)

Two-hour walk for active retired people.

Venue: County Hall, Tallaght (Pick up Point)

Contact: Maria Finn or Sandra Hickey **Tel:** 01 414 9270 or 086 380 3060

11.00 am - 1.00 pm Global Intercultural Garden

Open day in the garden promoting the health benefits of gardening

Venue: Corkagh Park, Clondalkin

Contact: Maria Finn or Sandra Hickey **Tel:** 01 414 9270 or 086 380 3060

12.00 pm – 2.00 pm Smoothie Bike

A bicycle which blends smoothies and generates power from different devices, for example light bulbs, food processor, ipods and so on.

Venue: Reception Area, County Hall, Tallaght

Contact: Olivia Swayne, Canteen Manager **Tel:** 01 414 9000

12.15 pm – 1.00 pm Introductory Session to Mindfulness for Staff

Mindfulness involves deliberately bringing our attention into the present moment with open-hearted awareness and with an attitude of kindness towards ourselves. Developing Mindfulness helps us to find calm and stability in our relationships with ourselves and others in the midst of our busy, stressful lives.

Venue: HR General Training Room, County Hall, Tallaght

Contact: Maria Finn or Sandra Hickey **Tel:** 01 414 9270 or 086 380 3060



Thursday, 2 October

1.00 pm

Yoga Taster for Adults, with Aileen Gannon

Join us for an enjoyable and relaxing introduction to yoga. Booking is essential.

Venue: County Library, Tallaght

Contact: Rosena Hand **Tel:** 01 462 0073

2.00 pm

Mindfulness: A Practical Session; Facilitated by Sarah Tully (*Booking is essential*)

Peace and calm is within you! Learn how to access your own inner peace using relaxation techniques, mindful breathing, gentle movement and guided meditation.

Venue: Lucan Library

Contact: Catherine Gallagher **Tel:** 01 621 6422

6.30 pm

Looking after Yourself in Stressful Times (*Booking is essential*)

In this talk Aoife Gallaher from Bloomfield Hospital will discuss maintaining good mental health, briefly covering depression and anxiety, and then focusing on developing coping skills. All are welcome.

Venue: Clondalkin Library

Contact: Siobhán Bermingham **Tel:** 01 459 3315

Friday, 3 October

12.15 pm – 1.00 pm

Relaxing, Mindfulness Techniques and Auricular Acupuncture with Jennifer Watson (*Booking is essential*)

Relaxation technique (also known as relaxation training) is any method, process, procedure, or activity that helps a person to relax; to reach a state of increased calmness; reduce levels of anxiety and stress.

Mindfulness is a way of paying attention to our experience in the present moment in a non-judgemental way, to help calm the mind and integrate our energies.

In Auricular Acupuncture specific points on the ear are stimulated to promote health.

Venue: HR Conference Room, County Hall, Tallaght

Contact: Maria Finn or Sandra Hickey **Tel:** 01 414 9270 or 086 380 3060

8.00 pm – 9.30 pm

Evening of Traditional Irish music, song and dance (*adults only*)

Venue: Áras Chrónáin, Orchard Road, Clondalkin

Contact: Brian Ó Gáibhín **Tel:** 01 457 4847





Saturday, 4 October

10.00 am – 4.00 pm

Official Opening of Friarstown Allotments Extension, Bohernabreena

The South Dublin County Council allotment site at Bohernabreena has recently been extended. This extension has enabled us to allocate allotments to all people who were waiting for them. The project was funded by the European Union LEADER programme in association with the South Dublin Allotments Association.

There are a broad range of allotment holders at the Friarstown site including disabled and non disabled people and those who are unemployed and employed. The allotments provide a positive healthy experience for all.

The Official Opening Day will include a:

- tour of the allotments
- nature walk; and
- demonstration of food produced in the allotments

Venue: Friarstown Park, Bohernabreena

Contact: Michael Hannon **Tel:** 086 250 5789

10.00 am – 4.00 pm

Disability Inclusion Training

This sports coaching course is both theory and practical and is designed to give coaches, volunteers, development officers and so on ideas and inspiration to adapt their sessions to include disabled people.

Venue: Tallaght Leisure Centre **Cost:** €25

Contact: Janice Joyce or Thos McDermott **Tel:** 01 414 9270

LOOKING AFTER YOUR HEALTH

Are you zapped of energy or feel your body could use a health kick? Maybe you're just curious about your diet?

If so, visit Compass Group Nutritionist Niamh Devaney who will be on-site October 1st to offer nutritional advice and answer any of your questions.

You can follow your kick-start the next day by taking the *Smoothie Bike Challenge*. Using pedal power you can whizz up your own delicious smoothie!

We'll be showcasing lots of suppliers throughout the week, promoting nutritious and healthy products. Drop by to see us any time!



Sunday, 5 October

2.00 pm – 5.00 pm

Closing Event – 10 km run with the Laurels Charity Crew

Mayor Fintan Warfield will attend The Laurels Run at Corkagh Park which will be in aid of the Ciaran Carr Foundation will start and finish at the entrance to Corkagh Park, Clondalkin (St. John's Estate entrance). Ciaran's tragic death while training with his club Round Towers GAA was attributed to what is commonly known as Sudden Adult Death Syndrome (SADS). The Foundation is a charity committed to preventing sudden cardiac death in our community.

The entry fee is €25 per person. All monies raised will go to the purchase of defibrillators which will be installed at key points around the area. There will family fun activities on the day.

For more information visit: www.ciarancarrfoundation.ie

Contact: Community Services Department, South Dublin County Council

Tel: 01 414 9270





South County Dublin Leisure Services

Why Exercise?

- to have fun and meet friends.
- to increase healthy life expectancy.
- to improve mobility for daily living.



Senior Specials Include:

Living the Life Fitness Class & Activities

Clondalkin Leisure Centre:	Thursday 11am. Cost €3 (Includes Tea/Coffee)
Tallaght Leisure Centre:	Thursday 11am. Cost €3 (Includes Tea/coffee)
Lucan Leisure Centre:	Wednesday 12pm. Cost €3

Senior Swim/Sauna & Steam:

- Clondalkin Leisure Centre: Monday & Friday 10.30am. Cost €2
- Tallaght Leisure Centre: Monday & Wednesday 10.30am. Cost €2

Active Age Membership:

Discounted membership rates include the use of the gym/pool and all timetabled fitness and Aquafit classes and personalized fitness programme.

For further information contact:

Clondalkin Leisure Centre.	www.clondalkinleisure.com
Lucan Leisure Centre.	www.lucanleisure.com
Tallaght Leisure Centre.	www.tallaghtleisure.com





UPCOMING EVENTS

Wednesday, 10 September

7.00 pm

World Suicide Prevention Day

This is an opportunity for everyone to place a remembrance ribbon in memory of those who have died through suicide.

Venue: Remembrance Garden, Rowlagh Church, Clondalkin

Monday, 15 September

10.00 am – 12.30 pm

Ageing with confidence

This is a short course designed with you in mind. It will help you to explore aspects of your new life now that you are a little older and to find an answer to the question 'What's next for me?'

Venue: Clondalkin Health House, 4 Neilstown Crescent, Clondalkin, Dublin 22

Contact: Anne Troy **Tel:** 01 457 0665

Wednesday, 24 September

2.00 pm – 4.30 pm

Wellness Recovery Action Plan (WRAP)

Throughout our lives we experience many major changes. WRAP helps to plan ahead, so you have a sense of direction and control and a practical plan to help you maintain good mental health and wellbeing when times get tougher.

Venue: Clondalkin Health House, 4 Neilstown Crescent, Clondalkin, Dublin 22

Contact: Anne Troy **Tel:** 01 457 0665

Thursday, 25 September

10.30 am – 1.00 pm

Healthy Food made easy (Booking is essential)

This six-week course is aimed at supporting people who are interested in healthier eating, particularly where cost is a consideration.

Venue: The Healthy Living Centre, 4 Neilstown Crescent, Clondalkin

Contact: Liz Griffin, South Dublin County Partnership **Tel:** 01 457 0665

Wednesday, 8 October

2.00 pm – 5.00 pm

Seminar for Secondary School Teachers about participation in sport

Venue: Citywest Hotel, Saggart

Contact: Thos McDermott **Tel:** 01 414 9270



ADDITIONAL INFORMATION

Community Garden for Unemployed People in Sean Walsh Park, Tallaght

This is a horticultural programme for people who are unemployed. The main activity of the group is growing vegetables, fruit, plants and maintaining the garden. It is a great garden with a small community of local gardeners. New members are very welcome.



For further information please contact:

Maria Finn, Social Inclusion Officer, Social Inclusion Unit,
Community Services Department
Tel: 01 414 9270 and 086 380 3060

Garden for all Seasons in Sean Walsh Park, Tallaght

South Dublin's Social Inclusion Unit and Parks Department have worked closely with Menni Services in Tallaght (connected to St. John of God) towards the creation of a Sensory Garden in Sean Walsh Park. The clients of Menni Services (disabled adults mainly from the Tallaght Area) are using the outdoor garden for horticultural therapy and instruction. It is an opportunity for disabled persons to participate in the creation and upkeep of a visually stimulating garden, and to grow their own fruit, vegetables and plants.



For further information please contact:

Sandra Hickey, Social Inclusion Unit,
Community Services Department
Tel: 01 414 9270 or 086 043 1779

Global Community Garden, Corkagh Park, Clondalkin

The Global Garden Project engages communities in South Dublin County area (including minority ethnic groups and unemployed groups) in a development education programme which raises awareness of the impact of climate change on global food production. The funding is part of the Trócaire Mobilising for Justice One Year Grants Scheme. The group have also developed a community garden in Corkagh Park, Clondalkin.



For further information please contact:

Maria Finn, Community Services Department
Tel: 086 380 3060 or 01 414 9270

South Dublin Gladiators

This is an inclusive sports club targeting young disabled people aged 4 to 14 years. The group meets every Monday evening from 6.00 pm to 7.00 pm in Collinstown Sports Complex. The young people take part in a number of different activities in a fun, safe and most importantly inclusive environment with the emphasis all the time on their ability.

For further information please contact:

Paula Swayne 086 8292 443 or Alison Silke 086 8516 669
Sports and Recreation Officers, South Dublin County Council

Phoenix Clubhouse

Phoenix Clubhouse is part of EVE. EVE is a programme within the HSE, whose primary ethos is to provide community based recovery-orientated programmes for adults who experience mental health difficulties, intellectual difficulties, Asperger's Syndrome, and physical and sensory impairments.

If you or anyone in your family would benefit from the support of Phoenix Clubhouse EVE, contact us today to arrange an appointment to visit and see if the Clubhouse can help you on your personal recovery journey.

Phoenix Clubhouse EVE/HSE,

96 Monastery Road, Clondalkin, Dublin 22.
Tel: 01 467 0632



Get on your Bike Cycling Programme for Older Adults

If your group is interested in learning to cycle or just want to get back on your bike.

For further information please contact:

Paula Swayne 086 8292 443 or Alison Silke 086 8516 669
Sports and Recreation Officers, South Dublin County Council

Boxercise

This is a great way of reducing stress and releasing aggression. Even though there is no physical contact, it enables you to feel in control of your body and more confident about protecting yourself if you are required to.

Boxercise is a great way to build self-esteem and respect in people who may be bullied or lack physical confidence.

For more information on Boxercise or if you or your groups are interested in taking part please contact:

Paula Swayne 086 829 2443 or Alison Silke 086 851 6669
Sports and Recreation Officers, South Dublin County Council



South Dublin County Sports Partnership (Link2BActive)

Link 2b Active is a programme initiated in South Dublin County Sports Partnership that offers unemployed people an opportunity to participate in sport and physical activity, regardless of their income limits. The project has been ongoing for the past three years.

Please visit our website www.sdcsp.ie for further information.



The stadium was built by South Dublin County Council and the anchor tenants are Shamrock Rovers Football Club.

Tallaght Stadium hosts several community events including a youth soccer skills programme. This gives them the chance to work with FAI development officers in the Stadium and show off their skills on the same pitch where many of them have watched the teams they support, play.

"Tallaght Stadium the home of sport in South County Dublin".

Crosscare

This is the Dublin Diocesan Social Support Agency which provides youth programmes across the South Dublin County Council area, through Ronanstown Youth Service, Clondalkin Youth Service, Lucan Youth Service and Tallaght Travellers Youth Services.



We run a varied programme of youth clubs, Comhairle na nOg groups, youth cafes, adventure sports groups, Garda Youth Diversion Projects, school based initiatives, arts and music projects, school transition projects, Arch clubs, drop-ins and Youth Information Services.

For further information contact your local service: Ronanstown 01 457 0363, Clondalkin 01 459 4666, Lucan 01 621 7640 and Tallaght 01 459 6692.

Greg Tierney, Senior Manager Youth Services, Crosscare, Holy Cross College, Clonliffe Road, Dublin 3 Phone: 01 836 0011 Mobile: 087 682 5081

South Dublin Libraries



South Dublin Libraries have a continuous focus on health and well-being for everyone throughout the year. Apart from regular talks and displays on all health issues, we also have online resources available via our website. Consumer Health Complete (CHC), provided by EBSCO, is accessible using your library card. This is the single most comprehensive resource for consumer-orientated health content. Also in our Online Research section you'll find our Re-Imagine Yourself resources and details of the Healthy Reading Scheme. For more information about all these resources, our library branches and to access the library catalogue, please visit www.southdublinlibraries.ie

European Mobility Week

This is an annual campaign on sustainable urban mobility. The aim of the campaign, which runs from 16 to 22 September 2014 and every year, is to promote sustainable transport measures. Citizens are invited to try out alternatives to car use. We need to cut out our reliance on the use of the car. Why not try some of South Dublin County Councils cycle/walking tracks during the week or look into public transport options, South Dublin is well served with Luas, Dublin Bus and many private bus operators.



For information on routes contact **seoroads@sdblincoco.ie**

World Heart Day

To raise funds for the Irish Heart Foundation, Council staff have organised a collection to take place on Monday 29 September in the reception area.

Corkagh Park Fairy Woods and Tymon Park Enchanted Walk

This is a joint project between South Dublin County Council and the Irish Fairy Door Company.

To find out more about the fairies living in Corkagh and Tymon Parks go to www.sdcc.ie

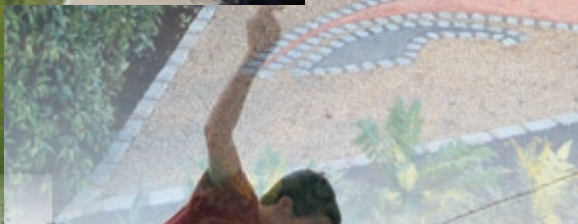
All Weather Pitches

South Dublin County Council have a number of all weather pitches available for hire for teams and groups. All sports are welcome.

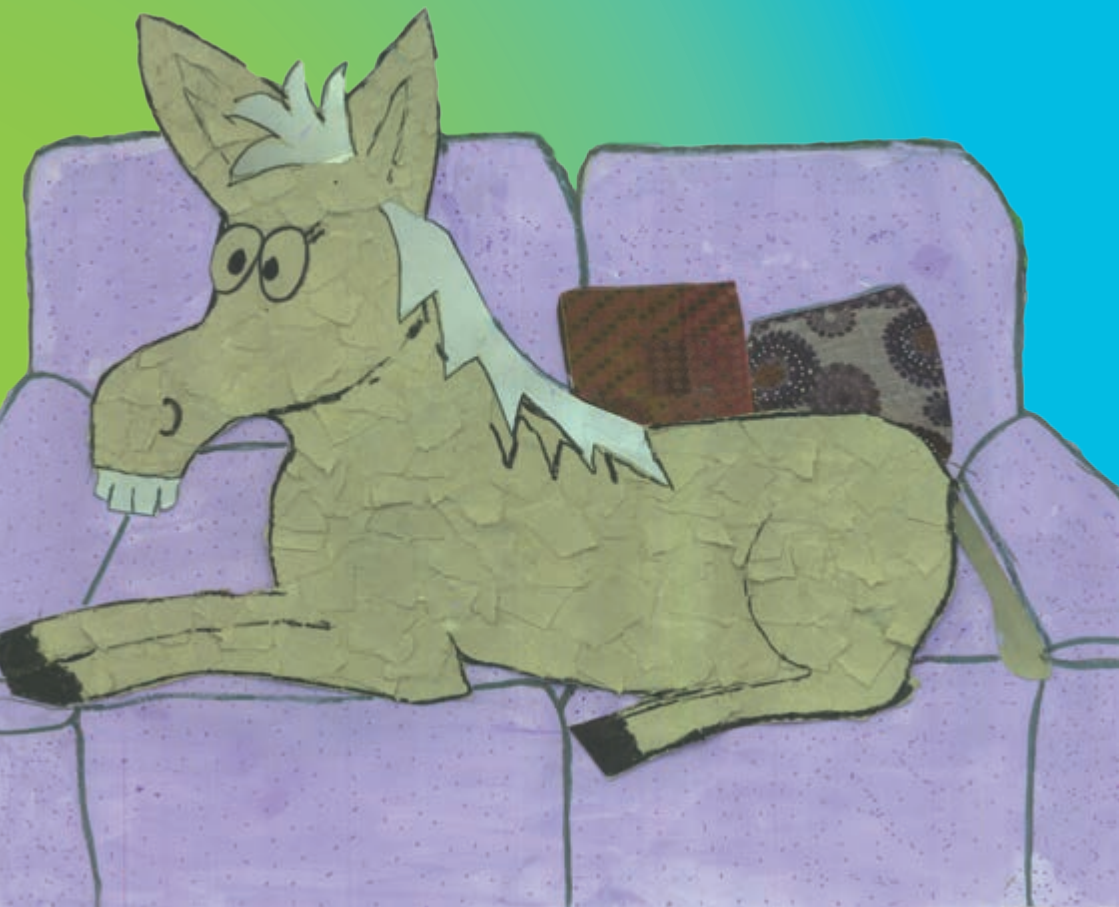
They are located at Clondalkin Leisure Centre, Tel: 01 457 4858 and Tallaght Leisure Centre, Tel: 01 452 3300.

Healthy Workforce Challenge for Council Staff 1 September to 8 November

What is healthy living? Do you want to take part in a challenge where you become more active and change what you eat to get the most out of life. Go to www.healthyworkforce.ie/southdublin



GET YOUR ASS OFF THE COUCH



Visit our website at www.sdcc.ie



[sdubincoco](https://twitter.com/sdubincoco)



[SouthDublinCountyCouncil](https://www.facebook.com/SouthDublinCountyCouncil)

