

# Health and Wellbeing Week 2018

Seachtain na Sláinte  
agus na Folláine

The Week-long  
Event of Activities  
for Everyone!

10th-16th  
September



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## Key



Physical  
Activity



Health &  
Wellbeing



Mental  
Health

# Mayor's Introduction



**I am delighted to introduce this year's Health and Wellbeing brochure. Health and Wellbeing week is the product of a collaboration of many community groups, agencies and organisations throughout the County and I would like to thank and acknowledge them for their involvement and continued support with this annual event.**

The themes of this years Health and Wellbeing week are Physical Activity, Health & Wellbeing and Mental Health. There is no doubt that there is a correlation between all three. I am reminded of the old saying of a "health body means a healthy mind".

I have set myself a personal goal this year to run the Dublin City Marathon and I have noticed the many benefits I have gotten through training. My eating patterns are better, I have more energy and feel a lot better about myself in general.

There are a wide range of free activities to suit all ages and abilities on offer across the County and I would encourage everyone to get involved to make Health and Wellbeing Week 2018 a huge success.

Cllr. Mark Ward  
**Mayor of South Dublin**

# Chief Executive Message



**Health and Wellbeing is one of five Themes which is enshrined in our Corporate Strategy 2015–2019. In the context of this theme we indicate that: “The Health and Wellbeing of the people of South Dublin County area is a measure of our success as a society. As a local authority, we can influence physical and mental wellbeing in terms of social inclusion, recreation activities, library services, employment creation, housing supply, community infrastructure and financial supports”**

Since 2015 Health and Wellbeing has been embedded in everything we do. Having developed our planning and support programmes we achieved Healthy Ireland, Healthy County status in 2016 and have successfully planned and delivered Health and Wellbeing Week every year since 2015. We want to acknowledge the support and financial assistance received from Healthy Ireland in 2017 who will again be supporting us this year.

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 and quality of life.



***The Health and Wellbeing of the people of South Dublin County area is a measure of our success as a society. As a local authority, we can influence physical and mental wellbeing in terms of social inclusion, recreation activities, library services, employment creation, housing supply, community infrastructure and financial supports***

A number of programmes that were promoted as part of the week are still ongoing including We Can Quit (women supporting women to stop smoking). The Themes for this year are Physical Activity, Health and Wellbeing and Mental Health. It is appropriate that the launch of this year's programme will take place in our newest community facility in Adamstown which has been developed in partnership with the Education and Training Board and the Adamstown Developers. This is a wonderful facility which promotes and facilitates physical activity and social inclusion within this new community.

In keeping with our objectives in this area the Local Community Development Committee, Healthy South Dublin and the Children and Young Person's Services Committee will launch the first Health Strategy for the county shortly. I want to commend them and all of our partners for their ongoing work and support in this area.



Daniel McLoughlin  
**Chief Executive**

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# Community Events



Monday 23rd  
– Thursday  
26th July

4 days



## Wellness Week

### *Teenagers to Older People*

**Venue:** Palmerstown Community & Youth Centre

**Time:** Please contact the centre for times  
and booking confirmation

**Contact:** Declan Baird, 01 6166 981

**Event:** Aromatherapy Treatments, Reiki Treatments

**Date:** Monday 23rd July

**Event:** Indian Head Massage, Angel Card Workshop

**Date:** Tuesday 24th July

**Event:** Introduction to Mindfulness, Zumba for Adults,  
Zumba for Children

**Date:** Wednesday 25th July

**Event:** Confidence Coaching Workshop, Mental Health  
Awareness Workshop, Evening of Spirit Messages

**Date:** Thursday 26th July

# GROW YOUR OWN



Community Garden



Sean 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 Donna O'Reilly,  
Social Inclusion Unit,  
South Dublin County Council  
Tel: 01 414 9270/086 185 0656



Wednesday  
22nd August,  
Saturday 1st  
September

*2 days*



## Pop Up Foróige Events – Summer Fun

### *Young People 12-18 years*

**Event:** Easy Hike, Treasure Hunt & Picnic

**Date:** Monday 23rd July

**Venue:** Starting point at Stewarts Hospital Sports Centre, Old Lucan Rd, Palmerstown, D20 (beside Waterstown Park) & Palmerstown Community Centre, Kennelsforth Green, Palmerstown, Dublin 20

**Time:** 10.30am–1.30pm

**Event:** Creative Art Workshop (includes creative writing, animation, arts & crafts)

**Date:** Wednesday 22nd August

**Venue:** Palmerstown Community Centre, Kennelsforth Green, Palmerstown, Dublin 20

**Time:** 10.30am–1.30pm

**Event:** Outdoor Cinema, Tai Chi/Yoga/Aikido, Games & Drama

**Date:** Saturday 1st September

**Venue:** Palmerstown Community Centre, Kennelsforth Green, Palmerstown, Dublin 20

**Time:** 10.30am–1.30pm

**Contact:** Claire Hutchinson, 085 1666 945

Banish summer loneliness! Pop up events for Foróige & non Foróige 12–18 year olds, hosted by Foróige volunteers.

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Various dates in  
August 2018



## Seniors Project

**Over 55's in St. Kevins FRC area**

**Venue:** Starting from St. Kevins FRC,  
St. Kevins GNS, Kilnamanagh

**Time:** 10.30am

**Contact:** Gráinne Begley, 01 4627 149

Seniors August Summer Project 2018 to include outings to various Dublin locations. Contact the number above for details early August.

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Monday 13th  
August

4 weeks



## Health & Wellbeing at Knockmitten 2018

**Seniors, Adults, Children**

**Venue:** Knockmitten Community Centre

**Time:** Please contact the centre for times  
and booking confirmation

**Contact:** David Cuadra, 01 411 1511

Knockmitten Youth & Community Centre will be hosting a health & wellbeing project for 2018 with Ballroom Dancing for over 55's, Tai Chi for over 18's and a Drumming Workshop for children over 6.

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Mondays &  
Tuesdays in  
September

4 weeks



## **Dominics Ladies Crochet Group - Supporting our new Crooksling Nursing Home**

***Ladies over 55***

**Venue:** Dominics Community Centre

**Time:** 11.00am-1.00pm

**Contact:** Niamh Valentine, 01 4590770

Take part in crocheting welcome blankets for new nursing home residents when they arrive in Tymon.

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Monday 3rd,  
10th, 17th and  
24th September

*Every Monday  
for 4 weeks*



## **Healthy Walks in the Woods and on the Beach**

***Women over 40***

**Venue:** Phoenix Park, Dun Laoghaire Pier,  
Skerries, Glendalough

**Time:** 9.45am-2.30pm

**Contact:** Anne Troy, 087 213 1854

Physical activity is very important for our good health and wellbeing. Walking is one of those activities that is recommended by Healthy Ireland and can be very enjoyable when planned as a group. To make walking a bit more interesting we plan to walk at the sea and in the woods, right at the heart of nature. We will walk in Phoenix Park, at Dun Laoghaire Pier, at the beach in Skerries and finally in Glendalough. Places are limited and priority will be given to people living locally. Please contact the number above for further details.

Tuesday 4th,  
11th, 18th, 25th  
September

*Every Tuesday  
for 4 weeks*



## Physical Fitness for People with COPD in Tallaght

### *People with COPD*

**Venue:** Rua Red, Tallaght, Dublin 24

**Time:** 11.00am

**Contact:** Patrick Grimes, 087 6417198

A 12 week programme with Siel Blue for people with COPD in Tallaght. Learn to manage your condition more effectively and meet people with similar conditions.





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Tuesday 4th –  
Tuesday 25th  
September

*Every Tuesday  
for 4 weeks*



## **Jive for Beginners**

### ***Jive for Beginners***

**Venue:** Glenasmole Community Centre

**Time:** 8.00pm–9.30pm

**Contact:** Angela McCann, 087 2160 952

Glenasmole Community Centre will hold 4 Tuesday evening social dance sessions starting on 4th September, focusing on Jive for Beginners. This activity is open to all over 18 year olds in the community who want to learn how to Jive in a fun and friendly atmosphere.

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Wednesday 5th  
– Wednesday  
26th September

*Every Wednesday  
for 4 weeks*



## **Sound Yoga**

### ***Clients of Cheeverstown who use the Balrothery Hub***

**Venue:** Castlehaven Hub in St. Aengus Community Centre

**Time:** 1.30pm–2.30pm

**Contact:** Hilda Fitzgerald, 087 9454 223

Cheeverstown are actively working in partnership with St Aengus Community Centre with the launch of our holistic approaches to health & wellbeing. Sound Yoga is a non-invasive form of treatment which aims to treat the underlying cause of your symptoms naturally in order to improve your overall general state of health & wellbeing. These sessions are excellent for managing stress, and reducing anxiety, lowering blood pressure, enhancing good sleep patterns and creating a deep state of inner peace.

Monday 10th -  
Saturday 15th of  
September

6 days



## Mind Your Mental Health

**5-13 year olds**

**Venue:** St. Marys Senior School, Rowlagh, Clondalkin

**Time:** Times will be allocated to classes in September

**Contact:** Linda Reddy/Martina Smith,  
087 9909 800/01 6262 563

A week long mindful activity week in school to promote wellbeing and bring awareness to mental health at a young age.



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Monday 10th  
– Sunday 16th  
September

1 week



## St. Dominics Health & Wellbeing Week

### *All school classes*

**Venue:** St Dominics School, Mountain Park, Tallaght

**Time:** Please contact number below for details

**Contact:** Dermot Looney, 01 4512 443

St. Dominics School will run several events to celebrate mental health and wellbeing week to become more resilient and develop new coping strategies.

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Monday 10th  
– Sunday 16th  
September

5 days



## Understanding and Minding Your Mental Health

### *Young Adults*

**Venue:** Jobstown Community Centre

**Time:** 7.00pm–8.30pm

**Contact:** Robbie Conlon, 01 4521871

Presentation on Mental Health

**Day 1:** Understanding and promoting positive mental health.

**Day 2:** Self Esteem.

**Day 3:** Building Resilience.

**Day 4:** Managing Stress & Anxiety.

**Day 5:** Nine Activities to Ensure Good Mental Health & Wellbeing.

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Monday 10th  
to Friday 14th  
September

5 days



## Healthy Mind, Healthy Body

*Children, Parents, Teachers*

**Venue:** Esker ETNS, Lucan, Co. Dublin

**Contact:** Gemma Stokes, 086 0261 061/01 6241 462

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**Title:** Zumba

**Date:** Monday 10th September

**Time:** 9.30am

Dance your worries away to some up tempo dance music. Your body will receive an excellent workout and your mood will be full of happiness.

**Title:** Parent Anxiety Talk

**Date:** Tuesday 11th September

**Time:** 9.30am

Mind coach and stress and anxiety expert Dave Russell delivers an engaging talk on the causes of stress and anxiety for today's children and what we can do about it.

**Title:** Teacher Anxiety and Stress Talk

**Date:** Wednesday 12th September

**Time:** 3.00pm

Mind coach and stress and anxiety expert Dave Russell delivers an engaging talk on the causes of stress and anxiety for today's children and what we can do about it.

**Title:** Zumba

**Date:** Thursday 13th September

**Time:** 3.00pm

Dance your worries away to some up tempo dance music. Your body will receive an excellent workout and your mood will be full of happiness.

**Title:** Connect Coffee Morning

**Date:** Friday 14th September

**Time:** 3.00pm

Monday 10th –  
Thursday 13th  
September

*4 days*



## Volunteering is Good For You Campaign

**All**

**Date:** Monday 10th September

**Venue:** South Dublin County Volunteer Centre, Civic  
Offices, Ninth Lock Road, Clondalkin, D22

**Time:** 10.30am–12.30pm

**Date:** Tuesday 11th September

**Venue:** Tallaght Health Fair, Fettercairn Community &  
Youth Centre, Fettercairn, Tallaght, D24

**Time:** 10.00am–1.00pm

**Date:** Wednesday 12th September

**Venue:** Ballyroan Library, Orchardstown Avenue,  
Rathfarnham, D14

**Time:** 10.30am–12.30pm

**Date:** Thursday 13th September

**Venue:** Palmerstown Library Digital Hub, Unit 11/12  
Palmerstown SC, Kennelsfort Road, D20

**Time:** 2.00pm–4.00pm

**Contact:** Collette Gallagher, 086 7036 768

Local research shows that volunteering can benefit  
your mental and physical health, join us at one of our  
information sessions to find out more.

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# Shane Martin

## Reg.Psychol., Ps.S.I.

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Shane Martin is a psychologist dedicated to teaching the very best self-help psychology to empower people to enhance the quality of their lives. His 'Moodwatchers' self-help psychology course has been delivered at community venues throughout the length and breadth of Ireland. He has been a keynote speaker at numerous national and international conferences on a range of topics around empowerment, recovery and happiness. Shane is a leader within the area of education he has visited hundreds of educational institutions nationwide working with management teams, teachers/lecturers, students and parents promoting a psychology of health, happiness and resilience. Shane lectures part-time in DCU and has provided training to many of Ireland's leading business organisations within the public and private sectors.

For more information: [www.moodwatchers.com](http://www.moodwatchers.com)

**Venue:** Rua Red, Tallaght, Dublin 24

**Date:** Tuesday 11th September

**Time:** 10.00am-1.00pm

**To book:** Contact Niamh Carton, 086 6063 682

Monday 10th,  
Tuesday 11th,  
Thursday 13th  
September

3 days



## Eat Well for a Happy Heart *Community*

**Venue:** Upstairs Kitchen, Rowlagh Church, Clondalkin

**Time:** 11.00am–1.00pm

**Contact:** Liz Griffin, 01 4570 665/086 0490 866

The Healthy Living House invites you to 3 healthy cooking sessions on guilt-free tasty food. Participants will receive recipes and some ingredients to take home to try out the recipes for friends and family.

Tuesday 11th  
September

1 day



## Moodwatchers Seminar *Staff & Community*

**Venue:** Rua Red, Tallaght, Dublin 24

**Time:** 10.00am–1.00pm

**Contact:** Niamh Carton, 086 6063 682

A 3 hour seminar delivered by Shane Martin (Moodwatchers), a Psychologist dedicated to teaching the very best self-help psychology to empower people by offering pathways and strategies to help to enhance the quality of their lives. **Booking is essential.**

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Tuesday 11th  
September  
*1 day*



## Tallaght Health Fair

***All residents of Tallaght***

**Venue:** Fettercairn Youth & Community Centre

**Time:** 10.00am-1.00pm

**Contact:** Catherine Heaney, 01 4590 708

2018 Tallaght Health Fair will take place on Tuesday 11th September in Fettercairn Youth & Community Centre. There will be a wide range of Health Information stands as well as some health checks and complimentary therapies. Join us for a free cuppa on the morning from 10.00am-1.00pm.

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Tuesday 11th  
September –  
Tuesday 30th  
October

*Every Tuesday  
for 8 weeks*



## Brookfield Ladies Club 8 Week Programme

***Women in Brookfield area***

**Venue:** Brookfield Community & Youth Centre

**Time:** 8.00pm

**Contact:** Niamh Carton, 086 6063 682

An 8 week taster programme aimed at all women from the Brookfield area in the Brookfield Community & Youth Centre. This programme will allow women to experience a number of new physical activities, healthy eating and socialise locally in a fun active way. Activities include boxercise, yoga, pilates, TRX, healthy eating cooking classes, and a number of health checks will be available also.



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Tuesday 11th  
September

1 day



## Wrens Art Therapy Workshop

***Women affected by their own or a family members criminal behaviour***

**Venue:** Killinarden Enterprise Park,  
Killinarden, Dublin 24

**Time:** 10.00am–1.00pm

**Contact:** Sinéad Mahon, 01 4664 260/086 2001 402

An art therapy workshop facilitated by WRENS to help support & empower women and communities in which they work. WRENS has a holistic approach to the women and communities in which they work. To look after the wellbeing of one woman has a knock on effect on the whole family and community.

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Wednesday 12th  
September

*Every Wednesday  
for 12 months*



## Get Active Get Fit

***Individuals with intellectual disabilities  
and complex needs***

**Venue:** Tallaght Leisure Centre

**Time:** 10.00am–12.30pm

**Contact:** Angela Stewart/Debbie Doyle, 01 4900 936 ext 7

A fitness programme for members of St. Michaels House Templeogue. This programme aims to promote positive health and general wellbeing for participants through physical activity.

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Wednesday 12th  
September

12 weeks



## Happy Healthy Hearts

***Carers, people living and/or working with individuals with disabilities and complex needs***

**Venue:** Whitechurch Youth & Community Centre

**Time:** 10.30am–2.30pm

**Contact:** Jennifer Donohoe, 086 8769 215

A 12 week programme aimed at promoting health through good nutritional choices, stress management and physical exercise. The course can be tailored to various levels of ability and is aimed at adults with mild to moderate learning disabilities.

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Wednesday 12th  
September

6 weeks



## Intercultural Womens Health Group

***Women from traveller community, Brookfield & Fettercairn***

**Venue:** Fettercairn Youth & Community Centre

**Time:** 11.00am

**Contact:** Fettercairn Community Centre, 01 4527 011

A 6 week healthy cooking programme teaching cooking skills with a focus on healthy food choices that can be shared and passed on to family members.

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Wednesday 12th  
September

1 day



## Film – Michael Inside

### *Community*

**Venue:** Rua Red Civic Theatre Tallaght

**Time:** 2.00pm

**Contact:** Rua Red, 01 4515 860

A film portraying the experience of a young mans decision which leads to his imprisonment and the effects it has on him. Michael Inside was written and directed by Killinarden school teacher Frank Berry and stars local man Dafhyd Flynn. **Booking is essential.**

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Wednesday 12th  
September

1 day



## Promoting Positive Mental Health Amongst Young People in Jobstown

### *Young people in Jobstown aged 15+ years*

**Venue:** Kiltalown Estate Management Building

**Time:** 2.30pm–5.00pm

**Contact:** Vanessa Mulhall, 086 4157 969

A Jigsaw workshop with young people followed by refreshments. Help design a Positive Mental Health Wall from hand prints of positive thoughts and what young people like to do to enable them to relax.

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Wednesday  
12th & 19th  
September

2 days



## Floristry Design Workshop

### *Adults*

**Venue:** Community Garden, Sean Walsh Park

**Time:** 11.00am–1.00pm

**Contact:** Suzanne O'Neill, 087 2995 011

**Week 1:** Learn how to handle and care for your flowers.

**Week 2:** Learn how to condition fresh flowers and foliage.

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12th, 19th 26th  
September &  
3rd, 10th, 15th,  
22nd, 29th  
October

8 weeks



## Teen Challenge Event

### *Young People 13–17 year olds*

**Contact:** Claire, 085 166 6945 or Stephen, 086 8350 883

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**Event:** Registration for Teen Challenge

**Date:** Wednesday 12th September

**Venue:** Palmerstown Sports Centre, Oakcourt Avenue, Palmerstown, Dublin 20 (all participants for the Series need to be registered here to participate in the activities listed)

**Time:** 7:30pm–8:30pm

**Event:** Health & Wellbeing Talk

**Date:** Wednesday 19th September

**Venue:** Palmerstown Sports Centre

**Time:** 2.00pm–4:30pm



## Teen Challenge Event (Continued)

**Event:** Mixed Circuit

**Date:** Wednesday 26th September

**Venue:** Palmerstown Sports Centre

**Time:** 2.00pm–4:00pm

**Event:** Tymon Park Circuit/Obstacle Course

**Date:** Wednesday 3rd October

**Venue:** Palmerstown Sports Centre

**Time:** 2.00pm–4:00pm

**Event:** Intro to Gym

**Date:** Wednesday 10th October

**Venue:** Palmerstown Sports Centre

**Time:** 2.00pm–4:30pm

**Event:** Leadership Challenge

**Date:** Wednesday 15th October

**Venue:** Palmerstown Sports Centre

**Time:** 2.00pm–5.00pm

**Event:** Insanity Fitness Challenge

**Date:** Wednesday 22nd October

**Venue:** Insanity Fitness, Old Lucan Road,  
Palmerstown Village, Dublin 20

**Time:** 2.00pm–4:30pm

**Event:** Certs and Recognition

**Date:** Wednesday 29th October

**Venue:** Palmerstown Sports Centre

**Time:** 2.00pm–4:30pm

The Palmerstown Challenge Series is for 13–17 year olds, testing their mental and physical agility and to learn about individual skills and strengths, including strength and conditioning workouts, physical challenges, team building quests and life hacks/wellness session.

**19 - 25**  
**NOVEMBER**  
19 - 25 SAMHAIN

  
Comhairle Contae  
Átha Cliath Theas  
South Dublin County Council



# **SOCIAL INCLUSION WEEK 2018**

SEACHTAIN A  
CHUIMSIÚ  
SÓISIALTA

Ag Laghdú an Eisiaimh, an Bhochtaineacht agus na  
hÉagothroime i gContae Bhaile Átha Cliath Theas  
**Reducing Exclusion, Poverty and Inequality  
in South Dublin County**

➤ Visit our website at **[www.sdcc.ie](http://www.sdcc.ie)**  
f SouthDublinCountyCouncil  
t sdublincoco



For further information on the week please contact  
Adrienne Moloney or Donna O'Reilly on **01 414 9270** or **086 185 0656**

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Thursday 13th  
September

1 day



## South Dublin County Mens Groups Table Quiz

**Over 55's Mens Groups in South Dublin**

**Venue:** Tallaght Stadium

**Time:** 7.00pm

**Contact:** Jacinta McCormac, 01 4590 770  
from 5.00pm–9.00pm Monday to Friday

South Dublin County Age Friendly Initiative Health and Wellbeing Programme 2018 are delighted to host the first All South Dublin County Area Mens Groups Table Quiz 2018 and launch the SDCC Mens Network Group. Starting with a welcome from the Mayor at 7.00pm, light refreshments will be served and prizes up for grabs for the winners and runners up. Places are limited to Mens Groups in the County and bookings are on a first come first serve basis.

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Thursday 13th  
September

Weekly



## Blackberry Jam Walk

**Everyone**

**Venue:** St. Catherines Park, Lucan

**Time:** 7.00pm

**Contact:** Tracey Kelly, 086 0082 699, [info@sdccsp.ie](mailto:info@sdccsp.ie)

SDCSP starts it's Walk a Marathon series in September beginning with the Blackberry Jam Walk on Thursday 13th September. All ages are invited to come along with a bag/jar and collect some blackberries while walking and talking.

---

Thursday 13th  
September

1 day



## Food For Fun, Be Active, Eat Healthy & Enjoy Life

**Men over 55**

**Venue:** St. Finians Community Centre,  
Newcastle, Co. Dublin

**Time:** 11.00am-12.30pm

**Contact:** Matt Dowling, 01 4589 007/086 8443 820

Social activity morning for older men to socialise and keep fit with various indoor activities including pool, table tennis, bowls, card playing, social interaction, healthy eating options etc.

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Thursday 13th  
September

12 weeks



## Music & Movement for Adults with Intellectual Disability

***Carers, people living and/or working with  
individuals with disabilities and complex  
needs***

**Venue:** Whitechurch Stables

**Time:** 10.30am-12.30pm

**Contact:** Jennifer Donohoe, 086 8769 215

A 12 week programme for adults with intellectual disabilities aimed at promoting good mental and physical health through music and physical exercise. The course can be tailored to all levels of abilities. All welcome.



# 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?** Rowlagh Community Centre, Clondalkin

**When?** Monday 17th September 7.30pm-9.00pm

**Call:** Anne or Liz on 087 2131854 or 01 4570665

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"

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Saturday 15th  
September

1 day



## Tallaght Travellers Mens Group – Stairway to Heaven Walk

***Men from the Traveller Community,  
Brookfield & Fettercairn***

**Venue:** Cuilcagh Boardwalk, Fermanagh

**Time:** 10.00am–5.00pm

**Contact:** Patrick Nevin, 087 2998 047

Take time to reflect, share experiences and explore ways of promoting health and wellbeing while walking the Cuilcagh Boardwalk in Fermanagh.

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Sunday 16th  
September

1 day



## Team James Fun Run for Barretstown

***Families & the General Public***

**Venue:** Corkagh Park, Clondalkin

**Time:** 11.00am–1.00pm

**Contact:** Keith Nolan, 085 7793 113

Inclusive Family Fun Run hosted by Team James promoting ability and serious fun as part of Health & Wellbeing. Healthy mind and healthy body, all while raising valuable funds for Barretstown camp for children with serious illness or life limiting conditions. You can participate in a 5km chipped race or 2km walk/run. A morning of fun not to be missed! To register visit <https://www.popupraces.ie/events/team-james-run-for-barretstown/>

Tuesday 18th  
– Friday 21st  
September

4 days



## General Wellbeing and Healthy Lifestyle for Teenagers

**13–16 year olds**

**Venue:** Carline Centre, Balgaddy

**Contact:** Olivia Keaveney, 01 6249 965

**Event:** An Introduction to First Aid (the recovery position and assessment)

**Date:** Tuesday 18th September

**Time:** 12.00pm–1.00pm

**Event:** Healthy Cooking (learn basic cooking skills)

**Date:** Wednesday 19th September

**Time:** 12.00pm–1.00pm

**Event:** The Great Outdoors (a trip to the Hellfire Club)

**Date:** Thursday 20th September

**Time:** 12.00pm–1.00pm

**Event:** An Introduction to Gardening (weeding & planting autumn plants)

**Date:** Friday 21st September

**Time:** 10.00am–11.00am

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Tuesday 18th  
September

*Every Tuesday  
for 12 weeks*



## **Firhouse Mens Shed Fitness Programme**

***Members of Firhouse Mens Shed***

**Venue:** Firhouse Community Centre

**Time:** 11.00am-12.00pm

**Contact:** Des Carroll, 086 8607 393

A fun 12 week fitness programme for new members of the Firhouse Mens Shed with Siel Blue in Firhouse.

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Tuesday 18th  
September

*Every Tuesday  
for 12 weeks*



## **Firhouse Community Centre - Active Retirement Group**

***The over 55's in Firhouse Area***

**Venue:** Firhouse Community Centre

**Time:** 11.00am

**Contact:** Deirdre Kearns, 01 4514 455

Join our newly formed Active Retirement Group on an introduction programme of exercise for the over 55's including Yoga, Chair Yoga, Tai Chi, Supervised Walks, Swimming, Golf and Zumba Gold.

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Tuesday 18th  
to Thursday  
20th September  
(ongoing)

**Laughter Yoga**

*Will continue on the  
third Tuesday of the  
month for Oct, Nov,  
Jan, Feb, Mar.*

**Mindfulness**

6 weeks.

**Fit Steps Dancing**

7 weeks



## Dance Laugh Breathe

**Unemployed, Parents, Older People,  
& Quarryvale Community**

**Venue:** Quarryvale Family Resource Centre, Greenfort  
Gardens, Clondalkin, Dublin 22

**Contact:** Susan Collins, 01 6269 151/085 2020 228

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**Event:** Laughter Yoga

**Date:** Tuesday 18th September

**Time:** 11.00am–12.00pm

Come discover your inner child with the brilliant Marion  
in this effortless & fun workout.

**Event:** Mindfulness

**Date:** Wednesday 19th September

**Time:** 10.30am–12.00pm

This 6 week course weaves through a range of topics  
including simplifying your life, assertive communication  
& managing stress to get the most from your life.

**Event:** Fit Steps Dancing

**Date:** Thursday 20th September

**Time:** 10.00am–11.00am

A 7 week programme of ballroom dancing steps,  
without a partner, to help you get in shape and feel  
good. Its fitness but it's fun.

# 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?

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

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

**Where?** Killinarden Community Centre, Tallaght

**When?** Tuesday 11th September, at 7.00pm

**Call:** Sue on 01 4590708 or Caitroina on 01 2316 669

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

---

Tuesday 18th  
September  
1 day



## Film – Michael Inside

### Community

**Venue:** Jobstown Community Centre

**Time:** 8.00pm

**Contact:** Robbie Conlon, 085 8733 263

A film portraying the experience of a young mans decision which leads to his imprisonment and the effects it has on him. Michael Inside was written and directed by Killinarden school teacher Frank Berry and stars local man Dafhyd Flynn. **Booking is essential.**

---

Wednesday 19th  
September  
Every Wednesday  
for 30 weeks



## Get Fit and Stay Fit Programme for Children with Autism

### Parents of children with autism

**Venue:** St. Annes GAA Club, Bohernabreena, Dublin 24

**Time:** 5.00pm–6.00pm

**Contact:** Mairéad Mekki, 086 1634 458

An ongoing Get Fit Stay Fit programme allowing children with Autism to develop new skills and engage with other children in a fun environment.

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Wednesday 19th  
September  
1 day



## Film – Michael Inside

### Community

**Venue:** Adamstown Community Centre

**Time:** 7.30pm

**Contact:** Ciarán, 01 4149 270

A film portraying the experience of a young mans decision which leads to his imprisonment and the effects it has on him. Michael Inside was written and directed by Killinarden school teacher Frank Berry and stars local man Dafhyd Flynn. **Booking is essential.**

---

Wednesday 19th  
September  
12 weeks



## Taster Sessions on 6 Activities

### Men over 55 from Templeogue area

**Venue:** St. Mac Daras Community College

**Time:** 7.00pm–9.00pm

**Contact:** Liam 086 3182 408 or Brian 086 3136 808

12 week taster sessions on available hobbies through local community colleges to include 2 weeks each of wood turning, computer applications, pottery, Irish, music and cookery.



Wednesday  
19th & 26th  
September, 3rd  
October and  
Thursday 11th  
October

4 weeks



## Pound Fitness Programme

**Young Adults 25-55 years**

**Venue:** Park Community Centre

**Time:** 10.00am-11.00am

**Contact:** Tony Cooney, 01 4620 042

A 4 week fitness programme with Carla Roberts is a unique keep fit programme through music and includes drumming, zumba and yoga. Please contact us to reserve your place.

Thursday 20th  
September

1 day



## Winter Colour Flowers Workshop

**Adults**

**Venue:** An Cosán, The Shanty Education Project Ltd., Kiltalown Village Centre, Jobstown, Tallaght.

**Time:** 2.00pm-4.00pm

**Contact:** Imelda Hanratty, 087 2329 479

Learn how you can have colour in your garden right throughout the Winter.

★★★★★  
"WILL LEAVE YOU BREATHLESS"  
RENEZEE ALFORD

"SUPERB. EXTRAORDINARY. EXCEPTIONAL"  
JOHN C. QUINN

★★★★★  
"BRILLIANT"  
THE IRISH TIMES

★★★★★  
"A MASTERPIECE"  
THE IRISH TIMES

★★★★★  
"FURTHER PROOF  
THAT IRISH CINEMA  
IS IN A LEAGUE  
OF ITS OWN"  
THE IRISH TIMES

"PACKS ONE HELL  
OF A PUNCH"  
THE IRISH TIMES

"UNFORGETTABLE"  
THE IRISH TIMES

"POWERFUL,  
MOVING AND  
BRILLIANTLY ACTED"  
THE IRISH TIMES



DAFHYD FLYNN MICHAEL DUNFORD LILIAN ROOPE

★★★★★  
"INCREDIBLE"  
THE IRISH TIMES

★★★★★  
"OUTSTANDING"  
THE IRISH TIMES

★★★★★  
"THE IRISH FILM  
THE WORLD NEEDS  
TO SEE IN 2018"  
CATHOLIC JOURNAL

"ANOTHER TRULY  
GREAT IRISH FILM"  
THE IRISH TIMES

"THE BREAKTHROUGH  
IRISH HIT OF THE YEAR"  
THE IRISH TIMES

"SEARING,  
THOUGHT-PROVOKING,  
BRILLIANT"  
THE IRISH TIMES



# MICHAEL INSIDE

Film written and directed by Killinarden school teacher Frank Berry and starring a local man Dafhyd Flynn. Michael Inside portrays the experience of a young man's decision which leads to his imprisonment and the effects on him. The film will be shown at the following venues;

Rua Red Civic Centre Tallaght on 12th Sept @ 2.00pm Contact 01 4515860

Jobstown Community Centre on 18th Sept @ 8.00pm Contact Robbie 085-8733263

Adamstown Community Centre on 19th Sept @ 7.30pm Contact Ciarán 01-4149270

Killinarden Community Centre on 20th Sept @ 7.30pm Contact Hilda 01-4526617

Entry is FREE but spaces are limited. To reserve a seat please contact the venue.

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Thursday 20th  
September  
1 day



## Film – Michael Inside

### Community

**Venue:** Killindaren Community Centre

**Time:** 7.30pm

**Contact:** Eileen Hedderman, 01 4526 617

A film portraying the experience of a young mans decision which leads to his imprisonment and the effects it has on him. Michael Inside was written and directed by Killinarden school teacher Frank Berry and stars local man Dafhyd Flynn. **Booking is essential.**

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Thursday 20th  
September – 6th  
December

*Every Thursday  
afternoon for 12  
weeks*



## Taster Course – Exercise Through Fun

### Over 55's

**Venue:** Dominics Community Centre,  
Avonbeg Gardens, Tallaght

**Time:** 2.00pm–4.00pm

**Contact:** Niamh Valentine, 01 4590 770

A 12 week taster exercise course to include 2 weeks Chair Yoga, Yoga, Tai Chi, Dance and 1 week Facilitated Walk.

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Thursday 20th  
September

1 day



## Trip Down Memory Lane

***Individuals with intellectual disabilities  
and complex needs***

**Venue:** St. Michaels House, Templeogue, Dublin 6W

**Time:** 10.30am–1.00pm

**Contact:** Angela Stewart/Debbie Doyle, 01 4900 936 ext 7

Take a step back in time and experience Dublin in a unique way whilst enjoying afternoon tea, good conversation and some 1950's jazz music.

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Monday 24th  
– Friday 28th  
September

5 days



## Health & Wellbeing Week

***Parents and Children***

**Venue:** Lucan East ETNS

**Time:** Please see [www.lucaneastet.ie](http://www.lucaneastet.ie) for times in early September

**Contact:** Sinéad Gunning, 086 1701 972

Health & Wellbeing week is an exciting event in Lucan East. During this week we hope to engage our whole school community, parents and children, in activities, talks and challenges all related to health and wellbeing. With the support of SDCC we had a very successful year last year and we hope to repeat that in 2018.

Wednesday 26th  
– Wednesday  
31st October

*Every Wednesday  
for 6 weeks*



## WTTN Health & Wellbeing Workshops

***Women who experience disadvantage and marginalisation***

**Venue:** Brookfield Enterprise Centre

**Time:** 10.00am–1.00pm

**Contact:** Sinéad Mahon, 01 4627 741 / 085 8418 601 / 086 2001 402

Health & Wellbeing Workshops using a holistic approach to support & empower women from Brookfield and the surrounding areas. WTTN believe the wellbeing of one woman has a knock on effect on the whole family and community. Workshops include the following;

**Week 1:** Introduction Art Therapy

**Week 2:** Dream-Vision Board

**Week 3:** Self Love

**Week 4:** Angel Cards

**Week 5:** Aura-Soma

**Week 6:** Wellness Session



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Saturday 29th  
& Sunday 30th  
September

2 days



## Holistic Retreat

***Carers of Individuals with disabilities  
(parents, guardians, siblings)***

**Venue:** Whitechurch Library

**Time:** 10.00am–4.00pm

**Contact:** Jennifer Donohoe, 01 4952 020

A 2 day Mind & Body Wellness Retreat for family carers. Care for body and mind including mindfulness workshops, meditation, nutritional information, holistic treatments and more.

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Sunday 30th  
September

1 day



## Trip Down Memory Lane

***Cheeverstown service users and members  
of the Ballyroan community***

**Venue:** Ballyroan Community & Youth Centre

**Time:** 2.00pm–4.30pm

**Contact:** John Doyle, 01 4958 576

Cheeverstown services, in collaboration with Ballyroan Youth & Community Centre, offer an Afternoon Tea Dance for clients of Cheeverstown with the community of Ballyroan to enjoy a reminiscing afternoon of songs and music from bygone years.

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Monday 1st  
October  
1 day



## Autism Awareness Seminar

### Sports Clubs and Coaches

**Venue:** IT Tallaght

**Time:** 7.00pm

**Contact:** Tracey Kelly, 086 0082 699

With approximately 1 in 100 people in Ireland having some form of Autism, this important seminar teaches coaches some important steps to make their clubs autism friendly. To register please email your name, organisation and mobile number, with reference Autism Awareness to [info@sdccsp.ie](mailto:info@sdccsp.ie)

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Tuesday 2nd,  
9th, 16th, 23rd  
October  
*Every Tuesday  
for 4 weeks*



## Healthy Eating Programme

***Foróige Members in The Small Giants  
Templeogue only. New members are  
welcome.***

**Venue:** St. Michaels House, Templeogue, Dublin 6W

**Time:** 6.30pm–8.30pm

**Contact:** Orla Campion, 086 3714 227

The Small Giants Templeogue Club Members will learn about preparing healthy and nutritious food over a 4 week programme.

Process:  
July –  
September.  
Event:  
Wednesday 10th  
October  
*10 weeks*



## **DoubleTake's Kamishibai – Stories to Make You Smile**

***90 adults with disabilities***

**Venue:** Rua Red Performance Space, Tallaght, Dublin 24

**Time:** 11.00am

**Contact:** Sharon Devlin, 086 3708 766

Inspired by Japanese street theatre through visual imaging, Tallaght Community Arts DoubleTAKE Supported Arts Studio creates stories around the theme “Health, Wellbeing & Happiness”.

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Saturday 27th  
October & 10th  
November

*2 days*



## **Lámh Training for Parents**

***Parents of children with autism***

**Venue:** ACE Conference Centre, Bawnogue, Clondalkin

**Time:** 9.00am–5.00pm

**Contact:** Mairead Mekki, 086 1634 458

**Module 1:** Lámh training for parents with Autism.

**Module 2:** Advance training for parents of children with Autism.





## Award Winning Leisure Centres

Pay as you go and memberships for all

**Swimming Lessons\***

**Leisure Swims\***

**Fitness classes**

**Children's Parties**

**Children's Camps**

**Children's Gymnastics**

**Sports Halls**

**All Weather Pitches\***

**Coffee Shop**

**And Lots More**

### *Living for Life \**

Our popular Living for Life class for over 55's incorporates exercise and games in a fantastic atmosphere followed by tea /coffee for only €3.50.

### *Senior Swims \**

Share a rewarding feeling of well-being with others in our over 55's senior swims for only €3.



**FOR FURTHER  
INFORMATION CONTACT:**



Tallaght Leisure Centre Ph: 01 452 3300 [www.tallaghtleisure.com](http://www.tallaghtleisure.com)

Lucan Leisure Centre Ph: 01-6241930 [www.lucanleisure.com](http://www.lucanleisure.com)

Clondalkin Leisure Centre Ph: 01-4574858 [www.clondalkinleisure.com](http://www.clondalkinleisure.com)

\*donates available at Tallaght & Clondalkin Leisure Centre only







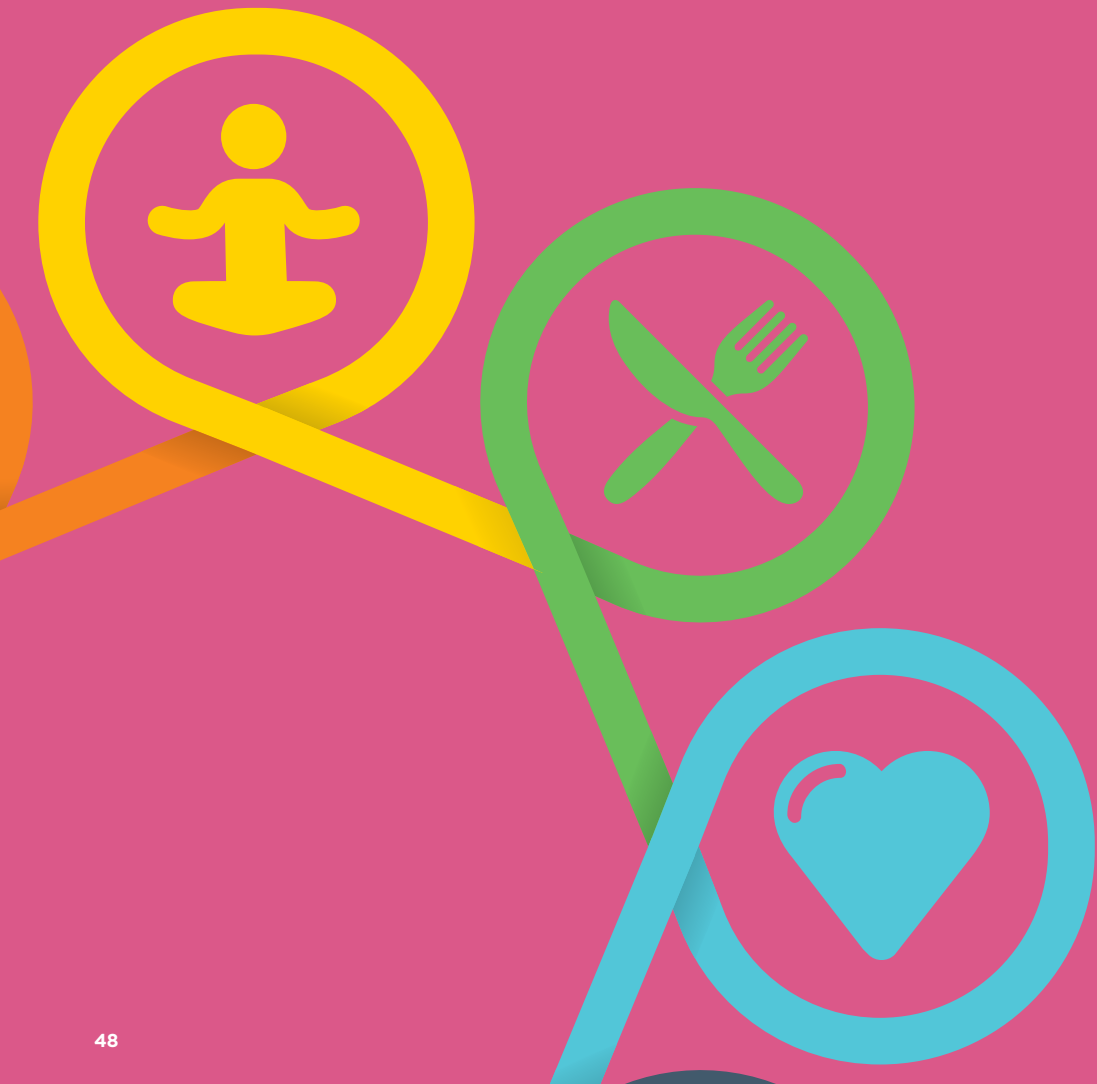






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# Library Events



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## Ballyroan Library

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### Healthy Hearts Workshop

**Adults**

**Venue:** Ballyroan Library

**Date:** Tuesday 11th September

**Time:** 10.30am

This is the first of 3 workshops which will run over 3 weeks, and will focus on nutrition, stress management and physical activity.

**T: 4941 900; E [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)**



### Mindfulness Workshop with Sarah Tully

**9-12 year olds**

**Venue:** Ballyroan Library

**Date:** Wednesday 12th September

**Time:** 10.00am

Relaxation, mindfulness and positivity workshop for children aged 9-12. This workshop will introduce children to techniques in becoming confident, kind and mindful to themselves and their peers in a calm and fun atmosphere. The participants will explore positive affirmations, breathing techniques, stretching and movement, and relaxation stories/meditation.

**T: 4941 900; E [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)**



### Irish Heart Foundation Blood Pressure Clinic

**Adults**

**Venue:** Ballyroan Library

**Date:** Tuesday 11th September

**Time:** 3.00pm

Have your blood pressure checked and speak to the experts about minding your heart health at the library.

**T: 4941 900; E [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)**



### The Truth about Fad Diets

**Secondary School Students**

**Venue:** Ballyroan Library

**Date:** Wednesday 12th September

**Time:** 11.30am

Aofie Hanna, a qualified dietician and consultant, will talk about "Fad Diets" to a local secondary school group.

**T: 4941 900; E [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)**



**SOUTH DUBLIN  
AGE FRIENDLY  
COUNTY PROGRAMME**



## Dementia Programme at County Library Tallaght August/September 2018

### Library Opening Hours:

Monday – Thursday 9.45am – 8.00pm  
Friday and Saturday 9.45am – 4.30pm

Phone: 01-4620073

Email: [tallaght@dublincoco.ie](mailto:tallaght@dublincoco.ie)  
[www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)

Loas/Direct Line - Terminus

BUS ROUTES: 77, 49, 54, 65, 75, 76, 76a, 77a



## Welcome!

We are delighted to be able to present this short programme of activities especially for people with dementia and their carers...

### Welcome to Tallaght Library! A guided tour Monday 20th August 11am

Come and join us for a guided tour of the building and the services. Followed by tea and cake afterwards.

### Art Classes with visual artist Christina Carey Memory as a tool to art

#### "The Way We Were"

Tuesday 21st August, 2pm – 4pm

During this workshop we will have a group conversation on the clothing we wore in the 1950's & 60's and create bunting using re-cycled materials

#### "Flag a phrase"

Monday 27th August, 11am – 1pm

All this workshop we will look at poetry from our school days and create flag bunting with lines of poetry.

**Places are very limited on the art classes, so you can only book one of the sessions. All of the bunting created will be displayed in the library.**

### Chair Gym with Siel Bleu Ireland

Monday 10th September, 11am – 12pm  
Thursday 13th September, 2pm – 3pm

Siel Bleu Ireland's community dementia programmes offer physical stimulation, increasing physical and mental capacities with a focus on the delay, further onset and slow progress of this disease.

They aim to improve mood, quality of sleep, physical capabilities and communication. We have two chair gym sessions for people with dementia and their carers to try.



### Forget-Me-Nots Choir performance

Monday 24th September, 7pm

The Forget-Me-Nots Organisation is a registered charity in Ireland offering an inclusive community choir for older people, family, friends and neighbours and is especially welcoming to those affected by dementia and memory loss.

Participants are drawn from the neighbourhood, the local HSE Day Care centres, the Alzheimer Society Social Clubs in the region, local residential nursing homes, and from the wider Dublin NorthEast community. We are delighted to have them in Tallaght Library for what promises to be a lovely evening filled with songs and memories. All Welcome (no need to book, just drop in)



## Booking Information

These events can be booked from 7th August at 9.45am onwards

To book any event, please call Tallaght Library on 01-4620073.  
[www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)

If you have any queries in relation to the above, please contact  
Slobhda Bermingham at 01-4620073 or by email  
[sbermingham@dublincoco.ie](mailto:sbermingham@dublincoco.ie)





## Developing Effective Communication Skills for Children and Teens on the Autism Spectrum

*with Speech & Language Therapist, Oonagh MacMahon*

### **Adults**

**Venue:** Ballyroan Library

**Date:** Wednesday 12th September

**Time:** 6.30pm

Children and teens with special needs often require additional support to communicate effectively with others. It is important that assessment techniques identify when a child's current communication system is ineffective and decide when and how to intervene. This talk will discuss choosing an effective alternative and augmentative communication system for your child, strategies to introduce a new communication system and monitoring change.

**T: 4941900; E [ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)**



## Internet Safety Workshop with Barnardos

**9-12 year olds**

**Venue:** Ballyroan Library

**Date:** Thursday 13th September

**Time:** 10.00am

This highly participative workshop will allow students to consider themes such as online safety, the impact of bullying, and the steps everyone can take to discourage cyber-bullying and what to do if it occurs.

**T: 4941 900; E [ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)**



## Successful Ageing and Minding the Memory with Prof. Brian Lawlor

### **Adults**

**Venue:** Ballyroan Library

**Date:** Thursday 13th September

**Time:** 7.30pm

Check in with Ballyroan Library to find out more details on what is sure to be an engaging and stimulating talk on ageing well and minding your memory from Consultant Psychiatrist and Memory Clinic Director, Prof. Brian Lawlor.

**T: 4941 900; E [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)**



## Creating your Future: The Art & Meditation of Creating a Vision Board

### **Adults**

**Venue:** Ballyroan Library

**Date:** Friday 14th September

**Time:** 10.00am

Join artist Patricia Fitzgerald of Healing Creations for this workshop on creating your very own vision board. Creating a space that displays what you want to achieve in life truly does bring it to existence. What we focus on expands. When you create a vision board and place it in a space where you see it often, you essentially end up doing short visualisation exercises throughout the day. In this workshop you will create your own vision board and will do a deep guided creative visualisation meditation. Once you've booked your place, begin to gather images from books or magazines that embody the things you wish to bring into your life. We will have magazines there, but using images that really speak to your senses is key!

**Max. no. of participants: 10**

**T: 4941 900; E [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)**



## Wonderful Winter Foods with Lisa Scott

### **Adults**

**Venue:** Ballyroan Library  
**Date:** Saturday 15th September  
**Time:** 11.00am

Join us for a hands-on workshop where participants will learn how to cultivate healthy foods for the winter months.

**T: 4941 900; E [ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)**



## Healthy Hearts Workshop

### **Adults**

**Venue:** Ballyroan Library  
**Date:** Tuesday 25th September  
**Time:** 10.30am

This is the last of 3 workshops, and will focus on nutrition, stress management and physical activity.

**T: 4941 900; E [ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)**



## Healthy Hearts Workshop

### **Adults**

**Venue:** Ballyroan Library  
**Date:** Tuesday 18th September  
**Time:** 10.30am

This is the second of 3 workshops, and will focus on nutrition, stress management and physical activity.

**T: 4941 900; E [ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)**



# Healthy Ireland at your Library

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



## Health Information

Guidance on access to information



## Books on Health and Wellbeing

Large collection of books on health  
and wellbeing



## Online Health Information

E-books, e-audiobooks and e-magazines



## Programmes and Events

Talks, discussions and workshops relating  
to various health and wellbeing topics

For further information and to provide feedback,  
go to [www.librariesireland.ie](http://www.librariesireland.ie)



Healthy Ireland  
at your Library



Healthy  
South Dublin



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## Clondalkin Library

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### Positive Parenting Series: **Children's Language Skills and How to Improve Them, with Claire Kelliher**

***Parents of preschool and junior infants children***

**Venue:** Clondalkin Library  
**Date:** Friday 7th September  
**Time:** 10.00am

Clare will talk to parents about children's speech and language development and give parents 'Tips for Talking' to encourage children's language skills. These are the skills children need to learn, make friends, manage their emotions and, eventually, to read and write.

***Booking essential on  
[www.clondalkinlibrary.eventbrite.com](http://www.clondalkinlibrary.eventbrite.com)***



### **Mandala Workshop with Patricia Fitzgerald**

***Class booking, 4th-6th class***

**Venue:** Clondalkin Library  
**Date:** Monday 10th September  
**Time:** 10.30am

Join Mandala artist Patricia Fitzgerald in this workshop suitable for 4th- 6th class students. Patricia will explain a little behind the meaning of mandala and how these patterns can be found right across the universe, from the smallest atom to spiralling galaxies. The group will also take a look at some of the amazing patterns that can be found when we lift the lid on numbers...fun creative maths. The group will then draw their own mandala.

***Booking essential on 01 4593 315***



## Irish Heart Foundation Blood Pressure Checks

### Adults

**Venue:** Clondalkin Library

**Date:** Monday 10th September

**Time:** 12.00pm-4.00pm

Irish Heart Foundation: Blood Pressure Check Clinic. IHF nurses will provide free blood pressure checks and individual heart health information.

**Booking essential on 01 4593 315**



## Positive Parenting Series: Help your Child Grow up Confident, Resilient and Strong, with Stella O'Malley

### Adults

**Venue:** Clondalkin Library

**Date:** Tuesday 11th September

**Time:** 6.30pm

Visit from counsellor and psychotherapist Stella O'Malley, author of *Cotton Wool Kids* and *Bullyproof Kids: Practical Tools to Help your Child Grow Up Confident, Resilient and Strong*. Stella will talk about her books and how to encourage confidence in children. There will be time for questions and answers afterwards.

**Booking essential on [www.clondalkinlibrary.eventbrite.com](http://www.clondalkinlibrary.eventbrite.com)**



## Decluttering with Fiona Hall

### Adults

**Venue:** Clondalkin Library

**Date:** Monday 10th September

**Time:** 6.30pm

Fiona Hall from Conciously Clearing will discuss the negative impact of clutter on our mental well-being and how to successfully de-clutter.

**Booking essential on [www.clondalkinlibrary.eventbrite.com](http://www.clondalkinlibrary.eventbrite.com)**



## Mindful Lego

**Children aged 7+**

**Venue:** Clondalkin Library

**Date:** Thursday 13th September

**Time:** 3.00pm

Playing with Lego is absorbing and relaxing. Drop in to Clondalkin library and chill out by creating stories with Lego. Bricks provided.

**All welcome**



## Positive Parenting Series: The Process of Coping with your Child's Diagnosis – when your child has an ASD, ADHD or related diagnosis

**Adults**

**Venue:** Clondalkin Library

**Date:** Tuesday 18th September

**Time:** 6.30pm

Fiona Hall is an accredited and experienced psychotherapist and counsellor and will deliver a talk for parents on *The Process of Coping with your Child's Diagnosis – when your child has an ASD, ADHD or related diagnosis*.

**Booking essential on [www.clondalkinlibrary.eventbrite.com](http://www.clondalkinlibrary.eventbrite.com)**



## Mindfulness and Relaxation through Origami

**Adults**

**Venue:** Clondalkin Library

**Date:** Friday 14th September

**Time:** 10.00am

Join accomplished practitioner and teacher of origami, Yoshiko Watkins in this relaxing workshop which promotes mindfulness through the Japanese art of paper folding.

**Booking essential on 01 4593 315**



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## County Library Tallaght

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### **Cookery Demonstration with Chef Adrian** *Transition Year Students*

**Venue:** County Library Tallaght  
**Date:** Friday 6th September  
**Time:** 11.00am

Adrian Martin is an energetic and enthusiastic young Irish chef from County Cavan, who brings to the table an exciting and invigorating passion to the cooking fore. When he's not making one of his regular television appearances, you can find Adrian traveling the length and breadth of the Ireland with a primary focus to educate Secondary School level schoolgoers on the importance and value of good food. Through his cookery demonstrations, Adrian teaches students of today about the importance of healthy food and the tools they'll need to practice great and simple cooking.

Adrian is currently an Ambassador for Nordmende Smart Living, Manor Farm and holds a degree in Culinary Arts .

**T: 01 4620 073, E: [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)**



### **Chair Exercises** *People with Dementia and their Carers*

**Venue:** County Library Tallaght

**Date:** Monday 10th September  
**Time:** 11.00am

**Date:** Thursday 13th September  
**Time:** 2.00pm

Siel Bleu Ireland are a non- profit organisation that aims to improve the quality of life of Ireland's older population through the delivery of exercise programmes.

The importance of physical activity for people living with dementia and Alzheimer's disease can often be underestimated. Numerous studies show the impact tailored exercise programmes have on people's mood, sleep quality and physical capabilities as well as improving their ability to communicate. A weekly exercise session is shown to help to slow down progress of the disease.

Siel Bleu Ireland's community dementia programmes offer physical stimulation, increasing physical and mental capacities with a focus on the delay further onset and slow progress of the disease and aims to improve mood, quality of sleep, physical capabilities and communication.

**T: 01 4620 073, E: [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)**





## **Peter's Story...**

### ***Secondary School Students***

**Venue:** County Library Tallaght  
**Date:** Monday 10th September  
**Time:** 2.00pm

Peter's Story: Who is Peter Ryan?

At the age of 21 Peter Ryan a former GAA hurler, discovered that he had a rare genetic eye disorder which ultimately left him with between 5-10% peripheral vision in both eyes....basically he was legally blind. Living in denial, he hit rock bottom, finally ending with a stint in Aiseiri in Cahir. He began to rebuild his life-and on a trip to UCD Paralympics Open Day in 2012, he undertook a test which was to prove he was a capable cyclist.

Fast forward to today, and Peter (along with his pilot Sean Hahessy) have already competed in the Paralympics in Rio in 2016.

Next stop Tokyo 2020 Paralympics.

In this session Peter will talk candidly about his life experiences and how he overcame huge adversity to become a Paralympic athlete.

Part of Inspirational Speakers Series.

**T: 01 4620 073, E: [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)**



## **Volunteering is Good for You**

### ***Suitable for Adults***

**Venue:** County Library Tallaght  
**Date:** Tuesday 11th September  
**Time:** 11.00am

Discover the positive benefits of volunteering for you and the Community in this talk by South Dublin Volunteer Board. Learn new skills, make new friends and live longer!

**T: 01 4620 073, E: [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)**



## Safe Talk (NOSP)

***Suitable for everyone who wants to help prevent Suicide***

**Venue:** County Library Tallaght

**Date:** Wednesday 12th September

**Time:** 10.00am

Safe Talk: Suicide alertness for everyone.

In this half day training programme, delivered by the National Office for Suicide Prevention, you will learn four basic steps to recognise when people have thoughts of suicide, and connect them to suicide first aid resources.

Suitable for everyone who wants to help prevent suicide: (frontline workers, community workers, volunteers, teachers and those responding to family and friends).

**T: 01 4620 073, E: [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)**



## Empowering People with Autism

***Suitable for parents, teachers and professionals working in the area of special needs.***

**Venue:** County Library Tallaght

**Date:** Wednesday 12th September

**Time:** 7.00pm

Empowering People with Autism...  
Talk by Adam Harris.

Adam Harris is a young man who has lived with Aspergers Syndrome. In response to his own experiences and the need for greater public awareness of Autism, he set up AslAm.ie. During this session Adam will give an insight into his experiences of Aspergers Syndrome, the work of AslAm.ie and the role a community can play in empowering people with Autism. Parents, professionals, teachers and young people are invited to meet Adam and hear his own positive and inspiring story.

**T: 01 4620 073, E: [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)**



## Irish Heart Foundation Blood Pressure Checks

***Suitable for Adults***

**Venue:** County Library Tallaght

**Date:** Friday 14th September

**Time:** 12.00pm–4.00pm

Maintain your Health in tip top condition by getting a free Blood Pressure Check with Irish Heart Foundation.

**T: 01 4620 073, E: [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)**



## Yoga Workshop for Children with Additional Needs and their Parents

***with Nicola Foxe of Yoyo C***

***4–6 years & 7–10 years***

**Venue:** County Library Tallaght

**Date:** Saturday 15th September  
(2 Sessions)

**Age:** 4–6 Years

**Time:** 10.30am

**Age:** 7–10 Years

**Time:** 11.15am

Yoga as a therapeutic process can help children who have a special needs diagnosis gain additional coping skills for day to day life management. Yoga can help the child become strong in mind and in body, helping to build resilience and hone coping skills and mechanisms. This interactive workshop will show parents/carers and children some techniques to self-calm and regulate which with practice can help children learn to reduce the added anxiety both parents and children may be feeling.

**T: 01 4620 073, E: [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)**

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## Library @ Stewarts

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### An Introduction to Indian Head Massage

**Adults**

**Venue:** Library @ Stewarts

**Date:** Monday 10th September

Events for Stewarts Hospital service users .

**T: 01 6518 129**



### Laughter Yoga (for adults with disabilities)

**Adults**

**Venue:** Library @ Stewarts

**Date:** Tuesday 11th September

Events for Stewarts Hospital service users .

**T: 01 6518 129**



# Irish Heart

*Let's live life better*

## 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.irishheart.ie](http://www.irishheart.ie)

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

**Monday 10th September 12.00pm–4.00pm**

**Venue:** Clondalkin Library

**T:** 01 4593 315

**E:** [clondalkin@sdblincoco.ie](mailto:clondalkin@sdblincoco.ie)

**Tuesday 11th September 3.00pm–7.00pm**

**Venue:** Ballyroan Library

**T:** 01 4941 900

**E:** [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)

**Wednesday 12th September 1.00pm–5.00pm**

**Venue:** Palmerstown Digital Hub

**T:** 01 4678 909

**E:** [ptowndigihub@sdblincoco.ie](mailto:ptowndigihub@sdblincoco.ie)

**Thursday 13th September 1.00pm–3.00pm**

**Venue:** Mobile Libraries

**T:** 01 4597 834

**E:** [mobiles@sdblincoco.ie](mailto:mobiles@sdblincoco.ie)

**Thursday 13th September 4.15pm to 7.30pm**

**Venue:** Lucan Library

**T:** 01 6216 422

**E:** [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)

**Friday 14th September 12noon–4.00pm**

**Venue:** County Library, Tallaght

**T:** 01 4620 073

**E:** [talib@sdblincoco.ie](mailto:talib@sdblincoco.ie)

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## Lucan Library

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### Tai Chi

#### **Adults**

**Venue:** Lucan Library

**Date:** Monday 10th September

**Time:** 4.00pm

**T: 01 6216 422**

**E: [lucan@sdublincoco.ie](mailto:lucan@sdublincoco.ie)**



### Lucan Men's Shed

#### **Adults**

**Venue:** Lucan Library

**Date:** Monday 10th September

**Time:** 6.30pm

What happens in the shed? An opportunity to learn all about the wonderful work and activities that take place in the Lucan Men's Shed. New members are welcome.

**T: 01 6216 422**

**E: [lucan@sdublincoco.ie](mailto:lucan@sdublincoco.ie)**



## Sound Meditation: Slow Down, Relax, Be Still

### Adults

**Venue:** Lucan Library

**Date:** Tuesday 11th September

**Time:** 11.00am

Let the beautiful sounds of Tibetan bowls, crystal bowls, drums and gongs soothe your mind and body and lead you to a place of quiet and stillness. Bring a blanket and a small pillow.

**T: 01 6216 422**

**E: [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)**



## Introduction to Aromatherapy

### Adults

**Venue:** Lucan Library

**Date:** Tuesday 11th September

**Time:** 1.30pm–3.30pm

An introduction to this popular complementary therapy with Miriam McNally.

**T: 01 6216 422**

**E: [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)**



## Introduction to Indian Head Massage

### Adults

**Venue:** Lucan Library

**Date:** Tuesday 11th September

**Time:** 6.30pm

An introduction to this complementary therapy with Barbara McAteer.

**T: 01 6216 422**

**E: [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)**



## The Cool Food School

### Class booking

**Venue:** Lucan Library

**Date:** Wednesday 12th September

**Time:** 11.00am

Learn about how food grows and which foods provide the most energy for life.

**T: 01 6216 422**

**E: [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)**



## Chair Yoga

**Adults**

**Venue:** Lucan Library

**Date:** Thursday 13th September

**Time:** 10.00am

Take a seat and increase your flexibility with chair yoga.

**T: 01 6216 422**

**E: [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)**



## Outcome Running with Eoin Ryan

**Adults**

**Venue:** Lucan Library

**Date:** Wednesday 12th September

**Time:** 7.00pm

Outcome Running is self-help learned through exercise. Did you know the feelings we experience derive from our thoughts and reverberate through our bodies? Change your thoughts and habits and you will change how you feel about yourself.

**T: 01 6216 422**

**E: [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)**



## Irish Heart Foundation Blood Pressure Checks

**Adults**

**Venue:** Lucan Library

**Date:** Thursday 13th September

**Time:** 4.15pm-7.30pm

Free blood pressure checks.

**T: 01 6216 422**

**E: [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)**





# CELEBRATION

## SOCIAL INCLUSION THROUGH THE PERFORMING ARTS

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**When:** Sunday 25th  
November 2018

**Where:** Civic Theatre,  
Tallaght

**Admission:** €5.00

Tickets available at the  
Civic Theatre Box Office

Tel: 01 462 7477 or book on  
line at [www.civictheatre.ie](http://www.civictheatre.ie)

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**DANCING... MUSIC...  
DRAMA... AND LOTS MORE!**

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## Palmerstown Digital Hub

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### **The Cool Food School** *Junior Infants to 2nd class*

**Venue:** Palmerstown Digital Hub  
**Date:** Wednesday 12th September  
**Time:** 9.45am

Healthy eating fun and learning for children aged 4 - 9 years. School booking.

**T: 01 4678 909**  
**E: [ptowndigihub@sdublincoco.ie](mailto:ptowndigihub@sdublincoco.ie)**



### **Irish Heart Foundation** **Blood Pressure Checks**

#### **Adults**

**Venue:** Palmerstown Digital Hub  
**Date:** Wednesday 12th September  
**Time:** 1.00pm–5.00pm

A blood pressure is a quick and simple, non-invasive but very effective health check. Irish Heart Foundation nurses will provide a free check and individual heart health advice.

**T: 01 4678 909**  
**E: [ptowndigihub@sdublincoco.ie](mailto:ptowndigihub@sdublincoco.ie)**

# Annual Tallaght **HEALTH FAIR** 2018

**Free**  
**Complementary**  
Therapies

**Free**  
mini makeovers  
&  
light refreshments

**Free**  
Health Screening

Lung functioning, skin mapping,  
cholesterol testing,  
blood pressure, diabetes  
assessments

Over **60 Organisations**  
to answer your Health Questions

**Fettercairn**  
**Community & Youth Centre**  
**Tuesday the 11th September**  
**10am to 1pm**

# *8-Week Fitness Programme for Kids*

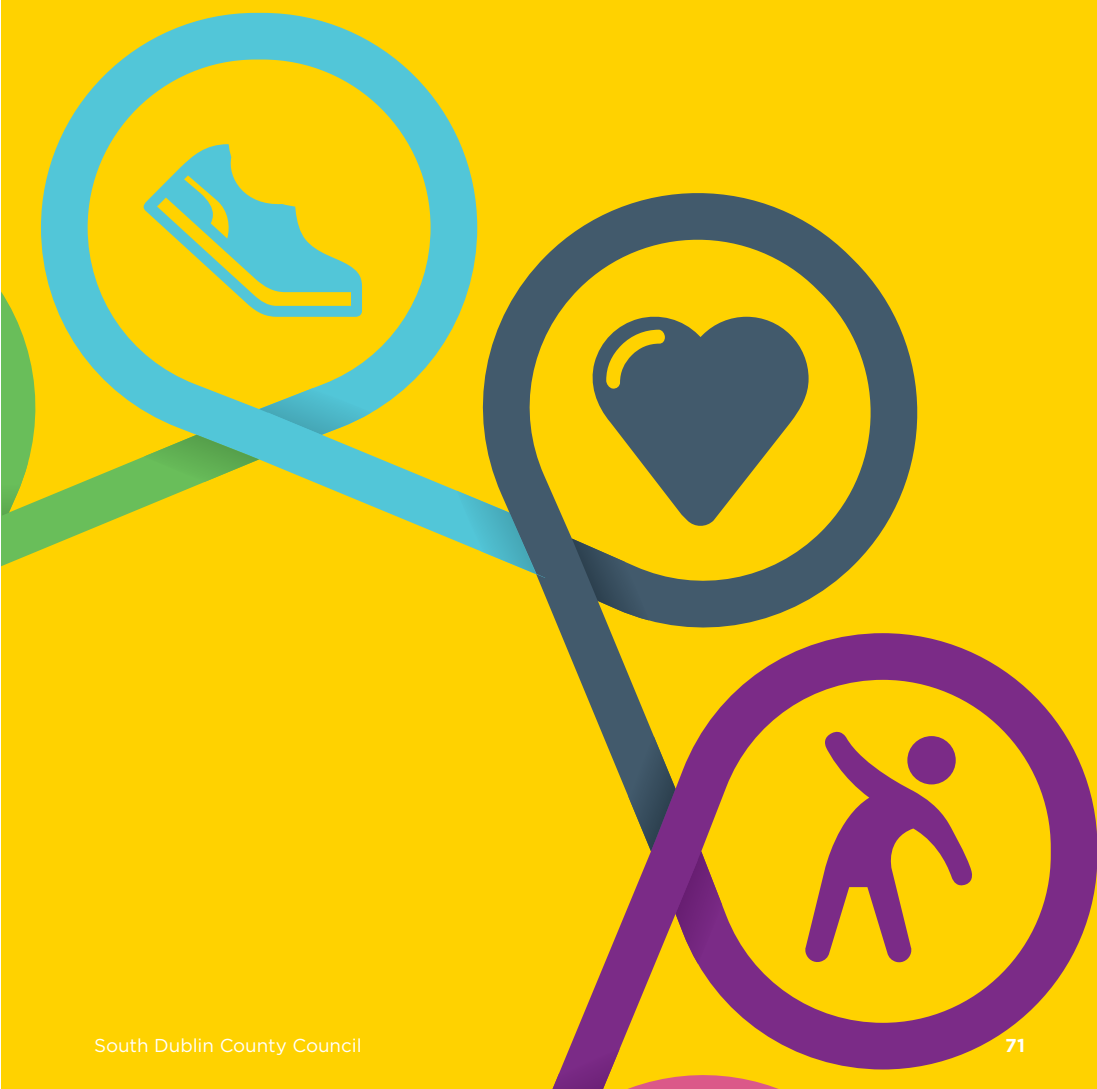


*Starts 10 September 2018*

Register on [marathonkidsireland.ie](http://marathonkidsireland.ie) or  
email [hello@marathonkidsireland.ie](mailto:hello@marathonkidsireland.ie)



# SDCSP Programme



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

### Community Walks

The second series of our Walk A Marathon programme will run during September and October with free weekly walks in local areas/parks. 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 demonstrated on occasion. The first walk to start the series will be a Blackberry Jam Walk in St. Catherine's Park, Lucan on Thursday September 13th at 7pm. Suitable for all ages, bring a bag/jar !

SDCSP will also be linking in with Home School Coordinators to offer morning walks to parents after they have dropped children to 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.sdcsp.ie/getting-active](http://www.sdcsp.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 four parkrun events in South Dublin County - Griffeen Valley Park, Tymon Park, Corkagh 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.

SDCSP has purchased a specialised running buggy that is currently used by the Tymon parkrun and thereby allows parents of children with a disability to participate together.

In addition, this year we have a new Junior parkrun started in Griffeen Valley Park. This 2km event for children up to the age of 14 takes place every Sunday morning at 9.30am, starting at the Esker Lane entrance.

## Supporting Disadvantaged

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 programmes for the Asylum Seeker community in the Tower Hotel, for Traveller Development Groups, womens support groups and more.

## Leader Training

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

- Sports First Aid
- Child Protection in Sport 1,2,3

- Disability Awareness
- Autism Awareness
- Youth Athlete Development
- Nutrition for Sport
- Coaching Children Programme
- Sports Leadership Award (Transition Year pupils)
- Primary School Teacher Training

All courses are either free or heavily subsidised.

**For further information please contact:**  
**Thos McDermott, Local Sports Co-ordinator**  
**T: 086 044 1071**  
**E: [info@sdcsp.ie](mailto:info@sdcsp.ie)**

## Community Sports Hubs

South County Dublin Sports Partnership received funding support from the Dormant Accounts Fund, through Sport Ireland, to establish 2 Community Sports Hubs, one in North Clondalkin and one in West Tallaght. The idea of the sports hubs is to promote increased community participation in sport/physical activity in these areas. This we are looking to achieve through;

1. Supporting the current club structures in the designated areas
2. Supporting school and after school participation opportunities for children
3. Organising and supporting activities for all members of the community to participate in, regardless of age or ability.

**For further information please contact:**  
**Ian Farrell, Community Sports Officer**  
**T: 086 755 4800 or 01 414 92000**  
**ext: 4220**  
**E: [ifarrell@sdublincoco.ie](mailto:ifarrell@sdublincoco.ie)**

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# Sports Office Programmes





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## Sport in the Community Development Programme

**The Sports & Recreation Office co-fund Sport in the Community Development Officers across the sporting disciplines of Soccer, Rugby, Cricket & GAA. These development officers promote their respective sports across the county providing and facilitating a varied range of programmes. They deliver coaching and training to both, primary and secondary schools, community groups, and sports clubs right across the county.**

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The Sports Office deliver programmes to target groups within specific communities and the general public across the county. Programmes we deliver promote sports development, recreational opportunities, increase physical activity levels, promote the importance of play and encourage healthy lifestyle changes.

We promote sport & health enhancing physical activity programmes through the life cycle approach as we cater for pre-school children, primary and secondary schools students, families and older adults throughout the county. Both the Sports Office and the Sport in the Community Development Officers deliver programmes across the Themes of Disability, Community, School's/College, Social Inclusion, and Club/Player Development.

***For further information or assistance contact Paula Swayne [pswayne@sdblincoco.ie](mailto:pswayne@sdblincoco.ie) and Alison Casserly [acasserly@sdblincoco.ie](mailto:acasserly@sdblincoco.ie) at 01-4149000.***

## Go For Life Games

The aim of the Go for Life Games is to involve older people in recreational sport. These games involve three sports – Flisk, Scidil's & Cornhole.

It is important to remember:

- The emphasis of the games is on participation and fun
- Played in a non-competitive way as much as possible
- Participants are encouraged to umpire their own game

If your local group would like to avail of a 1 hour introduction to the games during the month of September please contact:

***Paula Swayne [pswayne@sdblincoco.ie](mailto:pswayne@sdblincoco.ie) and Alison Casserly [acasserly@sdblincoco.ie](mailto:acasserly@sdblincoco.ie) at 01-4149000.***

BIG THANKS TO

Committee to Combat  
Arms-Clutch Theaters  
South Dublin County Council

OUR MAIN SPONSOR

TEAM JAMES

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BARRETSTOWN  
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a seriousfun camp

JOIN US SUNDAY  
16TH SEPTEMBER  
2018  
11AM IN CORKAGH PARK

To Register Visit: [www.popupraces.ie](http://www.popupraces.ie)

## Walking Football – The Fastest Growing Sport Within South Dublin

Designed specifically for our over 55s Walking Football is delivered by our Football in the Community Development Officers. The session is light intensity, ideal to help mobility.

If you would like to get involved or have

a taster session delivered to your group please contact:

***Paula Swayne [pswayne@sdublincoco.ie](mailto:pswayne@sdublincoco.ie) and Alison Casserly [acasserly@sdublincoco.ie](mailto:acasserly@sdublincoco.ie) at 01-4149000.***

# Notes



Healthy  
South Dublin



sdccsp.ie  
South Dublin County  
Sports Partnership  
— SPORT IRELAND —



Irish  
Cancer  
Society



Irish Blood  
Transfusion Service  
Seirbhís Fuiltestrúcháin na hÉireann



South Dublin  
County Partnership  
Páirtíocht Chontae  
Átha Cliath Theas



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Áras Chrónáin  
Senail Cultúir - Irish Cultural Centre  
www.araschronain.ie



Irish Heart  
*Let's live life better*



Tús Nua  
Older Person's Council for South Dublin

[www.sdcc.ie](http://www.sdcc.ie)  
[SouthDublinCountyCouncil](https://www.facebook.com/SouthDublinCountyCouncil)  
[#SDCCHealthAndWellbeing](https://twitter.com/SDCCHealthAndWellbeing)

For further information contact  
**Cathy Purdy** or **Karen O'Neill**  
on 01 4149270