



North Clondalkin Library



Comhairle Contae
Átha Cliath Theas
South Dublin County Council



WHY FIT IN
WHEN YOU CAN STAND OUT

**LIBRARY
OPENING HOURS:**

Mon - Thurs 9.45am - 8.00pm | Fri/Sat 9.45am - 4.30pm

- ☎ 01 414 9269
- ✉ northclondalkinlibrary@sdblincoco.ie
- 📍 1 Liscarne Close, Rowlagh, Co. Dublin D22E2Y2
- 🌐 www.southdublinlibraries.ie | www.sdcc.ie
- 📘 NCL- North Clondalkin Library
- 📧 SDCCLibraries
- 📷 SDCCLibraries



North Clondalkin Library



30th
January
2025

9.30am
to
8.00pm

**Healthy Ireland
Fair**



Booking essential on <https://southdublin.spydus.ie>



Healthy
South Dublin



Sláintecare.
Healthy
Communities

**Events in NCL
Healthy Ireland Fair
Jan 30th 2025**

North Clondalkin Library




Irish Heart Foundation

The Irish Heart Foundations Mobile Health Unit offers free blood pressure and pulse checks at North Clondalkin Library, 9.30 am




North Clondalkin Library



Health Literacy

with Colette O'Flynn
B.Physio, MISCSP

12.30pm - 1.30pm




from 2.00pm - 3.00pm



Make your own Smoothie on the Smoothie Bike at NCL

North Clondalkin Library



SENSORY **EXPLORERS**

3.30pm - 4.30pm


North Clondalkin Library

3+ Years



North Clondalkin Library

Introduction to Running


with North Clondalkin Running Club



6.00pm - 6.45pm



North Clondalkin Library



Unlocking Your Child's Potential: A Strengths-Based, Neuroaffirming Approach to ADHD

with Claire Twomey
ADHD Coach

at 6.30pm

North Clondalkin Library

North Clondalkin Library

ENERGY LADS 11.00 - 11.30 am


ENERGY USE IN THE HOME WORKSHOP

30 mins Learn more about how your home uses energy and tips for reducing your energy bills and keeping your home warm. Hear from Energy Lads, energy efficiency experts about how people in Clondalkin and Tallaght have benefitted from the free Slaintecare Energy Use in the Home initiative.

North Clondalkin Library

Your Mental Health with Kenny Egan

8.00pm - 9.00pm



Booking essential
on <https://southdublin.spydus.ie>