



Healthy  
**South Dublin**



# Health & Wellbeing Week 2019



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## Réamhrá an Mhéara



Mayor Vicki Casserly

2019 sees the continued evolution of Health and Wellbeing Programme. This year, The Health and Wellbeing programme focuses on the importance of our mental health. Positive Mental Health is all encompassing for every single individual in our community. It is a culmination of minding your mind and keeping physically active. We should all value our health and wellbeing, and as South Dublin County Council has Healthy County Status, I am hugely proud that this is a landmark programme for

## Mayor's Introduction

our county and encourage everyone to make time for themselves, allow time to breathe, exercise, prioritise and reap the benefits!

It gives me great pleasure to introduce you to our programme of events, and thanks South Dublin County Council and all Community Groups who have engaged to develop what we hope will be another successful week of events.

The programme offers a wide range of free activities, which is all inclusive of age and ability. I would encourage you to take time and prioritise you to participate in what is set to be a wonderful week and above all Enjoy!

*Vicki Casserly*  
**Mayor of South Dublin**

## Chief Executive's Message



As a Country our National Strategy for Health and Wellbeing sets out a vision to create a Healthy Ireland “where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility”.

It is in keeping with the principle of “everyone’s responsibility” that South Dublin County Council takes seriously it’s leadership role in promoting and supporting health and wellbeing. We are uniquely positioned to instigate and sustain collaboration across public bodies and the public at large on this critical issue. Our recent collaboration with the Local Community



Development Committee and the Children and Young Peoples Services Committee in developing “A Strategy for a Healthy South Dublin”, is a fine example of what can be achieved.

Our Health and Wellbeing week is in its fifth year. It provides a diverse range of opportunities for involvement by everyone in new experiences that will positively influence their health into the future. Advice, guidance, programmes and activities cover the full spectrum including nutrition, mindfulness, physical fitness, mental health and resilience, social prescribing and sports for all abilities.

Once again, I want to compliment everyone involved in putting this

comprehensive festival of events together and encourage everyone to experience the benefits.

A handwritten signature in dark ink, appearing to read 'Daniel McLoughlin', with a stylized, overlapping loop structure.

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

## Health & Wellbeing 2019 Events



*Corkagh Park*

**Saturday**  
**31st August -**  
**Sunday**  
**1st September**  
(2 days)

### **Carers Retreat - Whitechurch Library**

Two Day Mind and Body Wellness retreat for family carers. Care for body and mind including mindfulness workshops, meditation, nutritional information, holistic treatments and more.

**Time:** 10.00 am to 4.30pm

**Venue:** Whitechurch Library

**Contact:** Jen Donohoe, Tel: 086 8769215, [jend@live.ie](mailto:jend@live.ie)

**Tuesday**  
**1st September -**  
**15th April 2020**  
(32 weeks)

### **Professional exercise programme delivered by Siel Bleu**

32 week fitness programme for members of the Firhouse Men's Shed with Siel Bleu in Firhouse from Tuesday 3rd Sept

**Time:** 10.00 am to 11.00pm

**Venue:** Firhouse Scout Den

**Contact:** Ray Cleary, Tel: 086 1006303,  
[firhousemensshed@gmail.com](mailto:firhousemensshed@gmail.com)



# Annual Tallaght Health Fair 2019



## FREE

Information on Health

Information on Services in Your Community

Health Talks

Health Testing

Complementary Therapies

**Fettercairn Community & Youth Centre**

**Tuesday 10th September 2019**

**10 am – 1.00 pm**

For further information contact: Catherine Heaney – **01 4590708**

[tallaghthealthfair@gmail.com](mailto:tallaghthealthfair@gmail.com)



Tallaght Travellers  
Community Development Project



Tallaght University Hospital  
Ospidéal Ollscoile Thamhlacht  
An tAilseamh Rannas de Tallaigh College Dublin



Women Together Tallaght Network



## Health & Wellbeing 2019 Events

**Monday**  
**2nd September -**  
**26th September**  
(4 weeks)

**South Dublin Senior Citizen Club -**  
**Zumba, Yoga, Art and Line Dancing**

Come along and take part in all our classes -  
Monday to Thursday for the month of September.

**Mondays:** - Zumba - 11.30am to 12.30 pm

**Tuesdays:** - Yoga - 10.00 am to 11.00 am

**Wednesdays:** - Art - 11.00 am to 1.00pm

**Thursdays:** - Line Dancing - 11.00 am to 1.00 pm

**Venue:** P+T Club, Kiltipper Road, Tallaght

**Contact:** Doreen Whelan, Tel: 087 6270941,  
sdsc.tallaght@gmail.com

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**Wednesday**  
**4th September**  
(6 weeks)  
**and**  
**11th September**  
(6 weeks)

### **Mindset Workshops and Pilates Classes**

Mindset Workshops over 6 weeks to develop a set of skills and tools to enhance their participants wellbeing and focus on positive changes in their lives. Pilates class over 6 weeks

#### **Mindset Workshops (6 weeks):**

**Dates:** 4th September to 9th October

**Time:** 6.30 pm - 8.30 pm

**Venue:** Adamstown Youth and Community Centre

**Contact:** Tony Cooney, Tel: 01 - 5031644,  
manager@aycc.onmicrosoft.com

#### **Pilates Classes:**

**Dates:** 11th September to 16th October

**Time:** 6.30 pm - 7.30 pm

**Venue:** Adamstown Youth and Community Centre

**Contact:** Tony Cooney, Tel: 01 - 5031644,  
manager@aycc.onmicrosoft.com

## Health & Wellbeing 2019 Events

Thursday

5th September -  
30th September

### Discover Exercise for over 50's

Ballyboden 55+ club invites to get active and be active, class to suit all abilities. Come along and enjoy the warm friendly environment while getting fit and make new friends. Relax afterwards with a cuppa.

#### Monday: Physical/ Chair Exercise:

Dates: 9th, 16th, 23rd and 30th September

Time: 10.30 am to 11.10 am

Venue: St Enda's Gaa Club, Firhouse Road

#### Tuesday: Physical/ Chair Exercise:

Dates: 10th, 17th and 24th September

Time: 10.30 am to 11.10 am

Venue: St Enda's Gaa Club, Firhouse Road

#### Wednesday: Zumba Gold - over 55's

Dates: 11th, 18th and 25th September

Time: 11.00 am to 12.00 noon

Venue: St Enda's Gaa Club, Firhouse Road

#### Thursday: NIA - Gentle exercise to music:

Dates: 5th, 12th, 19th and 26th September

Time: 11.00 am to 12.00 noon

Venue: St Enda's Gaa Club, Firhouse Road

#### Friday: Yoga - Relaxation and Mindfulness:

Dates: 6th, 13th, 20th and 27th September

Time: 1.00 pm to 2.30 pm

Venue: St Enda's Gaa Club, Firhouse Road

### BOOKINGS

Contact: Jenny Manders, Tel: 01 4569709,  
siobhanbullen2014@gmail.com



# DO YOU WANT TO STOP SMOKING?

## We Can Quit

### Women Supporting Women To Stop Smoking

A **FREE** 12 week stop smoking programme for women, offering group support, one to one support and Nicotine Replacement Therapy (NRT)



Have you  
tried to quit  
before?

Do you  
want support  
to quit?

REGISTER FOR THE **WE CAN QUIT** PROGRAMME TODAY!

**Where?** Killinarden Community Centre

Information Night: 11<sup>th</sup> September, 7pm to 8:30pm

**When?** Starting Week 1, for 12 weeks, on the 18<sup>th</sup> September

**Call:** Catherine on 01 4590708

Or register on [www.cancer.ie/we-can-quit](http://www.cancer.ie/we-can-quit)

"Could not have quit without this course and getting the NRT aids for **FREE** was fantastic"





## Health & Wellbeing 2019 Events

Thursday 5th,  
Monday 9th,  
Thursday 12th,  
September

### Food for Mood

The Healthy Living House invites you to our 3 Healthy Cooking sessions on mood boosting food. Participants will receive recipes, some ingredients and equipment to take home to try out the dishes for friends and family.

**Dates:** 5th, 9th and 12th September  
**Time:** 11.00 am to 1.00pm  
**Venue:** Rowlagh Church (Upstairs Kitchen)  
**Contact:** Liz Griffin Tel: 01 4570665 / 086 0490866,  
liz.griffin@sdcpartnership.ie

Sunday  
8th September

### Lucan Harriers A.C. 5 Mile Road Race

Lucan Harriers AC are staging a 5 mile road on Sunday 8th September at 11am with new track opening. All runners, joggers, walkers are welcome for a fantastic day.

**Dates:** 8th September  
**Time:** Race commencing 11.00 am  
**Venue:** Lucan Harriers A.C. Club  
**Contact:** Michael Lee Tel: 01 5045564  
lucanharriers7@gmail.com

September dates  
to be confirmed

### Health & Wellbeing for Life

South Dublin County Partnership in conjunction with NALA and South Dublin County Council will offer this literacy friendly course on Health and Wellbeing to members of the Migrant Community

**Dates:** TBC  
**Venue:** Intercultural Centre Clondalkin  
**Contact:** Emma McGuire Tel: 01-4030796  
emma.mcguire@sdcpartnership.ie



Monday  
9th September -  
Friday  
13th September

## **Sensory Fun With Friends - Self-care and therapies workshops for carers**

For Carers. Self-care workshop on financial wellbeing, stress management and mindfulness.

### **Financial wellbeing talk by Dolores Crowley:**

**Dates:** 9th September

**Time:** 10.00 am to 1.00 pm

**Venue:** Maldron Hotel, Newlandscross

**Contact:** email: [sensoryfunwithfriends@gmail.com](mailto:sensoryfunwithfriends@gmail.com)

### **Stress Management Therapies - Seven Senses:**

**Dates:** 9th, 10th and 11th September

**Time:** 10.00 am to 1.00 pm

**Venue:** St Aengus Community Centre

**Contact:** Seven Senses Tel: 0851283163

### **Stress Management Therapies - SWAN Centre**

**Dates:** 12th September

**Time:** 9.30 am to 1.00 pm

**Venue:** St Anne's School, Kilcarrig Avenue, Fettercairn

**Contact:** SWAN Tel: 01-4627999

### **Mindfulness and Pranic Healing:**

**Dates:** 12th and 13th September

**Time:** 7.00 pm to 9.00 pm

**Venue:** The Maldron Hotel, Tallaght

**Contact:** Katherine Tel: 087-6410110



## Health & Wellbeing 2019 Events

Monday  
9th September -  
Monday  
14th October  
(6 weeks)

### Knocklyon Womens Group - Tai Chi

Tai Chi classes. 6 week duration Mondays. A form of meditation in motion.

**Dates:** 9th September to 14th October

**Time:** 2.00 pm - 3.00 pm

**Venue:** Iona Centre, Idrone Avenue, Knocklyon

**Contact:** Marian Sweetman, Tel: 087 2846424,  
knocklyonwg@gmail.com



Monday  
9th September -  
Monday  
30th September  
(4 weeks)

### Wellbeing for Youth

Mindfulness, reflexology & stress management for young people aged 12-18 every Monday for 4 weeks.

**Dates:** 9th, 16th, 23rd and 30th September

**Time:** 9.00 pm - 10.00 pm

**Venue:** Killinarden Community Centre

**Contact:** Patricia Kane / Lauren Mc Grath,  
Tel: 01 4526617 / 087 0515655,  
kccyp2@yahoo.com



# 55<sup>+</sup> Daily Activity

SOUTH DUBLIN COUNTY

2019

# Health & Wellbeing 2019 Events

Monday

9th September -

Friday

18th October

## Get Active for Winter

Knocklyon Mens Shed gets active through Fitness, Pilates, Tai Chi, Swimming, Bowling and Pitch and Putt

### Bowling (Mondays):

Dates: 9th September to 14th October

Time: 11.00 am to 12.00 noon

Venue: Leisure Plex Tallaght

### Tai Chi (Wednesdays):

Dates: 11th, 17th and 25th September

Time: 11.30 am to 12.15 pm

Venue: Knocklyon United FC Club House

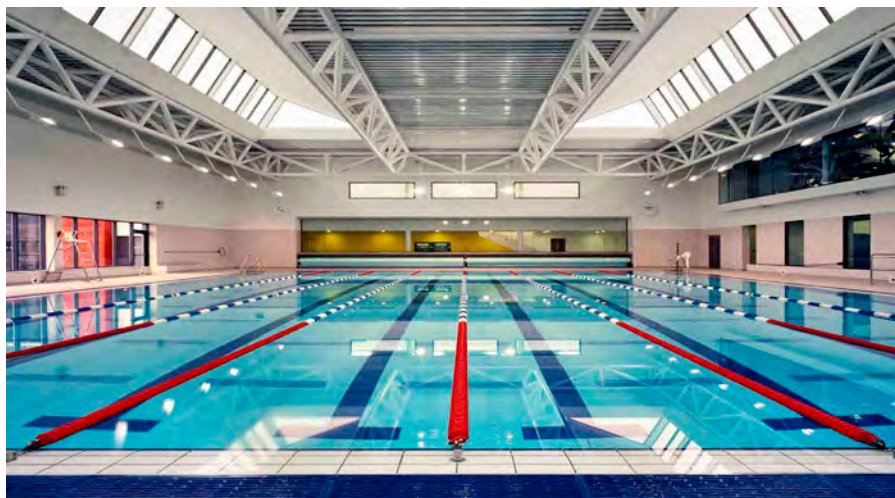
### Swimming (Tuesdays and Fridays):

Dates: 10th September to 18th October

Time: Tuesday - 10.00 am to 10.45 am

Friday - 9.30 am to 10.30 am

Venue: Terenure Swimming Pool



Tallaght Swimming Pool

Monday  
9th September -  
Friday  
18th October

## Get Active for Winter (continued)

### Pitch and Putt (Thursday):

Dates: 12th September to 17th October

Time: 10.30 am to 12.00 noon

Venue: Pitch and Putt Bohernabreena

### Pilates/ Yoga (Wednesdays):

Dates: 2nd, 9th and 16th October

Time: 11.30 am to 12.15 pm

Venue: Knocklyon United FC Club House

### Health and Wellness Discussions:

Dates: 23rd and 30th October

Time: 11.30 am to 12.15 pm

Venue: Knocklyon United FC Club House

## BOOKINGS

Contact: Karl Young, Tel: 01 4944626,  
youngkarlm@gmail.com

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Monday  
9th September -  
Monday  
14th October  
(6 weeks)

## Chair Yoga (Mondays)

6 week course of chair yoga at 10.30am starting 9th Sept until 14th Oct 2019. Chair yoga improves overall health, flexibility and keeps joints strong and mobile.

Dates: 9th September to 14th October

Time: 10.30 am - 12.00 noon

Venue: Firhouse Community Centre

Contact: Rita Carthy, Tel: 087 953 9526

## Health & Wellbeing 2019 Events

Tuesday  
10th September

### South Dublin County Council Intercultural Football Festival

A 5-a-side football tournament to promote integration of new communities in South County Dublin. For further information please contact the Social Inclusion Unit, SDCC.

**Dates:** 10th September  
**Time:** 7.00 pm - 9.30 pm  
**Venue:** Tallaght Sports and Leisure Centre  
**Contact:** Social Inclusion Unit, Adrienne or Donna  
Tel: 01 4149270,  
Email: [socialinclusionunit@SDUBLINCOCO.ie](mailto:socialinclusionunit@SDUBLINCOCO.ie)

Tuesday  
10th September

### Tallaght Health Fair 2019

A wide range of Health information stands as well as some Health Checks and complementary therapies. Join us for a free cuppa on the morning.

**Dates:** 10th September  
**Time:** 10.00 am - 1.00 pm  
**Venue:** Fettercairn Youth and Community Centre  
**Contact:** Catherine Tel: 01 4590708,  
[fettercairnchp@gmail.com](mailto:fettercairnchp@gmail.com)





# 5 Health & Wellbeing Week A Side Intercultural Football Festival

Age Group 18+  
and teams of both  
male and female  
welcome

**Venue:** Tallaght Leisure Centre,  
Fortunestown Way, Whitestown, Dublin 24  
**Date:** Tuesday 10th September 2019  
**Time:** 7.00 pm - 9.30 pm

Team of 7 players, with 5 on the  
pitch at any time, roll on roll off



To enter a team, please send the  
details to  
[socialinclusionunit@sdblincoco.ie](mailto:socialinclusionunit@sdblincoco.ie)  
by Thursday 22nd August 2019





Wednesday  
11th September -  
Monday  
16th October  
(6 weeks)

## Seminars on Health & Wellbeing Issues

Series of 1 hour seminars covering mindfulness, life coaching, nutrition, occupational therapy, CPR & stroke awareness, breast cancer awareness over 6 weeks.

**Dates:** 11th September to 16th October

**Time:** 11.00 am - 12.00 noon

**Venue:** Iona Centre, Idrone Avenue, Knocklyon

**Contact:** Marian Sweetman, Tel: 087 2846424,  
knocklyonwg@gmail.com

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Wednesday  
11th September -  
Monday  
27th September

## Sound Yoga and Laughter Yoga

Cheeverstown are actively working in partnership with St Aengus Community Centre with the launch of our holistic approaches for health and wellbeing. Programmes to be included sound yoga and laughter yoga.

### Sound Yoga:

**Dates:** 11th, 18th and 25th September

**Time:** 1.00 pm - 2.00 pm

**Venue:** St Aengus Community Centre

### Laughter Yoga:

**Dates:** 13th, 20th and 27th September

**Time:** 11.00 pm - 12.00 noon

**Venue:** St Aengus Community Centre

## BOOKINGS

**Contact:** Hilda Fitzgerald, Tel: 01 4527247,  
hfitzgerald@cheeverstown.ie



# Celebration

Social Inclusion  
through the Performing Arts

Dancing  
Music  
Drama  
Comedy  
& Lots More!

South Dublin are looking for local Groups or Single Acts to perform. Age 10 and up can participate in the show.

**When:** Sunday 24th November 2019

**Where:** Civic Theatre, Tallaght

**Time:** Show starts at 8pm

**First Prize:** €150

**Second Prize:** €100

**Third Prize:** €50

(All Prizes will be vouchers)

For further information and nomination forms please contact:  
Social Inclusion Unit, Community Services Department, South  
Dublin County Council

Final date for receipt of nomination  
forms is Thursday 26th September 2019  
Tel: 01 414 9270

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

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



## Health & Wellbeing 2019 Events

Wednesday

11th September -

Wednesday

2nd October

(4 weeks)

### Wellbeing Workshops

Four Wellness Workshops with Karen Stokes. Workshops will incorporate Wellness Techniques, Self-Love and Mindfulness etc.

**Dates:** 11th September to 2nd October

**Time:** 10.00 am - 1.00 pm

**Venue:** 2 Tor An Ri Lane, Balgaddy, Co. Lucan.

**Contact:** Hannah Healy, Tel: 01-5576173

Wednesday

11th September -

Wednesday

16th October

(6 weeks)

### Fit - Healthy and Happy

Keeping fit, staying healthy and happy, Healthy Lifestyles workshop for Traveller Women. This 6-week programme, offers participants some fitness taster sessions and opportunities to understanding worry and stress factors.

**Dates:** 11th September to 6th October

**Time:** 10.30 am - 12.30 pm

**Venue:** Clondalkin Travellers Development Group

**Contact:** Bess van Sleeuwen, Tel: 085 7609680  
healthteamctdg@eircom.net

Second Week in

September

(6 weeks)

### Villagers Health Group

The Villagers Senior Group will hold a League of Health Fitness Class do exercises for older people. Course of 6 weeks exercise classes that is beneficial to your lifestyle and mental wellbeing

**Dates:** Begins second week in September

**Venue:** Aras Chronain

**Contact:** Ann Cody, Tel: 087 2418102  
sensoryfunwithfriends@gmail.com



South Dublin  
County Partnership  
Páirtíocht Chontae  
Átha Cliath Theas



# Resilience seminar

Promoting mental health in our  
communities

## Mental Health and Wellbeing

The Resilience Project, part of South Dublin County Partnership (SDCP) in conjunction with South Dublin County Council (SDCC) brings to Clondalkin a morning of seminars and workshops for everyone who is interested to promote public awareness on mental health, resilience and suicide prevention.

**When:** 9.00 a.m. - 1.30 p.m. Wednesday 11<sup>th</sup> September 2019

**Where:** Áras Chrónáin, Clondalkin, D22



**Keynote Speaker:** Dr Harry Barry, Doctor and Best-Selling Author on Mental Health

## To include:

- Mental health what is it, how does it affect us?
- Five ways to increase wellbeing and resilience;
- Suicide prevention – Safe Talk and ASIST examples of training;
- Suicide awareness – learn from the Netherlands;
- Seated Yoga!
- And much more

Entry is free but, places are limited.

**Booking essential, book online go to Eventbrite - Resilience Seminar**

**Further information:** Sylvia Mooney and Sally Spence SDCC 01 4508748

The Resilience Project, South Dublin County Partnership and South Dublin County Council

Wednesday  
11th September

## Gardening and Floristry

Learn how to create a winter hanging basket that will give you colour throughout the months.

**Dates:** 11th September

**Time:** 11.00 am - 1.00 pm

**Venue:** Seán Walsh Park, Tallaght

**Contact:** Suzanne O'Neill, Tel: 087 2995011  
suzanneoneill7@gmail.com

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Wednesday  
11th September

## SDCP Resilience Project - Health and Wellbeing

Mental Health, Resilience and Suicide Prevention Seminar. A range of 10 stalls from local groups supporting community mental health. Meet your local community groups.

**Dates:** 11th September

**Time:** 9.00 am - 1.00 pm

**Venue:** Áras Chrónáin

**Contact:** Sylvia Mooney, Tel: 01 4508748  
sylvia.mooney@sdcpartnership.ie

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Throughout the  
month of  
September

## Healthy Heros and Wellbeing Wizards

Activities and workshops held for the school and wider community. Activities include yoga and mindfulness classes, cyber safety workshops, paediatric first aid workshops and stress management and nutritional well being.

**Dates:** TBC

**Venue:** St Mary's SNS Clondalkin

**Contact:** Linda Reddy , Tel: 01 6267269  
hscilstmaryssns@gmail.com

## Health & Wellbeing 2019 Events

Beginning  
11th September

### Get fit Stay fit

Social circle get fit stay fit class. Inclusive fitness class for children with disabilities working on social skills, balance, coordination, ball skills and overall fitness in a fun environment. Siblings welcome, parents must remain on the premises

**Dates:** 11th September  
**Time:** Commencing at 5.30 pm  
**Venue:** St Annes GAA club  
**Contact:** Mairead Mekki, Tel:086 163 4458  
socialcircleasd@gmail.com

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Thursday  
12th September

### Trip down Memory Lane Vintage Bus Tour

Trip down memory lane Vintage tour bus for members of St Michael's House.

**Dates:** 12th September  
**Time:** 10.30 am - 1.00 pm  
**Venue:** Departing from Templeogue  
**Contact:** Angelina Stewart/ Debbie Doyle,  
Tel: 01 490 0936 Ext: 7  
angelina.stewart@smh.ie  
debbie.doyle@smh.ie



Thursday  
12th September

### Fitwalk course for local residents

Fitwalk course to help participants to get the most benefit out of walking.

**Dates:** 12th September

**Time:** Commencing at 7.00 pm

**Venue:** Scoil Mhuire, Whitechurch

**Contact:** Vikki Whelan, Tel:087 7973349  
Vikki\_Whelan@hotmail.com

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Thursday  
12th September

### Volunteer Recruitment Fair

We will be bringing Volunteer Involving organisations together to provide information on what they do and the opportunities they have available. The general public will have a unique opportunity to talk to them face to face and get a good feel and understanding of the huge variety of the volunteering that's taking place across the county.

**Dates:** 12th September

**Time:** 6.00 pm to 8.00 pm

**Venue:** The Maldron Hotel Tallaght

**Contact:** Tricia Nolan / Collette Gallagher,  
Tel:01 4628558 / 086 7036768

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Thursday  
12th September

### Flower arranging workshop

Workshop for people to experience the joy of making floral displays and how it can have such positive effect on your wellbeing. Refreshments will be served.

**Dates:** 12th September

**Time:** 2.00 pm to 4.00 pm

**Venue:** An Cosán, Kiltalown Village Centre

**Contact:** Imelda Hanratty, Tel:01 4628488  
i.hanratty@ancosan.com



# Féile um Chuimsiú Sóisialta

15 - 24 Samhain  
15 - 24 November

  
Comhairle Contae  
Átha Cliath Theas  
South Dublin County Council



## SOCIAL INCLUSION FESTIVAL 2019



Ag Laghdú an Eisiaimh, an  
Bhochtaineacht agus na  
hÉagothroime i gContae Bhaile  
Átha Cliath Theas  
Reducing Exclusion, Poverty and  
Inequality in South Dublin County



## Health & Wellbeing 2019 Events

Friday

13th September -

1st November

### Wellness Integration Project

Yoga/ Chair Yoga for 8 weeks. Registration is essential.

**Dates:** 13th September

**Time:** 10.00 am to 11.30 am

**Venue:** Intercultural Centre

**Contact:** Marie Corr, Tel:087 2407077  
[marie.corr@sdcpartnership.ie](mailto:marie.corr@sdcpartnership.ie)

Friday

13th September -

4th October

(4 weeks)

### Knocklyon Womens Group - Pilates Classes (Friday)

Pilates Classes.

**Dates:** 13th September to 4th October

**Time:** 1.30 pm to 2.30 pm

**Venue:** Iona Centre, Idrone Avenue, Knocklyon

**Contact:** Marion Sweetman Tel:087 284 6424  
[knocklyonwg@gmail.com](mailto:knocklyonwg@gmail.com)





## Health & Wellbeing 2019 Events

Saturday  
14th September

### Knocklyon Womens Group - Create and Share

A get together of crafters and hobbyists to meet with other creative talent in the community.

**Dates:** 14th September

**Time:** 10.30 pm to 12.30 pm

**Venue:** Iona Centre, Idrone Avenue, Knocklyon

**Contact:** Marion Sweetman Tel:087 284 6424  
knocklyonwg@gmail.com

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### Double TAKE Studio - Gainful Employment Project

Gainful Employment Working with digital artist Rowena Keaveney using Visual Imaging, Tallaght Community Arts DoubleTAKE Supported Arts Studio, explores the concept of work in the theme "Health, Wellbeing & Happiness". The work will be launched on Wednesday 10th October.

**Dates:** July to October

**Time:** 11.00 am - 1.00 pm

**Venue:** Rua Red

**Contact:** Sharon Devlin





**FLOURISH**

 [www.facebook.com/RADFESTDUBLIN/](http://www.facebook.com/RADFESTDUBLIN/)

**A Health and Wellbeing Festival in September 2019**

**Whitechurch Library**

**Saturday 14th September 2019**



**Activities: (Booking essential via The Web Project: Phone 01-4952020)**

10.00am-12.00pm: Kundalini Yoga Workshop	2.30pm-4.30pm: Mindfulness Workshop
12.15pm-2.30pm: Natural Skincare	4.00pm-5.00pm: Seated Yoga



**Rathfarnham Castle**

**Sunday 15th September 2019**

**Music from 2-5pm on Main Stage**



**Venue: Rathfarnham Castle Ballroom**

**Activities:**

10.00am-10.30am: Sound Yoga	1.00pm-1.45pm: Rathfarnham Concert Band performance
10.45am-11.15am: Sound Yoga	2.30pm-3.30pm: Seated Yoga
12.00pm-12.30pm: Guided Mindful Meditation for Children	3.45pm-4.45pm: Healthy Eating Talk

**Booking essential for the Ballroom activities via Rathfarnham Castle.**

**Website: [www.rathfarnhamcastle.ie](http://www.rathfarnhamcastle.ie)**

**Email: [rathfarnhamcastle@opw.ie](mailto:rathfarnhamcastle@opw.ie)**

**Venue: Large Marquee B in the parkland of Rathfarnham Castle**

**Activities:**

1.00pm-2.00pm: Tai Chi	4.00pm-5.00pm: Pound Fitness for Families and for All
2.00pm-3.00pm: Nordic Walking	
3.00pm-4.00pm: Tai Chi	

**Booking essential via The Web: Phone: 01-4952020**

**Explore the Wildlife with Eanna Ní Lamhna (renowned Irish Biologist) at 2pm. Book with The Web at 01 4952020**



**Venue: Small Marquee A in the parklands of Rathfarnham Castle**

**Activities:**

12.30pm-1.30pm: Natural Skincare Workshop	4.00pm-5.00pm: Guided Relaxing Meditation
2.00pm-3.00pm: Making Bird Boxes	
3.00pm-4.00pm: Making Animal Charms	

**Booking essential via The Web: Phone:**

**Lee Moroney hosts a Family Sports Day with races from 2-4pm. Get your runners on! No booking required.**



**DSPCA Roadshow: Come along & see their work. No booking required.**



  
Garden of Knowledge  
Anna Claff Treas  
South Dublin County Council



# 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

## Health & Wellbeing 2019 Events

Monday

16th September -

### RAMS: Sing your Heart out

RAMS in Rhythm performing at Tallaght hospital.

**Dates:** 16th September

**Time:** 11.00 am to 2.30 pm

**Venue:** Tallaght Hospital

**Contact:** Matt Dowling, Tel:086 8443820  
matthewdowling@eircom.net

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Monday

16th September -

24th November

(10 weeks)

### Health and Wellbeing at Dominic's Community Centre

10 week course from Sept to Nov which will include Tai Chi, Yoga, Hand Massage, Self Care and Wellness.

**Dates:** 16th September to 24th November

**Time:** 3.00 pm to 5.00 pm

**Venue:** Dominic's Community Centre

**Contact:** Niamh Valentine, Tel:01 459 0770  
niamhvalentine@dominicscscc.com



Monday

18th September -  
6th November

## Self Health Programme

8 weeks of self health programme for our Manvaasam group.

### Self Defense Class:

Dates: 18th, 25th, Sept 2nd, 9th October

Time: 7.00 pm to 9.00 pm

Venue: The Park Community Centre

### Yoga:

Dates: 16th, 23rd October

Time: 11.00 am to 2.30 pm

Venue: The Park Community Centre

### Meditation:

Dates: 30th October, 6th November

Time: 11.00 am to 2.30 pm

Venue: The Park Community Centre

## BOOKINGS

Contact: Jebarani Yesudhas, Tel: 087 1681830,  
jebaemmanz@gmail.com

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Wednesday

18th September  
(6 weeks)

## Optimal - Self-management Programme

Manage your medications. Maintain a healthy diet and fitness routine.

Dates: 18th September (6 weeks)

Time: 10.30 am to 12.30 pm

Venue: Bawnogue Community Centre

Contact: Dolores Byrne, Tel: 01 4576734  
bawnoguecommunitycentre@outlook.com

## Health & Wellbeing 2019 Events

Thursday

19th September -  
11th June 2020

(39 weeks)

### Music for the Soul Choir

Join & sing in the choir to meet new people.

**Dates:** 19th September - 11th June 2020

**Time:** 1.10 pm to 2.10 pm

**Venue:** Ballyroan Community Centre

**Contact:** Paula Coghlan, Tel:01 4993700  
p.coghlan@cheeverstown.ie

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Thursday

19th September

### Healthy Eating in Old Age

Health Talk on Men's health, mind, exercise and healthy heart.

**Dates:** 19th September

**Time:** 11.00 am to 12.30 pm

**Venue:** St Finian's Community Centre Newcastle

**Contact:** Matt Dowling, Tel:086 8443820  
matthewdowling@eircom.net



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Friday

20th September

### Jigsaw Dublin South West Open Day

Jigsaw Dublin South West Open Day Friday 20th September | Jigsaw, St. John's House, Dublin 24. Book your 2-hour slot now by calling 01-5380087 / clondalkin@jigsaw.ie.

**Dates:** 20th September

**Time:** 9.00 am to 5.00 pm

**Venue:** St. John's House Dublin 24

**Contact:** Sinead Beirne, Tel:086 7716594  
sinead.beirne@jigsaw.ie



Thursday

19th September -  
7th November  
(8 weeks)

## Fitness and Wellness Class

Fitness and wellbeing class for senior Citizens  
Thursday mornings at 11.00 am, led by an  
experienced physiotherapist.

**Dates:** 19th September - 7th November

**Time:** 11.00 am to 12.00 noon

**Venue:** Kilnamanagh Community Centre

**Contact:** Marian Gahan, Tel:086 0579838  
[gahan.marian@gmail.com](mailto:gahan.marian@gmail.com)

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Friday

20th September -  
7th November  
(8 weeks)

## Health and Wellbeing Week

St Kevin's Family Resource Centre is hosting a  
range of health and wellbeing workshops and  
programmes. Chiropody, Mindfulness, Men's  
Health (mental and physical) and Stretch and  
Grow for pre-school children.

For further information on dates and times please  
use contact details below

**Venue:** St Kevin's Family Resource Centre

**Contact:** Gráinne Begley, Tel:01 4627149  
[admin@stkevinsfrc.ie](mailto:admin@stkevinsfrc.ie)

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Thursday

24th September

## Taster Wellbeing course

Join us for a Health & Wellbeing Course. Try out  
new hobbies, learn new skills, meet new people  
and enjoy a nice cup of tea/ coffee.

**Dates:** 24th September

**Time:** 7.00 pm to 8.00 noon

**Venue:** Kingswood Community Centre

**Contact:** Valerie Gaynor, Tel:01 452 0590  
[kingswood13@eircom.net](mailto:kingswood13@eircom.net)

## Health & Wellbeing 2019 Events

Monday

23th September -

27th September

### Esker ETNS - Week

Zumba: Dance your worries away! A great workout for your body and an instant mood booster. Blue Paediatric First Aid: designed with infants and children in mind to teaching life-saving skills. (places limited) and other classes.

**Venue for all classes:** Esker ETNS

#### **Zumba:**

**Dates:** 23rd September

**Time:** 9.30 am to 11.00 am

#### **Blue Skies information sessions and baby massage classes:**

**Dates:** 24th September

**Time:** 9.30 am to 11.30 am

#### **Pediatric First Aid (infants and children) place limited:**

**Dates:** 25th September

**Time:** 9.30 am to 3.00 pm

#### **Healthy eating - children:**

**Dates:** 26th September

**Time:** 9.30 am to 10.30 am

#### **Breakfast and walk for parents:**

**Dates:** 27th September

**Time:** 9.30 am to 11.00 am

### BOOKINGS

**Contact:** Leah Burke, Tel: 087 9035684,  
leah@eskeretns.ie



Tuesday  
24th September -  
12th November

## Autumn Wellbeing Programme

Bohernabreena Community Enterprise Centre are offering 8 weeks of Health and wellbeing programme starting on Tuesday 24th Sept. Activities to include Yoga, Tai Chi, Flower arranging, Mindfulness and Meditation.

### Yoga:

**Dates:** 24th September and 1st October

**Time:** 7.00 pm to 8.00 pm

**Venue:** Bohernabreena Community Enterprise Centre

### Tai Chi:

**Dates:** 8th and 15th October

**Time:** 7.00 pm to 8.00 pm

**Venue:** Bohernabreena Community Enterprise Centre

### Mindfulness:

**Dates:** 24th and 29th October

**Time:** 7.00 pm to 8.00 pm

**Venue:** Bohernabreena Community Enterprise Centre

### Flower Arranging:

**Dates:** 5th and 12th November

**Time:** 7.00 pm to 8.00 pm

**Venue:** Bohernabreena Community Enterprise Centre

## BOOKINGS

**Contact:** Bernadette Whelan, Tel: 087 2247024,  
berniewhelan65@hotmail.com



## Health & Wellbeing 2019 Events

Wednesday  
25th September -  
13th November

**The Park Community Centre - Chair Yoga,  
Tai Chi, Mindfulness and Meditation and  
Flower Arranging**

The Park Community Centre are offering 8 weeks of Health and Wellbeing programme starting on Thursday 25th September

### **Chair Yoga:**

**Dates:** 25th September and 2nd October

**Time:** 7.00 pm to 8.00 pm

**Venue:** The Park Community Centre

### **Tai Chi:**

**Dates:** 9th and 16th October

**Time:** 7.00 pm to 8.00 pm

**Venue:** The Park Community Centre

### **Mindfulness:**

**Dates:** 23rd and 30th October

**Time:** 7.00 pm to 8.00 pm

**Venue:** The Park Community Centre

### **Flower Arranging:**

**Dates:** 6th and 13th November

**Time:** 7.00 pm to 8.00 pm

**Venue:** The Park Community Centre

## **BOOKINGS**

**Contact:** Lorraine Kelly, Tel: 01 462 0042,  
[manager@theparkcommunitycentre.com](mailto:manager@theparkcommunitycentre.com)

Monday  
26th September -  
14th November

## **Tallaght ICA Guild - Chair Yoga, Tai Chi, Mindfulness and Meditation and Flower Arranging**

Tallaght Guild and the ICA are offering 8 weeks of Health and Wellbeing programme starting on Thursday 26th September.

### **Chair Yoga:**

**Dates:** 26th September and 3rd October

**Time:** 7.00 pm to 8.00 pm

**Venue:** St Aengus's Community Centre

### **Tai Chi:**

**Dates:** 10th and 17th October

**Time:** 7.00 pm to 8.00 pm

**Venue:** St Aengus's Community Centre

### **Mindfulness:**

**Dates:** 24th and 31st October

**Time:** 7.00 pm to 8.00 pm

**Venue:** St Aengus's Community Centre

### **Flower Arranging:**

**Dates:** 7th and 14th November

**Time:** 7.00 pm to 8.00 pm

**Venue:** St Aengus's Community Centre

## **BOOKINGS**

**Contact:** Mary Betty Whelan, Tel: 085 733 6588,  
[marybettywhelan@eircom.net](mailto:marybettywhelan@eircom.net)



Wednesday  
2nd October -  
13th November  
(6 weeks)

## Holistic/Health and Wellbeing Workshops

Women Together Tallaght Network will be providing 6 Health and Wellbeing/Holistic workshops. Each workshop will give a different approach to self care and wellbeing, while giving a sense of personal wellbeing.

**Dates:** 2nd October to 13th November  
**Time:** from 10.00 am  
**Venue:** Unit 16, Brookfield Enterprise Centre  
**Contact:** Sinead Mahon, Tel:086 2001402  
[sineadnccwn@gmail.com](mailto:sineadnccwn@gmail.com)

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Thursday  
3rd October -  
28th November  
(8 weeks)

## WRAP (Wellness Recovery Action Plan)

Self-help management tool which helps people gain control over their wellbeing. Evidence based programme, first developed by Mary Copeland.

**Dates:** 3rd October to 28th November  
**Time:** 10.00 am to 12.30 pm  
**Venue:** Killinarden Family Resource Centre  
**Contact:** Gillian McWilliams, Tel:087 4615717  
[crfkoutreach@gmail.com](mailto:crfkoutreach@gmail.com)





*Annual South Dublin 10k run - Round Tower Clondalkin*

## Health & Wellbeing 2019 Events

Saturday

21st October -  
25th October

### Health and Wellbeing Week

Health and wellbeing week is an exciting event in Lucan East. During this week we hope to engage our whole school community, parents and children in activities, talks and challenges all related to health and wellbeing.

**Dates:** 21st October to 25th October

**Time:** 8.40 am to 2.10 pm

**Venue:** Lucan East ETNS

**Contact:** Sinead Gunning, Tel:01 6212690  
sinead@lucaneastet.ie

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Tuesday

19th November

### Community Health Fair

A wide range of Health information stands as well as some Health Checks and complementary therapies.

**Dates:** 19th November

**Time:** 10.00 am to 1.00 pm

**Venue:** Quarryvale Community Centre

**Contact:** Niamh Farrell, Tel:01 6233417  
manager@quarryvaleclc.ie

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Thursday 7th  
November

### Clondalkin Community Health House

This workshop will include the screening of the film 'Resilience' which is about Adverse Childhood Experiences. There will be a presentation and panel discussion about developing a local response in Clondalkin.

**Dates:** 7th November

**Time:** 9.30 am to 1.30 pm

**Venue:** Aras Chronain

**Contact:** Ann Troy, Tel:01 4570665  
ann.troy@sdcpartnership.ie





*Healthy South Dublin Launch - Mayor Vicki Casserly, Minister Catherine Byrne, Mary Corcoran - Chairperson LCDC, Audrey Warren - Chairperson CYPSC and Colm Ward - Chairperson Healthy South Dublin*







**HIV**  
Ireland

**FREE**

**Working to end  
HIV transmissions  
and eliminate  
HIV-related stigma  
and discrimination  
in Ireland.**

**#FastTrackCities**

- Support Services for People living with HIV
- Counselling
- HIV and STI Testing
- Free Rapid HIV Testing
- HIV Education and Training
- Educational Resources
- Condoms & Lube

**[www.hivireland.ie](http://www.hivireland.ie)**

**U = U**

**#Fact**

**People living with HIV who  
are on effective treatment  
(with an undetectable viral load)**

**cannot pass on HIV to sexual partners.**

**Undetectable = Untransmittable**

**#UequalsU**



# DO YOU WANT TO STOP SMOKING?

## We Can Quit

### Women Supporting Women To Stop Smoking

A **FREE** 12 week stop smoking programme for women, offering group support, one to one support and Nicotine Replacement Therapy (NRT)



"Could not have quit without this course and getting the NRT aids for **FREE** was fantastic"

Have you tried to quit before?

Do you want support to quit?

REGISTER FOR THE **WE CAN QUIT** PROGRAMME TODAY!

**Where?** Rowlagh Community Centre

**When?** 10<sup>th</sup> September, for 12 weeks  
7pm to 8:30pm

**Call:** Anne or Liz on 01 4570665

Or register on [www.cancer.ie/we-can-quit](http://www.cancer.ie/we-can-quit)



**14th**  
SEPTEMBER  
**2019**  
11-4.30pm



Health & Wellness  
**Festival**

## **Corkagh Park, Clondalkin**

### **INSPIRE US**

**World Boxing  
Champion,  
Kelly Harrington,  
The Happy Pear  
& many more!**

### **INSPIRED SPORT**

**Rugby, Boxing,  
Pentathlon,  
Rowing,  
Volleyball,  
Cricket,  
Callisthenics  
& much more!**

### **INSPIRED WELLNESS**

**Yoga, Pilates,  
Tai Chi,  
Dance, Fitness,  
Mindfulness talks,  
Nutrition talks  
and more!**

**Our event will conclude with a  
Fun FREE Colour Run at 4.00pm**



**“Inspired @ South Dublin” is an inclusive  
FREE event suitable for ALL**



Dublin's Outdoors



sdscsp.ie  
South Dublin County  
Sports Partnership  
— SPORT IRELAND —



Healthy  
South Dublin



Comhairle Contae  
Atha Cliath Theas  
South Dublin County Council

**FREE Ticketed Event – Book Through [InspiredSouthDublin.ie](https://inspiredsouthdublin.ie)**

For full listed details of “Inspired @ South Dublin” check out  
[DublinsOutdoors.ie](https://dublinsoutdoors.ie) or Facebook @[DublinsOutdoors](https://www.facebook.com/DublinsOutdoors) and @[sdscsp](https://www.facebook.com/sdscsp)



South Dublin  
County Partnership  
Páirtíocht Chontae  
Átha Cliath Theas

## *Social Prescribing*

# Get well... Connected!

### What is Social Prescribing?

A new service that connects people with supports and activities in the community to strengthen their health, wellbeing and quality of life.

Social Prescribing is a formal way of enabling healthcare services to support self-management by referring people to a variety of local, non-clinical projects and activities in the community through a link worker.

### Who is this project for?

This project is for people over 18 years of age, living in South Dublin who may need additional support to mind wider health and wellbeing needs previously identified by General Practitioners. This project is mainly beneficial to people who may feel lonely, socially isolated, anxious, depressed or in need of different kinds of social supports.

### What are the results?

This is a new service that is being piloted since August 2018. The main achievements so far are the engagement of Healthcare Professionals from two general practices in Tallaght (Glenview Clinic and Parkhouse Family Practitioners in Brookfield) who are currently referring patients to the Social Prescribing Service. From this pilot project we expect: increased acceptability and uptake of the Social Prescribing service; improved patient self-reported wellbeing; reduced pressure in clinical workload; improved connectivity between medical and community sector.

### Who are the funders?

Health Services Executive (HSE), Healthy Ireland and the Social inclusion and Social Activation Programme.

### How can I find out more about the project?

For more information please contact the Social Prescribing Coordinator: **João Esteves**  
Mobile: 0873336208; Email: [joao.esteves@sdcpartnership.ie](mailto:joao.esteves@sdcpartnership.ie)

## South Dublin County Council's Sports & Recreation Office:

The Sports & Recreation Office deliver programmes to target groups within specific communities and the general public across the county. The sports office strives to ensure that we are meeting the needs of our ever changing communities whilst filling gaps in the provision of services as they arise. We are conscious that programmes we deliver promote sports development, recreational opportunities, increase physical activity levels, promote the importance of play and encourage healthy lifestyle changes across all ages of our population

### Sports & Recreation Office provide the following programmes:

#### Cross Country Programme:

The schools Cross Country programme takes place from February to May. The programme is focused on participation. Children from 3rd to 6th class participate in local events held in Jobstown, Tymon, Griffeen and Clondalkin. The Finals Day is held in Corkagh Park. In 2019 approximately 3500 Primary School students participated in the programme with almost 420 races in total.





## Marathonkids:

Marathonkids Ireland is an 8-week programme for 5th and 6th class students. The programme will start on the 9th September 2019. Week 8 will see students complete 25.2 miles. The Final Mile will take place in Morton Stadium on 13th of November 2019.

## Late Night Leagues:

Run in conjunction with the Garda Community Division and the FAI, over 350 teenagers participate in local late night soccer leagues in Tallaght, Collinstown, Clondalkin and Adamstown with all teams participating on finals night in Tallaght Astropark. The leagues take place biannually through May and November.



## Sportivate:

The programme, run in conjunction with DDLETB, caters for participants primarily between the ages of 18-25 years of age who are interested in breaking into the sports industry in some capacity or furthering their educational opportunities. This is a full time course from September 2019 to May 2020

## Development Officers:

South Dublin County Council co-funds Development officers with the FAI, Leinster Rugby, Leinster Cricket, and the GAA. Their role is to promote their respective sports across the county providing and facilitating a varied range of programmes. They deliver coaching and training to both, primary and secondary schools, community groups, and sports clubs right across the County.

## Walking Football:

Designed specifically for our over 55's, Walking Football is delivered by our Football Community Development officers. The session is light intensity, ideal to help mobility. There are numerous walking football clubs across the county encouraging both men and women to stay active

## Go For Life Games:

The aim of the Go for Life Games is to involve older people in recreational sport. These games involve three sports – Flisk, Scidil's & Cornhole with the emphasis of the Games on participation and fun that is played in a non – competitive environment with participants encouraged to umpire their own game.



## Other Sport & Recreation Programmes –

- Easter Family Events
- Health & Wellbeing Week Family Events
- Bealtaine Events
- Summer Projects – Activity Days
- Tutor Programme
- European Week Against Racism
- Walking Routes – Maintenance & development
- School Holiday Camps
- Disability Football and Rugby for All Programme
- Girls in Sport Programmes
- Schools Swim Programme
- Mac Uilliam Soccer Street League

If you would like further details on any of our programmes or if your group would like a taster session delivered to your group please contact:

Paula Swayne; email: [pswayne@sdblincoco.ie](mailto:pswayne@sdblincoco.ie)

Ciarán Farrelly; email: [cfarrelly@sdblincoco.ie](mailto:cfarrelly@sdblincoco.ie)

Phone no.: 01 414 9270.



# 8-Week Fitness Programme for Kids



*Starts 9 September 2019*

Register on [marathonkidsireland.ie](http://marathonkidsireland.ie) or  
email [hello@marathonkidsireland.ie](mailto:hello@marathonkidsireland.ie)





# South Dublin County Sports Partnership

## Strategic Plan 2017-2022



edcsp.ie  
South Dublin County  
Sports Partnership  
— SPORT IRELAND —



Coras Gaeil  
Atha Cliath-Thames  
South Dublin County Council



Health Service Executive  
Health Service Executive



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS

## South Dublin County Sports Partnership provide the following programmes:

### Community Walks

During the Autumn and Winter season SDCSP will be providing a series of community walking events, targeting groups such as the retired or parents of young children. The walk programmes which may be outdoor in parks or indoor in community centres are lead by trained walk leaders who show how to maximise the health benefits to be gained from walking. Also demonstrated will be outdoor exercise equipment and Nordic walking poles. All walk programmes are heavily subsidised. For more information on planned walk events please contact our office at [info@sdccsp.ie](mailto:info@sdccsp.ie)

**Contact:** For more information on planned walk events please contact our office at [info@sdccsp.ie](mailto:info@sdccsp.ie)

### Orienteering

There are four permanent orienteering courses installed in Griffeen Valley Park, Corkagh Park, Tymon Park and at the Hell Fire Club/ Massey's Wood in the Dublin Mountains. All of these courses are available to use free of charge and are an ideal activity for a school/ scout group/youth group or indeed a family to discover the outdoors in our county. There are short, medium and long courses in each location.

**Contact:** To download a course map see [www.sdccsp.ie/getting-active](http://www.sdccsp.ie/getting-active)





## Parkrun

Parkrun is a free, weekly, 5km timed event, open to everyone and people of every ability are encouraged to take part. There are four parkrun events in South Dublin County - Griffeen Valley Park, Tymon Park, Corkagh Park and Waterstown Park. All take place at 9.30 am on Saturday mornings, all year round.

SDCSP has purchased a specialised running buggy that is currently used by the Tymon parkrun and thereby allows parents of children with a disability to participate together.

In addition, we have a Junior parkrun in Griffeen Valley Park. This 2km event for children up to the age of 14 takes place every Sunday morning at 9.30am, starting at the Esker Lane entrance.

**Contact:** See [www.parkrun.ie](http://www.parkrun.ie) for all details



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## Supporting Disadvantaged

SDCSP supports a physical activity element of the Heads Up programme run by South Dublin Co. Partnership for unemployed men and the Box Smart programme run by Tallaght Rehabilitation Project. It also supports programmes for people with a disability and more.

**Contact:** Lucy Cush, Sports Inclusion Disability Officer ,  
Tel: 086 7964192 or 01 414 92000 ext: 4220, Email: [lcush@sdblincoco.ie](mailto:lcush@sdblincoco.ie)

## Leader Training

The following courses will be available for sports leaders this Autumn;

Sports First Aid  
 Child Protection in Sport 1,2,3  
 Disability Awareness  
 Autism Awareness  
 Youth Athlete Development  
 Nutrition for Sport  
 Coaching Children Programme  
 Sports Leadership Award (Transition Year pupils)  
 Primary School Teacher Training



All courses are either free or heavily subsidised.

**Contact:** Thos McDermott, Local Sports Co-ordinator,  
 Tel: 086 044 1071, Email: [info@sdcsp.ie](mailto:info@sdcsp.ie)

## Community Sports Hubs

South Dublin County Sports Partnership received funding support from the Dormant Accounts Fund, through Sport Ireland, to establish 2 Community Sports Hubs, one in North Clondalkin and one in West Tallaght. The idea of the sports hubs is to promote increased community participation in sport/physical activity in these areas. This we are looking to achieve through;

1. Supporting the current club structures in the designated areas
2. Supporting school and after school participation opportunities for children
3. Organising and supporting activities for all members of the community to participate in, regardless of age or ability.

**Contact:** Ian Farrell, Community Sports Officer ,  
 Tel: 086 7554800 or 01 414 92000 ext: 4220, Email: [ifarrell@sdblincoco.ie](mailto:ifarrell@sdblincoco.ie)

# Health & Wellbeing 2019

## Library Events



Healthy  
South Dublin



# Health & Wellbeing 2019

## Library Events



### Irish Heart Foundation Health Check Clinic

Irish Heart Foundation nurses will provide free blood pressure checks and individual heart health information. Each individual will receive a personal record card with their result and tips on how to have a healthy blood pressure. Having high blood pressure is one of the major risk factors for heart disease and stroke, which can be avoided if your blood pressure is controlled. The check takes only 10 minutes.

**Date:** Monday 9th September

**Time:** 12.00 noon to 4pm

**Venue:** Ballyroan Library, Tel: 01 4941900, [ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)

**Date:** Tuesday 10th September

**Time:** 12.00 noon to 4pm

**Venue:** Lucan Library, Tel: 01 621 6422, [lucan@sdublincoco.ie](mailto:lucan@sdublincoco.ie)

**Date:** Wednesday 11th September

**Time:** 12.00 noon to 4pm

**Venue:** Clondalkin Library, Tel: 01 459 3315, [clondalkin@sdublincoco.ie](mailto:clondalkin@sdublincoco.ie)

**Date:** Thursday 12th September

**Time:** 10.00 am to 5.00pm - Irish Heart Foundation Mobile Unit will be in Library Square, outside the County Library, Tallaght.

**Venue:** County Library Tallaght, Tel: 01 462 0073, [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)

**Date:** Thursday 12th September

**Time:** 10.00 am to 12.00 noon

**Venue:** Tymon Bawn Community Centre Tel: 01 4521028, [tymonbawn@gmail.com](mailto:tymonbawn@gmail.com)

**Date:** Friday 13th September

**Time:** 10.00 am to 12.00 noon

**Venue:** Four Districts Day Care Centre, Rathcoole, Tel: 01 4580339, [fourdistrictsdaycarecentre@gmail.com](mailto:fourdistrictsdaycarecentre@gmail.com)

**Date:** Friday 13th September

**Time:** 12.30 pm to 2.30 pm

**Venue:** Rathcoole Community Centre , Tel: 458 6134



## Ballyroan Library

Tuesday  
10 September

### Relaxation & Mindfulness for Children

Introducing children to techniques in becoming confident, kind and mindful to themselves and their peers in a calm and fun atmosphere.

**Dates:** 10th September

**Time:** 10.30 am to 11.30 am

**Contact:** Tel: 01 4941900,  
Email: [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)



**Tuesday**  
**10 September**

## **All About Menopause - Information Session**

Catherine O'Keeffe will give an introduction to perimenopause and menopause, what to expect, how to prepare, how to ease symptoms and more importantly what you can do to thrive through this chapter in your life.

**Dates:** 10th September  
**Time:** 6.00 pm to 8.00 pm  
**Contact:** Tel: 01 4941900,  
**Email:** [ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)

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**Wednesday**  
**11 September**

## **Thinking Differently About Stress**

This session with Seamus Power of Powering Health is intended to help you think about your own lifestyle and changes that may have occurred gradually over time - specifically in relation to increased stress levels.

**Dates:** 11th September  
**Time:** 5.30 pm to 7.00 pm  
**Contact:** Tel: 01 4941900,  
**Email:** [ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)

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**Thursday**  
**12 September**

## **Stressless Massage**

Sessions will be available every 20 minutes, from 4pm. In order to book your place, please call the library on 01 494 1900.

**Dates:** 12th September  
**Time:** 4.00 pm to 7.30 pm  
**Contact:** Tel: 01 4941900,  
**Email:** [ballyroan@sdublincoco.ie](mailto:ballyroan@sdublincoco.ie)

## Ballyroan Library

Thursday  
17 September

### Coping with Anxiety in Teenagers

Some degree of anxiety is a normal part of life, but for some teens it can hold them back and become overwhelming. Join psychotherapist Deirdre O'Shea for this workshop which will focus on tips and tools to help teens who experience anxiety.

**Dates:** 17th September

**Time:** 6.30 pm to 7.30 pm

**Contact:** Tel: 01 4941900,  
Email: [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)

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Thursday  
18 September

### Irish Heart Foundation CPR Training Sessions

Hands for Life: Community CPR Training is an Irish Heart Foundation programme, which will see free CPR training offered in communities across Ireland.

**Dates:** 18th September

**Time:** 3.30 pm to 8.00 pm

**Contact:** Tel: 01 4941900,  
Email: [ballyroan@sdblincoco.ie](mailto:ballyroan@sdblincoco.ie)

Books  
Digital Books  
Online Resources  
Free Internet & WiFi  
Business Resources

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



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## Clondalkin Library

Monday  
9 September

### Building Confidence and Self-Esteem in Children

Join psychotherapist Deirdre O'Shea in this workshop will focus on tips and tools to help enhance your child's self esteem and confidence.

**Dates:** 9th September  
**Time:** 6.30 pm to 8.00 pm  
**Contact:** Booking through eventbrite  
<http://clondalkinlibrary.eventbrite.com>

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Tuesday  
10 September

### Yoyo Yoga

Yoga storytelling combines both yoga and storytelling helping children to benefit in a fun, interactive way. Class booking only..

**Dates:** 10th September  
**Time:** 10.00 am to 11.15 am  
**Contact:** Tel: 01 4593315  
Email: [clondalkin@sdblincoc.ie](mailto:clondalkin@sdblincoc.ie)



Tuesday  
10 September

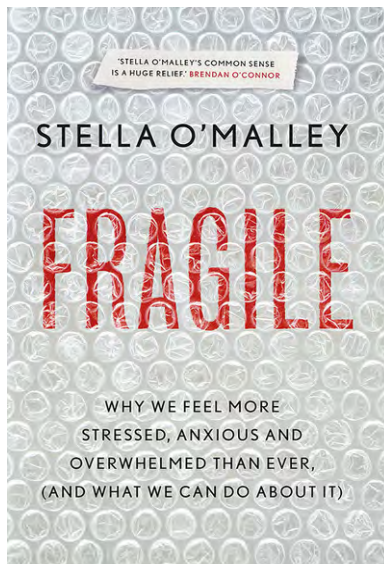
## Fragile : Why we feel more anxious, stressed and overwhelmed than ever with Stella O'Malley

Stella O'Malley's new book explores the reasons why so many people feel more anxious, overwhelmed and stressed than ever. 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 also examined.

**Dates:** 10th September

**Time:** 6.30 pm to 7.30 pm

**Contact:** Booking through eventbrite  
<http://clondalkinlibrary.eventbrite.com>



## Clondalkin Library

Tuesday  
11 September

### De-cluttering and How it can Bring You Happiness with Fiona Hall

A talk by psychotherapist Fiona Hall, on decluttering and how it can bring you happiness. Find out the impact of clutter on our mental health and how to successfully declutter

**Dates:** 11th September

**Time:** 6.30 pm to 7.30 pm

**Contact:** Booking through eventbrite  
<http://clondalkinlibrary.eventbrite.com>



Tuesday  
13 September

### Mindfulness through Origami

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

**Dates:** 13th September

**Time:** 11.00 am to 12.30 pm

**Contact:** Booking essential on 01 4593315





# Healthy Ireland at your Library

The **Healthy Ireland at Your Library** service  
is available in all local libraries across the country



## Health Information

Guidance on access to information



## Books on Health and Wellbeing

Large collection of books on health  
and wellbeing



## Online Health Information

E-books, e-audiobooks and e-magazines



## Programmes and Events

Talks, discussions and workshops relating  
to various health and wellbeing topics

For further information and to provide feedback,  
go to [www.librariesireland.ie](http://www.librariesireland.ie)



Healthy Ireland  
at your Library



Comhairle Contae  
Átha Cliath Theas  
South Dublin County Council



Healthy  
South D



Rialtas na hÉireann  
Government of Ireland



Libraries  
Ireland



## Lucan Library

Monday  
9 September

### All About Menopause - Information Session

Catherine O'Keeffe will give an introduction to perimenopause and menopause, what to expect, how to prepare, how to ease symptoms and more importantly what you can do to thrive through this chapter in your life.

**Dates:** 9th September

**Time:** 6.30 pm to 8.00 pm

**Contact:** Tel: 01 6216422

**Email:** [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)

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Tuesday  
10 September

### Irish Sign Language Class

A four-week course, commencing on Tuesday 3rd September. Learn Irish Sign Language with Amy. Places limited, booking essential, from Monday 19th August, 9.45am.

**Dates:** 10th September

**Time:** 6.30 pm to 8.00 pm

**Contact:** Tel: 01 6216422

**Email:** [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)

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Thursday  
12 September

### Table Quiz for Adults

Test your general knowledge, keep your brain healthy, and meet new people at our table quiz for adults. Up to 10 teams with a maximum of four participants per team. If you are short a player or two, don't worry! We will team you up with others and you may end up with the best brains in Lucan! Booking from Monday 19th August, 9.45am.

**Dates:** 12th September

**Time:** 1.30 pm to 4.30 pm

**Contact:** Tel: 01 6216422

**Email:** [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)

Friday  
13 September

## Xpert Diabetes

Book a place on our award winning, free XPERT course for people with Type 2 Diabetes. The course consists of six, 2½ hour sessions – one session per week for 6 weeks and is run by HSE Community Dietitians.

During the course you will learn how to:

- understand your diabetes more
- manage your weight
- identify how your diet and lifestyle can affect your diabetes
- read and understand food labels
- prevent diabetes health problems and
- improve your overall health.

**Dates:** 13th September

**Time:** 10.00 am to 12.30 pm

**Contact:** Tel: 01 6216422

**Email:** [lucan@sdblincoco.ie](mailto:lucan@sdblincoco.ie)



## Tallaght Library

Wednesday  
4 September

### K.I.C.K (Kickboxing to Inspire and Challenge Kids)

Tallaght native Karl Flynn will deliver his K.I.C.K (Kickboxing to Inspire and Challenge Kids) workshop. He will outline the importance of some techniques that young people can develop in order to have a healthy body and mind, and how this can help young people to pursue their passions. Secondary school class booking only.

**Dates:** 4th September  
**Time:** 10.00 am to 12.00 noon  
**Contact:** Tel: 01 4620073  
Email: [talib@sdblincoco.ie](mailto:talib@sdblincoco.ie)



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Wednesday  
4 September

### Anam Cara: Supporting Parents after Bereavement

In this session a worker from Anam Cara Tallaght will be available to talk about the work of Anam Cara and the services and supports available to parents after a bereavement.

**Dates:** 4th September  
**Time:** 12.30 pm to 2.30 pm  
**Contact:** Tel: 01 4620073  
Email: [talib@sdblincoco.ie](mailto:talib@sdblincoco.ie)

Thursday  
12 September

## Maria Lane Choir

Start your Thursday off in a positive mood by listening to and joining in with the wonderful Marie Lane choir.

**Dates:** 11th September

**Time:** 11.00 am to 12.00 noon

**Contact:** Tel: 01 4620073

**Email:** [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)

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Thursday  
12 September

## #LiveLife: A Talk by Elma Walsh, mother of the late Donal Walsh

Donal Walsh was the Kerry teenager who touched so many lives when he came to prominence through his writings and subsequent appearance on Brendan O'Connor's 'The Saturday Night Takeaway'. Donal fund-raised tirelessly while battling cancer. The Donal Walsh #Livelifewalk was set up by his family primarily in order to promote his anti-suicide #Livelifewalk message. Donal was diagnosed with cancer at the age of 12- he survived until 2012, when he passed away at the age of 16. In this session, Elma his mother talks to secondary school students about Donal's life, positive mental health and the importance of talking to someone when you are feeling down.

**Dates:** 12th September

**Time:** 2.00 pm to 3.00 pm

**Contact:** Tel: 01 4620073

**Email:** [talib@sdublincoco.ie](mailto:talib@sdublincoco.ie)

## Tallaght Library

Thursday  
12 September

### Óga Yoga - Yoga for Primary Schoolchildren

This yoga class is designed to be fun and creative and to stimulate children's imagination, maintain their natural flexibility and teach them to breathe correctly. It is a great way for children to de-stress & introduce a calm moment into their lives.

**Dates:** 12th September

**Time:** 10.15 am to 11.15 am

**Contact:** Tel: 01 4620073

**Email:** talib@sdblincoco.ie

Friday  
13 September

### Craft Class for Adults with Kim Jenkinson

Did you know that learning a new craft is very good for your well being?  
Improving mood and cognitive function?  
All materials provided.

**Dates:** 13th September

**Time:** 11.00 am

**Contact:** Tel: 01 4620073

**Email:** talib@sdblincoco.ie

## The John Jennings Library, Stewart's Care

Thursday  
13 September

### The Scent Event

Perfume blending and natural scented candle making. Come along for a truly beautiful workshop with Barbara that will waken the senses. Learn the art of natural perfumery and create your own signature roller bottle perfume combining therapeutic essential oils. At this wonderful event you will also learn how to make natural candles using soywax and combining essential oils. One definitely not to miss.

**Dates:** 12th September

**Time:** 6.00 pm to 7.30 pm

**Contact:** Tel: 01 6518159, Email: [library@stewartscare.ie](mailto:library@stewartscare.ie)



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## Palmerstown Library Digital Hub

Wednesday 11  
September

### Mindful Origami

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

**Dates:** 11th September

**Time:** 10.00 am to 11.30 am

**Contact:** Tel: 01-4678909

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





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