



# *SOCIAL INCLUSION FESTIVAL 2020*

## **PROGRAMME OF EVENTS**

**16TH - 22ND NOVEMBER 2020**



## Launch of Social Inclusion Festival 2020 by Mayor Ed O' Brien

Mayor Ed O' Brien will officially launch this years Social Inclusion Festival 2020 on Monday 16th November at 11.00 am - Virtually on South Dublin County Councils Social Media platforms.

Tune in throughout the day to watch our Guest Speaker Riyadh Khalaf, TV and radio broadcaster, author, online video creator, podcast host, public speaker and LGBTQ+ activist, speak about his experiences. You can also tune in to see Mindi Keane of Mama Nagi's and regular guest chef on Ireland AM for our "Cooking on a budget" Cooking Demonstration.

There is a vast programme of events for the week suitable to all.  
Book early for events to avoid disappointment.  
Come along and help us Celebrate this years Festival!!



## Lets Walk

South Dublin County Council, Sports & Recreation Office would like to invite interested participants to take part in this walking challenge during November & December within a 5km radius of your home.

Don't be put off by the distance – you are well able – its not a race – do it in your own time – it might only take you 10 walks!

You can do this with a family member, or you on your own, you can walk with a friend or with your dog, walk with someone from your bubble.

This challenge will give you the motivation and the purpose to keep going into the winter months. It will give you the reason to go for a walk or jog, or just start over.

Participants will walk 42km to complete a marathon. Average walking guide is 4km per hour, if you can go faster – great. If you don't have a fancy gismo for measuring distance etc – work off this scale:

4km = 1 hour of walking    OR    2km = 30min of walking

- Put on a pair of runners and get walking (or jog if you fancy)
- Keep a Record of your distance walked
- Target is 42km to Cross the Finishing Line
- Contact Paula Swayne 086 829 2443 or Ciaran Farrelly 086 464 9504 once completed
- And we'll send you a medal for completing the **MARATHON**

Wishing everybody the best of luck!!!



# Cooking on a Budget with Mama Nagi's

Mindi Keane, CEO of Mama Nagi's, and regular guest chef on Ireland AM is already too acquainted with appearing on screens across the country as she shares her most guarded family recipes with audiences at home. Mindi Keane comments, "It's been a really interesting time for the brand. As most will agree, it's important to adapt and grow, as the external landscape changes, to keep the activation relevant. I'm really enjoying hosting online cooking classes, as people can cook-a-long with me from their own homes. I believe that it is so important to be able to knock-up easy dishes that are both healthy and delicious, now more than ever."

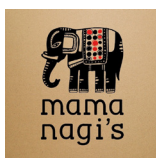
Join Mindi while learning how to cook a delicious Chicken Curry and Chapati .

**Monday 16 Nov @ 1.00 pm, Tuesday 17 Nov @ 1.00 pm,  
Thursday 19 Nov @ 5.00 pm and Friday 20 Nov @ 5.00 pm.**

To book a place and receive the list of ingredients please email:  
[socialinclusionunit@sdblincoco.ie](mailto:socialinclusionunit@sdblincoco.ie)

Why not enter our **Competition** to win a 4 week Masterclass with Mindi, along with an Indian Stainless Steel Spice Tin with 6 spices? All you need to do is take a picture of your dish and send in along with a short description as to why you feel you deserve to win this prize? All entries to [socialinclusionunit@sdblincoco.ie](mailto:socialinclusionunit@sdblincoco.ie). Closing date Sunday 22 November.

*Social Inclusion Unit - 01 414 9270*



## Ripple Effect Teen Hub

**Taking place Mondays & Wednesdays for 3 weeks  
Monday 16th November - Wednesday 2nd December**

As part of South Dublin County Councils Social Inclusion Festival 2020 we are happy to invite Children to take part in “RIPPLE EFFECT YOUTH HUB” online.

Ripple Youth Hub serves multiple purposes, including the development of social, creative and personal skills of the young people. It gives a place for young people to feel part of the larger group while also feeling themselves. It is a group for young people who do not fit the mainstream groups and need that extra support and guidance. We aim to allow young people to feel comfortable and be who they are in a non-judgemental and safe space with peers their age and similar circumstances.

Within these groups, the young people will participate in activities and games, group work and teambuilding exercises, creative arts and group discussions. With the focus being put on the young people expressing themselves in a non-judgemental atmosphere and be able to talk about their own interests while having fun.

The Sessions are free of charge and will run online through Zoom for approx. 1.5 hours each twice a week for 3 weeks on Mondays and Wednesdays, from Monday 16th November to Wednesday 2nd December. There will be 3 sessions available; 4.00 pm - 5.15 pm (ages 9 and under), 5.30 pm – 7.00 pm (ages 10 - 13) and 7.15 pm - 8.45 pm (ages 14+)

*To sign up, or ask questions, please contact Anne Caulfield 086 603 8163 or Leanne Roche on 085 241 2093, or send message on facebook “Ripples”.*



## MONDAY 16TH NOVEMBER

### **Skin Care on a Budget Online Workshop**

10.00 am - 11.00 am

Take some time for yourself and join our skincare on a budget workshop online, this workshop will teach you to look after your skin on a tight budget using some of the most basic ingredients in your home and find out what's on the market at a reasonable price to help keep your skin glowing.

*Laura Maloney - 01 462 7741/ 085 814 8601*

### **Sketching with Elena Oleinik**

2.00 pm

This sketch tutorial is suitable for beginners adult and children, this tutorial will show how to sketch a still life using pencils, paper and an eraser. This will be available to watch on all South Dublin County Council's Social Media platforms.

*Fiona Guinan - 087 418 4395*

### **Inclusive Storytime**

3.00 pm

Join Maria on South Dublin Libraries Facebook page for a special storytime for everybody. All welcome.

*Clondalkin Library - 01 459 3315*

### **Post Menopause Talk with Catherine O'Keeffe**

7.00 pm

Join Catherine O'Keeffe for an informative talk on what to expect from life and health post menopause. Booking essential on <https://www.eventbrite.ie/o/ballyroan-library-2184216231>

*Ballyroan Library - 01 494 1900*

## **TUESDAY 17TH NOVEMBER**

### **Reconnecting with friends**

10.00 am - 3.00 pm

Reconnecting with friends while participating in various activities together online. (open to St. Michael's House members only)

*Debbie Doyle - 01 490 0936 Ext 7*

### **Mindful Origami with Yoshiko Watkins**

10.15 am - 10.55 am & 11.00 am - 11.40 am

Meditation and origami are an ideal partnership. Take some time out to focus on creating beautiful origami, escaping the stresses of life for a while.

Led by Yoshiko Watkins. Booking essential via <https://www.eventbrite.ie/o/lucan-library-4590537389>

*Lucan Library - 01 621 6422*

### **Art workshop for Older people with Kim Jenkinson**

11.00 am

Ballyroan library will host a virtual 'Art at home' workshop targeted towards Older people in the community. The workshop will take place via Zoom and will be facilitated by visual artist Kim Jenkinson, a free materials pack to accompany workshop will be provided to participants.

This workshop is designed to create a space for participants to come together virtually from their home in a relaxed and informal way, whilst working on a simple art project. No prior knowledge of any art process is required to take part. Bookings are made through Eventbrite.

*Ballyroan Library - 01 494 1900*

## TUESDAY 17TH NOVEMBER

### **Fun Engaging Spoken Irish Workshop**

**11.00 am**

Fun Engaging Spoken Irish Workshop - Online @araschronain. Fun, enjoyable, interactive introduction to the Irish Language. Learn all about the history, structure and richness of the Irish Language. An opportunity to learn a few new Irish phrases and how to use them in our everyday lives. You will be introduced to wonderful free online resources to help you improve your spoken Irish, be it from your office, home, back garden or with friends. This online workshop will inspire you to take that next step to becoming more familiar, comfortable and confident with your use of the Irish Language.

*Brian Ó Gáibhín - 087 284 4195*

### **Tucking in the Garden for Winter**

**11.30 am - 12.30 pm**

A Guide for Garden Rest and Regeneration. A workshop delivered by Seed Scholars' Eliya Lavine, in partnership with Saint John of God's Liffey Services

*Veronika Achleitner - 087 688 3615*

### **An Introduction to Volunteer Leadership**

**12.00 noon - 1.00 pm**

As part of South Dublin County Council's Social Inclusion Festival, South Dublin County Volunteer Centre is pleased to invite local Volunteer Involving Organisations to attend our upcoming online Lunchtime Sessions which will give an introduction to key areas of volunteer leadership. The aim of the sessions is to increase access and quality in volunteering, in South Dublin County.

Please visit: <https://www.eventbrite.ie/e/lunchtime-sessions-1-an-introduction-to-recruiting-volunteers-tickets-125312981501> to register.

*Colette Gallagher - 086 703 6768*



## TUESDAY 17TH NOVEMBER

### **Inclusive Participation: Our Stories - Irish, African, Muslim!**

2.30 pm

The Refugee & Intercultural Programme at Glencree Centre for Peace and Reconciliation have been engaging with Muslim, African and ethnic minority communities throughout 2020 as part of our 'Belonging & Identity' project. Those we work with would like to share some of the work that has been done, conclusions and thoughts about where we go from here. Although it will be an invite only event hosted online we will record and share the result widely afterwards. If you are interested in receiving a copy of the link after the Social Inclusion Festival please contact [sinead.bolger@glencree.ie](mailto:sinead.bolger@glencree.ie) and we can organise it.

*Sinead Bolger - 086 162 6475*

### **Financial Wellbeing**

4.00 pm

Join Aileen Morrissey from Bank of Ireland to discuss a number of topics on Financial Wellbeing:

- What is Financial Wellbeing
- Importance of Financial Planning
- Budgeting – Managing your money
- Planning for the future
- Legal Protections- Wills, GPAs and EPAs



*To register please email [socialinclusionunit@sdublincoco.ie](mailto:socialinclusionunit@sdublincoco.ie)  
01 414 9270*

### **Inclusive Horse Riding**

6.10 pm

South Dublin County Sports Partnership in conjunction with Social Inclusion Unit are running a 6 week programme of Inclusive Horse Riding lessons for children (min age 7 years old) and teenagers with disabilities at Fettercairn Youth Horse Project .

**Booked out**

## WEDNESDAY 18TH NOVEMBER

### Chair Yoga

10.00 am - 11.00 am

Join our online chair yoga workshop and enjoy a light easy way to keep yourself active from the comfort of your own home.

*Laura Maloney - 01 462 7741/ 085 814 8601*

### Low-down on the Local Community Development Committee (LCDC)

10.00 am - 11.00 am

Local Community Development Committees (LCDCs) were established within local authorities throughout the country, under the aegis of Putting People First – Action Programme for Effective Local Government, and the Local Government Reform Act 2014. The LCDC works closely with SDCC to bring about a more strategic, joined-up approach to local development and community development in South County Dublin. A significant element of the work of the LCDC is to oversee the Social Inclusion and Community Activation Programme (SICAP) in the county and to make decisions on the allocation of other funding schemes. We are conscious that a lot of people in the county don't know who we are or what we do so we have organised an hour-long Low-down on the LCDC as part of Social Inclusion Festival.

The low-down will include:

- Introduction and Welcome from Chief Officer, Brian Hora
- A very short briefing from LCDC Chairperson, Professor Mary P. Corcoran who will introduce our Annual Report (available in pdf form)
- Premiere of a specially commissioned animation by One Productions to communicate what the LCDC is, what it does, how it works with other organisations and agencies in the county and what it achieves for the wider South Dublin Community.
- Community Development in South Dublin: Interim Research Findings, Paula Donovan, TU Dublin
- The lived experience of social exclusion in South County Dublin- Paula Haverty
- Brief Q & A, Wrap up - LCDC Chairperson

*To register please contact Andy Lane - 01 414 9270*

## WEDNESDAY 18TH NOVEMBER

### Mindful Chair Yoga

11.00 am

Yoga therapist Sally Dunne returns with her popular class which is done seated, using easy, accessible poses. Our aim is to increase flexibility in the spine and the joints with careful and safe movements which are adaptable to everyone. Yoga can increase our range of movement, help muscle and joint flexibility and calm the mind. This is a series of three classes taking place November 18th, 25th, and December 2nd.

All you need to participate is a PC, Mac or smart device with a mic and webcam, and a broadband connection.

Your email will be passed on to the facilitator in order to register you for the session. A link and password will be sent to you on the morning.

*Ballyroan Library - 01 494 1900*

### Floristry Demonstration

11.00 am

Floristry Demonstration by Suzanne O' Neill for the participants of South Dublin County Council's Community Garden.

*Social Inclusion Unit - 01 414 9270*

### One Good Adult

11.00 am

This workshop is for any adult who is or can be 'One Good Adult' in the life of a young person, learn skills to support their wellbeing and mental health. Registration closes Friday 13 November. Please visit <https://docs.google.com/forms/d/1sAjFV7ige13Rnph7ePGlcOMSeY5hNUh4qNtrS655Lhw/edit> to register.

*Jigsaw DSW - 01 538 0087/ 086 010 8229*

## WEDNESDAY 18TH NOVEMBER

### How to Grow Spring Bulbs in Containers

11.30 am - 12.30 pm

Workshop with Sean Farrell, in partnership with Saint John of God's Liffey Services

*Veronika Achleitner - 087 688 3615*

### Water Colour Painting with Elena Oleinik

1.00 pm

This watercolour tutorial is suitable for beginners adult and children, in this tutorial the tutor will show how to paint a still life watercolour. This will be available to watch on all South Dublin County Council's Social Media platforms.

*Fiona Guinan - 087 418 4395*

### Inclusive Horse Riding

5.30 pm

South Dublin County Sports Partnership in conjunction with Social Inclusion Unit are running a 6 week programme of Inclusive Horse Riding lessons for children (min age 7 years old) and teenagers with disabilities at Fettercairn Youth Horse Project .

**Booked out**

### Climate Change Workshop

6.00 pm

Recognising the importance of working with communities in tackling climate change, SDCC is delivering a series of Climate Action Workshops to communities around the county. The interactive workshops present participants with global and local perspectives on the climate emergency, and present a range of solutions and steps for individuals and groups to implement local actions. Please visit <https://forms.gle/mtpShiVm7LJvTyrRA> to register.

*Social Inclusion Unit - 01 414 9270*

## WEDNESDAY 18TH NOVEMBER

### Mindful Gardening with Aoife Munn

7.00 pm

Gardening is a great way to stay in the moment and practice mindfulness. Join Aoife Munn to find out more. Booking essential at <https://www.eventbrite.ie/o/clondalkin-library-6012673139>.

*Clondalkin Library - 01 459 3315*

### Yoruba Bedtime Stories and Songs

7.30 pm

Mother Tongues Festival in collaboration with Singer and Songwriter Zeenie Summers presents a series of bed-time stories from the Yoruba tradition from Nigeria. Each night Zeenie will transport children and their families into a magical world, through beautifully crafted stories and songs. This will be available to watch on all South Dublin County Council's Social Media platforms.

*Elena Cristofanon - 089 250 4137*

## THURSDAY 19TH NOVEMBER

### We See YOU, We Hear YOU, We Value You

10.00 am

Clondalkin/ Lucan Women's Network would like to invite you or any women you know who would benefit from a morning with Nicola Connolly-Byrne of 'I Am Positive Mindset, The topic is 12 Steps To A Positive Mindset with a Q & A. This event will be held on zoom. To book contact Joanne at [developworkerc.l@gmail.com](mailto:developworkerc.l@gmail.com) for zoom link.

*Rita Harte - 083 860 7947*

## THURSDAY 19TH NOVEMBER

### Chair Yoga

10.00 am

Learn a gentle form of yoga that will help with your physical well being and mobility.

*Marie Daly - 085 768 8055*

### Mindful Origami with Yoshiko

10.15 am - 10.55 am & 11.00 am - 11.40 am

Enjoy a virtual outing where we will fold step by step this celebration crane. You will need a free hour, some paper, preferably origami paper. The process should commence about 15 minutes ahead of the start time to ensure that all present have mastered the technology and are able to see and hear the instructor. Please be sure to arrive on time to the Zoom class as those who arrive late will not be admitted.

Please note: A valid email address is required to register for this event. South Dublin Libraries will forward the email address to the facilitator who will then send you an access code to enable you to attend the workshop. The contact details you supply to South Dublin Libraries via Eventbrite will be accessible by the facilitator on the day of the event for the duration of the event in case they need to assist you in accessing the Zoom session.

*Ballyroan Library - 01 494 1900*

### ISL Storytime with Clever Little Handies for Babies and Toddlers

11.00 am

A fun online event for babies and toddlers to learn a little Irish Sign Language through stories. Booking essential via <https://www.eventbrite.ie/o/lucan-library-4590537389>

*Lucan Library - 01 621 6422*

## THURSDAY 19TH NOVEMBER

### **Thinking about Volunteering in South Dublin County**

11.00 am

Join our online presentation to find out more about volunteering; why it is good for you and how to take the next steps towards becoming a volunteer. We will give you step by step instructions on registering to volunteer and searching for suitable volunteer roles. We will also be available to answer any questions you might have about volunteering and opportunities available. Please visit <https://www.eventbrite.ie/e/thinking-about-volunteering-tickets-125308957465> to register and we will send you a login link with further details.

*Colette Gallagher - 086 703 6768*

### **Gardening for Wellbeing**

2.00 pm

Demonstration on the positive effects Gardening and colour can have on your health. Planting up a window box for Veg or Flowers can bring such enjoyment especially if isolated or cocooning. Please email [i.hanratty@ancosan.ie](mailto:i.hanratty@ancosan.ie) for link to Zoom.

*Imelda Hanratty - 01 462 8488*

### **How to make Chocolate Christmas Trees with Elena Oleinik**

3.30 pm

This Christmas chocolate tree tutorial is for beginners adult and Child. The tutorial show how to create a Christmas tree made from Lindor chocolates. This will be available to watch on all South Dublin County Council's Social Media platforms.

*Fiona Guinan - 087 418 4395*

## THURSDAY 19TH NOVEMBER

### One Good Adult

7.00 pm

This workshop is for any adult who is or can be 'One Good Adult' in the life of a young person, learn skills to support their wellbeing and mental health. Registration closes Friday 13 November. Please visit <https://docs.google.com/forms/d/1lepJrAyY1Aqm4zHLC8G54pNt-iy7CKL4pxzje34Yn54/edit> to register.

*Jigsaw DSW - 01 538 0087/ 086 010 8229*

### Yoruba Bedtime Stories and Songs

7.30 pm

Mother Tongues Festival in collaboration with Singer and Songwriter Zeenie Summers presents a series of bed-time stories from the Yoruba tradition from Nigeria. Each night Zeenie will transport children and their families into a magical world, through beautifully crafted stories and songs. This will be available to watch on all South Dublin County Council's Social Media platforms.

*Elena Cristofanon - 089 250 4137*

## FRIDAY 20TH NOVEMBER

### Online Bouncing Baby Bookclub

10.00 am

Stories songs and actions for babies and toddlers. Booking essential on <https://www.eventbrite.ie/o/ballyroan-library-2184216231>

*Ballyroan Library - 01 494 1900*



## FRIDAY 20TH NOVEMBER

### Spending your Money Safely

12.00 noon

Join Aileen Morrissey from Bank of Ireland to discuss a number of topics on Spending your Money safely:

- Understand Financial Exploitation
- Protecting yourself at home
- Security Tips for using an ATM and your card
- Digital Security Tips



*To register please email [socialinclusionunit@sdiublincoco.ie](mailto:socialinclusionunit@sdiublincoco.ie)  
01 414 9270*

### How to make Decoupage Candles

1.00 pm

Decoupage candles are for adults and older children only as there is heat involved (hairdryer set on hot or heat gun). This is a beautiful craft using white candles decorated with pretty paper napkins. This will be available to watch on all South Dublin County Council's Social Media platforms.

*Fiona Guinan - 087 418 4395*

### Intergenerational Art Workshop with Kim Jenkinson

3.30 pm

Tallaght library will host a virtual 'Intergenerational Art at home' workshop targeted towards a grandparent working alongside their grandchild to create a pair of embellished photo frames for each other. The workshop will take place via Zoom and will be facilitated by visual artist Kim Jenkinson, a free materials pack to accompany workshop will be provided to participants.

This workshop is designed to create a space for grandparent and grandchild to take creative time together and have fun making memories. Please note only 1 space is required when booking (a grandparent & grandchild) and 1 materials pack will contain enough materials for both. Bookings are made through Eventbrite.

*Tallaght Library - 01 462 0073*

## FRIDAY 20TH NOVEMBER

### Fostering Information Event for Migrant Families

7.00 pm

The Child and Family Agency in Collaboration with Family Matters Platform and IACA - Integration of all Children in Ireland hosts a Fostering Recruitment and Awareness Event. Recruitment of Foster Carers from the Migrant Community. Online through Zoom.

*Sandra O' Neill - 087 280 5398*

### Yoruba Bedtime Stories and Songs

7.30 pm

Mother Tongues Festival in collaboration with Singer and Songwriter Zeenie Summers presents a series of bed-time stories from the Yoruba tradition from Nigeria. Each night Zeenie will transport children and their families into a magical world, through beautifully crafted stories and songs. This will be available to watch on all South Dublin County Council's Social Media platforms.

*Elena Cristofanon - 089 250 4137*

### A Virtual Karaoke Night

8.00 pm

Please join us for a fun-filled night of music, friends and Karaoke presented by JUSTINE Nantale, our talented DJ Ras Eddy -Ireland & DJ Disan Kato - UK. Doors open at 8:00 pm.

Event takes place on Zoom : Meeting ID: 842 1099 4754

FREE entry. We will all be streaming from our living rooms.

Come sing your HEART out!!!

*Justine Nantale - 086 325 3627*

## FRIDAY 20TH NOVEMBER

### A Feast of Irish Tradition

8.00 pm

An uplifting hour of the best of Irish Tradition - Music, Dance, Poetry and Song, from some of the finest local talent in Clondalkin and South Dublin County.

*Brian Ó Gáibhín - 087 284 4195*

## SATURDAY 21ST NOVEMBER

### Rooted and United 2020 and Beyond

11.00 am

Rooted and United 2020 and Beyond. An online event of music, poetry and discussions to foster sustainable friendships and togetherness for people rooted and united within various heritages.

*Joy\_Tendai Kangere - 087 257 3250*

### Virtual Nepalese Culture Dance Competition

11.00 am

Come join us from Tuesday 17th November on Nepal Ireland Society facebook page where you will see the entries for the Virtual Nepalese Culture Dance Competition.

Winners will be announced on facebook Saturday 21st at 11.00am

*Bal Krishna Shrestha 086 239 8068*

*nepalirelandsociety@gmail.com*

## SATURDAY 21ST NOVEMBER

### **The Magic Show**

**Adapted for hearing-impaired children and their families**

**11.00 am**

All the family can enjoy this short online magic show by the brilliant Jack Flash. Booking essential via <https://www.eventbrite.ie/o/lucan-library-4590537389>

*Lucan Library - 01 621 6422*

### **Sketch Connect**

**12.30 pm and 2.30 pm**

Sketch Connect is a year-long pop-up sketchbook club. 24 strangers across South Dublin will meet, make and connect with each other over the course of 12 months. Learn a new skill and then post your book to someone else after you've made your unique marks. We'll all meet up in person next November 2021 to share stories. So, join ReCreate on this creative journey.

*ReCreate Ireland - 086 701 8715*

### **Social Inclusion Friendship and Kindness drawing Arts Competition**

**2.00 pm**

IACI (Integration of All Children in Ireland) would like to invite children aged 4 - 12 years to participate in an online arts competition while giving children ownership to actively participate, have fun, and learn new skills. The competition will be judged in age categories and there will be 1st, 2nd & 3rd winners for each category. Join us on IACI Youth facebook page for the competition.

*Yemi Ojo - 087 172 3463*

## SATURDAY 21ST NOVEMBER

### Why the Moon Travels

3.00 pm

Curators of See Through Café Anca Danila, Evgeny Shtorn and Francesca La Morgia meet online with writer Oein DeBhairduin and artist Leanne McDonagh to discuss their new book 'Why The Moon Travels', edited recently by Skein Press. Why the moon travels is a haunting collection of twenty tales rooted in the oral tradition of the Irish Traveller community. This will be live on Facebook & You Tube channels of Rua Red and Mother Tongues Festival.

*Francesca La Morgia - 089 250 4137*

### How to make Christmas Crackers

4.00 pm

The Christmas cracker tutorial is for beginners adult and child. The tutorial shows how to make your own custom made Christmas crackers. Using items from home. This will be available to watch on all South Dublin County Council's Social Media platforms.

*Fiona Guinan - 087 418 4395*

## SUNDAY 22ND NOVEMBER

### How to make Rocky Road buns

12.00 noon

Rocky Road buns tutorial is for children with adult supervision and for adults. This is a fun fridge set bun that takes no time to make but so tasty to eat. This will be available to watch on all South Dublin County Council's Social Media platforms.

*Fiona Guinan - 087 418 4395*

## SUNDAY 22ND NOVEMBER

### Virtual Celebration - Social Inclusion Through the Performing Arts

3.00 pm

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*

## OTHER EVENTS TAKING PLACE DURING THE FESTIVAL

### Building Bridges - Intergenerational Discussion

Date & Time To Be Confirmed

### Identity in the 21st Century

hosted by Tallaght Traveller Community Development

Date & Time To Be Confirmed

### LGBTI+ Events



Starting 16 Nov

7 day wellbeing challenge for LGBTI+ people (over 18s) with Tallaght Person of the year - Lee Moroney.

17 Nov

Isolation in the LGBTI+ Community during Covid 19. Virtual talk with Under the Rainbow.

23 Nov - 2.00 pm

"Coppers, The Workout" Have fun and make some noise during this virtual cardio session with a twist!

To book your place join the facebook group South West Dublin LGBT+ or email [ajedg1980@icloud.com](mailto:ajedg1980@icloud.com)

## UPCOMING EVENTS

### **An Introduction to Volunteer Leadership**

**24 Nov & 1 Dec - 12.00 noon**

As part of South Dublin County Council's Social Inclusion Festival, South Dublin County Volunteer Centre is pleased to invite local Volunteer Involving Organisations to attend our upcoming online Lunchtime Sessions which will give an introduction to key areas of volunteer leadership. The aim of the sessions is to increase access and quality in volunteering, in South Dublin County.

Please visit <https://www.eventbrite.ie/e/lunchtime-sessions-1-an-introduction-to-recruiting-volunteers-tickets-125312981501> to register.

*Colette Gallagher - 086 703 6768*

### **Mindful Chair Yoga**

**25 Nov & 2 Dec - 11.00 am**

Yoga therapist Sally Dunne returns with her popular class which is done seated, using easy, accessible poses. Our aim is to increase flexibility in the spine and the joints with careful and safe movements which are adaptable to everyone. Yoga can increase our range of movement, help muscle and joint flexibility and calm the mind.

Your email will be passed on to the facilitator in order to register you for the session. A link and password will be sent to you on the morning.

*Ballyroan Library - 01 494 1900*

### **Traveller Young Peoples Drama and Mentoring Group**

**Starting 26 Nov and running for 5 weeks**

Clondalkin Travellers Development Group is in the process of developing a young Traveller Drama group to highlight the disinclination, mental Health and Poverty experienced by many Travellers within Irish Society. This group will use the voices and stories of Traveller generations to share their living experience as a nomadic ethnic minority group.

*Doreen Carpenter - 087 051 6427*



