



Dublin 8 Men's Shed

Dublin 8 Men's Shed is open from 9.30am to 1.30pm Monday to Friday. Drop in to 227 Dolphin House for a cup of tea, for creative writing on Fridays at 11am and meditation on Mondays at 11am or for computer classes, cookery and carpentry throughout the week.

Call 01-4716723 for more information.

Dates To Remember

Men's Shed Bingo

Monday 27th February 7-9pm

Garda Clinic

Thursday 2nd March 11am – 12noon

Free Exercise Classes

Chair Tai Chi: Wednesdays 2.30pm

Circuit Training with Hanna:

Fridays at 11am (all levels)

Community Relaxation Day:

Take some time out for yourself and join us in the Community Centre on **Monday 13th of February from 11am to 3pm** for free massage, acupuncture, meditation, stress management tips and lunch.

Dolphin Crèche Pyjama Day

3rd March in association with Early Childhood Ireland.



Join us on the 13th February 11am - 3pm for our

Community Relaxation Day.

Pearl of Wisdom Campaign, #ShareTheWisdom about the importance of Cervical screening, receive a free pin and take a selfie for our social media page.

Local Apprenticeship Opportunities

The sub-contractors who will be working on the site are looking to recruit individuals to become apprentices under the Dolphin House Community Benefit Clause Initiative.

Anybody interested should contact Cathy Kerrigan - Dublin South City Local Employment Service, 398 South Circular Road, Tel: 01-4540935

Community Employment Scheme

There are places available for the Community Employment Scheme in Dolphin House Community Centre.

Anyone interested in applying please contact the Local Employment Service on 01-4540935 or drop into the centre to speak to Veronica.

Local Adult Education Courses

Classes at Crumlin College, F2 Centre and Dolphin Community Centre

- Six week Basic Conversational Irish courses on Monday's, 11.45am -1.15pm (covers phrases, greetings and some vocabulary) - *Crumlin College*
- 4 week Creative Writing class on from Monday March 20th. 7.30pm - 9.30pm.
- Spelling classes on Friday mornings. - *Crumlin College*
- On-going entry into our reading, writing, computer and maths groups.
- One-to-one tuition available for learners.- *Crumlin College*
- Drop-in on Thursday mornings for help with computers/internet/email/CV's (10am – 12noon the **F2 Centre, Rialto**).
- 'Create Leaflets & Posters' - Desktop Publishing Course - **Dolphin Community Centre**

For more information contact Adult Literacy Co-ordinator at 01 454 7054

Healthy Eating Tips

Healthy Snacks !

- Snacking on fruit and vegetables are always a cheap option.
- Popcorn without butter or sugar is a great snack. Try flavouring it with cinnamon, paprika or curry powder instead.
- Raw peanuts (don't buy roast or salted ones) and raisins are a great snacking combo.
- Try small portions of dried fruit.



MAINTENANCE ISSUES?

Damp and Mould Issues!

There have been a few issues with damp and mould in the complex recently. If anyone has any issues regarding this or any other maintenance issue please call into the Community Centre to talk to Manus, Debbie or Paula or phone 01 4544682.

USEFUL CONTACT DETAILS

Dolphin Health Project, Homework Club, Regeneration Co-ordinator and Community Development Worker, Dolphin House Community Centre; Ph: 01 4544682.

Dolphin Park 086 3144096
Dolphin Crèche: 01 4738079
DCC Estate Manager: 01 2228857
DCC Emergency Maintenance
Mon-Fri 5pm-8pm
Sat– Sun 8am– 5pm
Phone: 01 6796186

We are here to help!



Dolphin Park

Services - Events - Activities

Dolphin Park provides services to residents in Dolphin House and Dolphin Park over 55 years of age.

Meals Service

Two course nutritious meal (main course and dessert) for €2.50, this will increase to €3 on 6th March 2017. Meals are provided on Monday/Tuesday/Wednesday/Thursday and 2 meals on Friday (for Friday and Saturday) . Residents can have meals on all these days or can take meals on individual days according to their requirements.

Laundry Service

Bag of Laundry – Washed & dried is €3.50, this will increase to €4 on 6th March 2017. The service can also dry clothes that have been washed for €3 a bag.

Activities

Weekly Bingo : re-starting soon. We are currently working on new activities for 2017 and welcome ideas and input from residents.

Trips

General outings to scenic locations with transport and meal provided.

Special Events

Easter Trip/Summer Barbeque/Halloween Event/Christmas Party

Outreach

Staff from Dolphin Park, Dolphin Community Centre and Dolphin Community Health Project are in regularly contact with older residents linking them in with local services, providing information and keeping residents informed about local developments and groups.

Please contact the Deputy Manager Celine Graham @ 086-0416830 if you wish to avail of our meals or laundry service or if you are interested in the activities and events.

Parents of Teenagers

- Are you the parent of a teenager?
- Would you like to meet other parents in a safe and supportive space?
- Would you like to know and connect with your teenager?

For more information about the parents programme contact Nichola Mooney in the Rialto Youth Project on 01-4531638.



Holistic Therapies

Available in the Community Centre every Thursday morning from 9.30am -12 noon.

Contact staff in the Community Centre for appointments.

Rent Officer

The new Dublin City Council rent officer (Suzanne Scott) will be holding a weekly clinic in the local estate office (213 Dolphin House) at 9.30am every Wednesday morning to discuss any issues residents have relating to rent, including rent assessment.

An appointment can be made by contacting the City Council at 01-2222713.

We Can Quit

Is now into it's third week of a twelve week course and has had a positive response.

Anyone that would be interested in joining the next programme log onto www.cancer.ie/we-can-quit or call Vera on 0860493410.

HEALTH PROJECT



The Health Project is based in Dolphin House Community Centre. There are lots of classes and courses available.

Drop in Service

Advice re: ESB, Social Welfare and Medical Cards etc.
Every Monday 11.00 am - 1.30pm

Stay & Play Group

The group meets every Wednesday morning 10.30 –11.30 in the Dolphin Community Centre Hall for parents and babies of 0-18 months. For more information contact Susan 01-4544682.

Community Knitting Group

Every Wednesday @ 7.00pm – 9.00pm. Contact Susan at 086 0493410

Community Breakfast

9.30am – 11.30am every Thursday. This is free of charge.

Healthy Food Made Easy

6 Week programme to learn about cooking and nutrition. Call 01-4544682 to register.

Over 55's Social & Activity Club

A range of activities, games and social outings starting soon. Call 01-4544682 for more information.

Walking Group

Coming in February we are starting a walking group in the evenings. Anyone interested please call 01 4544682.

Anyone interested in these classes or services please contact Susan or Vera on 01-4544682 or 086-0493410