



## Events for Adults

### **GIY (Grow It Yourself) Group** **Thursday 12th September at 6.30pm**

GIY is an emerging global movement of people who grow their own food. The Clondalkin group is facilitated by Ann McEwan and Dermot Doyle and meets once a month to discuss topics from ecology to growing spuds. All welcome.

### **Genealogy & Family History Group** **Thursday 19th September at 6.30 pm**

This group, facilitated by Eileen Brady, meets once a month to share resources and knowledge on tracing your ancestry and uncovering your family history. All welcome.

### **Crafternoon Craft Circle**

Every Saturday between 10.00am and 12.00 noon, this group meets to knit and crochet. The group has no leader or teacher - just enthusiastic handcrafters eager to learn and happy to share advice and tips.

### **Library at Home** **One day per month**

Books delivered to your home. A free and confidential service available to those with reduced mobility. If you or someone you know would benefit from this service contact us at 01 4593315.

### **Book Club for Adults** **Thursday 26th September at 6.30 pm**

The Clondalkin Library book club meets once a month for a roundtable discussion of books. This month they are discussing "Louis and Louise" by Julie Cohen. Contact the library at 01 4593315 if you are interested.



## Library Information

**Monday—Thursday 9.45am—8.00pm**  
**Friday & Saturday 9.45am—4.30pm**  
**(open through lunch each day)**

**Telephone: 01-4593315**  
**Email: [clondalkin@sdublincoco.ie](mailto:clondalkin@sdublincoco.ie)**

**The Library closes on Saturdays and Mondays of public holiday weekends**

**Remember you can renew and reserve items and access a host of online books, magazines and other resources 24/7 if you have a valid library card and PIN at [www.southdublinlibraries.ie](http://www.southdublinlibraries.ie)**



**For your convenience, please have your library card to hand when accessing any library services.**

- \*Booking events**
- \*Borrowing books**
- \*Using computers**

**If you have misplaced or lost your card, you must produce current proof of address and photographic proof of identity in order to access services or to replace your card.**



**Follow us on Facebook**  
**[www.facebook.com/ClondalkinLibrary](http://www.facebook.com/ClondalkinLibrary)**

**Subscribe to our newsletter: go to [www.southdublinlibraries.ie](http://www.southdublinlibraries.ie) and follow the links**

**Visit the Events page on our website for details of all events in the network of libraries in South Dublin County**

## September 2019 Events

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### Clondalkin Library



## Health & Well-Being Week

**2019**





## Health & Well-Being Week

### **Building Confidence and Self-esteem in Children**

**Monday 9th September at 6.30 pm**

a talk by psychotherapist Deirdre O'Shea

*Booking through Eventbrite (see below) from 26th August*

### **Fragile : Why we feel more anxious, stressed and overwhelmed than ever, a talk by Stella O'Malley**

**Tuesday 10th September at 6.30 pm**

The way that we are encouraged to emphasise our emotions, often causing more harm than good, and how we are often misreading mental health messages is looked at during this talk.

*Booking through Eventbrite (see below)*

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

**Wednesday 11th September: 12 noon to 4 pm**

An Irish Heart Foundation nurse will provide you with a free blood pressure check and individual heart health information.

*Book your 15 minute appointment by telephone at 01 4593315*

### **Decluttering with Fiona Hall**

**Wednesday 11th September at 6.30 pm**

Fiona Hall is a psychotherapist and counsellor

*Booking through Eventbrite (see below)*

### **Mindfulness and Relaxation through Origami**

**Friday 13th September from 11 am to 12.30 pm**

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

*To book telephone 01 4593315*

## Exhibition

### **South Dublin in 1919**

**for month of September during library opening hours**

This exhibition places the War of Independence in the context of the wider social, economic and political life of the main towns in South County Dublin in 1919.



## Events for Adults

### **The Irish War of Independence 1919-1921**

**Thursday 5th September at 7 pm**

A talk by Liz Gillis, author of *The Burning Custom House*.

*Book through Eventbrite (see below) from 1st August*

### **Adult Craft Class with Joan**

**Friday 6th September from 12.30-2.00 pm**

This month Joan will be making cards with the class. All materials are supplied.

*To book a place telephone 01 4593315 from 26th August*

### **Looking for a Job**

**Monday 16th September at 6.30 pm**

A talk by Emma Hickey of Osborne Recruitment

*Book through Eventbrite (see below)*

### **Irish Class for Beginners**

**6 week course every Wednesday at 6.30 pm**

**starting 18th September**

Learn Irish with Tomás.

*Book through Eventbrite (see below)*

### **Internet for Beginners with Digitize the Nation**

**4 week course**

**every Monday from 12 to 2.30 pm**

**starting Monday 23rd September**

We provide iPads or you can bring your own smartphone, tablet or laptop if you wish

*To book telephone 01 4593315*

### **Talk on ADHD by Ken Kilbride CEO of ADHD Ireland**

**Monday 30th September at 6.30 pm**

This talk will explain what ADHD is and what it is not, what are the treatment routes and tips on how to manage the condition. It is aimed at parents of children with ADHD and adults living with the condition.

*Book through Eventbrite (see below)*



## Events for Children

### **Toddler Time with Sarah Sparkles**

**Tuesday 3rd September at 12 o'clock**

Come and take part in our parent and toddler session for ages 2+. Stories, rhymes and bubbles with Sarah Sparkles.

*Book through Eventbrite (see below) from 26th August*

### **Summer Stars: Presentation of certificates with Sarah Sparkles**

**Thursday 5th September at 3 pm**

Sarah will be in the library to tell stories and present certificates and medals to the children who took part in our Summer Stars reading challenge and handed in their cards. If you cannot make it you can collect your certificate and medal at a later date from the library.

### **Junior Chess Club with Fred**

**Saturdays, from September to November at 3 pm starting 14th September**

The chess club will now take place every Saturday. If you are interested please contact us to book, even if you were already in the club. Suitable for ages 8-12

*Telephone 01 4593315 to book*

### **A-maze-ing Robots**

**Thursday 19th September at 3 pm**

Code a robot to make it travel on its own through a maze.

Ages 8+

*Booking through Eventbrite (see below)*

### **Story Time with Arts and Crafts**

**Every Tuesday at 3.30 pm**

Listen to stories and then do some related arts and crafts. Suitable for ages 3-6. *All welcome. There is no need to book.*

**\*\*\*\*\*BOOKING INFORMATION\*\*\*\*\***

**Go to our Eventbrite site at**

**<http://clondalkinlibrary.eventbrite.com> for Eventbrite bookings and further information.**

**Booking is from Monday 2nd September except when otherwise stated.**