

The South Circular

Staff Newsletter Winter 2020

Welcome to the Winter 2020 edition of the South Circular.

We would like to thank all those who contributed to this edition. If you are interested in submitting articles, photographs or have suggestions regarding the newsletter's content please contact:

The Editorial Team, Communications Unit, Corporate Performance and Change Management, South Dublin County Council, County Hall, Tallaght, Dublin 24.

Tel: 01 414 9285 | Email: communications@sdblincoco.ie



Find and follow South Dublin County Council on



Message from our Chief Executive

I don't know anyone who will not be happy to see the back of 2020. It's been an extremely difficult nine months for all of society and particularly for those directly impacted by COVID -19. While I cannot be aware of the personal challenges faced by all our staff, I do hope you have gotten to this point without matters adversely impacting on your individual health. Notwithstanding the challenges related to lockdown and restrictions, coping with the absence and care of elderly parents, school going children and the very different working environment, the organisation as a collective can be proud of its actions and reactions to events and challenges as they unfolded. In the face of adversity, it played its part in providing the public sector leadership so badly needed to support community resilience and business continuity. The changes to working conditions regardless of location shared the need for extreme diligence and utmost cooperation in the interests of staff and public safety. Its easy to suggest its what we do but this was different. I believe it was appreciated by the public and as I've said before we have received many positive messages in this regard. For one last time this year I want to repeat my previous expressions of sincere appreciation for your massive efforts.

We end the year with our reputation and standing intact. Thanks to government support on business rates payments our financial position is secure. The elected members have adopted a good budget for the year ahead. We are currently well advanced in the process of planning and managing the recruitment of the many staff vacancies that have accrued. While there is a way to go in this difficult period, the signs are positive and at least we are at the beginning of the end. We should look forward with greater hope and confidence to 2021 but not before we take a well-earned break with our families over the Christmas period. I want to wish you and yours a peaceful, healthy and happy Christmas and a safe and prosperous new year ahead.



Danny McLoughlin,

Chief Executive, South Dublin County Council



Opening hours Christmas and New Year 2020/2021

South Dublin County Council will close on Thursday, 24 December and will reopen on Monday, 4 January 2021 at 9.00 am. The Council can be contacted at all times, however, through the emergency number of 01- 4574907.

Please refer to **www.sdcc.ie** for all up-to-date Council guidelines concerning COVID-19.

South Dublin Libraries will close on Wednesday, 23 December at 8.00pm and reopen on Monday, 4 January at 9.45am. Online e-books and resources will be available at **www.sdcc.ie/en/services/sport-and-recreation/libraries/library-services/online-resources/**

Staff Survey

This year 165 members of staff took part in a survey of new staff.. The results offered a unique insight into experiences of staff new to our organisation. Some of the key insights from the survey included 92% of staff confirming their experience to date has been positive or very positive and encouraging indications from many staff that they felt welcomed into the organisation by their colleagues. An action plan arising from recommendations from the report to improve the induction process, communications and other areas will be implemented in the new year.

The full report is available to view on the staff intranet.



Learning and Development

Despite challenges delivering staff training in 2020 there have been over 1500 participants on training courses to date in 2020. Self-directed online learning and MS Teams based training courses have proved a popular and efficient way for staff to continue their professional development while remote working. Self-directed online learning, webinars, blended learning and online workshops will continue to be a key feature in the delivery of the staff training plan in 2021. There are a host of free resources on the e-learning page on the staff intranet. The L&D section is committed to increased engagement in 2021 to continuously improve the range and quality of learning options available to staff.

Innovation Week

South Dublin County Council held a series of exciting and interesting events for staff as part of Innovation Week with events held daily over 5 days. Over 230 staff participated in the events which were online and accessible to all staff. Some of the highlights included webinars on some of the incredible innovative projects and people in SDCC who shared some of their experiences with their colleagues and events showcasing just some of the innovative solutions and projects implemented by staff adapting to Covid challenges across the organisation.



There was also a workshop led by Fergal Brophy from the UCD Innovation Academy and two Sprint Challenge learning events for staff to learn more about some the concepts behind innovation, creativity and design thinking.

A full report on innovation week and recordings of most of the events are available on the innovation area on the intranet. This area is full of resources including podcasts, videos and articles on innovation so please check it out and let us know what you think!



WELCOME TO
THE TEAM!

SDCC welcomes new staff July to December 2020

NAME	DEPARTMENT
Lorena Comerford	Corporate
Niamh Redmond	Corporate
Bernie Doherty	Library Development
John Mangan	Library Development
Tony Donegan	Water and Drainage Operations
Szandra Deak	Law
Tania Haide	Environment, Public Realm and Water
Jed Mcdermott	Public Realm Management
Eoin Byrne	Environment, Public Realm and Water
John Bailey	Planning and Transportation
Kathleen Munnelly	Library Development
Elaine Byrne	Water and Drainage Operations
James Mc Keown	Road Maintenance
Cathriona Manning	Environment, Public Realm and Water
Liam Gorman	Housing Operations Management

South Dublin County Council retirements July to December 2020



The staff of South Dublin County Council would like to wish our colleagues a happy retirement and best wishes for the future.

The Corporate Procurement Unit would like to wish their great friend and colleague Paul Skelly and his family the very best wishes of health and happiness on his upcoming retirement. He will be greatly missed.

NAME	DEPARTMENT
Joseph Hickey	Environment, Water and Climate Change
Barry McDonnell	Environment, Water and Climate Change
Brendan Cahil	Environment, Water and Climate Change
Noel Connaughton	Economic, Enterprise and Tourism Development
Brendan Whelan	Environment, Water and Climate Change
Bernadette Meenaghan	Economic, Enterprise and Tourism Development
Marian Mcdonald	Land Use Planning and Transportation
Patricia Carroll	Economic, Enterprise and Tourism Development
Marie Kennedy	Corporate Performance and Change Management
Dermot Best	Environment, Water and Climate Change
Liam Toner	Environment, Water and Climate Change
Patrick Murphy	Environment, Water and Climate Change
Liam Healy	Land Use Planning and Transportation
Oliver Connolly	Environment, Water and Climate Change
Philomena O'Rourke	Housing, Social and Community Development
Myles Nugent	Land Use Planning and Transportation
Marian O'Neill	Land Use Planning and Transportation
Michael Keyes	Economic, Enterprise and Tourism Development
Irene Kilbride	Economic, Enterprise and Tourism Development
Noel Byrne	Housing, Social and Community Development
Theresa Fallon	Housing, Social and Community Development
Maura McNamara	Housing, Social and Community Development
Edward Kinsella	Land Use Planning and Transportation
Oliver Fogarty	Economic, Enterprise And Tourism Development
Catherine O'Sullivan	Housing, Social and Community Development

Library Under the Lid Project – Delivering Results



South Dublin Libraries mobile library service recently received a grant from the Dormant Accounts Fund to run a small project called Library Under the Lid. The purpose of the project was to help promote our book delivery service which we offer to housebound or vulnerable people who cannot get to their local library. It is especially important during these times that more people can be reached due to the isolation caused by Covid-19, particularly to the elderly community. To do this we created special “Libraries Under the Lid” which are beautifully presented boxes of items which help bring the library experience to a person’s home. Each box contained a book, some puzzles, small personal care items, a book light, pens, book marks, colouring books, coloured pencils and lots of other items to help keep the owner connected to their library. Also within the box was information on how to get access to our regular delivery service so that they can continue to enjoy what their library has to offer them – Books, DVDs, boxed sets, large print, audiobooks and lots more.

Special thanks to Jackie and Laura from the mobile library service for designing and curating the boxes. We are also very grateful to the staff of the Estate Management section for their help in distributing the boxes and for ensuring that every box got delivered to its owner safely. Pictured receiving their Library Under the Lid boxes are Anita, Bridget, Una and Ann from the Clondalkin and Lucan areas. If you would like to know more about this project or know somebody who would benefit from a regular delivery service from the mobile libraries, please contact the mobile library office at 01-4597834 Ext 6613 or email mobiles@sdblincoco.ie

Steps to remember when writing in plain English

South Dublin County Council a literacy friendly local authority. Plain English guidelines and resources are provided through the Intranet to assist you to write clearly. When staff write in plain English, it is easier for the people who use our services to understand our communications and access our services without literacy being a barrier.

Basic steps that you should take to be literacy friendly when writing any documents or information include:

- Keep sentences to a maximum of 15 – 20 words;
- Use a clear sans serif font such as Arial, at a minimum of size 12 when writing emails and letters;
- Use 1.5 line spacing;
- Avoid writing text completely in capitals or using italics. If you need to emphasise text use Bold;
- Use left alignment for text. Do not justify text;
- Use everyday words rather than jargon. If you need to use a technical term you should also provide a clear explanation of the term;
- If a word has multiple meanings try to use a different word. This will help avoid possible confusion;
- When writing in English use only English words;
- Avoid replacing words with symbols.

Avoid	Use
e.g.	for example
RSVP	Please reply to
etc	and so on
&	and
i.e.	that is

For support with plain English proofing and writing accessible documents contact Selina Bonnie, Disability Liaison, Access and Equality Officer on tel. 414 9041 or email sbonnie@sdblincoco.ie



SDCC wins award for Heritage video

A heritage video produced by South Dublin County Council has been awarded 'Best Project' in the Individual County category in the Heritage Council's award programme for Heritage Week 2020.

On Tuesday October 20th 2020, the Heritage Council hosted an on-line awards ceremony to celebrate the individuals, families and community groups across Ireland who work to ensure the preservation, protection, and promotion of Ireland's built, natural and cultural heritage. The event was presented by RTÉ broadcaster, Anne Cassin. The Council's winning video was produced by the Council's Heritage Officer, Rosaleen Dwyer and by Larry McEvoy, Chief Technician in the Council's Planning Section, together with photographer and videographer Aidan O'Neill. The video 'Traditional Sheep Farming and Sheep Dog Training in the Dublin Mountains' highlights the work of local Glenasmole farmer, Donie Anderson. It follows Donie at work in the hills above Tallaght with his three skilful sheepdogs Jess, Bob, and Toss.

Donie's family have been farming in the picturesque Glenasmole Valley for generations and he has retained many of the old traditional farming practices, preserving an old way of life so close to the edge of the city.

The video won the top award in South Dublin County for the 'Individual County' category, competing against 11 other county projects. It was also listed as a runner-up in the 'Re-learning Skills from our Heritage', where it competed against 2 other national projects.

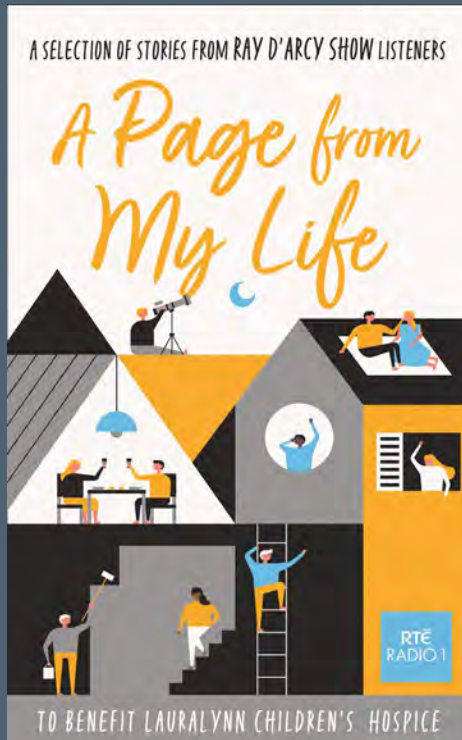
Intangible Cultural Heritage – Sheep Farming and Sheep Dog Training Heritage Week 2020.



The winning video can be viewed at

www.heritageweek.ie/projects/traditional-sheep-farming-and-sheepdog-training

We have a budding author here in SDCC



We have a budding author here in SDCC, our colleague Elaine DeCourcy, Corporate Performance and Change Management, recently had a short story published in a book called A Page from My Life.

The Ray D'Arcy Show on RTÉ Radio 1 invited listeners to send in a short story of 500 words. Ray and his team were inundated with over 2,500 entries, which were whittled down and sent off to the four judges - bestselling authors Eoin Colfer, Donal Ryan, Emilie Pine and Emer McLysaght.

Elaine's story is one of 150 chosen out of those 2,500!!!

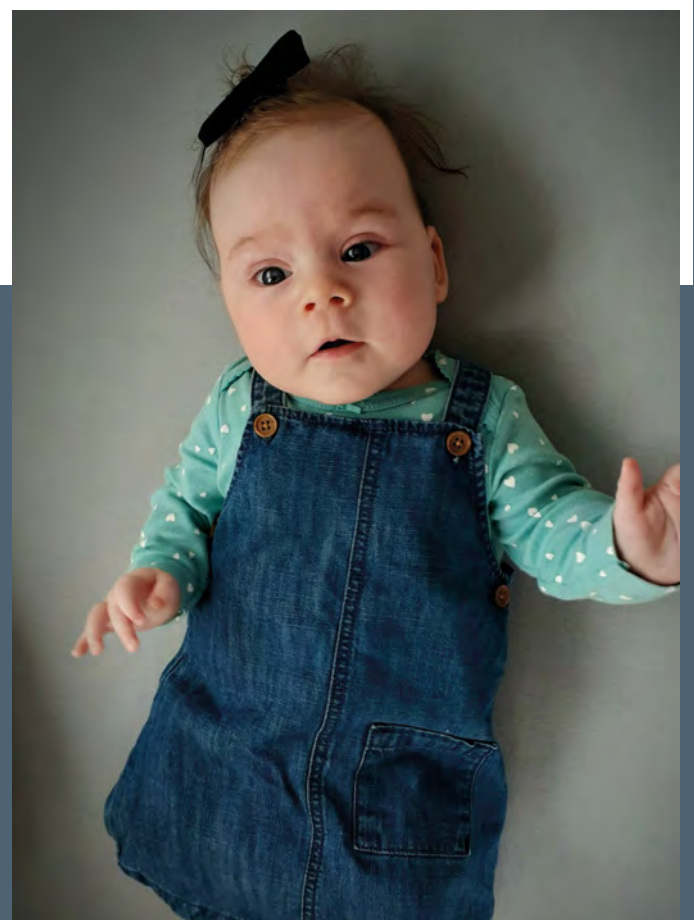
A Page from My Life has been published by Harper Collins Ireland and has been shortlisted for the An Post Book of the Year awards 2020.

All proceeds from the sale are going to the Laura Lynn Foundation.

Well done Elaine!



Congratulations to Niall Noonan and his family on the birth of baby Senan in July.



The Corporate Procurement Unit would like to congratulate Paul Skelly on welcoming his second grandchild, baby girl, Charlotte earlier this year.



SDCC Vocal Ensemble

I run the SDCC Vocal Ensemble for council staff members which has been active since 2018. We are currently meeting over Zoom every Thursday from 1.20pm to 2pm as a creative, musical and social outlet for staff as they work from home or otherwise. The ensemble have been very active for the past few years and enjoy the mindful benefits of singing together as a group. It's a great source of friendship for the members and, regardless of singing ability, we are always open to new members.

New members are welcome to email Paula Murphy on paulamurphy@sdblincoco.ie

Aideen McLaughlin
Music Development Officer.

SDCC is offering a range of activities and resources as part of a new



South Dublin County Council is offering a range of activities and resources as part of a new 'Keep Well' initiative, launched by An Taoiseach Michael Martin on 29 October 2020. Keep Well builds on the "In This Together" campaign which happened earlier in the year.

The campaign aims to help everyone in Ireland to Stay Connected, Stay Active, and look after their Mental Health throughout the Covid-19 Emergency.

The Government Plan for Living with Covid-19 Resilience and Recovery 2020-21 highlights the important role that individual and community resilience will play in contributing to our ongoing response to Covid-19.

This campaign is aimed at showing people of all ages how we can mind our own physical and mental health

and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will provide guidelines, information, and tips on how we can make a plan to do things that are good for us every day.

The campaign in South Dublin County draws together a huge range of activities that you can pursue in your home or your locality, by yourself or with family members or with friends online. There are ideas and activities for people of all ages and the campaign is broken down into five main themes: Minding Your Mood, Staying Active, Eating Well, Keeping In Contact and Switching off.

For more details visit

www.sdcc.ie/en/keep-well-campaign/keep-well-campaign.html



Time for Restoration and Reflection

Barbara Wakefield Staff Welfare Service

It is hard to believe that we are in the last month of 2020. It has been such a challenging year. The winter solstice is almost here. This is a reminder that there is hope. It is a good time to take some space to reflect and think about how we are. Amidst all the uncertainty, pain, loss and struggle of 2020, it is time to look at how we might look after ourselves in a different way. There has been quite a lot that we have had to adapt to. You had no map for this before. Now you have developed an internal map to guide you through.

In my work in the staff welfare service, I have been privileged to listen and to be present to your stories. This year, there were so many stories of pain and loss. I am inviting you to connect to your intention for yourself. Reflect on what you would really like for yourself. Now reflect on what would be helpful. Then focus on what is realistic for you. Making time for what nurtures you. Making space for what sustains you. Write it down. Notice what this is like for you to give yourself some conscious attention.

Keep it simple. It could be about moving your body more. You decide what will work for you. Invite yourself to take 3 mindful breaths at the beginning of the day. Check in with your body. What do you notice? In this moment, notice your breathing. Notice where the air touches the tip of your nose. Gently notice your shoulders or your hands. Allow for a softening of experience as you check in with yourself. The old expression "You cannot pour from an empty cup" comes to mind. In creating space for restoration, our resources are replenished. We have more to give. Be aware of where you experience joy. Notice the small things. Notice the wonder of nature. Try to get out for a walk in the woods or by the sea. Look up and see the sky. Listen to the birds. Cultivating present moment awareness is a great gift to yourself. It really shines the light of your attention on finding the good in each day. We also develop an awareness that feelings come and go. That thoughts cross our minds like clouds moving

across the sky. Developing our awareness is something that strengthens us emotionally. Practice gratitude. This supports our mental health.

Tune into emotions. Be patient with yourself find the breath and allow it to guide you. Notice the stillness. Focus on the breath. Notice how you are feeling. Gently notice the breath again. Emotional pain is as valid as physical pain. Our mental health is as important as our physical health. Emotional pain needs attention. You may need time to pause. Do you need some help with this? It may be time to look at what needs to be different. In being more compassionate towards yourself, decide what your plan is. Your GP is a very good place to start if you are worried about your mental health. Our Spectrum Life Employee assistance program is available to you. It is a confidential service. I have heard very positive reports from staff.

So, I would really encourage you to be gentle on yourself. Be kind to those around you. You never really know what pain or suffering someone might be carrying. If you have experienced a loss this year, be very gentle and really focus on taking things one day at a time. For many, there is an empty chair at the table this Christmas. My thoughts are with you.

Look after yourselves over this Christmas break. Above all, make your choices with care and caution and follow all the advice and regulations. Do not let the guard down. We are minding each other, keeping each other safe. Wishing you all a peaceful time over the break. Make some space for compassion and restoration. Just breathe and remember there is hope on the horizon.

Spectrum life EAP 24 Hour Service: 1800 814 243
(Further details on the intranet)

Irish Hospice Foundation Bereavement Support Line
for support around grief: 1800 807077

Staff Welfare Service: bwakefield@sdblincoco.ie
Mobile: 086 388 6148

Integrated Housing System

South Dublin County Council is about to launch a new Integrated Housing System (IHS). This is part of our ongoing digital transformation to provide the best possible service to our citizens and is an accumulation of over two years of work by a dedicated project team.

The IHS will bring many benefits to citizens, customers, staff and the organisation as a whole. The system has an online self-service area that is fully mobile responsive so housing customers will be able to self-serve 24/7 on any device. Housing applicants and tenants can submit online application forms and will be able to send messages and update their details directly.

Tenants will be able to view all their accounts with the housing department as well as submit and track repair requests anytime. Choice Based Letting (CBL) access on the new system will allow for a quick review of submitted expressions of interest. CBL along with the 'my account' feature will be available soon with the remaining service areas following shortly after.



Once fully introduced, the new system will improve our service to customers and our support to stakeholders, especially our local Elected Members and will benefit staff and the Council generally with improved reporting, real-time information and more flexibility supporting enhanced and faster decision making.



Happy Christmas from our colleagues in Civic Offices, Clondalkin!

Changing Places

We are delighted to announce that there are now two Changing Places facilities in South Dublin County. The facilities are located in County Hall Tallaght and North Clondalkin Library. These purpose-built accessible toilet facilities give disabled people (who have more complex toilet access needs), and their assistants more space, and the right equipment, to take care of personal hygiene in safety and comfort and in a way that does not impact on their dignity or human rights.

The Changing Places toilet goes beyond a conventional wheelchair-accessible toilet in that it includes additional assistive technology of a hoist, height adjustable adult-sized changing bench, and peninsular toilet (toilet has enough space on both sides for assistants).

Facility features:

- Height, adjustable, adult-sized changing bench
- Ceiling track hoist system
- Adequate space for a disabled person and up to 2 assistants
- Centrally located toilet with space both sides for assistants
- Privacy screen

Disabled people and their assistants are welcome to drop in to use the fully accessible Changing Places toilet facility in our offices at County Hall, Tallaght, Dublin 24 and North Clondalkin Library, Liscarne Close Dublin 22 during our public opening hours. Please note that these hours are changeable depending on related COVID-19 restrictions.



In both locations the Changing Places toilet is on the ground floor, and we just ask that you sign in at Customer Care / library reception, so we know you are in the building. The hoist system provided in both facilities can accommodate both loop and clipped slings. Please note, for safety reasons it is the responsibility of the user to provide the sling.

Two further changing places facilities are planned for South Dublin County. These will be located in the new Lucan Swimming Pool, and Tallaght Stadium.

For detailed information on South Dublin County Council changing places facilities please visit www.sdcc.ie or www.southdublinlibraries.ie

For general information on Changing Places facilities, please visit the Changing Places Ireland webpage at www.changingplaces.ie

You are welcome to contact Selina Bonnie who is the Council's Disability Liaison, Access and Equality Officer if you have any questions regarding any access and equality related questions. Selina's contact details are email: sbonnie@sdbublincoco.ie or telephone: 01 414 9041 / 087 270 8918

What is JAM Card and who is it for?

JAM Card® allows people with a communication barrier tell others they need 'Just A Minute' discreetly and easily.

The JAM Card® was created by NOW Group, a social enterprise that supports people with learning difficulties and autism into jobs with a future and their service users told them that they would like a way to relay to people that they need a little extra time or patience.

Find out more about NOW Group at www.nowgroup.org and JAM Card® at www.jamcard.org

There are three message options to choose from:

- 1 Please be patient, I have autism
- 2 Please be patient, I have a learning disability / difficulty
- 3 Please be patient, I have a condition

For those with a **learning difficulty, autism or any condition** where there can be a communication barrier, the JAM Card® allows users to relay to others that they may need a little extra time in a simple, effective non-verbal manner. The JAM Card® is useful when on public transport, in a retail or any other customer facing environment.

Where can I get one?

There are several different methods to get a JAM Card. JAM Cards are available for collection from the following South Dublin County Council facilities:

County Hall, Tallaght, Dublin 24

Clondalkin Civic Offices,
Ninth Lock Road, Clondalkin, Dublin 22

South Dublin Libraries:

1 County Library, Library Square,
Tallaght, Dublin D24 A3EX

2 Clondalkin Library, Monastery Road,
Clondalkin, Dublin D22 XPO3

3 Lucan Library, Lucan Shopping Centre,
Newcastle Road, Lucan, K78 V295

4 North Clondalkin Library, 1 Liscarne
Close, Rowlagh, Dublin, D22 E2Y2

5 Ballyroan Library, Orchardstown
Avenue, Rathfarnham, Dublin 14

6 Palmerstown Library Digital Hub, Unit
11 / 12, Palmerstown Shopping Centre.
Kennelsfort Road, Palmerstown,
D20 VH60

7 Library Headquarters, Unit 1, the
Square Industrial Complex, Tallaght,
Dublin, D24 YXW3



Just a minute

We welcome JAM Card holders

NOW

www.nowgroup.org

8 Mobile Libraries, Tel: 01 459 7834 or
email mobiles@sdbublincoco.ie

You can also request one directly from NOW Group by visiting the JAM Card website and filling out the request form.

Or if you would prefer not to use the physical card, there is a JAM Card app available for Android and iOS. The app allows you to choose your message option, leave reviews and find other JAM friendly businesses.

You are welcome to contact Selina Bonnie, email: sbonnie@sdbublincoco.ie or telephone: 01 414 9041 / 087 270 8918

**40TH ANNIVERSARY LOAN,
BORROW UP TO €2000
SPECIAL RATE: 4.99% APR**

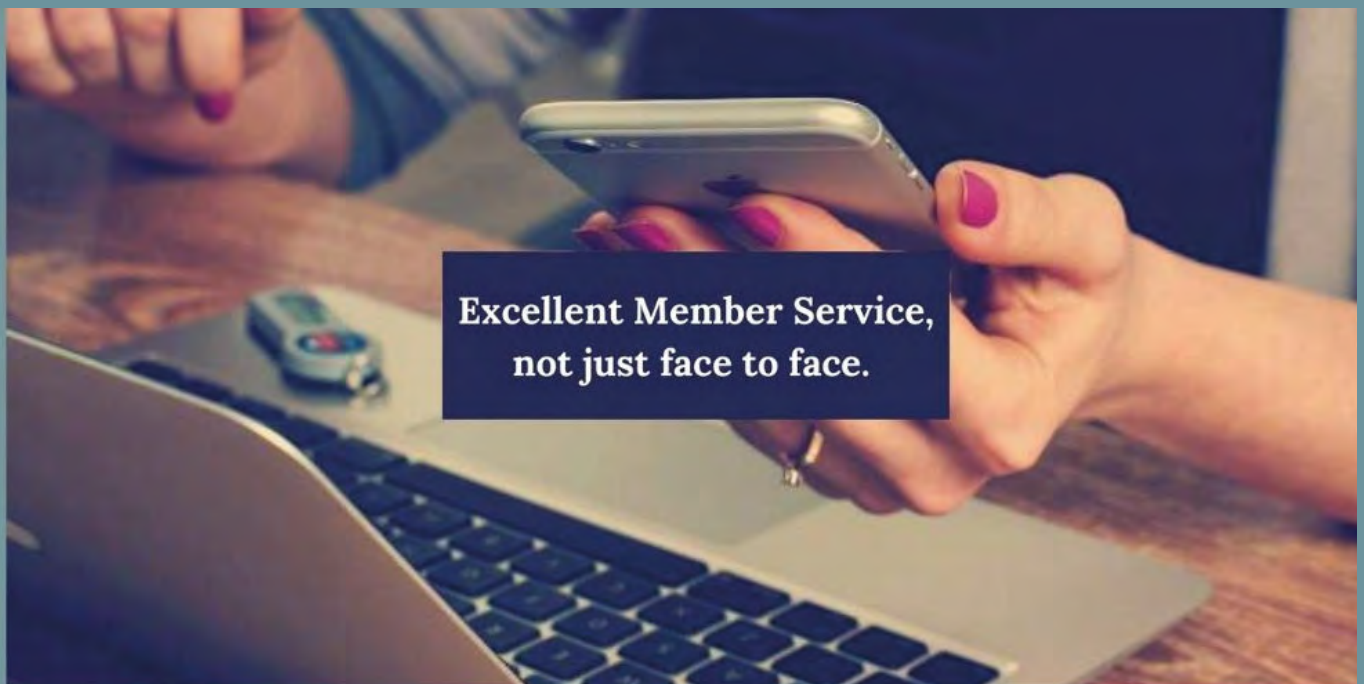


**We are delighted to launch our new 40th Anniversary Loan.
You can borrow between €500 - €2,000 over a maximum of 1 year.**

This is a one off limited offer so don't miss out!!

Lending terms and conditions apply.

**Check out our loan calculator on our website www.blackravencu.ie
or to apply, phone us today on 01-4610682 or email
loans@blackravencu.ie**



**Did you know you can bank on the go, or from the comfort of your home?
Members can transfer money, apply for loans, download statements, via CU Online.
To register for CU Online banking, visit our website www.blackravencu.ie
or contact us today by phone: 01-4610682 or email: enquiries@blackravencu.ie**

Sustainable Christmas Tips

In recent months we have all heard the call to “build back better” – well Christmas 2020 will be our first real challenge.

It's hard to be green at Christmas. While many of us are full of good intentions throughout the year, when Christmas comes the environment is often forgotten about.

Here are 10 tips to help you have a green Christmas in 2020.

- 1 Choose sustainable gifts:** Your gifts shouldn't cost the earth! Think about giving experiences or vouchers or gift cards. If it has to be a present think about what it is
- 2 Christmas Trees:** The real v fake Christmas tree debate rages every year. If you buy a real tree make sure it is Irish grown and then dispose of it responsibly.
- 3 Christmas lights:** Switch to LED lights – they will use significantly less energy than traditional Christmas lights.
- 4 Reduce Plastic:** Try to reduce the amount of plastic in your house this Christmas. It's everywhere so whether doing the Christmas Food shop (see below) or organising Santa think about the toys and their packaging.
- 5 Wrapping paper:** Not all wrapping paper can be recycled. If it contains any foil or plastic it will have to be put in the general waste. To know if your wrapping paper can be recycled scrunch it in your hand. If it stays crumpled in a ball it can be recycled if it bounces back it's for the bin.
- 6 Gift wrapping:** You could avoid wrapping paper altogether and get creative with what you wrap your gifts in. If you're creative you could use fabric and ribbons or even old newspapers!
- 7 Christmas crackers:** Most Christmas crackers are a joke when it comes to single use plastic. Ditch the Christmas crackers this year.
- 8 Decorations:** Christmas decorations can be one of the worst culprits when it comes to plastic at Christmas. Just think about it! But, there are ways to make your decorations much more sustainable.
- 9 Make lists:** Making lists and sticking to them can help you be more prepared but it can also help reduce waste.
- 10** If you don't do anything different this year, don't forget to recycle your packaging waste.

Top 10 food waste tips worth remembering this Christmas:

From farm to fork food is wasted at every stage of the food chain. A recent EPA study found that Irish households produce over 250,000 tonnes of food waste per year at a cost of €700 per household!

Remember reducing food waste will reduce greenhouse gas emissions - it has been estimated that if food waste was a country, it would be the third highest emitter of greenhouse gases after the US and China.

The disposal of unused food reaches a peak over the Christmas so here are a few tips to help you avoid wasting food and money!

Shopping

- 1** Make a list and stick to it. Stay focussed – keep that list in your hand – when you venture down an aisle where

Christmas is just one day.



mywaste

Riailas na hÉireann
Government of Ireland

everything has been moved about to confuse you and entice you to add other things to the trolley, keep walking.

- 2** Don't over-buy food. Supermarkets are open most days – even this year!
- 3** Plan ahead – check the fridge, freezer and cupboards to see what you actually need.
- 4** Write a list before going shopping – and stick to it!!
- 5** Go against tradition. If there is something on the Christmas menu that nobody really likes or more probable that no one has room for, why not leave it out this year?

Christmas dinner

- 6** Serve food in bowls rather than dishing up on plates. This way the leftovers can be easily used.
- 7** Keep children's portion sizes big enough to keep them happy and small enough there'll be a clean plate!

Storage

- 8** St. Stephen's Day is National Leftovers Day - No stress, no need to cook, plus time to enjoy a free and delicious meal!
- 9** Find out what you can put in the freezer – you'll be amazed.
- 10** If you know you waste food, why not take the Stop Food Waste Challenge. Why not make target reducing your food waste by 1/4 each month, or roughly 5kg. If every household in Ireland did this for a year it would reduce the total amount of food wasted by nearly 90,000 tonnes and save Irish households €200 million each year. Contact the Environmental Awareness Office if you are interested in finding out more about this.

For more tips and recipes on how use all your unused food at Christmas visit www.stopfoodwaste.ie and download for free their 12 Days of Christmas Recipes www.stopfoodwaste.ie

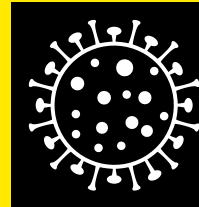
Climate Change Giveaway!

This Christmas Climate Change Team are giving away a small hamper of eco-goodies.

How many actions are in the South Dublin County Council Climate Action Plan?

Email your correct answer to climatechange@sdbublincoco.ie before 5pm on 21 December

Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Help prevent coronavirus



Wash your
hands



Cover mouth if
coughing or sneezing



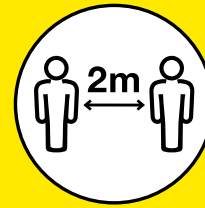
Avoid touching
your face



Keep surfaces
clean



Stop shaking
hands and hugging



Keep a safe
distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

Visit **HSE.ie**

For updated factual information and advice
Or call 1850 24 1850

Protection from coronavirus.
It's in our hands.



Rialtas na hÉireann
Government of Ireland

Rob Murphy & The Civic Present



MORGAN CROWLEY AS
DAME DOTTIE

PANTO MANIA

AT THE CIVIC

THE **CIVIC**

Online Streamed Show
Dec 2020 – Jan 2021

Join Dame Dottie and Friends for a whirlwind tour around pantoland.
A festive treat for all the family!

Booking via Box Office 01 4627477 For times & more info see www.civictheatre.ie