

# SOCIAL INCLUSION WEEK 2018

  
Comhairle Contae  
Átha Cliath Theas  
South Dublin County Council

19–25 Samhain  
19–25 November

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



## RÉAMHRÁ AN MHÉARA



*Tá an-áthas orm an bróisiúr ar an tseachtain um Chuimsiú Sóisialta a sheoladh agus ba mhaith liom aitheantas agus buíochas a thabhairt do na gníomhaireachta agus na heagraíochtaí rannpháirteacha go léir ar fud an Chontae.*

*Is éard atá i gceist leis an gCuimsiú Sóisialta ná sochaí a chruthú ina mothaíonn gach duine go bhfuil siad rannpháirteach, go hiomlán agus go cothrom, i ngach gné den saol. Tá Comhairle Contae Átha Cliath Theas*

*tiomanta do na hiarrachtaí chun an caighdeán maireachtála a choinneáil agus a fheabhsú, do na daoine atá ina gcónaí sa Chontae.*

*Ba mhaith liom gach duine a spreagadh le bheith rannpháirteach sna himeachtaí atá beartaithe agus le cabhrú ionas go n-éireoidh leis an tseachtain um Chuimsiú Sóisialta i mbliana.*

*Lainseálfaidh an Méara Mark Ward An tSeachtain Feasachta um Chuimsiú Sóisialta **Dé Luain 19 Samhain 2018 ar 12.00 in i Halla an Chontae, Tamhlacht.***

*Tá Comhairle Contae Átha Cliath Theas ag obair chun cúrsaí míbhuntáiste a laghdú agus chun feabhas a chur ar cháilíocht na beatha do gach duine atá ina chónaí sa Chontae.*

## MAYOR'S INTRODUCTION

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I am delighted to introduce the Social Inclusion Week Brochure 2018 and I would like to acknowledge and thank all participating agencies and organisations throughout the County.

Social Inclusion is about creating a society where everyone experiences full and equal participation in all aspects of life. South Dublin County Council remains committed to sustaining and enhancing efforts to improve the quality of life of all residents in the County.

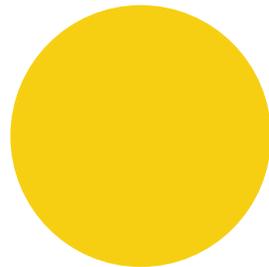
I encourage everyone to get involved in the planned activities and to help make Social Inclusion Week 2018 a success.

Mayor Mark Ward will officially launch South

Dublin County Council Social Inclusion Week on **Monday 19 November 2018 at 12.00 pm in County Hall, Tallaght**. South Dublin County Council is working to minimise disadvantage and improve the quality of life for all residents in the County.



**Mayor Mark Ward**



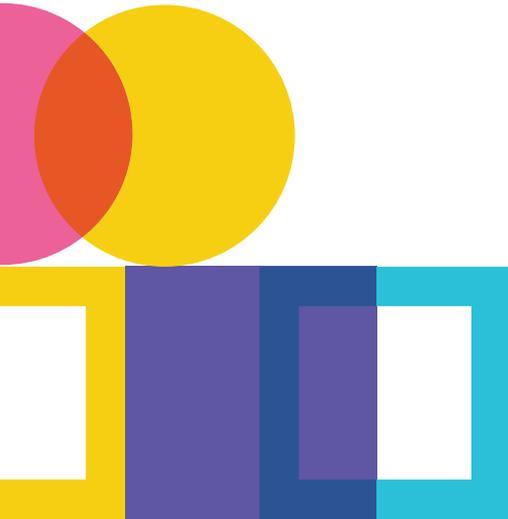
## CHIEF EXECUTIVE'S MESSAGE

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I am delighted to have this opportunity to mark South Dublin's 13th annual Social Inclusion Week which has been running each November since 2006. Each year there has been a steady growth of strategic partners from the community and other agencies, increasing the level of participation and the quality of events. The number of groups and communities engaging with the event has increased dramatically.

Significant progress has been made across a wide range of areas over the past number of years. Children, people of working age, older people, Travellers, people with disabilities and



migrant communities have all benefited from improved access to services.

However, more is needed to achieve the reduction of poverty and inequality in society. As a Local Authority we are conscious of the need to keep this issue top of our agenda and to continue to influence policy and awareness. There is also the need to improve linkages between those charged with responsibility for social inclusion throughout South Dublin County. We continue to work in a collaborative fashion to minimise the recessionary impacts on those most marginalised in our community.

We believe that Social Inclusion Week is a great opportunity to highlight our commitment to ensure better quality of life and

health for all our residents in South Dublin County into the future.

We want to reiterate our commitment to social inclusion projects and activities throughout the county. Social Inclusion Week has proven to be the platform for the establishment of ongoing activities in response to the needs articulated by our communities. The brochure lists a series of events, initiatives and programmes designed to help attendees achieve social inclusion. I hope you enjoy the programme of events.



**Daniel McLoughlin**  
**Chief Executive**

## WHAT IS SOCIAL INCLUSION?

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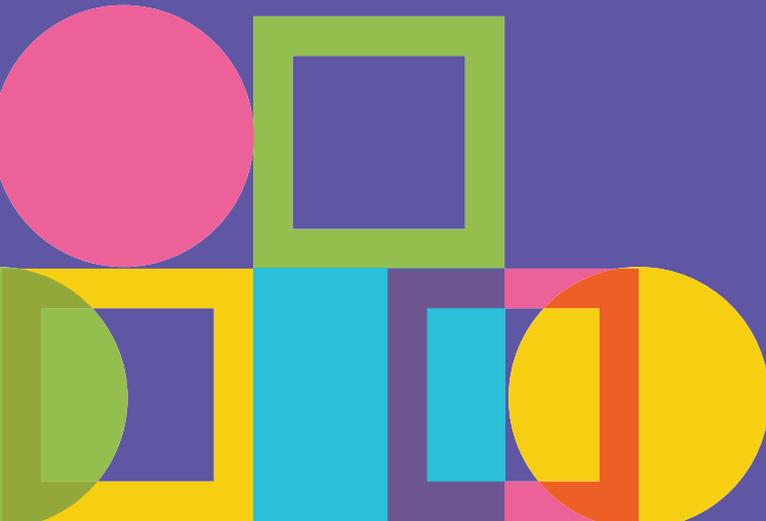
Social Inclusion is “the process which ensures that those at risk of poverty and social exclusion gain the opportunities and resources necessary to participate fully in economic, social and cultural life and enjoy a standard of living and well being that is considered normal in the society in which they live”.

## WHO IS AT RISK OF SOCIAL EXCLUSION?

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Ireland’s National Action Plan for Social Inclusion 2007–2016 identifies seven groups as being at greater risk of social exclusion.

- Older People
- Ethnic Minorities
- Disabled People
- Women
- Children and Young People
- Travellers
- LGBT (Lesbian, Gay, Bisexual and Transgender)



## WHY SOCIAL INCLUSION WEEK?

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The purpose of South Dublin County Social Inclusion Week is to highlight and promote the positive work that South Dublin County Council is involved in to reduce social exclusion and poverty. It is a programme of events organised by the Social Inclusion Unit, Community Services Department to highlight the diversity

and creativity of people in South Dublin County. The Unit reaches out into all sections of the community, connecting many people and groups who are normally isolated and on the margins. It is an opportunity for people to learn new skills, share ideas and participate in their community.

### St Marks Culture Day



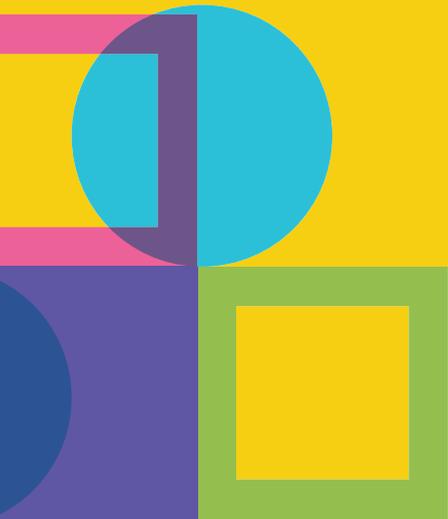
## SOCIAL INCLUSION UNIT, HOUSING, SOCIAL AND COMMUNITY DEVELOPMENT DEPARTMENT



**South Dublin County Council's dedicated Social Inclusion Unit endeavours to deliver on the Council's objective to take a leadership role in Social Inclusion and to create a society where everyone experiences full and equal partnership in all aspects of life.**

The Social Inclusion Unit endeavours to develop a society where all citizens are recognised, accepted and maintain a sense of belonging within the County. This is achieved through collaboration with other Council departments, agencies/groups and through the delivery of its programmes. 2018 has been a busy year for the Unit in the delivery of several programmes which included European Week Against Racism, Bealtaine, and the Traveller Culture Programme amongst others.

In addition to the above, the second intercultural food and craft festival, Flavours of South Dublin, took place on the 24th June, where over 9,500 people were in attendance over the course



of the day. This year saw the introduction of a recorded intercultural cooking demonstration kitchen with 5 different chefs. The recordings from this event will be launched during Social Inclusion Week and will be made available through the Council's social media and the South Dublin Migrant Integration Forum.

Earlier this year saw the departure of Maria Finn, Social Inclusion Officer. Maria was instrumental in the establishment of the Social Inclusion Unit and was responsible for developing many of the programmes and events that have enhanced the lives of so many people living in South Dublin County Council. We wish to take this opportunity to wish Maria well in her

new position and thank her for her dedication and hard work during her time in South Dublin County Council.

Adrienne Moloney and Donna O'Reilly will continue to develop the work of the Social Inclusion Unit and look forward to working with our partners to improve inclusivity and diversity in the County.

**Brian Leonard,**  
Administrative Officer

**Adrienne Moloney,**  
Senior Staff Officer

**Donna O'Reilly,**  
Staff Officer

Social Inclusion Unit

## SOCIAL INCLUSION WEEK EVENTS

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Monday 19 – Friday  
23 November

10.00 am – 6.00 pm

Clondalkin Youth  
Service, Monastery  
Road, Clondalkin

### **Around the World in 7 Days**

Around the World in 7 Days will explore the histories, culture and traditions of the ethnic communities in Clondalkin, which will highlight their importance within our society.

**Emma Blount**  
**085 253 8616**

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### Flavours of South Dublin



Monday 19  
November

10.00 am –  
12.00 noon

Killinarden Family  
Resource Centre,  
Killinarden Way,  
Tallaght

## Christmas Flower Arranging Demonstration

Flower arranging workshop that will demonstrate how to make beautiful, inexpensive Christmas floral arrangements.

**Sabrina Byrne**  
**01 452 7143**

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Monday 19  
November

10.00 am – 11.30 am

Áras Chrónáin,  
Watery Lane,  
Clondalkin

## Open Day, Guided Tour of Áras Chrónáin

A guided tour of this magnificent 18th Century building along with a showcase and overview of the services and facilities provided for the community in Áras Chrónáin.

**Brian Ó Gáibhín**  
**01 457 4847**

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Monday 19  
November

10.00 am –  
12.00 noon

County Library,  
Chamber Square,  
Tallaght

## Age Action Computer Class

This 5-week course covers basic internet usage and is delivered by volunteers from Age Action Ireland. The course runs from 19th November 2018 to 17th December 2018. To book, please contact Age Action Ireland.

**Sally Brotherton,**  
**Age Action Ireland**  
**01 475 6989**

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## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Monday 19  
November

10.00 am –  
12.00 noon

The Park  
Community Centre,  
Parklands Road,  
Firhouse

### The Way We Wore

Produce a piece of art with local artist Christine Carey that will depict clothes we wore in the 50s and 60s using various mediums.

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270/ 086 779 3429 /**  
**086 185 0656**

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Monday 19  
November

10.00 am – 11.00 am

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

### Bouncing Baby Bookclub

Encourage a love of books and reading. Stories for parents/carers and their babies. For children aged 0–3 years. Booking essential on [www.eventbrite.ie](http://www.eventbrite.ie). Booking opens Monday 5 November at 10.00 am.

**Orla Jackson / Síle Coleman**  
**01 494 1900**

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Monday 19  
November

10.30 am –  
12.00 noon

Lucan Library,  
Newcastle Road,  
Lucan

### Lucan Knitting Club

All welcome.

**01 621 6422**

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Monday 19  
November

10.30 am –  
12.00 noon

The Coachhouse,  
Stewarts Care  
Limited, Old Lucan,  
Road, Palmerstown

## Indian Head Massage

Workshop includes massage of the upper back, neck, shoulders, scalp and face.

**Angelina / Sarah**  
**01 620 3590**

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Monday 19  
November

10.30 am – 12.30 pm

St Finian's  
Community Hall,  
Newcastle

## Tribute to Christy Hennessy (Messenger Boy)

A tribute to Christy Hennessy  
(Messenger Boy).

**Marian Gargan**  
**086 350 4540**

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Monday 19  
November

11.00 am – 1.00 pm

St Michael's House,  
Templeogue

## Drumming Workshop

This workshop will teach participants to express themselves through their individual instrument while simultaneously participating as part of a group.

**Debbie Doyle / Angelina Stewart**  
**01 490 0936 Ext: 7**

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## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Monday 19  
November

11.00 am – 1.00 pm

County Library,  
Chamber Square,  
Tallaght

### English Conversation Class

Improve your English speaking skills and meet new people in a relaxed and friendly environment.

**01 462 0073**

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Monday 19  
November

11.00 am – 1.00 pm

County Library,  
Chamber Square,  
Tallaght

### Love, Light, Laughter

Gentle movement to music (to suit all ages), together with meditation and chakra balancing will nurture mind, body and spirit. Love, Light, Laughter, through use of colour, oils and cards, is a feast for all the senses.

**01 462 0073**

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Monday 19  
November

11.30 am – 1.00 pm

Dominic's  
Community Centre,  
60 and 60A  
Avonbeg Gardens,  
Tallaght

### Coffee Morning

Dominic's Community Centre Coffee Morning.

**Niamh Valentine**  
**01 459 0770**

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Monday  
19 November  
12.00 noon -  
1.00 pm  
Council Chamber,  
County Hall,  
Tallaght

## Launch of Social Inclusion Week by Mayor Mark Ward

This will be followed by a musical performance from RAMS. Light refreshments will be served.

**Adrienne Moloney or Donna O'Reilly**  
01 414 9270 / 086 779 3429 /  
086 185 0656

## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Monday 19  
November

12.30 pm – 4.00 pm

St. Kevin's Family  
Resource Centre,  
Treepark Road,  
Kilnamanagh,  
Tallaght

### Safe Talk Workshop

Suicide alertness training. This training is suitable for anyone over the age of 18, who is prepared to be a suicide alert helper. It will prepare you to identify persons with thoughts of suicide and connect them to suicide first aid resources.

**Gráinne Begley**  
**01 462 7149**

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Monday 19  
November

1.00 pm – 3.00 pm

Lucan Library,  
Newcastle Road,  
Lucan

### Cuidiú

Local parenting support group – breastfeeding advice. [www.cuidiu.ie](http://www.cuidiu.ie).

**01 621 6422**

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Monday 19  
November

1.30 pm – 3.00 pm

Áras Chrónáin,  
Watery Lane,  
Clondalkin

### Improve your Cúpla Focal

Improve your Cúpla Focal - enjoyable fun introduction to the Irish Language.

**Brian Ó Gáibhín**  
**01 457 4847**

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Monday 19  
November

3.30 pm – 4.30 pm

Clondalkin Library,  
Monastery Road,  
Clondalkin

## **STEM Workshop: Make a Drawbot**

Make your own drawbot in this hands-on workshop, for ages 9+. Booking essential on [www.clondalkinlibrary.eventbrite.com](http://www.clondalkinlibrary.eventbrite.com)

**01 459 3315**

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Monday 19  
November

4.00 pm – 5.00 pm

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

## **STEM Studio**

A fun and inventive STEM workshop, suitable for children 8–12 years. Booking essential on [www.eventbrite.ie](http://www.eventbrite.ie). Booking opens Monday 5 November at 10.00 am.

**Orla Jackson / Síle Coleman**  
**01 494 1900**

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Monday 19 – Friday  
23 November

5.00 pm – 7.00 pm

The Big Picture,  
Tallaght

## **Young Hearts Run Free**

Workshops/Outings for different groups of young people from all backgrounds, with the opportunity to get involved in a new hobby or activity each night of the week. Activities will include sports, arts, cookery and positive mental health initiatives.

**John Fitzgerald**  
**086 857 9672**

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# GROW YOUR

Community Garden



# OWN

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



## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Monday 19  
November

6.00 pm – 8.00 pm

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

### Film Club

Billy Elliot is a modern day fairy tale of a boy who dreams of a life very different to that known by his North of England, working class family.

**Orla Jackson / Síle Coleman**  
**01 494 1900**

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Monday 19  
November

6.30 pm – 8.00 pm

Lucan Library,  
Newcastle Road,  
Lucan

### Classic Crime Fiction: 1960s to present with Declan Burke

As part of our Classic Crime Club, author Declan Burke will be joining us to discuss Classic Crime novels from 1960 to the present day.

**01 621 6422**

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Tuesday 20  
November

9.45 am – 11.15 am

Lucan Library,  
Newcastle Road,  
Lucan

### How to use your Tablet

With Searsol. Covering the basics of how to use your tablet including accessing the Internet, downloading and using apps, social media and more.

**01 621 6422**

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## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Tuesday 20  
November

10.00 am – 4.00 pm

Rathfarnham  
Castle, 153  
Rathfarnham Road,  
Rathfarnham

### Templeogue Community Men's Shed

Templeogue Community Men's  
Shed Social Inclusion outing to  
Rathfarnham Castle

**Joe MacDonagh**  
**087 238 8203**

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Tuesday 20  
November

10.00 am –  
12.00 noon

Áras Rualach,  
Neilstown Road,  
Clondalkin

### Christmas Flower Arranging Demonstration

Flower arranging workshop that will  
demonstrate how to make beautiful,  
inexpensive Christmas floral  
arrangements.

**Marie Daly / Bernie Beatley**  
**01 623 0574**

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Tuesday 20  
November

10.00 am –  
12.00 noon

Rua Red, Tallaght,  
Dublin 24

### Double Take Art Project

DoubleTAKE Art Project, for people  
with disabilities, are offering a two-  
hour art programme on the theme  
“Winter 2018”.

**Ruth Clancy**  
**01 452 8180**

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Tuesday 20  
November

10.00 am –  
12.00 noon

Knockmore Senior  
School Parents'  
Room, Knockmore  
Avenue, Killinarden

## Crochet to Keep the Mind Active

An exciting morning showcasing the skill that is crochet. Crochet helps keep the mind active while creating masterpieces. Tea and coffee will be served. The group meet every Tuesday and new members welcome.

**Ann Conlon**  
**086 700 9010**

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Tuesday 20  
November

10.30 am –  
12.00 noon

Áras Chrónáin,  
Watery Lane,  
Clondalkin

## Fun Introduction to Yoga and Relaxation

Informal enjoyable fun introduction to yoga and relaxation.

**Brian Ó Gáibhín**  
**01 457 4847**

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Tuesday 20  
November

10.30 am –  
12.00 noon

The Coach House,  
Stewarts Care  
Limited, Old Lucan  
Road, Palmerstown

## Flower Gift Ideas

Come along and learn how to make a floral gift using seasonal flowers. Places are limited and must be booked in advanced.

**Suzanne Keena / Helen Brown**  
**01 625 8957**

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## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Tuesday 20  
November

11.00 am – 1.00 pm

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

### Love, Light, Laughter

Gentle movement to music (to suit all ages), together with meditation and chakra balancing will nurture mind, body and spirit. Love, Light, Laughter, through use of colour, oils and cards, is a feast for all the senses.

**Orla Jackson / Síle Coleman**  
**01 494 1900**

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Tuesday 20  
November

11.00 am – 1.00 pm

County Library,  
Chamber Square,  
Tallaght

### English Conversation Class

Improve your English speaking skills and meet new people in a relaxed and friendly environment.

**01 462 0073**

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Tuesday 20  
November

11.00 am – 1.00 pm

County Library,  
Chamber Square,  
Tallaght

### Tea and Teach

These sessions are a fun and simple way for you to learn about the online world including Google and email, making the most of your smartphone, social media and online banking.

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270 / 086 779 3429 /**  
**086 185 0656**

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**Bank of Ireland** 

For small steps, for big steps, for life



# Primary School Competition

## Count Me In!

### Category 1

Draw a picture of something that you would like to do with your friends or family.

### Category 2

Write a short story or poem on something that you would like to do with your friends or family.

If further information is required please contact:

Donna O' Reilly, Social Inclusion Unit

Tel: 01 414 9270 / 086 185 0656

Email: [socialinclusionunit@sdblincoco.ie](mailto:socialinclusionunit@sdblincoco.ie)

## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Tuesday 20  
November

11.30 am – 1.00 pm

Lucan Library,  
Newcastle Road,  
Lucan

### How to use your Smartphone

With Searsol. Covering the basics of how to use your smartphone including accessing the internet, downloading and using apps, social media and more.

**01 621 6422**

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Tuesday 20  
November

12.00 noon –  
1.00 pm  
(Beginners)  
1.00 pm – 2.00 pm  
(Intermediate)

County Library,  
Chamber Square,  
Tallaght

### Irish Language Classes

This 10-week course offers separate classes for beginners and those at intermediate level.

**01 462 0073**

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Tuesday 20  
November

2.00 pm – 4.00 pm

An Cosán,  
Jobstown, Tallaght

### The Way We Wore

Produce a piece of art with local artist Christine Carey that will depict clothes we wore in the 50s and 60s using various mediums.

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270 / 086 779 3429 /**  
**086 185 0656**

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Launch of Health and Wellbeing Week



Bealtaine Festival Floristry Demonstration

Celebration of Social Inclusion through the Performing Arts



Nepal Ireland Day 2018 - Opening Ceremony

## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Tuesday 20  
November

3.30 pm – 4.00 pm

County Library,  
Chamber Square,  
Tallaght

### Story Time

Every Tuesday, suitable for ages 3+.  
All welcome.

**01 462 0073**

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Tuesday 20  
November

3.30 pm – 4.30 pm

Clondalkin Library,  
Monastery Road,  
Clondalkin

### Story Time with a Social Inclusion Theme

Story time and craft for 3–6  
year-olds with a social inclusion  
theme. No need to book, all  
welcome.

**01 459 3315**

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Tuesday 20  
November

4.00 pm – 5.00 pm

County Library,  
Chamber Square,  
Tallaght

### Junior Chess with Fred

Learn to play chess or improve your  
chess skills at our weekly classes with  
Fred. Suitable for ages 8+.

**01 462 0073**

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Tuesday 20  
November

5.30 pm – 6.30 pm

County Library,  
Chamber Square,  
Tallaght

## **Touch-Type, Read, Spell (TTRS)**

TTRS is a multi-sensory computer course that teaches touch-typing to help children with their reading and writing skills. It is particularly helpful for children with dyslexia and literacy issues.

**01 462 0073**

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Tuesday 20  
November

6.00 pm – 8.00 pm

Rua Red, Arts  
Centre, Tallaght

## **Open Night for South Dublin Migrant Integration Forum**

The aim of the group is to provide a forum for representatives of New Communities in South Dublin to collaborate, network and be a common voice of the communities towards achieving social inclusion, integration and participation in the decision making process. If you are interested in finding out more or joining our group please come along on the night.

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270 / 086 779 3429 /**  
**086 185 0656**

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## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Tuesday 20  
November

6.00 pm – 7.00 pm

Lucan Library,  
Newcastle Road,  
Lucan

### English for Beginners

Part of a 10-week course.

**01 621 6422**

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Tuesday 20  
November

7.00 pm – 8.00 pm

Lucan Library,  
Newcastle Road,  
Lucan

### English for Improvers

Part of a 10-week course.

**01 621 6422**

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Flavours of South Dublin



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Wednesday 21  
November

Classes are held several evenings per week, booking essential.

Clondalkin Library,  
Monastery Road,  
Clondalkin

## Touch-Type, Read, Spell (TTRS)

TTRS classes are available for ages 9+ in Clondalkin Library, these classes are particularly useful to children with dyslexia. Please contact the library to register your interest.

**01 459 3315**

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Wednesday 21  
November

10.00 am – 1.00 pm

Clondalkin/Lucan  
Women's Centre,  
2 Tor An Rí Lane,  
South West Lucan

## Arts and Crafts Morning

A morning exploring Social Inclusion through Arts and Crafts.

**Rita Harte**  
**01 557 6173**

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Wednesday 21  
November

10.00 am –  
12.00 noon

Firhouse  
Community Centre,  
24 Ballycullen  
Road, Tallaght

## The Way We Wore

Produce a piece of art with local artist Christine Carey that will depict clothes we wore in the 50s and 60s using various mediums.

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270 / 086 779 3429 /**  
**086 185 0656**

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## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Wednesday 21  
November

10.30 am – 1.30 pm

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

### Embroidery Group

Craft group enjoying embroidery activities.

**Orla Jackson / Síle Coleman**  
**01 494 1900**

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Wednesday 21  
November

10.30 am –  
12.00 noon

The Coach House,  
Stewarts Care  
Limited, Old Lucan  
Road, Palmerstown

### Christmas Cookery Demonstration

A guided demonstration, by the on-site chef along with the day attendees, on tasty accompaniments to your Christmas dinner.

**Angelina / Niall**  
**01 620 3590**

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Wednesday 21  
November

10.30 am – 12.30 pm

Whitechurch  
Library, Taylor's  
Lane, Rathfarnham

### Pamper Day for Individuals with Intellectual Disability

Tailored beauty and holistic treatment tasters.

**Jen Donoghue**  
**086 876 9215**

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# 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)

\*denotes available at Tallaght & Clondalkin Leisure Centre only

## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Wednesday 21  
November

10.30 am –  
12.00 noon

Jobstown  
Community Centre,  
Fortunestown Way,  
Tallaght

### Meet and Greet Coffee Morning

Meet and Greet coffee morning for new and existing residents from the community to get together.

**Robbie Conlon**  
**085 873 3263**

---

Wednesday 21  
November

11.00 am – 4.00 pm

The Round Tower,  
15 Tower Road,  
Clondalkin

### Firhouse Men's Shed

Firhouse Men's Shed Social Inclusion visit to Clondalkin Roundtower, including a walk around Corkagh Park and along the Grand Canal.

**Ray Cleary**  
**087 100 6303**

---

Wednesday 21  
November

11.00 am – 1.00 pm

County Library,  
Chamber Square,  
Tallaght

### English Conversation Class

Improve your English speaking skills and meet new people in a relaxed and friendly environment.

**01 462 0073**

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Wednesday 21  
November

11.00 am – 1.00 pm

St Michael's House,  
Templeogue

## Drumming Workshop

This workshop will teach participants to express themselves through their individual instrument while simultaneously participating as part of a group.

**Debbie Doyle / Angelina Stewart**  
**01 490 0936 Ext: 7**

---

Wednesday 21  
November

11.00 am – 1.00 pm

Seán Walsh Park,  
Old Bawn, Tallaght

## Community Garden Floristry Demonstration

Learn how to create beautiful Christmas floral displays.

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270 / 086 779 3429 /**  
**086 185 0656**

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Wednesday 21  
November

11.30 am – 12.30 pm

County Library,  
Chamber Square,  
Tallaght

## Toddler Time with Sarah

Come along with your little one and enjoy nursery rhymes, stories and songs. All welcome.

**01 462 0073**

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**SoCiL**  
INCLUSION  
WEEK 2018  
19-25  
NOVEMBER

# CELEBRATION

## SOCIAL INCLUSION THROUGH THE PERFORMING ARTS

**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)

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



## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Wednesday 21  
November

1.30 pm – 4.00 pm

Áras Chrónáin,  
Watery Lane,  
Clondalkin

### Old Time Waltz and Afternoon Tea

Enjoyable fun introduction to Old Time Waltz dancing for people at all levels.

**Brian Ó Gáibhín**  
**01 457 4847**

---

Wednesday 21  
November

2.00 pm – 4.00 pm

Dominic's  
Community Centre,  
60 and 60A  
Avonbeg Gardens,  
Tallaght

### Floristry Workshop

Christmas floristry workshop.

**Niamh Valentine**  
**01 459 0770**

---

Celebration of Social Inclusion through the Performing Arts





Participants in NALA Health and Wellbeing for Life Programme

Wednesday 21  
November

4.00 pm – 5.00 pm

Council Chamber,  
County Hall,  
Tallaght

## Presentation of Prizes for Children's Competition

Mayor Mark Ward will present the prizes to the young children who participated in the Social Inclusion Competition "Count Me In".

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270 / 086 779 3429 /**  
**086 185 0656**

Wednesday 21  
November

3.00 pm – 5.00 pm

Whitechurch  
Community and  
Youth Centre,  
Ballyboden

## Intergenerational Creativeness

Sugarcraft workshop where young people can invite their parents, grandparents, older neighbour or friend to take part in a workshop designing and moulding sugarcraft.

**Bronagh O'Gorman**  
**086 601 4589**

## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Wednesday 21  
November

6.30 pm – 8.00 pm

County Library,  
Chamber Square,  
Tallaght

### Hobby Hub

Bring along your crafts and enjoy the company of other crafters in a relaxed, friendly atmosphere. Every Wednesday, all welcome.

**01 462 0073**

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Wednesday 21  
November

6.30 pm – 8.00 pm

County Library,  
Chamber Square,  
Tallaght

### Touch-Type, Read, Spell (TTRS)

TTRS is a multi-sensory computer course that teaches touch-typing to help children with their reading and writing skills. It is particularly helpful for children with dyslexia and literacy issues.

**01 462 0073**

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Wednesday 21  
November

6.30 pm – 8.00 pm

Lucan Library,  
Newcastle Road,  
Lucan

### Classic Crime Film Club

Showing 'A Touch of Evil'. All welcome.

**01 621 6422**

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Books  
Digital Books  
Online Resources  
Free Internet & WiFi  
Business Resources

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



South Dublin Libraries

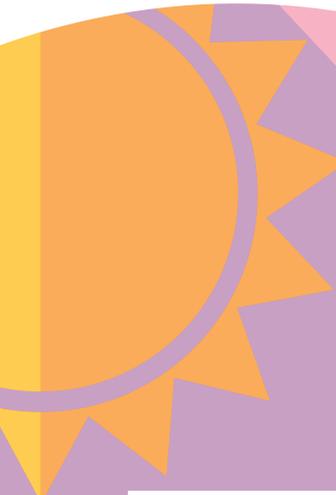
**Your Free Library**



Your Free World

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





# 55+ *Daily Activity*

SOUTH DUBLIN COUNTY

2018

Copies of the planner are available  
from Community Services Department.

Tel: 01 4149270 or it can be  
downloaded from [www.sdcc.ie](http://www.sdcc.ie)

## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Wednesday 21  
November

6.30pm – 7.30 pm

Clondalkin Library,  
Monastery Road,  
Clondalkin

### Irish Conversation for Beginners

If you are starting to learn Irish or just brushing up on your language skills, our Irish conversation classes are for you!

**01 459 3315**

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Wednesday 21  
November

7.00 pm – 8.30 pm

The Park  
Community Centre,  
Parklands Road,  
Firhouse

### Social Circle Group

Support group for new parents of children with autism on special needs equipment with a guest speaker and the opportunity to join an equipment library.

**Mairead Mekki**  
**086 163 4458**

---

Thursday 22  
November

10.00 am – 11.00 am

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

### Grúpa Spraoi

Toddler group for children to enjoy songs and fun through the medium of Irish.

**Orla Jackson / Síle Coleman**  
**01 494 1900**

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## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Thursday 22  
November

10.00 am –  
12.00 noon

Áras Rualach,  
Neilstown Road,  
Clondalkin

### The Way We Wore

Produce a piece of art with local artist Christine Carey that will depict clothes we wore in the 50s and 60s using various mediums.

**Marie Daly / Bernie Beatley**  
**01 623 0574**

---

Thursday 22  
November

10.30 am – 12.30 pm

Whitechurch  
Community and  
Youth Centre,  
Ballyboden

### A Taste of Cultural Diversity Coffee Morning

A coffee morning with a twist. A gentle encouragement to bring your signature sweet treat and in particular to those from outside Ireland to bring a dish native to their country to share with everyone. For those not bringing a dish you must be willing to participate in a lot of tasting!

**Joan Giltrap**  
**01 445 7035**

---

Thursday 22  
November

10.30 am –  
12.00 noon

Áras Chrónáin,  
Watery Lane,  
Clondalkin

### Interactive Traditional Irish Music and Instrument Workshop

Interactive introduction to traditional Irish music and instruments.

**Brian Ó Gáibhín**  
**01 457 4847**

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Thursday 22  
November

10.30 am –  
12.00 noon

Rossecourt  
Resource Centre,  
Balgaddy, Lucan

## Yoga class

A guided basic traditional yoga class with meditation. Perfect for relieving stress and anxiety.

**Angelina / Sarah**  
**01 620 3590**

---

Thursday 22  
November

10.30 am – 12.30 pm  
/ 6.00 pm – 8.00 pm

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

## Age Action Computer Classes

Computer classes covering all the basics to give confidence in manoeuvring a digital world. [gssouthleinster@ageaction.ie](mailto:gssouthleinster@ageaction.ie).

**Orla Jackson / Síle Coleman**  
**01 494 1900**

---

Thursday 22  
November

11.00 am – 1.00 pm

County Library,  
Chamber Square,  
Tallaght

## English Conversation Class

Improve your English speaking skills and meet new people in a relaxed and friendly environment.

**01 462 0073**

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## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Thursday 22  
November

11.00 am – 12.30 pm

St Finian's  
Community Centre,  
Newcastle

### Retired Active Men's Social (RAMS) Inclusion Morning

RAMS in Rhythm entertainment morning, providing tea, coffee and treats.

**Matt Dowling**  
**01 458 9007 / 086 844 3820**

---

Thursday 22  
November

11.00 am – 1.00 pm

Marymount Care  
Centre, Lucan

### Christmas Flower Arranging Demonstration

Flower arranging workshop that will demonstrate how to make beautiful, inexpensive Christmas floral arrangements.

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270 / 086 779 3429 /**  
**086 185 0656**

---

Thursday 22  
November

2.00 pm – 4.00 pm

An Cosán,  
Jobstown, Tallaght

### Christmas Flower Arranging Demonstration

Flower arranging workshop that will demonstrate how to make beautiful, inexpensive Christmas floral arrangements.

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270 / 086 779 3429 /**  
**086 185 0656**

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# Supporting adult literacy needs in Ireland: how organisations are becoming more literacy friendly

The OECD Adult Skills Survey<sup>1</sup> shows that one in six Irish adults find reading and understanding everyday texts difficult: for example, reading a bus timetable or medicine instructions.



One in four (**754,000 people**) has difficulties in real world maths, from basic addition and subtraction to calculating averages.



The survey also showed that people who scored at the lowest literacy and numeracy levels often have no or low qualifications, earn less income and have poorer health.

## Supporting adult literacy needs in Ireland

Many organisations are aware that their customers find some reading, writing and numbers difficult. This can result in unclear communications, misunderstandings and additional staff time and resources. For this reason many organisations are looking at how they engage with their customers who struggle with reading and understanding information and services.

## Becoming more literacy friendly

South Dublin County Council (SDCC) works closely with the National Adult Literacy Agency (NALA) to provide literacy friendly services. This means SDCC takes into account the literacy needs of the public and staff in everything they do. This leads to a higher level of service overall and benefits the public, Council staff and elected representatives.

## Further information

National Adult Literacy Agency

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

New website for parents to help their children



<http://www.facebook.com/nalairreland>



[@nalairreland](https://twitter.com/nalairreland)

<sup>1</sup> Programme for the International Assessment of Adult Competencies (PIAAC) 2012 Survey Results for Ireland: CSO, Dublin

## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Thursday 22  
November

2.30 pm - 4.00 pm

Clondalkin Library,  
Monastery Road,  
Clondalkin

### Drop-in E-Resource Clinic

Drop in and learn about the wealth of online resources available through your library website. E-books, audiobooks, e-magazines and online learning are all available for free. Booking essential.

**01 459 3315**

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Thursday 22  
November

2.30 pm - 4.30 pm

County Library,  
Chamber Square,  
Tallaght

### Love, Light, Laughter

Gentle movement to music (to suit all ages), together with meditation and chakra balancing will nurture mind, body and spirit. Love, Light, Laughter, through use of colour, oils and cards, is a feast for all the senses.

**01 462 0073**

---

Thursday 22  
November

3.00 pm - 4.00 pm

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

### Unplugged Hour

Put down the devices and join us for some old-fashioned fun playing classic board games. Suitable for children of all ages with your friends.

**Orla Jackson / Síle Coleman**  
**01 494 1900**

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## Ethnic Cookery Demonstration

Thursday 22  
November

3.00 pm – 5.00 pm

Ballyroan  
Community and  
Youth Centre, 103  
- 111 Marian Road,  
Rathfarnham

## Social Inclusion Tea Dance

Live music, dancing and refreshments. Wheelchair and autism-friendly. Please contact John Doyle for tickets and prices.

**John Doyle**  
**01 495 8576**

Thursday 22  
November

4.00 pm – 7.00 pm

Quarryvale  
Community Centre,  
Greenfort Gardens,  
Quarryvale

## Quarryvale Afternoon Tea Dance

An afternoon of music and dancing. The Women's Choir will serenade you while you enjoy afternoon tea. Then a one-man band will belt out all time favourites.

**Susan Collins**  
**01 626 9151**

# FETTERCAIRN YOUTH AND COMMUNITY CENTRE



**Fettercairn Youth and Community Centre in partnership with Tallaght Travellers Community Development Project and Brookfield/Fettercairn Men's Shed, received funding through the South Dublin County Council Community Initiative Fund in 2017 to develop a project to encourage and promote participation of Traveller men from the Fettercairn and surrounding area to work in partnership with Brookfield/Fettercairn Men's Shed on a Traveller Heritage Project.**

Following consultation with Tallaght Travellers Community Development Project the group decided to make a number of Barrel Top Wagons representing Traveller Culture. This joint venture was to encourage integration and to break down the barriers from both sides. The men learned new skills during the course of the project.

The project commenced in October 2017 with a trip to the Traveller National Museum in Navan, the day was very informative for all members of the group. The main objective of the project was to promote relationships and challenge any misconceptions the men had of one another. This project was a huge success, the relationships and friendships formed were very evident on the final day of the project. The men involved spoke very affectionately of one another and of the project as a whole. Traveller men spoke of how this project has opened up new opportunities for them and their continued involvement with the men's shed and how they now see their local community centre as a very welcoming place to be. They would like to see other Traveller men get involved in similar projects in the area and countywide.

Thursday 22  
November

4.30 pm – 6.00 pm

Knockmitten  
Youth and  
Community Centre,  
Monksfield Lawns,  
Knockmitten

## Tea 'N' Talk

Clondalkin Youth Service invites members of the elderly community to our youth project for a Tea 'N' Talk session, where they will get to meet and talk with some of our young people.

**Edward Madden**  
**086 130 4613**

---

Thursday 22  
November

6.00 pm – 7.00 pm

County Library,  
Chamber Square,  
Tallaght

## Spanish for Beginners

Join our weekly Spanish language class for beginners. This is a 10-week course.

**01 462 0073**

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Thursday 22  
November

6.00 pm – 7.00 pm

Lucan Library,  
Newcastle Road,  
Lucan

## Irish for Beginners

Part of a 10-week course.

**01 621 6422**

---

Thursday 22  
November

7.00 pm – 8.00 pm

Lucan Library,  
Newcastle Road,  
Lucan

## Irish for Parents of Children Learning Irish

Part of a 10-week course.

**01 621 6422**

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## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Thursday 22  
November

7.00pm – 9.00 pm

Dominic's  
Community Centre,  
60 and 60A  
Avonbeg Gardens,  
Tallaght

### Table Quiz

Dominic's table quiz.

**Niamh Valentine**  
**01 459 0770**

---

Friday 23  
November

10.00 am –  
12.00 noon

An Cosán,  
Jobstown, Tallaght

### Introduction to Drama Workshop

Discover your creativity and  
explore what drama means through  
games, exercise and improvisation.  
Refreshments provided.

**Imelda Hanratty**  
**01 462 8488**

---

Friday 23  
November

10.00 am - 11.00 am

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

### Toddler Group

Toddler group for children to enjoy  
songs and play.

**Orla Jackson / Síle Coleman**  
**01 494 1900**

---



## Bealtaine Festival Tea Dance

Friday 23  
November

10.00 am –  
12.00 noon

County Library,  
Chamber Square,  
Tallaght

## The Way We Wore

Produce a piece of art with local artist Christine Carey that will depict clothes we wore in the 50s and 60s using various mediums.

**Adrienne Moloney / Donna O' Reilly**  
**01 414 9270 / 086 779 3429 /**  
**086 185 0656**

Friday 23  
November

10.30 am – 12.30 pm

Knockmitten Youth  
and Community  
Centre, Monksfield  
Lawns, Knockmitten

## Coffee Morning

Coffee morning with music, poetry and information about courses and activities that are run in the centre.

**David Cuadra**  
**01 411 1511**



Sensory Baking



European Week Against Racism Awards Ceremony

---

Friday 23  
November

11.00 am - 1.00 pm

Lucan Library,  
Newcastle Road,  
Lucan

## Love, Light, Laughter

Gentle movement to music (to suit all ages), together with meditation and chakra balancing will nurture mind, body and spirit. Love, Light, Laughter, through use of colour, oils and cards, is a feast for all the senses.

**01 621 6422**

---

Friday 23  
November

11.30 am –  
12.00 noon

Clondalkin Library,  
Monastery Road,  
Clondalkin

## Arts and Crafts for Adults

Relax and unwind with our arts and crafts workshop in the library. Booking essential by phone.

**01 459 3315**

Friday 23  
November

6.00 pm – 8.00 pm

Fettercairn  
Community and  
Youth Centre,  
Fettercairn, Tallaght

## Embracing Diversity and Difference

Strengthen our community by embracing diversity and difference. A demonstration of hairstyles and dress as worn by the women of the group, all of whom come from a variety of ethnic backgrounds.

**Foluke Oladosu**  
**086 310 1120**

Team James 5km run for Barretstown



## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Friday 23  
November

8.30 pm – 9.30 pm

Dominic's  
Community Centre,  
60 and 60A  
Avonbeg Gardens,  
Tallaght

### Prize Bingo

Dominic's prize bingo.

**Niamh Valentine**  
**01 459 0770**

---

Friday 23  
November

8.30 pm – 11.30 pm

Áras Chrónáin,  
Watery Lane,  
Clondalkin

### An introduction to Irish Céilí and Set Dancing along with Traditional Irish Music and Song

Informal enjoyable fun introduction  
to Irish Céilí dancing.

**Brian Ó Gáibhín**  
**01 457 4847**

---

### Flavours of South Dublin Cookery Demonstration





## Bealtaine Festival Sports Taster Day

Saturday 24  
November

10.00 am –  
12.00 noon

Clondalkin Library,  
Monastery Road,  
Clondalkin

### Crafternoon

Drop-in craft circle. No need to book, just call in and bring your crafts along.

**01 459 3315**

Saturday 24  
November

10.00 am – 11.00 am

Ballyroan Library,  
Orchardstown  
Avenue,  
Rathfarnham

### Junior Chess

Learn to master the skill of playing chess.

**Orla Jackson / Síle Coleman**  
**01 494 1900**

## SOCIAL INCLUSION WEEK EVENTS (CONT.)

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Saturday 24  
November

11.00 am – 1.00 pm

County Library,  
Chamber Square,  
Tallaght

### Tech Attack Saturday

A tech-based workshop suitable for ages 8–12. Booking essential at [www.talib.eventbrite.com](http://www.talib.eventbrite.com) from Tuesday 20 November at 10.00 am.

**01 462 0073**

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Saturday 24  
November

12.00 noon –  
2.00 pm

Bhansa Ghar,  
Cabinteely

### Nepalese Food Tasting

Nepalese chefs in Ireland will be coming together to prepare Nepal's original food palettes that are not currently available in Nepalese restaurants.

**Deepesh Man Shakya**  
**085 213 2852**

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Flavours of South Dublin Rathfarnham Castle





# FLAVOURS OF SOUTH DUBLIN

FOOD FESTIVAL HOSTED BY  
South Dublin County Council

## Rathfarnham Castle

## Sunday 23<sup>rd</sup> June 2019

from **11:00<sup>AM</sup>** to **06:00<sup>PM</sup>**

For more information follow us on

 @SouthDublinCountyCouncil

 @FlavoursOfFestival

 @sdublincoco



## UPCOMING EVENTS

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Sunday 23  
June 2019

11.00 am –  
6.00 pm

Rathfarnham  
Castle

### Flavours of South Dublin

This unique food festival aims to showcase the very best cuisine from the locality, and highlight the diversity and vibrancy of the food culture in South Dublin County. It features flavours from around the world, from traditional Irish fare, to Asian dishes, with something to suit all tastes.

---

Dates for  
European  
Week Against  
Racism in  
March 2019 to  
be confirmed.

### European Week Against Racism

Every year, UNITED coordinates a weeklong Europe-wide campaign in March to protest against all forms of racism and discrimination, and celebrate the diversity that enriches European societies. To mark **European Week Against Racism** the Social Inclusion Unit, Community Services Department, South Dublin County Council hold a competition to combat racism and to celebrate the variety of cultures and people living in Ireland today.

Anyone can participate in European Week Against Racism by conveying their own personal message against racism.

Entries are made through poetry, prose, art and photography.

## ADDITIONAL INFORMATION



National Adult Literacy Agency  
Áisíneacht Náisiúnta Litearthachta do Aosaigh

### Literacy Awareness Training

The session aims to explain what literacy is and the causes and effects of the issue. It will be delivered by the National Adult Literacy Agency (NALA) to staff of South Dublin County Council during Social Inclusion Week 2018.



AN ROINN D'ÉAGUS CERT AGUS COMHIONANNAS  
DEPARTMENT OF JUSTICE AND EQUALITY

### South Dublin County Schools Traveller Culture Project

This initiative aims to promote greater understanding between Travellers and the settled communities. This project involves Travellers visiting schools in the South Dublin area and engaging children in discussion about Traveller culture in modern Ireland. South Dublin County Council is working in partnership with Tallaght Travellers Community Development Project and Clondalkin Traveller Community Development Project on the roll-out of this new initiative.

## ADDITIONAL INFORMATION (CONT.)



### Yellow Flag Programme

The Yellow Flag Programme is a progressive equality and diversity initiative for primary and secondary schools which promotes and supports an environment for interculturalism. The programme is being delivered by the Irish Traveller Movement in South Dublin County.



### Phoenix Clubhouse

Phoenix Clubhouse is part of EVE. EVE is a programme within the HSE, whose primary ethos is to provide community based recovery-orientated programmes for adults who experience mental health difficulties, intellectual difficulties, Asperger's Syndrome and physical and sensory impairments.

Phoenix Clubhouse EVE/  
HSE, 96 Monastery Road,  
Clondalkin, Dublin 22. Tel:  
01 467 0632.

**For further information  
please contact:**

phoenixclubhouse@eve.ie  
or visit [www.eve.ie](http://www.eve.ie)



## Garden for all Seasons, Seán Walsh Park, Tallaght

South Dublin's Social Inclusion Unit and Parks Section have worked closely with Menni Services in Tallaght (connected to St. John of God) towards the creation of a Sensory Garden in Seán Walsh Park. The clients of Menni Services (adults with disabilities mainly from the Tallaght Area) are using the outdoor garden for horticultural therapy and instruction. It is an opportunity for persons with disabilities to

participate in the creation and upkeep of a visually stimulating garden, and to grow their own fruit, vegetables and plants.

### **For further information please contact:**

Donna O' Reilly,  
Staff Officer, Social  
Inclusion Unit, Community  
Services Department  
Tel: 01 414 9270 or  
086 185 0656

## ADDITIONAL INFORMATION (CONT.)



### Corkagh Park Fairy Woods, Lucan Fairy Demesne and Tymon Park Enchanted Walk

This is a joint project between South Dublin County Council and the Irish Fairy Door Company.

To find out more about the fairies living in Corkagh Park Fairy Woods, the Lucan Fairy Demesne and the Tymon Park Enchanted Walk, go to [www.sdcc.ie](http://www.sdcc.ie)



### BeLong To

BeLong To is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people aged between 14 and 23 years. Since 2003 we have worked with LGBTI+ young people, to create a world where they are equal, safe, and valued in the diversity of their identities and experiences. We also advocate and campaign on behalf of young LGBTI+ people, and offer a specialised LGBTI+ youth service with a focus on mental and sexual health, alongside drug and alcohol support. We respond to the needs of LGBTI+ young people in Ireland and we help them thrive.

Tel: 01 670 6223

Email: [info@belongto.org](mailto:info@belongto.org)



## Dublin LGBTQ Pride Ltd

Dublin LGBTQ Pride Ltd (Dublin Pride) is the Irish embodiment of a global human rights movement that originated with the 1969 rights movement that followed the 1969 Stonewall riots in New York. The foundations of the organisation can be traced back to the Irish Gay Rights Movement, established in 1973. The first full Gay Pride Week took place in 1980 and featured a picnic at Merrion Square. Volunteers

then worked to organise the first ever parade on 25th June 1983, which became a key aspect of the movement in Ireland and the festival we see today. It is one of the largest Pride festivals in Europe with over 40,000 participating in the 2014 parade through Dublin City. The organisation also serves as a platform for the LGBT community, highlighting issues and celebrating diversity.

## ADDITIONAL INFORMATION (CONT.)



### Sports Inclusion Disability Programme (SIDP)

The overall aim of the programme is to increase the participation of people with disabilities in sport and recreational physical activity. This will be achieved through working in partnership with statutory agencies, sports clubs, community groups, facility providers, schools, disability service providers and people with disabilities. Key elements of the programme include sustainable programming, information provision, training and education. The

SIDP targets individuals of all ages and abilities who have an interest in participating in sport or recreational physical activity.

South Dublin County Sports Partnership encourage any group or individual looking for additional information regarding sport and physical activity for people with disabilities to contact our office on 01 414 9270 or email: [info@sdcsp.ie](mailto:info@sdcsp.ie)



## Learn 2 Cycle Programme

The central aim of this six-week programme is to teach children with disabilities to cycle independently. The programme runs in various locations around South Dublin.

For further details on the Learn 2 Cycle programme dates/venues please contact our office on 01 414 9270 or email: [info@sdcsp.ie](mailto:info@sdcsp.ie)



## Halloween Sports Camp

A two-day sports camp for children with disabilities will take place in Collinstown Park Sports Centre, Clondalkin from 10.00 am - 1.00 pm. Dates to be confirmed. The camp is open to children of all abilities aged 5-18 years old. Cost is €10 and this is payable on the day.

For further information please email Paula at [pswayne@sdblincoco.ie](mailto:pswayne@sdblincoco.ie)

## ADDITIONAL INFORMATION (CONT.)



### Gladiators Club

This successful parent-led club provides a range of sport and physical activity programmes for children with disabilities. Activities include soccer, cricket, tag rugby, dance, yoga and boccia. The club runs on a weekly basis in Collinstown Sports Complex, Clondalkin.

To register for the programme please email [gladiatorsclubsecretary@gmail.com](mailto:gladiatorsclubsecretary@gmail.com)



### Circuits Programme

The Sports Inclusion Disability Officer is working closely with the Department of Psychiatry in Tallaght Hospital to provide an opportunity for inpatients to participate in physical activity and gain benefits to their physical and mental health as a result. This programme is run on a continuous basis.



## Cricket 4 All Programme

Terenure Cricket Club in partnership with Leinster Cricket have commenced a Cricket 4 All programme. The aim of the programme is to help integrate players of all abilities into the club environment. Each session will consist of both table cricket as well as outdoor small-sided cricket games and skill-building exercises. Table cricket is an indoor miniature version of cricket which is played on a table tennis table.



## Disability Inclusion Training Course

Disability Inclusion Training Course is taking place on Saturday 20th October in Collinstown Park Sports Complex from 9.30 am – 3.30 pm. This introductory course is designed to give participants ideas and inspiration on how to adapt their sport and physical activity programmes. Open to coaches, volunteers, teachers, parents and development officers.

Cost is €45.

Register at [info@sdccsp.ie](mailto:info@sdccsp.ie)



**All events must be booked in advance as places cannot be guaranteed. All our events are accessible.**

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

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