



Seachtain na Sláinte agus na Folláine  
**Health and Wellbeing Week**

12...18 September 2016

Visit our website at [www.sdcc.ie](http://www.sdcc.ie)

 **#SDCCHealthAndWellbeing**

 **SouthDublinCountyCouncil**



# Health and Wellbeing Week 2016

## Mayor's Introduction

Tá an-áthas orm an bróisiúr do Seachtain 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 2016 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.

  
Mayor Guss O'Connell



# Chief Executive's Message

We believe that the annual 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.

A number of programmes that were promoted as part of Health and Wellbeing week 2015 are still ongoing including We Can Quit (women supporting women to stop smoking).

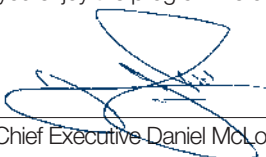
The week is supported by a number of Health and Wellbeing "Ambassadors" from the communities across South Dublin.

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 initiatives, sports programmes and community events. We are the lead agency in areas such as, recreation activities, library services, employment creation, housing supply, community infrastructure and financial supports. In this context we are both conscious and proud of our role and we continue to promote and emphasise the wellbeing of our citizens as a priority objective of service delivery.

The Healthy Ireland (HI) Frame Work 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."

South Dublin County Council chairs the Healthy Ireland South Dublin Healthy County Working Group. A healthy county is defined by the way it works to support health and wellbeing. It is conscious of health, and works to improve it through continually improving its physical and social environments. A healthy county also develops the community resources that enable people to support each other in living their lives and achieving their potential.

Health and Wellbeing Week introduces new programmes and promotes ongoing activities to promote a healthier county. This brochure lists a series of events, initiatives and programmes designed to help attendees achieve their wellness goals and better equip them to lead a happier, healthier lifestyle. I hope you enjoy the programme of events.



---

Chief Executive Daniel McLoughlin

# Seachtain na Sláinte agus na Folláine Health and Wellbeing Week

12...18 September 2016

CLICK ON ANY OF THE EVENTS BELOW FOR FURTHER INFORMATION

## Sunday 11 Sept

[5 km Guided Family Mountain Walk](#)

## Monday 12 Sept

[Launch of Health and Wellbeing Week by Mayor Guss O'Connell](#)

[Ceardlann/Workshop - Introduction to Traditional Irish Music](#)

[The Natural Facial](#)

[Dance Workshop for Adults with Disabilities](#)

[Be Healthy Be Happy](#)

[Keep Calm and Stress Less](#)

[Reiki](#)

[Healing through Clay](#)

[How Do You Mind Yours?](#)

[Introduction to Reflexology](#)

[Bring Me Back Alive](#)

## Tuesday 13 Sept

[Tallaght Health Fair](#) ●

[Yoga Taster for Adults and Children](#)

[Sequence Dance](#)

[Creating a Vision Board](#)

[Skincare from your Kitchen Cupboard](#)

[Eco Therapy Walk, Massey Woods, Kilakee](#) ●

[Reiki](#)

[Open Day Fettercairn Youth Horse Project](#) ●

[Protecting the longevity dividend: health and wellbeing in later life](#)

[Relieving Stress and Feeling Beautiful Inside and Out](#) ●

[Bring Me Back Alive](#)

[Mixologist Raw Cocktail Night](#)

**Health and  
Wellbeing**

**Physical  
Activity**

**Food  
and Drink**

**CLICK ON ANY OF THE EVENTS BELOW FOR FURTHER INFORMATION**

## **Wednesday 14 Sept**

**Fuel Food and Mindfulness** ●

**Circuit Training**

**Healthy Cooking workshop  
for Adults with Intellectual  
Disabilities**

**Chair Exercises**

**Horticultural Therapy** ●

**Eco Therapy Walk,  
Massey Woods, Kilakee** ●

**Be Healthy Be Happy**

**Old Time Waltz and  
Afternoon Tea**

**Pet Therapy Dogs**

**Health and Wellness Talk** ●

**Autumn Windowbox**

**Chair Yoga**

**Increase your Confidence  
and your Job Opportunities**

**Auro Soma Colour**

**Wellbeing Evening**

**Bring Me Back Alive**

## **Thursday 15 Sept**

**Aqua Aerobics**

**AED / CPR Course**

**Alcohol Awareness  
Information Stand**

**Floristry Workshop**

**Fettercairn Centre Health Day**

**Launch of our  
Growing Together Initiative -  
Horticultural Workshop** ●

**Iridology with Jale Egan**

**Be Active, Eat Healthy, Enjoy Your  
Life, "Sing Your Heart Out"** ●

**Tai Chi**

**Eco Therapy Walk,  
Massey Woods, Kilakee** ●

**Floristry Workshop**

**Smoothie Bike** ●

**Parenting a Child  
with Special Needs**

**Aromatherapy**

**Angel Meditation**

# GET YOUR ASS OFF THE COUCH



CLICK ON ANY OF THE EVENTS BELOW FOR FURTHER INFORMATION

## Friday 16 Sept

**Walking Football** ●

**Laughter Yoga** ●

**A Day of Healing with Drums,  
Gongs and Meditation**

**Eco Therapy Walk,  
Massey Woods, Kilakee** ●

**The Phoenix Experience**

**Seated Taster Yoga Sessions  
for individuals with disabilities**  
●

**Seated Taster Yoga Sessions  
for Older Adults** ●

**Mindfulness**

**Dioscó don Óige** ●

**Introduction to Irish Céilí  
and Set Dancing** ●

## Saturday 17 Sept

**Walk in Glendalough** ●

**Introduction to Household  
Flower Arranging**

## Sunday 18 Sept

**Come and Try  
Kickboxing and Boxing**

**Adamstown Castle  
Educate Together National School  
Community Day** ●

**Closing Ceremony -  
Activity-based family open day**

## Monday 19 Sept

**Reiki** ●

**Raising Happy Kids in an  
Anxious World**

## Tuesday 20 Sept

**Reiki** ●

## Wednesday 21 Sept

**Chair Yoga** ●

**Healthy Living the Easy Way** ● ●

## Thursday 22 Sept

**Tai Chi** ●

## Friday 23 Sept

**Mindfulness**

# Health and Wellbeing

## Ongoing Programmes

CLICK ON ANY OF THE EVENTS BELOW FOR FURTHER INFORMATION

Thurs 1 Sept - Thurs 6 Oct

**Healthy Food Made Easy**

1 Sept - 30 Sept

**Home Exhibition**

Fri 2 Sept - Fri 18 Nov

**Relaxation and Meditation for Men**

Sat 3 Sept - Sat 17 Sept

**Nutrition for pregnancy,  
birth and young babies**

Mon 5 - Thurs 8 Sept

**Healthy Cooking Open Days**

Mon 12 Sept

**Health and Wellbeing ●**

Mon 12 - Thurs 15 Sept

**Hip Hop Dance Workshop**

Mon 12 - Fri 16 Sept

**Healthy Body, Healthy Mind**

Mon 12 - Sat 17 Sept

**Promoting Health and Wellbeing  
among staff, volunteers and  
centre participants in Tallaght**

Mon 12 - Sat 17 Sept

**Fuel for Body and Mind**

Mon 12 - Sun 18 Sept

**Health and Wellbeing  
Week 2016 ●**

Tues 13 Sept - Tues 4 Oct

**Baby Yoga**

Tues 13 Sept - Tues 18 Oct

**Gentle Yoga for Older Adults ●**

Tues 13 Sept - Tues 8 Nov

**Mindfulness Course**

Tues 13 Sept - Tues 18 Oct

**Healthy Family Food Course**

Tues 13 Sept - Tues 29 Nov

**The Artist's Way**

Wed 14 Sept - Wed 16 Nov

**NALA Health and Wellbeing  
for Life Programme ●**

Thurs 15 Sept - Thurs 20 Oct

**Mindfulness Course**

Thurs 15 Sept - Thurs 20 Oct

**Mindfulness around the World**

Fri 16 Sept - Fri 2 Dec

**Happy Healthy  
Heart Programme ●**

Fri 16 Sept - Fri 4 Nov

**Ticking All the Healthy Boxes ●**

Fri 16 Sept - Fri 18 Nov

**Happy Healthy  
Hearts Programme ●**

Mon 26 - Fri 30 Sept

**Whitechurch  
Health and Wellbeing**

Sept - Dec

**Roma Volunteer Support/Training**

# Sunday 11 September

**Time:** 12.00 noon

**Venue:**

Cruagh Woods

**Contact:**

Alison Silke/Paula Swayne

**Telephone:**

Alison 086 851 6669

Paula 086 829 2443

## 5 km Guided Family Mountain Walk

Come and explore the Dublin mountains - only 10 minutes drive from the Square, Tallaght, Dublin 24. Parking available.

Pre booking essential.

# Monday 12 September

**Time:** 11.00 am - 1.00 pm

**Venue:**

Tallaght Stadium,  
Whitestown Way, Tallaght

**Contact:**

Cathy Purdy

**Telephone:**

01 414 9270

## Launch of Health and Wellbeing Week by Mayor Guss O'Connell

Mayor Guss O'Connell 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.

**Time:** 10.00 am - 1.00 pm

**Venue:**

Áras Chrónáin,  
Watery Lane, Clondalkin

**Contact:**

Brian Ó Gáibhín

**Telephone:**

01 457 4847

## Ceardlann/Workshop - Introduction to Traditional Irish Music

Introduction to and opportunity to hold and play the various different traditional instruments including banjo, bodhrán, guitar, whistle, flute, uilleann pipes, accordion, concertina and fiddle.

**Time:** 10.00 am - 11.30 am

**Venue:**

Lucan Library, Supervalu  
Shopping Centre, Lucan

**Telephone:**

01 621 6422

## The Natural Facial

This informative talk will highlight the many benefits of using purely natural products and show you how to make your own natural skincare products. Barbara McAteer will do a demonstration on a natural facial treatment, including how to cleanse, tone, apply a face mask and do a facial massage. One not to be missed!!!



# Monday 12 September

**Time:** 10.30 am - 12.30 pm

**Venue:**

The Web Project,  
Whitechurch Library,  
Taylor's Lane, Ballyboden

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

## Dance Workshop for Adults with Disabilities

Dance Workshop designed to get adults with intellectual disabilities moving to music.

**Time:** 12.00 noon - 2.00 pm

**Venue:**

St. Mark's Community  
School, Springfield, Tallaght

**Contact:**

Elaine Butler

**Telephone:**

086 835 8881

## Be Healthy Be Happy

The event will consist of activities and information related to mental health, while using the Be Healthy Be Happy (BHBH) manual.

**Time:** 1.00 pm - 4.00 pm

**Venue:**

Clondalkin Library, Clondalkin

**Telephone:**

01 459 3315

## Keep Calm and Stress Less

Each massage is specifically designed to reduce muscle tension and stress. This fully-clothed, non-intrusive massage uses a unique series of acupressure points and stretches on the back, neck and shoulder area leaving you feeling relaxed and invigorated. Drop in any time for your free treatment!

**Time:** 2.00 pm - 4.00 pm

**Venue:**

Rua Red, South Dublin Arts  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

## Reiki

A healing therapy based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient's body and restore physical and emotional wellbeing.

# Monday 12 September

**Time:** 2.30 pm - 4.00 pm

**Venue:**

County Library, Tallaght

**Telephone:**

01 462 0073

## Healing through Clay

Discover the Healing Art of Clay with Elena Buttner. This is a hands-on workshop using clay and creativity to boost our sense of wellbeing.

**Time:** 5.00 pm - 7.00 pm

**Venue:**

Killinarden Community Centre, Tallaght

**Contact:**

Eimear Flood

**Telephone:**

086 024 1366

## How Do You Mind Yours?

This event will include a cookery demonstration, followed by a discussion on how the food we eat affects our mind and energy and our mental health. The young people involved will create a positivity wall where they can write down their name and what they do to mind their health and wellbeing.

**Time:** 7.00 pm - 8.00 pm

**Venue:**

Lucan Library, Supervalu Shopping Centre, Lucan

**Telephone:**

01 452 4888

## Introduction to Reflexology

Reflexology is a holistic therapy where massage and light pressure are used on “reflex” points on the hands and feet which represent specific parts of the body. You will discover how to use different stimulation techniques for the reflex points and its effect on the related parts of the body. Many people find that Reflexology helps their body to maintain good health and wellbeing.

**Time:** 7.30 pm

**Venue:**

Esker Educate Together National School, Lucan

**Contact:**

Andrea Molloy

**Telephone:**

01 414 9270

## Bring Me Back Alive

Bring Me Back Alive is a thought-provoking story about suicide awareness set in a youth-centred modern-day Dublin. The play highlights some of the warning signs to watch out for and it focuses on the need for more mental health services in order to deal with the escalating crisis that is spiralling out of control. The devastating effects that suicide has on family and friends is also brought to the fore. But the main aim of this play is to show that there is hope, there is an alternative. This play is written in as light-hearted a way as possible in order to give hope to those who need it most. The play is written by Patricia McCann and directed by Geraldine Pender.



# Taco Fries

Ingredients (serves 4) (tsp = teaspoon) (tbsp = tablespoon)

## Seasoning Mix

1/2 tsp chilli powder  
1 tsp paprika  
1/2 tsp salt  
1/2 tsp cumin  
1/2 tsp cayenne chilli powder  
1/2 tsp garlic powder  
1/2 tsp sweetener  
1 tsp dried oregano  
(Mix all the seasoning ingredients together and leave aside)

## Ingredients

600g minced beef (less than 5% fat)  
(we used 250g for 2 people)  
2 small red onions, finely chopped  
1 red pepper, finely chopped  
1 tin chopped tomatoes  
1 tbsp Worcestershire sauce  
1 beef stock cube  
4 large potatoes chipped  
120g red cheddar grated  
Container of Frylight

Preheat oven to 200°C/400°F/Gas Mark 6 and line a tin with baking paper.

Place chipped potatoes on tray and spray with Frylight, bake for 35-40 minutes, turning half way throughout and re-spray, until golden.

Fry the onion and pepper in Frylight until soften.

Add the beef and fry until lightly browned.

Add the spice mix and stir well, add Worcestershire sauce and crumble in beef stock

Add the tin of tomatoes and stir well, adding a little water if sauce looks dry.

Simmer for 20 mins.

## Taco Sauce

3 tbsp of extra light mayonnaise  
3 tbsp of fat-free natural yogurt  
2 tbsp ketchup  
1/2 tsp cayenne chilli pepper  
1 tsp minced garlic  
3 to 4 tbsp water

Mix all the sauce ingredients well until smooth and combined. Add more or less water depending on your own taste.

On a plate create a layer of chips first, then mince sauce, taco sauce and cheese.



# Tuesday 13 September

**Time:** 9.30 am - 1.00 pm

**Venue:**

Fettercairn Community Health Project, Fettercairn, Tallaght

**Contact:**

Catherine Heaney

**Telephone:**

01 459 0708

## Tallaght Health Fair

The Health Fair provides a space for information on local, regional and national health services available to the people of Tallaght. This will be the fifth annual event. Those attending can avail of tests on their blood pressure, heart rate, blood sugar levels and so on. Complementary therapies such as Indian head massage will also be available. We will have Healthy Food Made Easy cookery demonstrations and you will have an opportunity to meet your local Primary Care Team from the HSE.

**Time:** 10.00 am - 12.00 pm

**Venue:**

Áras Chrónáin, Watery Lane, Clondalkin

**Contact:**

Brian Ó Gáibhín

**Telephone:**

01 457 4847

## Yoga Taster for Adults and Children

An enjoyable and relaxing introduction to Yoga.

**Time:** 10.00 am - 12.00 noon

**Venue:**

Palmerstown Parish Hall, Kennelsfort Road, Palmerstown

**Contact:**

Pat Smith

**Telephone:**

086 385 6270

## Sequence Dance

Sequence Dance includes dances of many different styles. This is a great opportunity to try a new dance routine.

**Time:** 10.00 am - 12.00 noon

**Venue:**

Lucan Library, Supervalu Shopping Centre, Lucan

**Telephone:**

01 621 6422

## Creating a Vision Board

Discover how to create and use a Vision Board to help manifest your dreams, wishes and goals. The facilitator will guide you in making a collage of pictures and words to get the best out of your life.

# Tuesday 13 September

**Time:** 10.30 am - 12.30 pm

**Venue:**

The Web Project,  
Whitechurch Library, Taylor's  
Lane, Ballyboden

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

## Skincare from your Kitchen Cupboard

Demonstration on how to make beauty and wellbeing products from fruits, grains, dairy and egg products, olive oil, coconut oils and salts to improve the skin. All parban and chemical free.

**Time:** 11.00 am - 1.00 pm

**Venue:**

Meet in South Dublin County  
Council Headquarters,  
Tallaght

**Contact:**

Maria Finn

**Telephone:**

01 414 9270 or  
086 380 3060

## Eco Therapy Walk, Massey Woods, Kilakee

Do you feel that your life is getting busier and more complicated by the day? Join David Staunton, Counselling Psychotherapist and founder of the Walk Inniú Eco Therapy Hedge School for a relaxing walk and talk. Learn how nature can effectively guide us towards better health whilst increasing our resilience and helping us to reduce our stress levels.

**Time:** 2.00 pm - 4.00 pm

**Venue:**

Rua Red, South Dublin Arts  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

## Reiki

A healing therapy based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient's body and restore physical and emotional wellbeing.

**Time:** 2.00 pm - 4.00 pm

**Venue:**

Fettercairn Youth Horse  
Project, Fettercairn, Tallaght

**Contact:**

Ann Keogan

**Telephone:**

01 462 7214

## Open Day Fettercairn Youth Horse Project

Parents and children are invited to find out more information on the horse project and how it benefits children physically and mentally. Free pony rides and tea/coffee will be served.

# Tuesday 13 September

**Time:** 6.00 pm

**Venue:**

Rua Red, South Dublin Arts Centre, Tallaght

**Contact:**

Sarah O’Gorman

**Telephone:**

01 414 9270

## Protecting the longevity dividend: health and wellbeing in later life

Public Lecture by Professor Des O’Neill, Consultant Geriatrician in Tallaght Hospital

**Time:** 6.00 pm - 7.30 pm

**Venue:**

Palmerstown Library, Stewarts Hospital, Palmerstown

**Telephone:**

01 651 8129

## Relieving Stress and Feeling Beautiful Inside and Out

In this workshop you will be shown self-massage techniques including a wonderful range of facial exercises and lymphatic drainage techniques for the entire body. There will also be healthy and effective dietary advice to bring into your daily routine. Embracing some of these wonderful and simple changes into your day will not only help relieve stress but enhance your mind, body and spirit.

**Time:** 9.30 pm

**Venue:**

Knockmitten Church, Clondalkin

**Contact:**

Rita Harte

**Telephone:**

01 451 1511

## Bring Me Back Alive

Bring Me Back Alive is a thought-provoking story about suicide awareness set in a youth-centred modern-day Dublin. The play highlights some of the warning signs to watch out for and it focuses on the need for more mental health services in order to deal with the escalating crisis that is spiralling out of control. The devastating effects that suicide has on family and friends is also brought to the fore. But the main aim of this play is to show that there is hope, there is an alternative. This play is written in as light-hearted a way as possible in order to give hope to those who need it most. The play is written by Patricia McCann and directed by Geraldine Pender.

## Tuesday 13 September

**Time:** 8.00 pm - 9.00 pm

**Venue:**

The Web Project,  
Whitechurch Library, Taylor's  
Lane, Ballyboden

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

### Mixologist Raw Cocktail Night

A night of alternatives to alcoholic cocktails. A mix of virgin ingredients and homemade lemonades to create a non-alcoholic choice of drinks, all achieved with sparkling waters and cold pressed vegetables and fruits.

## Wednesday 14 September

**Time:** 9.00 am - 10.00 am

**Venue:**

Stewarts S.C., Waterstown  
Ave, Palmerstown

**Contact:**

Pat Smith

**Telephone:**

086 385 6270

### Circuit Training

This is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance.

**Time:** 10.00 am - 2.00 pm

**Venue:**

Maldron Hotel, Newlands  
Cross, Clondalkin

**Contact:**

Hannah Healy

**Telephone:**

01 467 0748

### Fuel Food and Mindfulness

Fuel Food (healthy, clean eating for health and improved energy). Talk and demonstration by the author and nutritionist Oliver McCabe. Introduction to Mindfulness and how it can benefit our daily lives.



# Brown Bread

**Makes:** One loaf

**Preparation time:** 10 minutes

**Cooking time:** 50 minutes

## Ingredients:

180g/6oz plain flour

340g/12oz wholemeal flour

2 level teaspoons bread soda (sieved)

1 egg

575ml/1 pint buttermilk **or**

575ml/1 pint of milk with 1 dessertspoon vinegar/ lemon juice added **or**

575ml/1 pint of sour milk

85g/3oz porridge oats

1 dessertspoon of bran

## Utensils needed:

Loaf tin, weighing scales, bowl, sieve, wooden spoon, mug, measuring jug, teaspoon, dessertspoon, two knives, fork, skewer, oven gloves and wire tray.

## Method:

Pre-heat the oven to 200°C/400°F/Gas Mark 6.  
(Less for fan ovens)

Grease the loaf tin.

Sieve the plain flour and bread soda.

Mix all dry ingredients together in a bowl.

Beat egg and milk and add to the dry ingredients.

Pour into the loaf tin and bake in the pre-heated oven for 50 minutes.

Test with a knife or skewer. If dry, your bread is cooked. If wet, bake your bread for another 5 minutes. Re-test a different part of the bread to ensure it is cooked.

Remove from the tin.

Allow to cool on a wire tray before slicing.

## Tips:

Ovens vary and you may need to alter the temperature and time slightly to suit your cooker.

Silicone loaf tins are convenient and allow the easy removal of the bread from the tin.

You could sprinkle some seeds or nuts on top of your bread before placing it in the oven for a little added crunch. For some variety, add some walnuts, sultanas or seeds to the mix.





# Wednesday 14 September

**Time:** 10.30 am - 12.30 pm

**Venue:**

The Stables, Whitechurch Parish, Whitechurch Road, Rathfarnham

**Contact:**

Jen Donohoe

01 495 2020

## Healthy Cooking workshop for Adults with Intellectual Disabilities

A workshop designed to support and encourage adults with learning disabilities to make healthier choices. Simple healthy recipes will be demonstrated and prepared together on the day.

**Time:** 10.45 am - 11.45 am

**Venue:**

Palmerstown Parish Hall, Kennelsfort Road, Palmerstown

**Contact:**

Pat Smith

**Telephone:**

086 385 6270

## Chair Exercises

Exercises for older people.

**Time:** 11.00 am - 12.00 noon

**Venue:**

Sean Walsh Park, Tallaght

**Contact:**

Maria Finn

**Telephone:**

01 414 9270

## Horticultural Therapy

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. New members are welcome.

**Time:** 11.00 am - 1.00 pm

**Venue:**

Meet in South Dublin County Council Headquarters, Tallaght

**Contact:**

Maria Finn

**Telephone:**

01 414 9270 or  
086 380 3060

## Eco Therapy Walk, Massey Woods, Kilakee

Do you feel that your life is getting busier and more complicated by the day? Join David Staunton, Counselling Psychotherapist and founder of the Walk Inniú Eco Therapy Hedge School for a relaxing walk and talk. Learn how nature can effectively guide us towards better health whilst increasing our resilience and helping us to reduce our stress levels.

# Wednesday 14 September

**Time:** 12.00 noon - 2.00 pm

**Venue:**

Old Bawn Community  
School, Tallaght

**Contact:**

Christy McLaughlin

**Telephone:**

086 385 1236

## Be Healthy Be Happy

Positive Mental Health information session and activities based around this topic.

**Time:** 1.00 pm - 4.00 pm

**Venue:**

Áras Chrónáin,  
Watery Lane, Clondalkin

**Contact:**

Brian Ó Gáibhín

**Telephone:**

01 457 4847

## Old Time Waltz and Afternoon Tea

Enjoy an afternoon of dancing. Refreshments will be served.

**Time:** 1.00 pm

**Venue:**

County Library, Tallaght

**Telephone:**

01 462 0073

## Pet Therapy Dogs

Peata's principal activity is the pet visiting scheme in which approved volunteers and their dogs pay regular visits to caring institutions. Meet the dogs and volunteers at Tallaght Library.

**Time:** 1.30 pm

**Venue:**

Palmerstown Parish  
Hall, Kennelsfort Road,  
Palmerstown

**Contact:**

Pat Smith

**Telephone:**

086 385 6270

## Health and Wellness Talk

Facilitated by Advance Nurse Practitioner with Care of the Older Adult Community.

# Wednesday 14 September

**Time:** 2.00 pm - 4.00 pm

**Venue:**

Dominic's Community  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

## Autumn Windowbox

Introduction to autumn flowers and how the colour can lift your mood on an autumn day.

**Time:** 3.15 pm - 5.15 pm

**Venue:**

Dominic's Community  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

## Chair Yoga

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.

**Time:** 7.00 pm

**Venue:**

Lucan Library, Supervalu  
Shopping Centre, Lucan

**Telephone:**

01 621 6422

## Increase your Confidence and your Job Opportunities

This workshop is facilitated by accredited Life Coach Lisa Denby and is ideal for anyone currently looking to find work.

**Time:** 7.00 pm - 8.00 pm

**Venue:**

Dominic's Community  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

## Auro Soma Colour

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

# Wednesday 14 September

**Time:** 7.00 pm - 10.00 pm

**Venue:**

The Web Project,  
Whitechurch Library, Taylor's  
Lane, Ballyboden

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

## Wellbeing Evening

An evening of tasters of holistic treatments plus a guided meditation session.

**Time:** 7.30 pm

**Venue:**

Killinarden Community  
Centre, Tallaght, Dublin 24

**Contact:**

Hilda Hamilton

**Telephone:**

01 452 6617

## Bring Me Back Alive

Bring Me Back Alive is a thought-provoking story about suicide awareness set in a youth-centred modern-day Dublin. The play highlights some of the warning signs to watch out for and it focuses on the need for more mental health services in order to deal with the escalating crisis that is spiralling out of control. The devastating effects that suicide has on family and friends is also brought to the fore. But the main aim of this play is to show that there is hope, there is an alternative. This play is written in as light-hearted a way as possible in order to give hope to those who need it most. The play is written by Patricia McCann and directed by Geraldine Pender.

# Thursday 15 September

**Time:** 9.00 am - 10.00 am

**Venue:**

Stewarts S.C. Waterstown  
Avenue, Palmerstown

**Contact:**

Pat Smith

**Telephone:**

086 385 6270

## Aqua Aerobics

Water aerobics is the performance of aerobic exercise in fairly shallow water.

**Time:** 9.00 am - 1.00 pm

**Venue:**

Rua Red, South Dublin Arts  
Centre, Tallaght

**Contact:**

Sarah O' Gorman

**Telephone:**

01 414 9270

## AED / CPR Course

This course will teach you the basic techniques of cardiopulmonary resuscitation (CPR), how to use an Automated External Defibrillator (AED) and the relief of choking for adults, children and infants. An AED is a computerised defibrillator which analyses the heart rhythm of a person in cardiac arrest and uses voice prompts to advise you if a shock is needed. The AED is an important link in the chain of survival and this course teaches you how to use them effectively.

**Time:** 10.00 am - 4.00 pm

**Venue:**

The Square Shopping  
Centre, Tallaght

**Contact:**

Anthea Carry

**Telephone:**

087 361 7744

## Alcohol Awareness Information Stand

Take the alcohol quiz, see what a unit of alcohol looks like and try on our beer goggles.

**Time:** 10.00 am - 12.00 noon

**Venue:**

Áras Rualach, Neilstown  
Road, Clondalkin

**Contact:**

Bernie Beatley

**Telephone:**

01 623 3629

## Floristry Workshop

The floristry workshop will encompass flower care and handling, floral design and flower arranging, merchandising and display of flowers.

# Thursday 15 September

**Time:** 10.00 am - 9.00 pm

**Venue:**

Fettercairn Community and Youth Centre, Fettercairn, Tallaigh

**Contact:**

Shay Lestrange

**Telephone:**

086 677 5078

## Fettercairn Centre Health Day

The Health Day will be divided into three sections, morning, afternoon and evening. The morning session will be dedicated to men's groups such as mojo men's sheds, sports groups and all other relevant organisations, national and local. The afternoon session will be allocated to women's groups and services for women. The evening session will consist of a talk given by Psychologist Shane Martin from Moodwatchers. The talk will be in relation to personal development and more specifically how to bring about positive change in our lives.

**Time:** 10.30 am - 12.30 pm

**Venue:**

The Stables, Whitechurch Parish, Whitechurch Road, Rathfarnham

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

## Launch of our Growing Together Initiative - Horticultural Workshop

This is a great opportunity to learn how to grow vegetables.

**Time:** 11.00 am

**Venue:**

Lucan Library, Supervalu Shopping Centre, Lucan

**Telephone:**

01 621 6422

## Iridology with Jale Egan

Discover how the iris of the eye can reveal insights into our overall health status and constitutional tendencies.

**Time:** 11.00 am - 12.30 pm

**Venue:**

Newcastle Community Centre, Newcastle, Co Dublin

**Contact:**

Matt Dowling

**Telephone:**

01 458 9007

## Be Active, Eat Healthy, Enjoy Your Life, "Sing Your Heart Out"

Enjoy a morning of light exercise. Musical entertainment provided by RAMS in Rhythm. Light refreshments will be served.

# Thai Green Chicken Curry



**Total Recipe Time:** 30 to 60 minutes

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Tbsp** = Tablespoon

**Serves** 4

## Ingredients:

450g chicken breasts, chopped

1 tbsp oil

1 garlic clove

1 red pepper, deseeded and thinly sliced

2 tbsp Thai green curry paste

400ml coconut milk

2 tbsp fish sauce

1 tbsp caster sugar

100g cooked green beans, trimmed and halved

Zest and juice of 1 lime

Handful of fresh coriander leaves, chopped

Boiled rice

## Preparation/Cooking Steps:

Heat the oil in a large frying pan and cook the garlic and red pepper until soft.

Stir in the curry paste, then add the coconut milk and bring to the boil.

Add the fish sauce and sugar, followed by the chicken. Turn down the heat to simmer, cover the pan and cook for five minutes. Remove the lid and cook for another ten minutes, or until the chicken is cooked through and the sauce has thickened.

Add the beans, letting them warm through in the coconut milk. Add the lime juice and zest to taste. Serve with rice and sprinkle with fresh coriander.



# Thursday 15 September

**Time:** 11.00 am - 1.00 pm

**Venue:**

Dominic's Community  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**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:** 11.00 am - 1.00 pm

**Venue:**

Meet in South Dublin County  
Council Headquarters,  
Tallaght

**Contact:**

Maria Finn

**Telephone:**

01 414 9270 or  
086 380 3060

## Eco Therapy Walk, Massey Woods, Kilakee

Do you feel that your life is getting busier and more complicated by the day? Join David Staunton, Counselling Psychotherapist and founder of the Walk Inniú Eco Therapy Hedge School for a relaxing walk and talk. Learn how nature can effectively guide us towards better health whilst increasing our resilience and helping us to reduce our stress levels.

**Time:** 2.00 pm - 4.00 pm

**Venue:**

An Cosan, Kiltalown Village  
Centre, Jobstown

**Contact:**

Imelda Hanratty

**Telephone:**

01 462 8488

## Floristry Workshop

The floristry workshop will encompass flower care and handling, floral design and flower arranging, merchandising and display of flowers.

**Time:** 2.00 pm - 5.00 pm

**Venue:**

County Library, Tallaght

**Telephone:**

01 462 0073

## Smoothie Bike

This is an opportunity to use a specially designed Smoothie Bike which is a unique and engaging way for people to have fun, keep fit, promote sustainable energy and healthy living.



# Thursday 15 September

**Time:** 6.30 pm - 8.30 pm

**Venue:**

Clondalkin Library, Clondalkin

**Telephone:**

01 459 3315

## Parenting a Child with Special Needs

Dr. Paula Cummins, Senior Clinical Psychologist and Patricia Fitzpatrick, Primary Care Psychologist who work with the HSE will offer advice and guidance on strategies and approaches to parenting children with special needs. Questions and answers session included.

**Time:** 7.00 pm - 8.00 pm

**Venue:**

Dominic's Community Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

## Aromatherapy

Aromatherapy uses plant materials and aromatic plant oils, including essential oils, and other aroma compounds for the purpose of altering one's mood, cognitive, psychological or physical well-being.

**Time:** 8.00 pm - 9.00 pm

**Venue:**

Dominic's Community Centre, Tallaght

**Contact:**

Jacinta McCormac

**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 us or bothering us.

# Friday 16 September

**Time:** 10.00 am - 12.00 noon

**Venue:**

Palmerstown SC, Pobalscoil Iosolde, Palmerstown

**Contact:**

Pat Smith

**Telephone:**

086 385 6270

## Walking Football

Walking Football. Fun and fitness for the active retired.

# Friday 16 September

**Time:** 10.00 am

**Venue:**

Lucan Library, Supervalu Shopping Centre, Lucan

**Telephone:**

01 621 6422

## Laughter Yoga

Laughter Yoga with Marian Reilly (as seen on “Today with Maura and Daithí”). Laughter is the best medicine! Laughter Yoga is a simple and fun way to bring you into the moment and release stress and tension. We can overcome social or other anxieties and enjoy just being ourselves. Bring a bottle of water, Laughter Yoga is thirsty work!

**Time:** 10.00 am - 3.30 pm

**Venue:**

The Healthy Living Centre, 4 Neilstown Crescent, Clondalkin

**Contact:**

Anne Troy

**Telephone:**

01 457 0655

## A Day of Healing with Drums, Gongs and Meditation

This healing event will include Meditation, Drumming and Healing Vibrations through the sounds of Gong Baths. A healthy and nourishing lunch of soup and sandwiches will be provided.

**Time:** 11.00 am - 1.00 pm

**Venue:**

Meet in South Dublin County Council Headquarters, Tallaght

**Contact:**

Maria Finn

**Telephone:**

01 414 9270 or  
086 380 3060

## Eco Therapy Walk, Massey Woods, Kilakee

Do you feel that your life is getting busier and more complicated by the day? Join David Staunton, Counselling Psychotherapist and founder of the Walk Inniú Eco Therapy Hedge School for a relaxing walk and talk. Learn how nature can effectively guide us towards better health whilst increasing our resilience and helping us to reduce our stress levels.

**Time:** 11.00 am - 1.00 pm

**Venue:**

Phoenix Clubhouse EVE/  
HSE, 96 Monastery Road,  
Clondalkin

**Contact:**

Niamh Coady

**Telephone:**

01 467 0632

## The Phoenix Experience

A lecture themed “The Phoenix Experience” will be given about the challenges of living with Mental Health difficulties. This will be followed by a tour of Phoenix Clubhouse and light refreshments will be served. Booking essential.

# Friday 16 September

**Time:** 11.00 am - 12.00 noon

**Venue:**

The Web Project,  
Whitechurch Library, Taylor's  
Lane, Ballyboden

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

## Seated Taster Yoga Sessions

Seated Yoga Taster Session aimed at individuals with disabilities.

**Time:** 1.15 pm - 2.15 pm

**Venue:**

The Web Project,  
Whitechurch Library, Taylor's  
Lane, Ballyboden

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

## Seated Taster Yoga Sessions

Seated Yoga Taster Session aimed at older adults.

**Time:** 2.00 pm - 3.00 pm

**Venue:**

Dominic's Community  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

## Mindfulness

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

**Time:** 7.00 pm - 8.00 pm

**Venue:**

Áras Chrónáin,  
Watery Lane, Clondalkin

**Telephone:**

01 457 4847

## Dioscó don Óige

Fun dioscó for children le Dj Chrónáin.

# Chunky Vegetable Soup

## Ingredients:

2 – 3 carrots  
2 parsnips  
1 large onion  
1 red onion  
2 sticks celery  
1 leek  
2 medium potatoes  
Optional: cauliflower or broccoli florets  
2 – 3 cloves garlic crushed or chopped finely  
1 tin chopped tomatoes  
1 chicken or vegetable stock cube  
1 pint of water  
A little pepper

**Optional:** a little chilli powder for an extra kick

## Variation:

You can add or leave out different vegetables to suit your taste.

A handful of red split lentils could be used instead of potatoes to thicken soup

Extra herbs can be added to enhance the flavour of the soup including parsley, thyme, bay leaves etc.

## Method:

Wash, peel and chop the vegetables into chunks. Finely chop or crush the garlic.

Dissolve stock cube in pint of boiling water.

Add vegetables, stock and tinned tomatoes to pot.

Season with pepper and optional chilli powder.

Bring to the boil and then simmer for 15 minutes.

Optional cauliflower or broccoli florets can be added at this stage as they don't take as long to cook. Continue to simmer until carrots are cooked (as they take the longest).

**Serve with brown bread**



# Friday 16 September

**Time:** 8.30 pm

**Venue:**

Áras Chrónáin,  
Watery Lane, Clondalkin

**Telephone:**

01 457 4847

## Introduction to Irish Céilí and Set Dancing

Information and a fun lesson in Irish Céilí and Set Dancing followed by an evening of Traditional Irish Music, Song and Dance.

# Saturday 17 September

**Time:** 9.00 am - 5.00 pm

**Venue:**

Meeting point: Lucan Youth  
Services, Griffeen Ave, Lucan

**Contact:**

John Gregg

**Telephone:**

085 877 0711

## Walk in Glendalough

Hill Walk for young people around the Spinks trail and the upper lake of Glendalough.

**Time:** 11.00 pm - 2.00 pm

**Venue:**

Ballyroan Library,  
Orchardstown Avenue,  
Rathfarnham, Dublin 14

**Telephone:**

01 494 1900

## Smoothie Bike

Have a go on a specially designed Smoothie Bike which is a unique and engaging way for people to have fun, keep fit, promote sustainable energy and healthy living.

**Time:** 11.00 am - 1.00 pm

**Venue:**

Áras Chrónáin Watery Lane,  
Clondalkin

**Telephone:**

01 457 4847

## Introduction to Household Flower Arranging

Informal fun floristry class for people of all ages. We introduce you to floristry in a relaxed way and it is great fun. Brighten up your home with a new creation shown to you in this floristry class.

# Sunday 18 September

**Time:** All day

**Venue:**

Brookfield Youth and  
Community Centre,  
Brookfield Road, Tallaght

**Contact:**

Bill Stacey

**Telephone:**

01 452 8040

## Come and Try Kickboxing and Boxing

This is an opportunity to try kickboxing and boxing. Classes aimed specifically at young people, women and children.

**Time:** 10.00 am

**Venue:**

Adamstown Castle Educate  
Together National School,  
Adamstown

**Contact:**

Paddy Curran

**Telephone:**

01 654 0088

## Adamstown Castle Educate Together National School Community Day

A Health and Wellbeing Day with activities which will include Yoga for both adults and children. Cookery demonstration with free samples of healthy food. Games, Tai Chi demonstrations and Mindfulness Activities for both adults and kids. Zumba class and Bollywood dancing.

**Time:** 11.00 am - 3.00 pm

**Venue:**

Corkagh Park, Clondalkin

**Telephone:**

01 414 9270

## Closing Ceremony - Activity-based Family Open Day

Main event 1.5km Family Colour Walk/Run @ 2.00 pm. Plenty of activities to get involved in and various demonstrations on the day.

Also face painting and art tent for the younger ones.

"Get Active – Get the Buzz".

Mayor Guss O'Connell will be in attendance on the day.

## Monday 19 September

**Time:** 2.00 pm - 4.00 pm

**Venue:**

Rua Red, South Dublin Arts Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

### Reiki

A healing therapy based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient's body and restore physical and emotional wellbeing.

## Monday 19 September

**Time:** 7.00 pm

**Venue:**

Lucan Library, Supervalu Shopping Centre, Lucan

**Telephone:**

01 621 6422

### Raising Happy Kids in an Anxious World

Join Sheila O'Malley, author of Cotton Wool Kids as she exposes the truth behind the scary stories and gives parents the information and the confidence to free themselves from the treadmill of after-school activities and over-supervision that has become pervasive in today's society. The author provides parents with strategies to learn how to handle the relentless pressure from society and the media to provide a 'perfect' childhood and instead to raise their children with a more relaxed and joyful approach, more in touch with the outdoors and the community around them.

## Tuesday 20 September

**Time:** 2.00 pm - 4.00 pm

**Venue:**

Rua Red, South Dublin Arts Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

### Reiki

A healing therapy based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient's body and restore physical and emotional wellbeing.

# Wednesday 21 September

**Time:** 10.00 am - 12.00 pm

**Venue:**

Weaver Court, Neillstown  
Road, Clondalkin

**Contact:**

Rita Sweeney

**Telephone:**

01 645 0281



## Healthy Living the Easy Way

The Get Ahead Club (a community-based educational after-schools support project), are hosting sessions for parents focused on positivity in their everyday lives, coping skills and so on. The sessions with the children would be on reintroducing children to outdoor play and games and educating them in a fun way on the benefits of exercise and diet.

**Time:** 3.15 pm - 5.15 pm

**Venue:**

Dominic's Community  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770



## Chair Yoga

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.

# Thursday 22 September

**Time:** 11.00 am - 1.00 pm

**Venue:**

Dominic's Community  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**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.



# Friday 23 September

**Time:** 2.00 pm - 3.00 pm

**Venue:**

Dominic's Community  
Centre, Tallaght

**Contact:**

Jacinta McCormac

**Telephone:**

01 459 0770

## Mindfulness

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

# Health and Wellbeing

## Ongoing Programmes

### Thurs 1 September - Thurs 6 October

**Time:** 10.00 am - 12.00 pm

**Venue:**

County Library, Tallaght

**Telephone:**

01 462 0073

#### Healthy Food Made Easy

A six-week programme focusing on building the food pyramid, fibre providers, fats in food, food for life and shop smart. The course is aimed at supporting people who are interested in healthier eating, particularly where cost is a consideration.

### Thurs 1 September - Fri 30 September

**Time:** 10.00 am - 12.00 pm

**Venue:**

Ballyroan Library,  
Orchardstown Avenue,  
Rathfarnham, Dublin 14

**Telephone:**

01 494 1900

#### Home Exhibition

An exhibition exploring the values of home by thirteen women from the Limerick Travelling Community in collaboration with artist Róisín de Buítléar. Using the fragile material of glass to express their ideas of home and explore the themes of faith and the current lives of Travellers in Limerick City.

### Fri 2 September - Fri 18 November

**Time:** 7.30 pm - 9.00 pm

**Venue:**

The Healthy Living Centre,  
4 Neilstown Crescent,  
Clondalkin

**Contact:**

Anne Troy

**Telephone:**

01 457 0665

#### Relaxation and Meditation for Men

A 12-week programme of group relaxation sessions. It is an open group and all men over the age of 18 from the local area who are experiencing stress are welcome. The relaxation session is followed by tea and coffee and a chat.

## Sat 3 September - Sat 17 September

**Time:** 10.00 am - 12.00 pm

**Venue:**

County Library, Tallaght

**Telephone:**

01 462 0073

### Nutrition for pregnancy, birth and young babies

Good nutrition between pregnancy and a child's second birthday sets the foundation for lifelong health and wellbeing. Three workshops to demonstrate the lifelong benefits of healthy living.

## Mon 5 September - Thurs 8 September

**Time:** 10.30 am - 1.00 pm

**Venue:**

The Healthy Living Centre,  
4 Neilstown Crescent,  
Clondalkin

**Contact:**

Anne Troy

**Telephone:**

01 457 0665

### Healthy Cooking Open Days

Participants can attend one or more sessions and will participate in the cooking preparations if they wish. The morning will finish with a tasting session by the group.

## Mon 12 September - Mon 12 December

**Time:** 11.00 am - 1.00 pm

**Venue:**

Holy Family Community  
School, Rathcoole

**Contact:**

Caroline Ryan-Clarke

**Telephone:**

01 458 0766

### Health and Wellbeing

"In the Gym" Fitness Programme will run until Christmas. This will involve students participating in a multi-fitness programme in the local football club to raise their fitness levels and to have an impact on their mental health and self-esteem. A Box Fit Programme will also take place in the school.

# Mon 12 September - Thurs 15 September

**Time:** 1.00 pm

**Venue:**

St. Joseph's School  
Balrothery, Tallaght

**Contact:**

Graeme Crombie

**Telephone:**

01 451 5961

## Hip Hop Dance Workshop

This activity offers alternative opportunities that help to engage all children, including those who do not like sport. It offers good health benefits and it supports proprioceptive development and positive attitudes to exercise.

# Mon 12 September - Fri 16 September

**Time:** All Week

**Venue:**

Lucan East Educate Together  
National School, Lucan

**Contact:**

Rebecca Doyle

**Telephone:**

086 170 1972

## Healthy Body, Healthy Mind

A week-long programme of events including movement classes with GoNoodle and Just Dance. Other activities for the week will include yoga and a 5 km walk for students and parents in Griffeen Park, Lucan, Co. Dublin.

# Mon 12 September - Sat 17 September

**Time:** All Week

**Venue:**

Foróige, Main Road, Tallaght

**Contact:**

Yvonne Anderson

**Telephone:**

086 020 5592

## Promoting Health and Wellbeing among staff, volunteers and centre participants in Tallaght

Foróige Tallaght will provide training for staff and volunteers in the Be Healthy Be Happy Programme. The staff and volunteers will then run health and wellbeing programmes engaging young people in Tallaght over a six-eight week period. These programmes will promote personal health and wellbeing for everyone involved with Foróige Tallaght and Killinarden Family Resource Centre. Facilitators will provide workshops to include mindfulness, relaxation, laughing yoga and mandalas etc.

## Mon 12 September - Sat 17 September

**Time:** TBC

**Venue:**

Quarryvale Community  
Centre, Clondalkin

**Contact:**

David Graham

**Telephone:**

01 623 3417

### Fuel for Body and Mind

Join us for a talk on foods to keep the body healthy and smoothie making for kids. There will also be a workshop on sugar and the effects it has on the body and mind.

## Mon 12 September - Sun 18 September

**Time:** All Week

**Venue:**

Divine Mercy SNS, Balgaddy,  
Lucan

**Contact:**

Eibhlin Campbell

**Telephone:**

01 467 0689

### Health and Wellbeing Week 2016

A programme of events, talks and workshops for staff, pupils and parents on stress management skills and positive mental health. Specialist facilitator Julianne Reel will deliver a programme of Mindfulness. Jigsaw Clondalkin will deliver a workshop on mental health awareness for students entering secondary school. Other events include Yoga and a "Walk in my shoes" day to highlight positive attitudes and a caring environment in the school community.

## Tues 13 September - Tues 4 October

**Time:** 11.00 am - 12.30 pm

**Venue:**

Ballyroan Library,  
Orchardstown Avenue,  
Dublin 14

**Telephone:**

01 494 1900

### Baby Yoga

A four-week physical class covering the health and wellbeing of both Mother and Baby. Suitable for babies who have not started walking yet.

## Tues 13 September - Tues 18 October

**Time:** 3.00 pm - 4.00 pm

**Venue:**

The Park Community Centre,  
Ballycragh Park, Dublin 24

**Contact:**

Beryl Gilmore

**Telephone:**

01 462 0042

### Gentle Yoga for Older Adults

A gentle yoga course for the mature person with an emphasis on yoga and exercise for all. This is a six-week course with no emphasis on body type or flexibility. The class will include refreshments and time for a chat!

## Tues 13 September - Tues 8 November

**Time:** 7.00 pm - 9.00 pm

**Venue:**

The Cherith Centre, Firhouse  
Road, Firhouse

**Contact:**

Mary Behan

**Telephone:**

086 198 2533

### Mindfulness Course

An eight-week evening course. Each session involves a mixture of mindfulness meditation practice, a short presentation on the theme for that week by the facilitator, as well as some group discussion. The course is educational and experiential. Places are open to anyone over 18 years.

## Tues 13 September - Tues 18 October

**Time:** 7.30 pm - 8.45pm

**Venue:**

The Park Community Centre,  
Ballycragh Park, Dublin 24

**Contact:**

Beryl Gilmore

**Telephone:**

01 462 0042

### Healthy Family Food Course

A six-week healthy family food course. The course will address healthy eating, healthy portion sizes, sugar intake, making sense of food labels, making healthier food choices and easy food swaps. The course will also include cookery demonstrations, ideas for meal planning and healthy lunches. Information leaflets will also be provided.

## Tues 13 September - Tues 29 November

**Time:** 7.30 pm - 9.30 pm

**Venue:**

The Web Project,  
Whitechurch Library, Taylor's  
Lane, Ballyboden

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

### The Artist's Way

A 12-week course designed to discover or recover your creative self. Facilitated by poet Mae Newman.

## Wed 14 September - Wed 16 November

**Time:** 10.00 am - 12.30 pm

**Venue:**

An Cosan, Kiltalown Village  
Centre, Jobstown, Tallaght

**Contact:**

Maria Finn

**Telephone:**

01 414 9270  
or 086 380 3060

### NALA Health and Wellbeing for Life Programme

South Dublin County Council in partnership with the National Adult Literacy Agency are delivering a 10-week course on health and wellbeing.

## Thurs 15 September - Thurs 20 October

**Time:** 8.00 pm - 9.30 pm

**Venue:**

The Web Project,  
Whitechurch Library, Taylor's  
Lane, Rathfarnham

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

### Mindfulness Course

A 10-week mindfulness course. This course will help enhance mental and physical wellbeing.

# Thurs 15 September - Thurs 20 October

**Time:** 11.30 am - 12.30 pm

**Venue:**

Castletymon Library, Tallaght

**Telephone:**

01 452 4888

## Mindfulness around the World

Mindfulness refers to being present in one's life, bringing full awareness into every day. Our ancestors, and ancient civilizations from around the globe have been practising their own unique versions of Mindfulness for generations. Each week of this workshop, we will focus on different Mindfulness and Meditation techniques from different cultures around the globe. By the end of the course, participants will be able to bring inner peace into their own lives. There will be live playing of genuine instruments such as Didgeridoo, Tibetan and Crystal Bowls and Native American drum.

# Fri 16 September - Fri 2 December

**Time:** 10.30 am - 12.30 pm

**Venue:**

The Web Project,  
Whitechurch Library, Taylor's  
Lane, Ballyboden

**Contact:**

Jen Donohoe

**Telephone:**

01 495 2020

## Happy Healthy Heart Programme

A 12-week Happy Healthy Heart Programme for people with Intellectual Disabilities.



## Fri 16 September - Fri 4 November

**Time:** FULL TIMETABLE

**Booking is essential.**

**Venue:**

Ballyroan Community and Youth Centre, 111 - 113 Marian Road, Rathfarnham

**Contact:**

John Doyle

**Telephone:**

01 494 6675

### Ticking All the Healthy Boxes

An 8-week Programme for Young People aged 16 to 19 years. The aim of the programme is to provide an introduction to five components of Health and Wellbeing. The human body was designed for activity. By exercising regularly and making smart food choices, you'll look and feel better every day. Fitness is about improving muscular strength and endurance, cardiorespiratory strength and endurance and flexibility through regular physical activity. Eating the right foods is also a must for health and wellbeing.

## Fri 16 September - Fri 18 November

**Time:** 10.30 am - 12.30 pm

**Venue:**

Whitechurch Youth and Community Centre, Whitechurch

**Contact:**

Lisa Styles

**Telephone:**

01 495 2020

### Happy Healthy Hearts Programme

A 10-week programme aimed at promoting health. This includes healthy eating, exercise and relaxation. The course can be tailored to various levels of ability and is aimed at adults with mild to moderate learning disabilities.

## Mon 26 September - Fri 30 September

**Time:** 4.30 pm - 6.30 pm

**Venue:**

Whitechurch Community and Youth Centre, Whitechurch Heights, Ballyboden

**Contact:**

Robert Byrne

**Telephone:**

086 385 1223

### Whitechurch Health and Wellbeing

Be Healthy Be Happy Workshop with young males aged 14-15 years. A week-long session of workshops.

# September - December

**Contact:**

Catherine Heaney

**Telephone:**

01 459 0708

## Roma Volunteer Support/Training

This will be run alongside the twice weekly GP Service for the Roma population. Fettercairn Community Health Project will design a programme that will help build the capacity of our current and new volunteers. This will include language skills, dealing with the public, sourcing information for those attending the clinic on a range of issues such as housing, social welfare and additional health services.



**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 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 as follows:**

## **Heart and Stroke Helpline:**

Lo Call 1890 432 787

Monday to Friday 10.00am - 5.00pm

## **Web:**

[www.irisheart.ie](http://www.irisheart.ie)

[www.stroke.ie](http://www.stroke.ie)

## **Monday 12 September 4.00 pm – 8.00 pm**

**Venue:** Ballyroan Library, Orchardstown Avenue, Rathfarnham. **Tel:** 01 494 1900

## **Tuesday 13 September 2.00 pm – 6.00 pm**

**Venue:** Saint Aengus Parish and Community Centre, Castletymon, Tallaght. **Tel:** 01 452 4888

## **Wednesday 14 September 10.00 am – 2.00 pm**

**Venue:** Lucan Library, Superquinn Shopping Centre, Lucan. **Tel:** 01 621 6422

## **Wednesday 14 September 4.00 pm – 8.00 pm**

**Venue:** Clondalkin Library, Monastery Road, Clondalkin  
**Tel:** 01 459 3315

## **Thursday 15 September 10.00 am – 1.00 pm**

**Venue:** Killinarden Community Centre, Tallaght (Mobile Heart-Foundation Clinic). The mobile will be parked to the left of the centre in the CARP building car park.

## **Thursday 15 September 2.30 pm – 5.00 pm**

**Venue:** Clondalkin Health House, Neilstown (Mobile Heart-Foundation Clinic)

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

## **Thursday 15 September 4.00 pm – 8.00 pm**

**Venue:** County Library, Tallaght

**Tel:** 01 462 0073

## **Friday 16 September 10.00 am – 2.00 pm**

**(South Dublin County Council Staff only)**

**Venue:** Ante Room (beside Council Chamber, Tallaght)

**Tel:** 01 414 9270

## Additional Information

### Community Garden for Unemployed People in Seán 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 Seán 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 Seán 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

### Corkagh Park Fairy Woods, Lucan's Fairy Demesne 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 Park Fairy Woods, Lucan's Fairy Demesne and Tymon Park Enchanted Walk go to: [www.sdcc.ie](http://www.sdcc.ie)**



## 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, Social Inclusion Officer, Social Inclusion Unit,  
Community Services Department  
Tel: 086 380 3060 or 01 414 9270



## South Dublin Libraries

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. So make sure to join your public library, and pluck some peace of mind from the shelves. [www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)

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

## Community Walks

Free community walks are organised in local areas, local parks and in the Dublin Mountains. The walks are lead by trained walk leaders who show how to maximise the benefits to be gained from walking. Outdoor exercise equipment is also used on occasion. SDCSP has also trained many primary school parents to lead fellow parents on walks based around their local school. Please ask your school for details on this or contact our office.

## Orienteering

There are four permanent orienteering courses 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 activity for a school/scout group/youth group or indeed a family to discover the outdoors in our county. There are short, medium and long courses in each location. To download a course map see [www.sdscsp.ie/getting-active](http://www.sdscsp.ie/getting-active)

## Parkrun

Parkrun is a free, weekly, 5km timed event, open to everyone and people of every ability are encouraged to take part. There are three parkrun events in South Dublin County - Griffeen Valley Park, Tymon Park and Waterstown Park. All take place at 9.30 am on Saturday mornings, all year round. See [www.parkrun.ie](http://www.parkrun.ie) for all details.

## Supporting Unemployed

SDCSP supports a physical activity element of the *Mojo* programme run by South Dublin Co. Partnership for unemployed men and the *Box Smart* programme run by Tallaght Rehabilitation Project. It also supports the *Link 2B Active* programme where local facilities offer reduced cost access to unemployed people to participate in sport.

**For further information please contact:**

Thos McDermott,  
Local Sports Co-ordinator

Tel: 086 044 1071

Email: [info@sdscsp.ie](mailto:info@sdscsp.ie)

Web: [www.sdscsp.ie](http://www.sdscsp.ie)





sdcsp.ie  
South Dublin County  
Sports Partnership

## Leader Training

The following courses will be available for sports leaders this Autumn:

Sports First Aid

Child Protection in Sport

Disability Awareness

Mental Health Awareness

Concussion Awareness

Nutrition for Sport

Club Governance  
– Planning, Finance, PR

Sports Leadership Award  
(Transition Year pupils)

**For further information please contact:**

Thos McDermott,  
Local Sports Co-ordinator

**Tel:** 086 044 1071

**Email:** [info@sdscsp.ie](mailto:info@sdscsp.ie)

**Web:** [www.sdscsp.ie](http://www.sdscsp.ie)

## Sports Inclusion Disability Programme

South Dublin County Sports Partnership recently launched its Sports Inclusion Disability Programme (SIDP). Aine Coogan has been appointed the Sports Inclusion Disability Officer (SIDO) to oversee the management of the programme. The overall aim of the programme is to increase the participation of people with disabilities in sport and recreational physical activity. This will be achieved through working in partnership with statutory agencies, sports clubs, community groups, facility providers, schools, disability service providers and people with disabilities. Key elements of the programme include sustainable programming, information provision, training and education. The SIDP targets individuals of all ages and abilities who have an interest in participating in sport or recreational physical activity. South Dublin County Sports Partnership encourage any group or individual looking for additional information regarding sport and physical activity for people with disabilities.

**For further information please contact:**

Aine Coogan,  
Sports Inclusion Disability Officer

**Tel:** 01 414 92000 ext: 4220

**Email:** [acoogan@sdcsp.ie](mailto:acoogan@sdcsp.ie)

# 55+ Daily Activity

SOUTH DUBLIN COUNTY

Copies of the planner are available from  
Community Services Department,  
Tel: 01 414 9270 or it can be downloaded  
from [www.sdcc.ie](http://www.sdcc.ie)



- Free breast x-rays (mammograms) for eligible women every two years.
- The programme is being extended to women aged 69 on a phased basis.
- If an appointment time or date doesn't suit, it can be easily changed.
- Results take just three weeks.
- Most mammogram results are normal.
- BreastCheck is for women who have no symptoms of breast cancer.
- If you have any concerns or symptoms, see your family doctor (GP).
- For more information Freephone 1800 45 45 55 or visit [www.breastcheck.ie](http://www.breastcheck.ie).

- Free smear tests for women aged 25 to 60.
- Aim is to find changes on the cells of the cervix before they become cancer.
- To arrange your free smear test, make an appointment with any doctor or nurse registered with CervicalCheck.
- Results take just four weeks.
- Most smear test results are normal.
- CervicalCheck is for women who have no symptoms of cervical cancer.
- If you have any concerns or symptoms, see your family doctor (GP).
- For information or details on where to have a smear test Freephone 1800 45 45 55 or visit [www.cervicalcheck.ie](http://www.cervicalcheck.ie).

- Free bowel screening for men and women aged 60 to 69 every two years.
- In time the programme will be extended to men and women aged 55-74.
- Aim is to find bowel cancer at the earliest possible stage.
- Screening is by invitation and a test kit is sent directly to your home.
- Results take just four weeks.
- Most results are normal.
- BowelScreen is for men and women who have no symptoms of bowel cancer.
- If you have any concerns or symptoms, see your family doctor (GP).
- For more information Freephone 1800 45 45 55 or visit [www.bowelScreen.ie](http://www.bowelScreen.ie).

- Free diabetic retinopathy screening for people with diabetes aged 12 and over.
- Anybody with Type 1 or Type 2 diabetes is at risk.
- Diabetic RetinaScreen uses special digital photography to look for changes that could affect sight.
- Diabetic retinopathy may not have any symptoms in the early stage.
- When caught early, treatment can reduce or prevent damage to your sight.
- Screening is by invitation.
- An appointment takes about half an hour.
- Results take just three weeks.
- For more information Freephone 1800 45 45 55 or visit [www.diabeticretinascreen.ie](http://www.diabeticretinascreen.ie).



## An tSeirbhís Náisiúnta Scagthástála National Screening Service

- The National Screening Service (NSS) is part of the Health Service Executive. The NSS is responsible for Government funded population-based screening programmes – BreastCheck – The National Breast Screening Programme,

CervicalCheck – The National Cervical Screening Programme, BowelScreen – The National Bowel Screening Programme and Diabetic RetinaScreen – The National Diabetic Retinal Screening Programme.

- Equal access is provided to all. For more information or to contact an Access Officer Freephone 1800 45 45 55.
- For more information visit [www.screeningservice.ie](http://www.screeningservice.ie).

**Books**

**Digital Books**

**Online Resources**

**Free Internet & WiFi**

**Business Resources**

- **Workshops**
- **Lectures**
- **Classes**
- **DVDs/CDs**
- **Magazines**
- **Newspapers**



**South Dublin Libraries**

**Your Free Library**



**Your Free World**

[www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)





# 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.	<a href="http://www.clondalkinleisure.com">www.clondalkinleisure.com</a>
Lucan Leisure Centre.	<a href="http://www.lucanleisure.com">www.lucanleisure.com</a>
Tallaght Leisure Centre.	<a href="http://www.tallaghtleisure.com">www.tallaghtleisure.com</a>

# DO YOU WANT TO STOP SMOKING?

## We Can Quit

### Women Supporting Women To Stop Smoking

A **FREE** 12-week stop smoking programme for women, offering group support, one-to-one support and Nicotine Replacement Therapy (NRT)



Have you  
tried to quit  
before?

Do  
you want  
support to  
quit?

REGISTER FOR THE **WE CAN QUIT** PROGRAMME TODAY!

**Where?** Fettercairn Community Health Project,  
Fettercairn Community Centre, Tallaght

**When?** Wednesday 14 September at 7.00 pm

**Call:** Catherine Heaney  
Telephone: 01 459 0708

Or register on **[www.cancer.ie/we-can-quit](http://www.cancer.ie/we-can-quit)**

"Could not have  
quit without this  
course and getting the  
NRT aids for **FREE** was  
fantastic"



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



# 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/](http://giveblood.ie/Where_to_Give_Blood/)**

**Donor Information Line: 1850 731 137**



# Health Gathering

## We want to know what you think about health and wellbeing in Tallaght

People who live in Tallaght are invited to attend a 'Health Gathering' on Thursday 15th September 2016. This will take place in Tallaght Stadium, Whitestown Way, Dublin 24 between 10.30am and 12.30pm (sign-in between 10.00am and 10.30am).

We want to know what health issues are important to people living in Tallaght. You do not need to be a regular user of local health services to take part. You just need to live in Tallaght and be interested in health.

People will be asked to talk in groups about health and well-being and health services in Tallaght. We can then use this to help plan health services in the area.

This Gathering is being run by the Adelaide Health Foundation with the Department of Public Health and Primary Care, Trinity College Dublin and the Fettercairn Community Health Project.

**It is free to attend but you need to let us know that you are coming. To register please contact:**

Esther Nyambura, Adelaide Health Foundation,  
Tallaght Hospital, Dublin 24,  
Email: [esther.nyambura@amnch.ie](mailto:esther.nyambura@amnch.ie) or Telephone: 01 414 2071/2069



# GR W YOUR OWN



Community Garden

Seán Walsh Park, Tallaght, Dublin 24

**If you are interested in growing vegetables, fruit and learning new gardening skills please join in.**

This is a great garden with a small community of local gardeners. We meet every Wednesday from 11.00 am to 1.00 pm

For more information on this project please contact Maria Finn/Sandra Hickey, Social Inclusion Unit, South Dublin County Council  
Tel: 01 414 9270/086 380 3060/086 043 1779





sdccsp.ie  
South Dublin County  
Sports Partnership

**#BEACTIVE**

European Week of Sport  
10-18 September 2016



South Dublin  
County Partnership  
Páirtíocht Chontae  
Átha Cliath Theas

**Áras Chrónáin**  
Ionad Cultúir - Irish Cultural Centre



**Irish  
Cancer  
Society**



**Irish Blood  
Transfusion Service**  
Seirbhís Fulaistriúcháin 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

**To attend library events you must be a library member.**

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

**All our events are fully accessible.**

Visit our website at [www.sdcc.ie](http://www.sdcc.ie)



**#SDCCHHealthAndWellbeing**



**SouthDublinCountyCouncil**

