



Social Inclusion Festival 2021

“Staying Connected”

Programme of Free Events

15TH - 21ST NOVEMBER 2021



**Launch of Social Inclusion Festival 2021
by Mayor Peter Kavanagh**

Mayor Peter Kavanagh will officially launch this year’s Social Inclusion Festival 2021 on Monday 15th November at 11.00 am - Virtually on South Dublin County Council’s Social Media platforms.

There is a vast programme of both in-person and online events for the week suitable to all. All events are free.

Please ensure to book your places early for events to avoid disappointment.

Come along and help us celebrate this year’s Festival!



Adamstown Community College Culture Week

ACC Culture Week will highlight and celebrate the variety of cultures that are represented in the Adamstown community. We invite our students, their families, and the wider Adamstown community to join us in our celebration!

These events will take place throughout the week of Social Inclusion Festival 2021.

Events for students will include:

- Anti-racism talks with Adamstown Community College students from members of Black and Irish
- Mural painting
- Flag design
- Cultural music
- Exploration of different languages
- Quizzes

After school events will include:

- Anti-racism talks with parents from members of Black and Irish
- Multicultural cooking classes with parents

Dates and times of the above events are to be confirmed.

For any queries in relation to these events, please contact Briana Fitzsimons on 087 919 9388



Lucan Library Art Competition

Theme - 'Live your Best Life'

To celebrate Social Inclusion Festival, Lucan Library are inviting you to put your best Art forward using the theme "Live Your Best Life".

Be as creative as you like, all entries must be A3 in size.

All Submissions to Lucan Library by the 3rd of November 2021 before 8pm.

There will be 3 categories under 7's, under 13's and 13+.

A selection of the top entries will be displayed in our exhibition space in Lucan Library for Social Inclusion Festival.

We look forward to seeing your entries and there will be a prize for each age group.

Competition opens: Wednesday 20th October

Competition closes: Wednesday 3rd November @ 8.00 pm

Entries displayed in Lucan Library: Monday 15th November - Saturday 27th November.

For more information, please contact Lucan Library on 01 621 6652.



“I Could Be” Campaign Exhibition

County Library, Library Square, Tallaght

The ‘I Could Be’ Campaign by The Down Syndrome Centre will be available to all to view as part of Social Inclusion Festival 2021.

‘I Could Be’ is about supporting a brighter future for people with Down Syndrome.

The campaign aims to promote the message that while people with Down Syndrome need additional supports, they have innate potential, skills, talents, and unique perspectives to bring to society and to a chosen profession.

The Down Syndrome Centre is delighted to bring the campaign to South Dublin County Council’s Social Inclusion Festival 2021.

The exhibition will be on display in County Library, Tallaght from Monday 15th November - Saturday 20th November.

The Down Syndrome Centre provides services and supports to enable children with Down Syndrome to have the same opportunities in life as their peers and to reach their full potential.

Help us spread this positive #ICouldBe message by taking a photo of the exhibition and sharing on social media.



The WEB Project - Social Inclusion Week November 2021

Reconnection Inclusive Art Workshops

Monday 15th

2.00 - 4.00 pm

Mixed Media
Collage
Workshop

Tuesday 16th

2.00 - 4.00 pm

Mixed Media
Art Workshop

Wednesday 17th

2.00 - 4.00 pm

Abstract
Composition
Workshop

Thursday 18th

10.00 am - 12.00

Mono Printing
Workshop

Friday 19th

10.00 am - 12.00

Festive Card
Making Workshop

Booking essential

Contact us on - **01-4952020**

or

email

webprojectballyboden@gmail.com

SUNDAY 14TH NOVEMBER

Lá Spraoi Clainne ag Café Aon Scéal: Lámhchleasaíocht, péinteáil éadain, flas candaí agus go leor spraoi!

Fun day for the family at Café Aon Scéal: juggling, face painting, candy floss and fun for all!

12.00 pm - 3.00 pm - Café Aon Scéal, Tallaght

Lá Spraoi don chlann ag Café Aon Scéal, Tamhacht, 518 An tSráid Mhór, Tamhlacht, Lámhchleasaíocht, péinteáil éadain, flas candaí agus go leor spraoi! Fáile roimh cách.

Chun áit a chur in áirithe seol téasc chuig 085 876 3123 nó seol ríomhphoist chuig cafeonsceal@gmail.com

Fun day for the family at Café Aon Scéal Tamhlacht, 518 Main Street, Tallaght, juggling, face painting, candy floss and lots of fun!

To book your place please text Loretta on 085 876 3123 or email cafeonsceal@gmail.com

MONDAY 15TH NOVEMBER

Holistic Therapy Sessions

9.00 am - 4.00 pm - The WEB Project, Ballyboden

Holistic Therapy Sessions for members of St. Michael's House (open to St. Michael's House members only).

Debbie Doyle - 01 490 0936 Ext 7

Tai Chi in the Library

10.00 am - Ballyroan Library

The Chinese practice of Tai Chi is a gentle form of exercise that can help maintain strength, flexibility and balance for people of all ages and abilities. Join Tai Chi master Ross Cousens for some "meditation in motion" in the library. Booking essential at ballyroanlibrary.eventbrite.ie.

Ballyroan Library - 01 494 1900

MONDAY 15TH NOVEMBER

Mindfulness and Creativity - Nature and its place in the home

11.00 am - Coachhouse Conservatory, Palmerstown

This Mindful workshop will explore the healing and nourishing aspects of nature through stillness, reflection and the creative process. Experiencing its energy, colour, form and unique qualities.

Stewarts Care - 01 651 8225

African Storytelling Sessions

11.00 am - Rainbow House, An Cosán

South Dublin County Council have teamed up with Gomba Educare to provide an interactive storytelling session for young children in Rainbow House, An Cosán. The children will be transported into a magical world through beautifully crafted songs and stories (Open to children in Rainbow House only).

Social Inclusion Unit - 01 414 9270

Healthy Food Made Easy

11.00 am - 12.45 pm - Online

Are you looking to make smarter food choices and improve your health? The Social Inclusion Unit in collaboration with South Dublin County Partnership are arranging for a free 6-week online Healthy Food Made Easy course to take place.

The Healthy Food Made Easy Programme is a HSE programme designed to help people develop their skills, knowledge, and confidence to eat well and improve their health. Further details can be found on page 29. All people living within South Dublin County are welcome to attend. Places are limited and must be booked in advance.

**To book your place on this workshop, please email
socialinclusionunit@sdblincoco.ie**

MONDAY 15TH NOVEMBER

Tai Chi in the Library

11.15 am - Ballyroan Library

The Chinese practice of Tai Chi is a gentle form of exercise that can help maintain strength, flexibility and balance for people of all ages and abilities. Join Tai Chi master Ross Cousens for some “meditation in motion” in the library. Booking essential at ballyroanlibrary.eventbrite.ie.

Ballyroan Library - 01 494 1900

Bollywood Dance

5.00 pm - 6.00 pm - Brookfield Community & Youth Centre

Bollywood Dance Showcase and Classes for Children with Complex Additional Needs facilitated by Bollywood Beats.

The Bollywood workshop will take place on Monday 15th November, followed by 3 Bollywood classes taking place each Monday thereafter.

Sensory Fun with Friends - sensoryfunwithfriends@gmail.com

Care for the Carer

7.00 pm - Zoom through Lucan Library

Indian Head Massage & Head massage techniques - An introduction to a wonderful therapy which includes massage of shoulders, arms, neck, scalp and face. The techniques are a self massage routine.

Lucan Library - 01 621 6652

Manga People of Tallaght

15th - 20th November - County Library, Tallaght

Exhibition by Shota Kotake. The exhibition will consist of manga portraits of older people. Older people will be invited to come to the library to have their portraits drawn for the exhibition.

Tallaght Library - 01 462 6673

TUESDAY 16TH NOVEMBER

Activism and Community with Síona Cahill

10.00 am - Online through Castletymon Library

In this session for secondary students, Síona Cahill will discuss how young people can mobilise to get involved and stay connected with their communities on a local level and beyond.

Síona Cahill is a campaigner, organiser, political strategist, and current public affairs and communication manager for Gáisce. She has led student campaigns in Ireland on marriage equality, access and funding for third level education, reproductive health and rights, ending youth homelessness and empowering women in leadership. Síona was shortlisted alongside Greta Thunberg in the 'Women in Youth Activism' category of the Women in Europe Awards for her work on civic participation and she is a regular contributor to current affairs radio shows.

This talk will take place online.

Castletymon Library - 01 414 9203

Morning of Self Care- Meitheal Connecting Parents

10.00 am - Killinarden Family Resource Centre

Participants will be treated to a morning of tai chi, relaxation, wellness tips and lovely snacks!

The Tusla Meitheal team in collaboration with the Killinarden Family Resource Centre are offering parents, grandparents, carers and any grown ups that would like to come along to a morning of self care and relaxation. We're giving attendees an opportunity to stay connected with each other and their local services too.

Childcare will be available on the morning of the event. Due to the space restrictions, please book your place in advance. Come along and bring a friend too!

Daniela Jurj - 01 452 7143

TUESDAY 16TH NOVEMBER

Fundamentals of Volunteer Engagement

10.00 am - Online

Fundamentals of Volunteer Engagement is a 2 module online course designed to promote good practice and inclusion in all aspects of volunteer management and leadership. This two module course is for those in Volunteer Involving Organisations who are new to the topic of volunteer management and leadership or who wish to improve their skillset.

Colette Gallagher - 086 703 6768 / colette@volunteersouthdublin.ie

Yoga and Relaxation Workshop

10.00 am - 3.00 pm - Templeogue House

Yoga and relaxation workshop for members of St. Michael's House (open to St. Michael's House members only).

Debbie Doyle - 01 490 0936 Ext 7

Staying Connected

10.00 am - Rowlagh Women's Group, Neilstown Road

Learn how to connect with nature through gardening and floristry. Learn how to create a variety of displays using foraged materials. Plant colourful bulbs and flowers that will brighten a winter's day.

Rowlagh Women's Group - 086 078 1586

Tuesday Tea-sers

10.30 am - North Clondalkin Library

Come along and relax with a cup of tea / coffee and a chat or test yourself with sudoku / crossword puzzle. All welcome.

North Clondalkin Library - 01 414 9269

TUESDAY 16TH NOVEMBER

Winter Crafts

11.00 am - Ballyroan Library

Join artist Kim Jenkinson for this fabric and fibre art workshop, where we will be working on creating a winter themed collage on canvas squares, all materials will be provided.

Ballyroan Library - 01 494 1900

Creative Seasonal Eco Floristry

11.00 am - The Coach House, Stewarts Care, Palmerstown

Use a mix of floristry and creativity to decorate a range of glass jars / containers to make a seasonal floristry display.

We ask everyone taking part to bring along 3 or 4 containers, these can be glass jars / tins that would normally go into your recycling bin, and we will use a range of eco friendly products to decorate them, and make flower displays to suit each one.

All fresh flowers, foliage and craft supplies will be provided, along with tea / coffee and refreshments after the class.

10 people maximum can attend.

Stewarts Care - 01 625 8957

How to create a four season plant box

11.00 am - 11.45 am - Online through St. John of Gods

In this online workshop you will learn how to create a plant box using plants to enjoy all year around (Open to members of St. John of Gods).

Veronika Achleitner - 085 144 5693

Over 55's Afternoon Tea Dance

2.00 pm - 5.00 pm - Bawnogue Youth and Community Centre

Bawnogue Youth & Community Centre invite you to attend our over 55's afternoon tea dance. Dance to music from the 50's and 60's, chat to your friends, and avail of refreshments. This will be a ticket-only (free) event in line with COVID restrictions on indoor gatherings.

Dolores Byrne - 01 457 6734 / 085 877 1579

TUESDAY 16TH NOVEMBER

Making the Most of Library Online Resources

2.00 pm - 4.00 pm - County Library, Tallaght

Drop-in sessions run by staff.

Tallaght Library - 01 462 6673

Story time session

3.00 pm - North Clondalkin Library

Suitable for Under 6's

Come and be enthralled with our amazing storyteller. Play and build with our selection of library games and lego.

North Clondalkin Library - 01 414 9269

African Storytelling Sessions

3.30 pm - Rainbow House, An Cosán

South Dublin County Council have teamed up with Gomba Educare to provide an interactive storytelling session for young children in Rainbow House, An Cosán. The children will be transported into a magical world through beautifully crafted songs and stories (Open to children in Rainbow House only).

Social Inclusion Unit - 01 414 9270

We're Staying Connected

6.00 pm - 7.30 pm - St Kevins Family Resource Centre

St Kevins Family Resource Centre is holding a 6 week programme (16th November - 14th December) for older members of the communities of Kingswood, Kilnamanagh and Tymon in the use of smartphones. You will be guided in navigating through apps, downloading apps, taking and printing photos. Your creativity skills will flourish when you will display your photos on your own canvas to keep at home. You will experience how podcasting works and will have the opportunity to get involved in having your thoughts and feelings of staying connected documented.

St Kevins FRC - 01 462 7149

TUESDAY 16TH NOVEMBER

Recycled Youth Tea Party/ Dance and Bingo Event

7.00 pm - 9.00 pm - Lucan Youth Service, Griffeen Centre

Our senior members (Recycled Youth) will be able to meet with each other and integrate with some of our Young people and community members in providing a fun filled and enjoyable evening. Numbers will be limited so please book your place in advance.

Covid regulations and guidelines will be adhered to at all times.

John M Gregg - 085 877 0711

Create your own Mandala & Be mindful through Art workshop

7.00 pm - 9.00 pm - Online

Ronanstown Women's CDP are hosting an online 'Create your own Mandala & Be Mindful through Art' workshop.

This is a 'be mindful through art' workshop which the tutor will lead us to create and design our own mandala using the medium of mindfulness. This session will include inspirational quotes, mindfulness and creativity. We will include self care and well-being tips within the facilitated morning. A fun workshop being creative together.

Ronanstown Women's CDP - 087 398 1477

WEDNESDAY 17TH NOVEMBER

Gardening and Floristry Workshop

10.00 am - 3.00 pm - Templeogue House

Gardening and floristry workshop for members of St. Michael's House (open to St. Michael's House members only).

Debbie Doyle - 01 490 0936 Ext 7

WEDNESDAY 17TH NOVEMBER

Regathering Celebration of Volunteers and Learners

10.30 am - Mountain Park Centre, Tallaght

The Tallaght Intercultural Drop-In Centre will host a gathering of our community members - our amazing volunteers and learners to celebrate our coming together once again after the challenge of the Covid 19 Pandemic. Our celebration will include an awards ceremony for our volunteer and learner contributions and efforts to keep connected throughout all of the difficulties we faced since March 2020.

Marie Corr - 087 240 7077

Spanish Story time. A morning of stories in Spanish for parents with under 5's.

11.00 am - County Library, Tallaght

Come to Tallaght Library to read together in Spanish and get to meet new families!

¡Vamos a contar cuentos! Mañana de cuentos en español en Tallaght Library.

Participa en la mañana de cuentos en español para familias con niños de 0 a 5 años. Únete a nosotros en Tallaght Library el 17 de noviembre para leer juntos cuentos en español y conocer a otras familias hispanohablantes.

Soraya Sobrevía - 089 464 2725



WEDNESDAY 17TH NOVEMBER

#CURIOUSBEGINNINGS

Various Dates and Times - ReCreate Ireland / Online

A 3 day long #curiousbeginnings experience with ReCreate Ireland. Researcher and author Todd Kashdan says that 'curiosity is the missing ingredient to living a fulfilling life'. We couldn't agree more. At ReCreate, we believe that the art of curiosity is a skill that should (and can) be harnessed and developed in each human being. Being curious is about asking 'why', taking risks, trying new things, connecting in new ways and being open to change.

For Social Inclusion Festival 2021, we will be creatively 'experimenting' with the people of South Dublin, over the course of 3 days. Curious enough to join us?

Tuesday workshops: Curious cribs with Active Retirement Groups

Wednesday workshops: Curious lights with parents and children 0-5 years

Saturday workshops: Curious cardboard Christmas decorations online family workshop

For more information, please contact Liz at the below details

ReCreate Ireland - 01 456 8798 / Lsmith@recreate.ie

One Good Adult

11.00 am - 12.00 pm - Jigsaw Dublin South West Hub / Online

Sign up for free online workshops run by Jigsaw - The National Centre for Youth Mental Health - and develop a greater understanding of mental health, the important role of One Good Adult in promoting youth mental health, and the value of self-care in supporting and promoting youth mental health.

[Link to register](#)

Jigsaw DSW - 01 538 0087

WEDNESDAY 17TH NOVEMBER

Sketch Connect Project with ReCreate Ireland

12.00 - 4.00 pm - ReCreate Ireland, Ballymount Industrial Estate

ReCreate Ireland are delighted to be hosting Sketch Connect's end of project showcase. Over the last 12 months, 18 participants from around Ireland have been involved in a sketchbook club. This end of project exhibition will showcase the physical sketchbooks and the journey made by the participants, during the year long process. ReCreate will be opening it's doors from 12noon to 4pm on Wednesday 17th November. Contact Jo (project co-ordinator) for more information: jomay@recreate.ie.

Jo May - jomay@recreate.ie

Floral /Gardening Demonstration..... Connecting with Nature

2.30 pm - An Cosán, Kiltalown Village, Jobstown

Learn how to stay connected with Nature with a Floral and Gardening Demonstration. Hear how the outdoors is so beneficial to your Health and wellbeing.

Tips on plants and what type to look out for when creating a display. Also learn about places/parks to visit with friends.

Imelda Hanratty - 01 462 8488

Self Care for One Good Adult

3.00 pm - 4.00 pm - Jigsaw Dublin South West Hub / Online

Sign up for free online workshops run by Jigsaw - The National Centre for Youth Mental Health - and develop a greater understanding of mental health, the important role of One Good Adult in promoting youth mental health, and the value of self-care in supporting and promoting youth mental health.

[Link to register](#)

Jigsaw DSW - 01 538 0087

WEDNESDAY 17TH NOVEMBER

Stress Management Workshop

7.00 pm - Online

This workshop is designed for anyone interested in learning more about managing their stress. It also encourages social engagement and break feelings of isolation. Stress management techniques and exercises to help manage or reduce stress through hand massage and creative writing. Packs will be provided.

Women Together Tallaght Network - 087 346 4002

Musical Quiz Night

7.30 pm - 9.00 pm - Online through Zoom

Fun musical quiz night for women of all generations. The night will include music from every decade. There will be 3 rounds of the quiz with a prize for each round.

Rowlagh Women's Network - 085 851 3040

THURSDAY 18TH NOVEMBER

Past & Present, A New Hope

10.00 am - 1.00 pm - Templeogue United Football Club

Past & Present, a New Hope, celebrate the memory of those that we have lost, and restart on a new path with the members of Templeogue Men's Shed, the various activities that were enjoyed, and start-up new ones.

Templeogue Men's Shed - 086 313 6808

THURSDAY 18TH NOVEMBER

Together in Nature

10.30 am - Meeting at Threshold Training Network to go to garden

Together in Nature - Based on the Japanese practice of Shinrin yoku-forest bathing, participants will be brought on a guided walk in the woods, exploring and experiencing connections with nature. The word 'bathing' is used because during the walk your senses (touch, hearing, smelling, seeing and tasting) will be bathing in nature. This practice done on a regular basis promotes relaxation and stress reduction. The experience is enhanced by doing it with others and sharing feedback. It is both a gentle exercise and gentle practice, all parts of the workshop are by invitation. When you rediscover the joys of being in nature, you can sense you are a part of something, you are not on your own.

As Emily Bronte said 'Every leaf speaks bliss to me'.

Threshold Training Network - 087 122 8803

Fostering Information Event for Migrant Families

11.00 am - Online through Zoom

Have you ever thought about Fostering a child in need of care but not sure what to do or where to go? Do you have a room in your home and love in your heart? The DSW Fostering Team in conjunction with Family Matters Platform would like to invite migrant families to join an online Fostering Information Event on Zoom.

TUSLA - 087 280 5498

Try the Tech

2.00 pm - 4.00 pm - Palmerstown Library

Drop in any time and try out some devices such as tablet, iPad or 3D printer. Staff will demonstrate the free South Dublin Libraries online resources.

Palmerstown Library - 01 467 8909 (Tues/Thurs)

THURSDAY 18TH NOVEMBER

Section 42 for YOU!

2.00 pm - Online

Glencree Centre for Peace & Reconciliation is holding an exciting panel discussion, with creative inputs, exploring how to use Section 42 Public Sector Duty of the Irish Human Rights & Equality Commission Act for ethnic minority communities across South Dublin County.
Get in touch: sinead.bolger@glencree.ie.

Sinead Bolger - sinead.bolger@glencree.ie

Making the Most of Library Online Resources

2.00 pm - 4.00 pm - County Library, Tallaght

Drop-in sessions run by staff.

Tallaght Library - 01 462 6673

More than a seat at the table – experiences of people who are blind and vision impaired in decision making

3.00 pm - Online through Microsoft Teams

At this live webinar, you will hear from people who are blind or vision impaired about their experience of having their voices heard in the public policy conversations that affects their right to live independent lives.

National Council for the Blind Ireland - 087 276 3941

One Good Adult

3.00 pm - 4.00 pm - Jigsaw Dublin South West Hub / Online

Sign up for free online workshops run by Jigsaw - The National Centre for Youth Mental Health - and develop a greater understanding of mental health, the important role of One Good Adult in promoting youth mental health, and the value of self-care in supporting and promoting youth mental health.

[Link to register](#)

Jigsaw DSW - 01 538 0087

THURSDAY 18TH NOVEMBER

Mindfulness & Meditation Workshop

6.30 pm - Clondalkin Library

A life-enhancing workshop by Holistic Therapist and Health and Wellbeing Facilitator Grainne Nolan.

Clondalkin Library - 01 459 6643

Wreath Making Workshop with Christine Carey

7.00 pm - 9.00 pm - Lucan Centre, Primrose Lane, K78XT10

Festive Wreath Making Workshop with Local Artist Christine Carey. The workshop will help you to relax, calm the mind and really connect with other women in your area. Come join Lucan Women's Network for a morning of creativity with Christine. Places are limited so get in touch to book your place email: develworkerc.l@gmail.com phone/WhatsApp 083 860 7947.

Lucan Women's Network - 083 860 7947

FRIDAY 19TH NOVEMBER

Mandala Art for Well Being

10.00 am - 1.00 pm - Adamstown Youth and Community Centre

Creating your own Mandala with coloured papers using Quilling Technique. This beautiful ancient Indian art is therapeutic for the mind, soothing for the eyes and will hold you in present moments for hours. Especially in this challenging time, art is one way to bring people together and connect them through never-ending creativity and joy.

Usha Ramalingam - 087 747 0830

FRIDAY 19TH NOVEMBER

Knitting session

10.00 am - North Clondalkin Library

Bring your latest project and knit with us on Friday mornings at 10am – all levels welcome! Participants bring own projects.

All welcome.

North Clondalkin Library - 01 414 9269

Senior Sing Along

11.00 am - Knockmitten Youth and Community Centre

Senior Citizens Sing Along.

Come and enjoy a sing along with tea/coffee and snacks, raffle and bingo.

Knockmitten Youth and Community Centre - 01 411 1511

Self Care for One Good Adult

11.00 am - 12.00 pm - Jigsaw Dublin South West Hub / Online

Sign up for free online workshops run by Jigsaw - The National Centre for Youth Mental Health - and develop a greater understanding of mental health, the important role of One Good Adult in promoting youth mental health, and the value of self-care in supporting and promoting youth mental health.

[Link to register](#)

Jigsaw DSW - 01 538 0087

Safeguarding your Digital Financial Wellbeing

12.00 pm - 12.35 pm - Online through Zoom

This workshop by Bank of Ireland will cover the following topics:

- Cybercrime
- Common Tactics
- Best Practice
- Talking to kids about staying safe online



To book your place on this workshop, please email socialinclusionunit@sdblincoco.ie or call 01 414 9270.

FRIDAY 19TH NOVEMBER

Opening A Bank Account In Ireland

2.00 pm - 2.35 pm - Online through Zoom

This workshop by Bank of Ireland will cover the following topics:

- Why bank accounts are important
- How to get a bank account
- Why online banking is worth exploring
- General Financial Wellbeing tips



To book your place on this workshop, please email socialinclusionunit@sdublincoco.ie or call 01 414 9270.

Cultural Awareness Training

2.00 pm - 3.00 pm - Online through Zoom

-This event will provide basic information on cultural awareness to support frontline professionals/people working with ethnic minorities and migrant families or anyone with interest.

-The training will enhance assessment positively.

-The session will also enhance participants' understanding of different cultural issues, and how to manage them.

-There will also be a questions and answer segment.

The Zoom ID and the password will be provided upon registration.

To register, email: familymattersplatform@gmail.com

Let it Out

7.00 pm - 9.00 pm - Online

At Gomba educate we plan to host an event virtually on mental wellbeing and an after party with the DJs on rotation.

This event will mainly target minority groups who have had to endure 500 days of the pandemic. The plan is to have a mental health specialist from the black therapists Ireland to give a short presentation, musical entertainment and an open space for attendees to share their experiences during covid and how they coped.

Gomba Educare - 086 325 3627

FRIDAY 19TH NOVEMBER

Social Inclusion in our Community: LGBT+ Film night and panel discussion

8.00 pm - The Civic Theatre Studio, Tallaght

Screening of a series of award-winning LGBT+ shorts followed by a Panel Discussion with LGBT+ members of excluded groups in society followed by a drinks reception and finger food.

Contact Alan Edge at southdublin@dublinpride.ie or check our social media pages for more info.

Alan Edge - southdublin@dublinpride.ie

SATURDAY 20TH NOVEMBER

Inclusive Basketball Blitz Day

9.30 am - Eanna Basketball Club, Hillside Park, Rathfarnham

If you like basketball and wondered what it would be like to play or would like to improve your skills, then come join us in our skills day at Eanna Basketball Club.

Please book your place by emailing pcoghlan@cheeverstownhouse.ie or contacting James Kiernan or Paula Coghlan by phone before the event as there will be limited places available.

Paula - 085 735 8843 or James 086 794 8179

Sensory Saturday

10.00 am - North Clondalkin Library

Come along and join our sensory-friendly morning at a quiet time. Play with our sensory wall and enjoy some quiet time in our sensory tents. Play with our magic table, explore our newly developed sensory garden. All welcome.

North Clondalkin Library - 01 414 9269

SATURDAY 20TH NOVEMBER

Music Making for Everyone

10.00 am - Clondalkin Youth Services, Monastery Road

Band Day.... come and try singing or playing an instrument. You can take part in a workshop provided by a real live band. Feel the power of performing! Challenge yourself to try something new. Instruments provided.

Enid Conaghan - 01 459 4666

Two Day Film Workshop for Teenagers and Young Adults with Down Syndrome

10.00 am - 3.00 pm - River View Educate Together School

Connections Arts Centre are collaborating with Down Syndrome Dublin to bring teenagers/young adults with Down Syndrome in South Dublin this engaging and interactive two-day Film workshop.

So if you like the idea of being in front of, or behind the camera, come along and try something different?

Places are limited.

Connections Arts Centre - 086 647 8452

Diversity Festival

11.00 am - 4.00 pm - Adamstown Youth and Community Centre

We at Adamstown Youth and Community Centre cater for all ethnic backgrounds. We are hosting Irish Folk Music, Bollywood Dance, Irish Dance, African Drummers, and African Dance. Refreshments will be provided.

Hope to see you all there.

Adamstown Community Centre - 085 166 9351



SATURDAY 20TH NOVEMBER

South Dublin LGBT+ Network - Staying Connected Brunch

11.00 am - East Village Coffee, Clondalkin Round Tower

A great chance for the local LGBT+ community to stay connected over some delicious brunch.

Alan Edge - southdublin@dublinpride.ie



Togetherness Arts Competition

2.00 pm - 3.30 pm - Online through Zoom and Facebook

Join IACI - Togetherness Arts Competition live on Zoom.

The winners will receive gift certificates and they will be showcased on social media and possibly in our local newspaper.

The Age group for the event is between 4 - 12 years of age.

Email us to register:

Name, Age, Address, Name, and Phone number of Parents/Guardians

Email: iaciyouth@gmail.com

All are welcome.

Integration of All Children in Ireland - 086 402 3953

Beezie Play Performance with Sheila Flitton

3.30 pm - Ballyroan Community and Youth Centre

'Beezie' a one-woman stage-play written and performed by the acclaimed actor Sheila Flitton guarantees to entertain all whom attend. The play has been widely performed by Sheila throughout Ireland, the UK and the US and received great reviews.

Ballyroan Community and Youth Centre - 086 455 5770

SUNDAY 21ST NOVEMBER

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10.00 am - 3.00 pm - River View Educate Together School

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So if you like the idea of being in front of, or behind the camera, come along and try something different?

Places are limited.

Connections Arts Centre - 086 647 8452

Virtual Celebration - Social Inclusion Through the Performing Arts

3.00 pm - Online

Come along and enjoy this years virtual Celebration Show. Enjoy this annual event from the comfort of your own home. Don't forget at the end to vote for your favourite act. Good luck to all involved!!!

This can be viewed on the Civic Theatre Social Media platforms.

Social Inclusion Unit - 01 414 9270 / socialinclusionunit@sdublincoco.ie

OTHER EVENTS TAKING PLACE DURING THE FESTIVAL

Inclusive Horse Riding

DETAILS TBC

South Dublin County Sports Partnership in conjunction with Social Inclusion Unit are running a 6 week programme of Inclusive Horse Riding lessons for children and teenagers with disabilities.

Booked out

OTHER EVENTS TAKING PLACE DURING THE FESTIVAL

Lives on the Line, Staying Connected through The Arts

Wednesday 24th November - 3.00 pm - 4.30 pm

County Library, Tallaght

'Lives on the Line' sets out to show how one single line created another and eventually, grew into a fully fledged work. In the same way that casting on a row of stitches soon builds up to a garment or making that first mark on the canvas creates the possibility of an image. Whenever we plant a seed, we hope a flower will bloom. So it is with art and staying connected in our community through art. Putting down a 'line' or 'taking a line for a walk' is like placing one foot before the other. Soon, so much ground is covered. A happy, healthy creative life improves our mental health and makes for richer community living.

'Lives on the Line' limited edition book will be available at the workshop, free to contributors. 'Lives on the Line' is open to everyone, all welcome. Refreshments available.

Eileen Casey - 01 452 4227





HEALTHY FOOD MADE EASY

**Healthy Food Made Easy is
a 6 session HSE
programme designed to
help people develop the
skills, knowledge and
confidence to eat well and
improve their health.**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



**South Dublin
County Partnership**
Páirtíocht Chontae
Átha Cliath Theas

This online community nutrition and cooking programme has been developed by HSE Dietitians. Local people have been trained to deliver the course in their community.

Sessions include group discussions, quizzes, activities and videos to support learning. Participants will be encouraged to shop for a chosen recipe and cook at the session each week.

Participants will need access to a tablet, laptop, smart phone or desktop and an internet connection.

THE COURSE WILL RUN OVER 6 WEEKS AND EACH SESSION LASTS ABOUT 1 HOUR 45 MINUTES.

THE TOPICS COVERED ARE :

SESSION 1 'BUILDING A FOOD PYRAMID' - 15th November 2021

SESSION 2 ' FIBRE PROVIDERS ' - 22nd November 2021

SESSION 3 ' ' FOCUS ON FATS ' - 29th November 2021

SESSION 4 ' FOOD FOR LIFE ' - 10th January 2022

SESSION 5 ' SHOP SMART ' - 17th January 2022

SESSION 6 ' THE ROAD AHEAD' - 24th January 2022



www.theroundtower.ie

Winter
in
Dublin



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audio guide available in 5 languages



The
Round Tower
Clondalkin
Brú Chronáin



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Clondalkin and **Tallaght**

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