



Seachtain na Sláinte agus na Folláine Health and Wellbeing Week

14...19 September 2015

**Mental
Health**

**Physical
Activity**


Nutrition

See Centre Page For
Calendar Of Events

**Quick Guide
To The Week**

**GET YOUR ASS
OFF THE COUCH**

Visit our website at www.sdcc.ie

 #SDCCHealthAndWellbeing

 SouthDublinCountyCouncil



A week long event of activities for everyone!



Health and Wellbeing Week 2015

Mayor's Introduction

Tá an-áthas orm an bróisiúr a Seachtain na Sláinte agus na Folláine a shoelad agus ba mhaith liom aitheantas agus buíochas a thabhairt do na gníomhaireachtaí agus na heagraíochtaí rannpháirteacha go léir ar ud 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 encourage everyone to get involved in the planned activities and to help make Health and Wellbeing Week 2015 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

We believe that Health and Wellbeing Week is a great opportunity for South Dublin County Council and its partner agencies to raise awareness of the many services and facilities available to our citizens aimed at improved health.

Last year there were over forty events organised for Health and Wellbeing Week and approximately 8,500 people participated. A number of workshops that were delivered as part of the week are still ongoing including horticultural therapy and sports programmes.

The slogan for the week is "Get your ass off the Couch". The week is supported by Health and Wellbeing "Ambassadors" which include well known sports people, politicians and TV Celebrities.

The Health and Wellbeing of our population is a measure of our success as a society. As a local authority we influence physical and mental wellbeing through social inclusion events, as lead agency in of interagency initiatives, recreation activities, library services, employment creation, housing supply, community infrastructure and financial supports. South Dublin County Council is very conscious of its role in this regard and continues to promote the well being of our 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.

Sunday 13 September

Time: 10.00 am

Venue:
Dublin Mountains

Contact:
Alison Silke or Paula Swayne

Telephone:
01 414 9270

Family Mountain Trip

Come and enjoy a family day out in the Dublin Mountains!

Monday 14 September

Time: Daily

Venue:
County wide pre-schools

Contact:
Alison Silke or Paula Swayne

Telephone:
01 414 9270

Bizzy Break

Physical activity programme for pre-school children.

Time: 10.00 am - 12.30 pm

Venue:
Aras Rualach, Clondalkin

Contact:
Bernie Beatley

Telephone:
01 623 0574

Mandala Art and Meditation

Mandala is an ancient Sanskrit word meaning circle, or container for essence, energy and spirit. Creating a Mandala connects us with our true nature, centering us fully in the energy of the present moment. Experience clarity, harmony, peace and inner happiness as you work with your mandala.

Time: 10.00 am

Venue:
South Dublin County Council
Main Reception, Tallaght

Contact:
Maria Finn

Telephone:
01 414 9270

Photographic Exhibition

There are two community gardens situated in Sean Walsh Park with a particular focus on disabled people and those experiencing long term unemployment. Fresh produce from the gardens will be on display in the reception area of County Hall Tallaght.

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Monday 14 September

Time: 10.00 am

Venue:

South Dublin County Council
Main Reception, Clondalkin

Contact:

Sandra Hickey

Telephone:

01 414 9270

Photographic Exhibition

There is a community global garden situated in Corkagh Park, Clondalkin. Fresh produce from the garden will be on display in the reception area of Civic Offices, Clondalkin.

Time: 10.00 am - 12.00 noon

Venue:

Lucan Library

Telephone:

01 621 6422

Craft Group at Lucan Library

Come along for a chat, learn a new skill or pass on your skills to someone else! Taking part in arts and craft activities is both rewarding, relaxing and therapeutic.

Time: 10.30 am - 12.30 pm

Venue:

Whitechurch Library

Telephone:

01 493 0199

Music and Movement

A dance workshop for disabled adults. (In association with the W.E.B. Project).

Time: 11.00 am - 2.00 pm

Venue:

Tallaght Stadium
Whitestown Way, Tallaght

Contact:

Maria Finn, Alison Silke or
Paula Swayne

Telephone:

01 414 9270

Launch of Health and Wellbeing Week by Mayor Sarah Holland

Mayor Sarah Holland 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. Miriam O'Callaghan RTÉ Radio and TV Presenter, will be in attendance for the event.

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Monday 14 September

Time: 11.00 am

Venue:

County Library, Tallaght

Telephone:

01 462 0073

The Natural Facial

Come and learn to do the 'Natural Facial' making your own beautiful and natural skincare products. Because you're worth it! Booking is essential.

Time: 12.15 pm

Venue:

Clondalkin Library

Telephone:

01 459 3315

Tot2Teen Fitness

Get moving with Tot2Teen Fitness. A fun fitness session for primary school children with Alicia Kennedy.

Time: 1.30 pm - 3.30 pm

Venue:

Sean Walsh Park, Tallaght

Contact:

Maria Finn

Telephone:

01 414 9270

Medicinal Plants with Suzanne O'Neill

Medicinal benefits of a range of plants including herbs and weeds. Sow herb seeds to take home and learn how to maintain them.



Fact: Did you know that obesity levels in South Dublin County are below the national level. Thirteen percent of South Dublin County's citizens are obese, compared to 14% of the population of the Republic of Ireland.

Tip: Why not start keeping a food diary of what you eat each day - by doing this you will see what you are eating and perhaps some unhealthy eating habits that you can cut out of your daily diet. This is one simple step to prevent becoming overweight or obese.

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Monday 14 September

Time: 2.00 pm - 3.00 pm

Venue:

St. Mark's GAA
Springfield, Tallaght

Contact:

Sandra Hickey

Telephone:

01 414 9270

Ballroom Dancing

Monday 14 September to 19 October

A six week programme for beginners and intermediate dancers

Time: 2.00 pm - 3.00 pm

Venue:

Clondalkin Leisure Centre

Contact:

Sandra Hickey

Telephone:

01 414 9270

Tai Chi/Chi Gong Classes

Tai Chi is a fun and effective way to strengthen mind, body and spirit for young and old alike.

Time: 2.00 pm - 3.30 pm

Venue:

Dominics Community
Centre, Tallaght

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Reiki/Energy Healing

Reiki help reduces stress, improve health and increase energy levels. It is a safe gentle non intrusive healing process.

Time: 6.00 pm

Venue:

County Library, Tallaght

Telephone:

01 462 0073

BRI - Brain Injury Support Group

This monthly support group offers a listening ear, and an opportunity to share experiences and ideas. It allows us to support each other and to meet new people in similar circumstances.

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Monday 14 September

Time: 6.30 pm

Venue:

Rua Red
South Dublin Arts Centre
Tallaght

Contact:

Maria Finn

Telephone:

01 414 9270

Lecture by David Bobbett

In 2011, a routine medical revealed to David that his odds of suffering a heart attack had soared through the roof. David has applied his unique analytical brain to the subject and dedicated huge amounts of time and energy researching heart disease, its extent, its diagnoses, and its treatments. The results of his quest were startling and David is now on a mission to tell the world about his discoveries. He wants to tell the world that there is a better way of identifying and tackling heart disease.

Time: 7.00 pm

Venue:

Lucan Library

Telephone:

01 621 6422

Caring for Children with Special Needs

Join us for a discussion on supporting and caring for children with special needs. We will have an occupational therapist and a speech and language therapist for a questions and answers session followed by a discussion.

Time: 7.00 pm

Venue:

Ballyroan Library
Rathfarnham

Telephone:

01 494 1900

The Natural Facial

Come and learn to do the 'Natural Facial' making your own beautiful and natural skincare products. Because you're worth it! Booking is essential.

Mental
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Tuesday 15 September

Time: 11.00 am

Venue:

Palmerstown Library
Stewart's Hospital

Telephone:

01 651 8129

Storytelling Yoga with YoYo Yoga

YoYo Yoga is an exercise for the body and mind. A Yoga class is like a good story - it has a beginning, a middle and an end. Blending Yoga and Storytelling is a wonderful way for children to engage in literacy and language activity.

Time: 10.00 am - 1.00 pm

Venue:

Fettercairn Community
Centre, Kilmartin Crescent
Tallaght

Contact:

Catherine Heaney

Telephone:

01 459 0708

Tallaght Health Fair

Annual Health Fair with over 70 information stands from health organisations, both national and local with opportunities for free tests such as blood pressure, sugar levels and heart rates. This is a collaborative annual event supported by the HSE Health Promotion Unit, Fettercairn Community Health Project, South Dublin County Partnership Ltd, South Dublin County Council and the HSE Primary Care Health Teams.



Fact: 10% of South Dublin County residents suffer from high cholesterol.

Tip: There are a number of things you can do to help lower your cholesterol levels.

- Swap saturated fats in your diet for low fat or unsaturated fat alternatives;
- Try to eat a healthy diet, with plenty of variety and fibre;
- Introduce foods with added plant sterols to your diet;
- Maintain a healthy weight;
- Stop smoking and limit alcohol consumption.

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Tuesday 15 September

Time: 10.00 am

Venue:

Ballyroan Library
Rathfarnham

Telephone:

01 494 1900

Baby Massage

Baby massage is a wonderful experience shared between you and your baby. It provides numerous physical, psychological and emotional benefits for babies and the families who care for them. Bring this ancient practice into your family's life.

Time: 10.30 am -12.30 pm

Venue:

Whitechurch Library

Telephone:

01 493 0199

Get Juicy

Juicing is a great way to take in a healthier diet. Join us for a juicing demonstration and sampling. (In association with the W.E.B. Project)



Fact: 33% of South Dublin County residents are physically inactive, this is above the national level of 28%.

Tip: You do not have to exercise and work out for hours to be physically active. Try to aim for at least thirty minutes of moderate physical activity each day - keep it simple why not go for a walk or paced jog.

Mental
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Tuesday 15 September

Time: 11.00 am

Venue:

Áras Chrónáin
Watery Lane, Clondalkin

Contact:

Brian Ó Gáibhín

Telephone:

01 457 4847

Yoga Taster for Adults

Join us for a enjoyable and relaxing introduction to Yoga. Booking is essential.

Time: 11.00 am - 12.00 noon

Venue:

Jobstown Community Centre
Tallaght

Contact:

Mary Walsh

Telephone:

01 451 2871

Auricular Acupuncture with relaxing, mindfulness techniques

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 the Auricular Acupuncture specific points on the ear are stimulated to promote health by needle or stress beads.

Time: 11.00 am

Venue:

County Library, Tallaght

Telephone:

01 462 0073

Stroke Support Group

Information on dealing with the affects of a stroke. This monthly support group offers a listening ear and an opportunity to share experience and ideas.

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Tuesday 15 September

Time: 11.00 am - 1.00 pm

Venue:

The Farm, St. Mark's Youth and Family Centre, Tallaght

Contact:

Maria Finn

Telephone:

01 414 9270

Flower Arranging with Suzanne O'Neill

Learn how to arrange flowers in an artistic way.

Time: 11.00 am - 12.00 noon

Venue:

Rua Red
South Dublin Arts Centre
Tallaght

Contact:

Sandra Hickey

Telephone:

01 414 9270

Ballroom Dancing

Tuesday 15 September to 20 October

A six week programme for beginners and intermediate dancers.

Time: 11.00 am

Venue:

Lucan Library

Telephone:

01 621 6422

Acupuncture for Health and Wellbeing

Auricular Acupuncture is when specific points on the ear are stimulated to promote health by needle or stress beads. Booking is essential.

Time: 11.00 am - 1.00 pm

Venue:

Clondalkin Library

Telephone:

01 459 3315

Textile Book Crafts

An introduction to imaginative textile crafts for parents and pre-school children with Fiona Delaney. Learn to make a fabric book featuring characters from your child's favourite story or even from your own repertoire.

Mental
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Tuesday 15 September

Time: 11.50 am

Venue:

Áras Chrónáin
Watery Lane, Clondalkin

Contact:

Brian Ó Gáibhín

Telephone:

01 457 4847

Yoga Taster

Join us for a enjoyable and relaxing introduction to Yoga. Booking is essential.

Time: 12.00 noon

Venue:

Ballyroan Library
Rathfarnham

Telephone:

01 494 1900

Yoga for Babies with Jenny Kyne

This baby yoga is really relaxed and all about having some fun with your baby. You will learn a range of postures from gentle stretches to little swings and relaxed holds.



Fact: Did you know that 33% of South Dublin County citizens are smokers, this is above the national average of 29%.

Tip: If you are thinking of giving up smoking why not keep a 'smoking diary' this will help you recognise your smoking habits and identify when and where you are most likely to smoke. When you decide to quit this information will then help you better deal with these times without smoking.

Remember every day without smoking is better for your health.

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Tuesday 15 September

Time: 1.00 pm - 2.00 pm

Venue:

Rathcoole Community Centre

Contact:

Tricia O Halloran

Telephone:

01 458 6134

Ballroom Dancing

Tuesday 15 September to 20 October

A six week programme for beginners and intermediate dancers.

Time: 2.00 pm - 3.30 pm

Venue:

Dominics Community Centre
Tallaght

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Aromatherapy and hand massage

According to these principles, applying pressure to specific points on the hands can help to relieve pain.

For children aged 3 to 5 years old and their parent or guardian.



Fact: 12% of South Dublin County citizens have high blood pressure, this is below the national average of 13%.

Tip: To keep your blood pressure and cholesterol under control try to:

- Eat more fresh fruit and vegetables
- Have regular medical check-ups
- Cut down on salt in your diet
- Eat more high-fibre foods
- Avoid being overweight
- Choose lower fat foods
- Take regular exercise
- Limit alcohol
- Stop smoking
- Eat more oily fish like salmon, mackerel, sardines or tuna

Mental
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Tuesday 15 September

Time: 2.00 pm - 4.00 pm

Venue:

Tallaght Stadium
Whitestown Way, Tallaght

Contact:

Sarah O Gorman

Telephone:

01 414 9270

Whist Drive

Good for mind, body and soul.

Time: 2.00 pm - 3.30 pm

Venue:

Dominics Community Centre
Tallaght

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Laughing Yoga

A fun afternoon of gentle exercise and laughter.

Time: 2.30 pm - 3.30 pm

Venue:

Liscarne Day Centre
Clondalkin

Contact:

John O'Halloran

Telephone:

01 626 2679

Yoga and Stretching Classes

Yoga helps people to keep physically fit and manage stress-related problems. The practice of yoga can help you to find peace and a balanced mind.

Time: 7.00 pm - 9.00 pm

Venue:

Dominics Community Centre
Tallaght

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Introduction to Reflexology

A system of massage used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body.

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Wednesday 16 September

Time: 10.30 am - 12.30 pm

Venue:
Whitechurch Library

Telephone:
01 493 0199

Holistic Taster for Disabled Adults

Join us to experience holistic treatments such as massage, reflexology and hand massage for disabled people. (In association with the W.E.B. Project).

Time: 10.30 am

Venue:
Ballyroan Library
Rathfarnham

Telephone:
01 494 1900

Painting Demonstration by Morgan Gibbs

Join Morgan as he completes a painting from start to finish. Morgan will also highlight many health benefits of painting including improving mental and emotional capabilities as well as improved sensory and motor skills through regular painting. Booking is essential.

Time: 10.30 am - 11.30 am

Venue:
Rua Red
South Dublin Arts Centre
Tallaght

Contact:
Sarah O Gorman

Telephone:
01 414 9270

Tai Chi/Chi Gong Classes

Tai Chi is a fun and effective way to strengthen the mind, body and spirit for young and old alike.

Time: 11.00 am - 12.00 noon

Venue:
Clondalkin Leisure Centre

Contact:
Sandra Hickey

Telephone:
01 414 9270

Ballroom Dancing

Wednesday 16 September to 21 October

A six week programme for beginners and intermediate dancers.

Mental
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Nutrition

Wednesday 16 September

Time: 11.00 am - 12.00 noon

Venue:

Jobstown Community Centre
Tallaght

Contact:

Mary Walsh

Telephone:

01 451 2871

Bright Ideas for Enhanced Wellbeing

Come and enjoy a morning of how you can keep yourself young and open to new possibilities in your life.

Time: 11.00 am - 1.00 pm

Venue:

Dominics Community Centre
Tallaght

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Design Your Own Window Box

Introduction to winter flowers and how the colour can lift your mood on a winters day.

Time: 11.00am

Venue:

County Library, Tallaght

Telephone:

01 462 0073

Mindfulness for Adults

Developing Mindfulness helps us to find calm and stability in our relationships with ourselves and others in the midst of our busy, stressful lives.

Time: 12.00 pm - 2.00 pm

Venue:

Rua Red
South Dublin Arts Centre
Tallaght

Contact:

Sarah O Gorman

Telephone:

01 414 9270

Grandparents Day Off

Comedy performance by Al Porter followed by lunch.

Mental
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Wednesday 16 September

Time: 1.00 pm - 4.00 pm

Venue:

Áras Chrónáin
Watery Lane, Clondalkin

Contact:

Brian Ó Gáibhín

Telephone:

01 457 4847

Old Time Waltz

Afternoon of old time waltz, tea and scones.

Time: 2.00 pm - 4.00 pm

Venue:

An Cosan
Kiltown Village Centre
Jobstown, Tallaght

Contact:

Maria Finn

Telephone:

01 414 9270

NALA Health and Wellbeing for Life Programme

South Dublin County Council in partnership with the National Adult Literacy Agency are delivering an eight week course on Health and Wellbeing.

Time: 6.30 pm - 8.00 pm

Venue:

County Library, Tallaght

Telephone:

01 462 0073

The Hobby Hub

Taking part in arts and crafts activities is both rewarding and relaxing. There aren't too many things that are both enjoyable and healthy but arts and crafts fall firmly within both of these categories. Join the group, learn a new craft and meet new people too!

Time: 6.30 pm - 8.00 pm

Venue:

Lucan Library

Telephone:

01 621 6422

Mindfulness for Secondary School Children

Learn calming and relaxing techniques to use during the stresses of the Junior or Leaving Certificates and even during the general school year. Teens will learn and experience breathing techniques, self-massage, gentle movement, positive affirmations, relaxation and meditation skills as well as study and positivity tips.

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Wednesday 16 September

Time: To be confirmed

Venue:
Lucan Library

Telephone:
01 621 6422

Mindfulness for Adults

Bring calm and relaxation into your life. Mindfulness is a simple practice yet so effective in enhancing our lives and the lives of those around us.

Time: 7.00 pm - 8.00 pm

Venue:
Dominics Community Centre
Tallaght

Contact:
Deirdre Cleary

Telephone:
01 459 0770

Angel Meditation

We begin by taking in a very deep breath and inhaling all of the good energy from the angels and on the exhale, letting go of anything that could be stressing or bothering us.

Time: 7.30 pm

Venue:
Ballyroan Library,
Rathfarnham

Telephone:
01 494 1900

Mindfulness: An introduction with Patricia Pugh

This session gives participants a sense of what mindfulness is, why it is relevant in our lives now and how we practice it. Booking is essential.



Fact: In South Dublin County more children cycle or walk to school than are driven by car.

Tip: As well as encouraging children to walk or cycle to school it is important for them to be active after school too. Children should be physically active for at least 60 minutes each day. South Dublin County has a number of great parks, playgrounds, cycle ways and swimming pools where children can be physically active - so why not go kick a ball, throw a frisbee or just run around.

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Thursday 17 September

Time: 9.00 am - 1.00 pm

Venue:

National Basketball Arena
Tallaght

Contact:

Alison Silke/Paula Swayne

Telephone:

01 414 9270

Indoor Athletics Programme

Sporting Activities for Young People.

Time: 10.00 am - 2.00 pm

Venue:

Neilstown Community
Centre, Neilstown, Clondalkin

Contact:

Anne Troy

Telephone:

01 457 0665

Clondalkin Health Village

Interactive Health Fair. This will include food and healthy eating, community stalls, fitness and physical activity, children's health, mental health, personal health and older people.

Time: 10.30 am - 12.30 pm

Venue:

Whitechurch Library

Telephone:

01 493 0199

Taster Seated Yoga for Disabled Adults

A relaxing taster session of seated yoga...gentle movement and relaxation. (In association with the W.E.B. Project)

Time: 10.30 am

Venue:

County Library, Tallaght

Telephone:

01 462 0073

Excellence in Sports

Be inspired by a top line-up of sports people who have excelled in their field. Join George Hooke, Kenneth Egan, Marie-Louise Reilly, David O'Callaghan and more! This great panel of experts will be interviewed by Joe Kearney.

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Seachtain na Sláinte agus na Folláine

Health and Wellbeing Week

14...19 September 2015

Monday 14 September

● Bizzy Break

Mandala Art and Meditation

●● Photographic Exhibition

●● Photographic Exhibition

Craft Group at Lucan Library

Music and Movement

Launch of Health and Well Being Week

The Natural Facial

Tot2Teen Fitness

Medicinal Plants with Suzanne O Neill

● Ballroom Dancing

● Tai Chi/Chi Gong Classes

Reiki/Energy Healing

BRI - Brain Injury Support Group

Lecture by David Bobbett

Caring for Children with Special Needs

The Natural Facial

Sunday 13 September

Family Mountain Trip

Come and enjoy a family day out in the Dublin Mountains!

**Mental
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Tuesday 15 September

- **Storytelling Yoga with YoYo Yoga**
- **Tallaght Health Fair**
- **Baby Massage**
- **Get Juicy**
- **Yoga Taster for Adults**
- **Auricular Acupuncture with relaxing, mindfulness techniques**
- **Stroke Support Group**
- **Flower Arranging with Suzanne O'Neill**
- **Ballroom Dancing**
- **Acupuncture for Health and Wellbeing**
- **Textile Book Crafts**
- **Yoga Taster**
- **Yoga for Babies with Jenny Kyne**
- **Ballroom Dancing**
- **Aromatherapy and hand massage**
- **Whist Drive**
- **Laughing Yoga**
- **Yoga and Stretching Classes**
- **Introduction to Reflexology**



Wednesday 16 September

- **Holistic Tasters for Disabled Adults**
 - Painting Demonstration by Morgan Gibbs**
- **Tai Chi/Chi Gong Classes**
- **Ballroom Dancing**
- **Bright Ideas for Enhanced Wellbeing**
 - Design Your Own Window Box**
 - Mindfulness for Adults**
 - Grandparents Day Off**
- **Old Time Waltz**
- **NALA Health and Wellbeing for Life Programme**
 - The Hobby Hub**
 - Mindfulness for Secondary School Children**
 - Mindfulness for Adults**
 - Angel Meditation**
 - Mindfulness: An introduction with Patricia Pugh**

GET YOUR ASS OFF THE COUCH

Thursday 17 September

Indoor Athletics Programme

- ● Clondalkin Health Village
- Taster Seated Yoga for Disabled Adults
- Excellence in Sports
- Winter Flowering Plants with Suzanne
- ● Reducing your risk of Cancer
- Tai Chi
- ● Prevention of Cancer
- ● Living the Good Life
- Cycling for Beginners
- Aura - Soma Colour for the Soul

Friday 18 September

Mandala Art and Meditation

First Aid Course

- Taster Guided Relaxation and Mindfulness Techniques for Disabled Adults
- Storytelling Yoga with YoYo Yoga
- ● Prevention of Cancer
- Dioscó don Óige
- Oíche Rince Seite Ceoil agus Cairde

Saturday 19 September

- Closing Ceremony 10 km run with The Laurels Charity Crew

Tuesday 22 September

**Supporting PE and
Physical Activity in
our Primary Schools**

South Dublin County
Sports Partnership, in
partnership with Dun
Laoghaire Rathdown
and Kildare Sports
Partnerships





Thursday 17 September

Time: 11.00 am - 1.00 pm

Venue:

Corkagh Park, Clondalkin

Contact:

Maria Finn

Telephone:

01 414 9270

Winter Flowering Plants with Suzanne

Introduction to winter flowers and how the colour can lift your mood on a winters day.

Time: 11.00 am - 1.00 pm

Venue:

Newcastle Community Hall

Contact:

Sandra Hickey

Telephone:

01 414 9270

Reducing your risk of Cancer

Marie Keating Foundation will give a talk about cancer. Light Refreshments will be served.

Time: 11.00 am - 1.00 pm

Venue:

Dominics Community Centre
Tallaght

Contact:

Deirdre Cleary

Telephone:

01 459 0770

Tai Chi

Tai Chi is a fun and effective way to strengthen the mind, body and spirit for young and old alike.

Time: 12.30 pm - 1.30 pm

Venue:

Lucan Library

Telephone:

01 621 6422

Prevention of Cancer

Talk by the Irish Cancer Society on cancer prevention.

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Thursday 17 September

Time: 6.30 pm - 8.00 pm

Venue:
Clondalkin Library

Telephone:
01 459 3315



Living the Good Life

Grow your own healthy fruit and vegetables. Join Fiona Dillon food writer and author of Food from an Irish Garden in association with Clondalkin GIY Group.

Time: 7.00 pm - 9.00 pm

Venue:
Corkagh Park, Clondalkin

Contact:
Maria Finn

Telephone:
01 414 9270



Cycling for Beginners

Are you interested in learning some tips about better cycling? Just bring your own bicycle!

Time: 7.00 pm - 9.00 pm

Venue:
Dominics Community Centre
Tallaght

Contact:
Deirdre Cleary

Telephone:
01 459 0770

Aura - Soma Colour for the Soul

The colours and crystals restore, revitalise and rebalance ourselves at all levels.



Fact: 34% of South Dublin County citizens eat less than five portions of fruit or vegetables each day.

Tip: By having a portion of fruit or vegetable at every meal you will achieve the recommended daily allowance.

Fruit or vegetable sticks make the perfect snack for when you are hungry in the office or at home - why not keep your fruit bowl stocked? Snacking on fruit can help to avoid the temptation of sugary unhealthy snacks.

Mental
Health

Physical
Activity

Nutrition

Friday 18 September

Time: 9.45 am - 12.30 pm

Venue:

Newcastle Community Hall

Contact:

Margaret Maher

Telephone:

01 458 9195

Mandala Art and Meditation

Mandala is an ancient Sanskrit word meaning circle, or container for essence, energy and spirit. Creating a Mandala connects us with our true nature, centering us fully in the energy of the present moment. Experience clarity, harmony, peace and inner happiness as you work with your mandala.

Time: 10.00 am - 12.30 pm

Venue:

Seminar Room

County Library, Tallaght

Contact:

Sarah O Gorman

Telephone:

01 414 9270

First Aid Course

One day basic First Aid Course for Grandparents.

Time: 10.30 am - 12.30 pm

Venue:

Whitechurch Library

Telephone:

01 493 0199

Taster Guided Relaxation and Mindfulness Techniques for Disabled Adults

A great way to relax and ease away any stresses or pain (In association with the W.E.B. Project).

Time: 11.30 am - 12.30 pm

Venue:

Castletymon Library

Tymon North

Telephone:

01 452 4888

Storytelling Yoga with YoYo Yoga

We are delighted to bring you this interactive, dynamic storytelling session to the tune of your favourite books.

Mental
Health

Physical
Activity

Nutrition

Friday 18 September

Time: 1.00 pm

Venue:

County Library, Tallaght

Telephone:

01 462 0073



Prevention of Cancer

Talk by the Irish Cancer Society on cancer prevention

Time: 7.00 pm - 8.30 pm

Venue:

Áras Chrónáin

Watery Lane, Clondalkin

Contact:

Brian Ó Gáibhín

Telephone:

01 457 4847



Dioscó don Óige

Fun Dioscó don Óige le DJ Óige Chrónáin (ages 7 - 10 years)

Time: 8.00 pm - 10.00 pm

Venue:

Áras Chrónáin

Watery Lane, Clondalkin

Contact:

Brian Ó Gáibhín

Telephone:

01 457 4847



Oíche Rince Seite Ceoil agus Cairde

Evening of Traditional Irish Set Dancing with Lessons

Mental
Health

Physical
Activity

Nutrition

Saturday 19 September

Time: 2.00 pm - 5.00 pm

Venue:

Corkagh Park, Clondalkin

Contact:

Community Services
Department

Telephone:

01 414 9270

Closing Ceremony 10km run with The Laurels Charity Crew

Mayor Sarah Holland will attend The Laurels Run at Corkagh Park, Clondalkin which this year will be in aid of Console. The event will start and finish at the St. Johns Estate entrance to the park. The Laurels Charity Crew are a Clondalkin based group who have raised over €600,000 for local charities. Further details can be found on The Laurels Charity Crew Facebook page.

Tuesday 22 September

Time: 10.00 am - 1.00 pm

Venue:

City West Hotel, Saggart

Contact:

Thos McDermott

Telephone:

086 044 1071

Supporting PE and Physical Activity in our Primary Schools

South Dublin County Sports Partnership in partnership with Dun Laoghaire Rathdown and Kildare Sports Partnerships.

Information seminar on sporting activities for Primary School Teachers



Fact: 68% of South Dublin County residents believe that they are in very good or good general health compared to 65% of the population of the Republic of Ireland.

Tip: Eating a balanced diet, taking regular exercise and maintaining a healthy weight can add years to your life and reduce the risk of certain diseases including cancer, diabetes, cardiovascular disease, osteoporosis and obesity.

Mental
Health

Physical
Activity

Nutrition

Health and Wellbeing Events

Supported by South Dublin County Council

Monday - Saturday 14 -19 September

Health and Wellbeing Week

A week of workshops based around the benefits of a balanced diet and exercise.

Venue: Brookfield Community Centre, Tallaght

Monday - Friday 14-18 September

Health and Wellbeing Week

The event will include Walk to School Week, Zumba fitness class for parents and various activities for students and parents

Venue: Talbot National School, Clondalkin

Tuesday 15 September

Health and Wellbeing Week

Three pieces of drama for secondary school students on the topics of Bullying, Mental Health Awareness and Drink Awareness

Venue: Colaiste Cois Life, Lucan

Friday - Saturday 18-19 September

Be Happy Programme

Be happy programme is a holistic programme exploring physical, social, mental and spiritual health.

Venue: Foroige, Main Road, Tallaght

Monday - Friday 21-25 September

Health and Wellbeing Week

Health and Wellbeing week with Health talks and Fitness activities for students and parents

Venue: Adamstown Castle Educate Together National School, Lucan

Monday - Friday 21-25 September

Health Lifestyle Week

Healthy Food Talks, Mental Health Tips, Walks for parents and Zumbathon for students. Active yard daily and lots more!

Venue: Scoil Nano Nagle, Clondalkin

Monday - Friday 21-25 September

Health and Wellbeing Week

Healthy Eating Programmes and a range of activities for parents and children.

Venue: St. Bernadette's Junior and Senior School, Clondalkin

Monday 21 September

Health and Wellbeing Initiative

Workshops for 12 - 16 year olds focusing on dealing with stress and promoting positive mental health. This aims to enhance coping mechanism and resilience.

Venue: Key Project, Killinarden, Tallaght

Monday - Friday 21-25 September

Healthy morning for Parents

Parents morning with information sessions and yoga for parents of children with special needs.

Venue: Cheeverstown School, Templeogue

Saturday - Wednesday 26-30 September

Health and Wellbeing Week

Healthy food programme in the school including focus on the importance of good sleep and good self care practice.

Venue: Tallaght Community School, Tallaght

Monday - Friday 28 September - 2 October

Health and Wellbeing Week

A week long programme promoting positive mental health, healthy eating and physical activity for young people.

Venue: Foroige Brookfield Community Youth Project, Tallaght

Friday 2 October

Mental Health Workshop

Mental Health talks by Pieta House and Jigsaw to young people

Venue: Big Picture Youth Café Foroige, Tallaght

Friday 9 October - **Friday** 13 November

Be Happy Be Healthy Programme for Young People

The C3programme will cover an aspect of physical, social, mental and spiritual health promoting overall well being. Topics will include breathing exercises, friendship, healthy food and physical activities

Venue: Stay Project Foroige, Tallaght

Thursday - Monday 5-9 November

**Positive Mental Health Week - Building Resilience.
Our theme is "Life is a rollercoaster"**

Mental Health Awareness Week including workshops and speakers on mental health awareness for students, parents and teachers. This also includes a programme of physical activities for students in the school.

Venue: Holy Family Community School, Rathcoole



**IRISH HEART
FOUNDATION**
Fighting Heart Disease & Stroke

Irish Heart Foundation Blood Pressure Checks

Irish Heart Foundation nurses will provide free blood pressure checks and individual heart health information. Each individual will receive a personal record card with their result and tips on how to have a healthy blood pressure. Having a high blood pressure is one of the major risk factors for heart disease and stroke, which can be avoided if your blood pressure is controlled. The nurse will advise anyone with an abnormal blood pressure to see their general practitioner (GP).

If you would like to have a free check - book your appointment at your local library.

Times and dates are as follows:

Heart and Stroke Helpline:

Lo Call 1890 432 787

Monday to Friday 10.00am - 5.00pm

Web:

www.irishheart.ie

www.stroke.ie

Monday 14 September 2.00 pm – 5.00 pm

Venue: Whitechurch Library

Tel: 01 493 0199

Monday 14 September 1.00 pm – 5.00 pm

Venue: Palmerstown Library

Tel: 01 651 8129

Wednesday 16 September 11.00 am – 3.00 pm

Venue: Clondalkin Library

Tel: 01 459 3315

Wednesday 16 September 11.00 am – 3.00 pm

Venue: Lucan Leisure Centre

Contact: Greg Waters **Tel:** 01 624 1930

Thursday 17 September 11.00 am – 3.00 pm

Venue: Clondalkin Leisure Centre

Contact: Philip McKay **Tel:** 01 457 4858

Thursday 17 September 4.00pm – 8.00 pm

Venue: Lucan Library

Tel: 01 621 6422

Friday 18 September 11.00 am – 3.00 pm

Venue: Ballyroan Library

Tel: 01 494 1900

Friday 18 September 11.00 am – 3.00 pm

Venue: Tallaght Leisure Centre

Contact: Dermot Smith **Tel:** 01 452 3300

Saturday 19 September 11.00 am – 3.00 pm

Venue: County Library, Tallaght

Tel: 01 462 0073

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,
Housing, Social and Community Development
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,
Housing, Social and Community Development
Tel: 01 414 9270 or 086 043 1779

Global Community Garden, Corkagh Park, Clondalkin

The Global Garden Project engages communities in the 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, Social Inclusion Officer, Social Inclusion Unit,
Housing, Social and Community Development
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 086 829 2443 or Alison Silke 086 851 6669
Sports and Recreation Officers, South Dublin County Council

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 086 829 2443 or Alison Silke 086 851 6669
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

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

As part of Health and Wellbeing Week
South Dublin County Sports Partnership
will be organising
the following programmes:

Link2BActive

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

Active School Parent Programme

This programme is an extension to the Operation Transformation programme on TV and is available to parents of primary school children. Walk leader training is provided for parents to encourage other parents to participate in walking activities. Those interested in becoming walk leaders attend two sessions where learning elements include; how to do a stretch / warm up, the different speeds of walking and how to keep a group of walkers with different abilities intact, devising walking routes and safety tips.

Free Community Walks in Local Parks

Community walks will be organised during Health and Wellbeing Week using the outdoor exercise equipment that is located in our parks.

Orienteering for Secondary Schools

There are four permanent orienteering sites installed in Griffeen Valley Park, Corkagh Park, Tymon Park and at the Hell Fire Club / Massey's Wood in the Dublin Mountains. All of these courses are available to use free of charge and are an ideal way for a school to address the outdoor adventure element of their PE curriculum, or for youth or community groups or indeed a family to discover the outdoors in our county. There are short, medium and long courses available in each location. To download a course map visit **www.sdcsp.ie**

There will also be teacher / leader orienteering training sessions provided for all four sites. Each session will take approx 90 minutes and will be free of charge.

Leader Training

The following courses will be available throughout Autumn:

Sports First Aid

Child Protection in Sport

Disability Awareness

Mental Health Awareness

Garda Vetting Legislation

Volunteer Management

Active Leadership Award

Nutrition (advice for coaches)

For further information please contact:

Thos Mc Dermott Tel: 086 044 1071

email: info@sdccsp.ie

www.facebook.com/sdcccsp

WORKPLACE NUTRITION ...GET THE BALANCE RIGHT

September 16th Ask the Nutritionist -
Diet Q & A with Compass Ireland Nutritionist Aoife O'Kane

September 17th Smoothie Bike Challenge -
Make your own pedal powered smoothies and dare to try our interesting fruit/
vegetable combinations ...Green smoothie anyone?!

All week we'll also be showcasing our suppliers who are passionate about
promoting their healthy, nutritious products.



Diet Q & A with Compass Ireland
Nutritionist Aoife O'Kane

 **COMPASS**
GROUP



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:

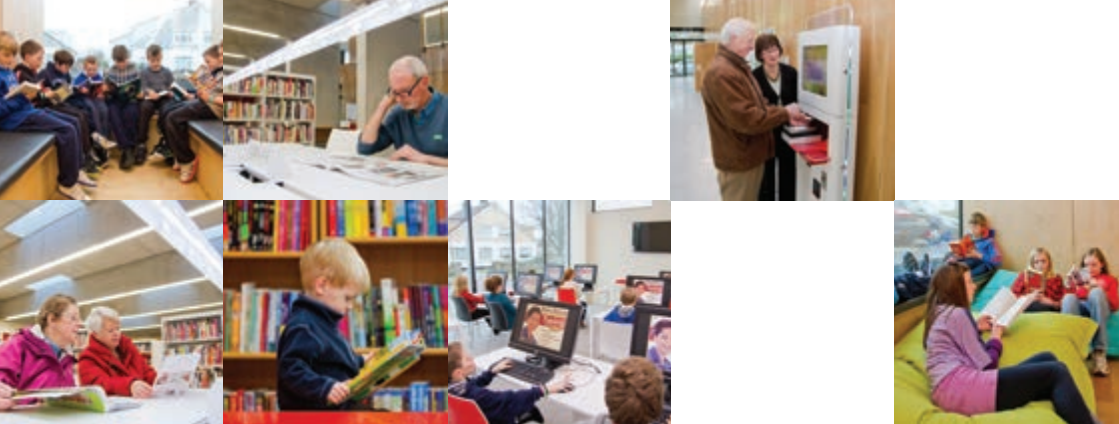
- Clondalkin Leisure Centre: Monday & Friday 10.30am. Cost €2
- Tallaght Leisure Centre: Monday & Wednesday 10.30am. Cost €2

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



There was a phrase above the entrance to the royal chamber where books were stored by King Ramses II of Egypt. This chamber was considered to be the oldest known library motto in the world, it read: "House of Healing for the Soul." This will come as no surprise to regular readers that books were thought as healing even in Ancient Egypt. As Joseph Addison said 'Reading is to the mind as exercise is to the body'. Reading increases our empathy, compassion and understanding. It reduces our blood pressure, calms us down, helps us get a good night's sleep and it gives us information to help us live more fulfilled lives.

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 and is the single most comprehensive resource for consumer-orientated health content.

Check out **Shelf Help**, our new collection of 60 titles covering topics such as low mood and depression, worry, stress and anxiety, general mental health and wellbeing, addiction, parenting, relationships and social issues. The project was initiated by Kildare County Libraries and Wicklow County Libraries and we are delighted to have partnered with them. This capsule book collection was selected in conjunction with experienced professionals from the Health Service Executive, South West Regional Drugs Task Force and Mental Health Ireland. We wanted to make this list the best possible resource for those needing help.

The collection of books will be held in each library location in the county. A wallet sized fold up leaflet with a selection of the titles, links to helpful sites, and other useful information is also available through libraries, community centres, GP practices, hospitals, health centres and chemists.

Also check out **'The Living Well'** our series of lectures taking place from November 2015 to April 2016 promoting health and wellbeing for positive living.

All details at www.southdublinlibraries.ie



We Can Quit



We Can Quit is a FREE, friendly and supportive 12 week programme for women to help YOU to quit smoking and stay quit for good.

The **We Can Quit Programme** was successfully rolled out in 7 locations in North Dublin within the last 2 years.

The programme offers free Nicotine Replacement Therapy, a weekly smoking cessation group and one to one support.

We Can Quit is a community smoking cessation programme of the Irish Cancer Society. More information available on www.cancer.ie/we-can-quit

It is proposed that this programme will be rolled out in 2016 in the Clondalkin and Tallaght area. If you are interested in become a partner in this programme please contact Maria Finn or Sandra Hickey, Housing, Social and Community Development 01 414 9270.



Irish Blood Transfusion Service

Registration at the Clinic

When you volunteer to give blood you will be asked to register with the Irish Blood Transfusion Service (IBTS). We ask for your name, address, date of birth and telephone numbers.

You will be asked about specific aspects of your life and medical history and also asked to fill in a health and lifestyle questionnaire. We ask that you read the questionnaire and leaflets provided thoroughly. All the information you give will be treated in the strictest confidence.

Giving Blood

Giving blood then takes approximately 8 to 15 minutes. The total volume of blood taken is 470ml, which is less than a pint.

Why is it important for me to give blood?

- Donating blood is an active way of helping others and the whole of society
- For you, it's just a few moments out of your day but for patients in need, it may save their life
- Donations - the only way of obtaining blood
- Despite medical and technological advances, blood cannot currently be made. The only way of getting hold of it is via blood donations from people who give blood.
- Each donation may help up to three different people

An up to date list of clinics where you can donate blood is available on the following website:

http://giveblood.ie/Where_to_Give_Blood/

Donor Information Line: 1850 731 137



sdccsp.ie
South Dublin County
Sports Partnership



South Dublin
County Partnership
Páirtíocht Chontae
Átha Cliath Theas

Áras Chrónáin
Ionad Cultúir - Irish Cultural Centre



Irish Blood
Transfusion Service
Seirbhís Fulaistricúcháin na hÉireann



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Tús Nua
Older Person's Council for South Dublin



Comhairle Contae
Átha Cliath Theas
South Dublin County Council



**IRISH HEART
FOUNDATION**
Fighting Heart Disease & Stroke

Should events be oversubscribed it may be necessary to apply appropriate selection criteria.

All our events are fully accessible.

Statistics were sourced from Institute of Public Health in Ireland (IPH).

Visit our website at www.sdcc.ie

#SDCCHealthAndWellbeing

SouthDublinCountyCouncil

