



### Community Employment Scheme

There are positions available in the Dolphin House Community Employment Scheme .

If you are interested in applying please contact the Local Employment Service (01-4540935) or call into the centre and talk to Veronica or Marian.

### New Dolphin Park

Fold Ireland and the Dolphin House Community Development Association hosted a sod turning event to mark the commencement of the new development in Dolphin Park. Residents Betty O'Brien and Jim Monaghan officially turned the sod.

The event was attended by the Lord Mayor of Dublin Mícheál MacDonncha and the Minister for Housing Eoghan Murphy TD.

The 43 new apartments will be completed by February 2019.



### Regeneration Update

#### Phase I

The 100 units in Phase I are nearing completion. Dublin City Council expects the units to be handed over by Purcell Construction in July. Residents who moved out to facilitate the regeneration in Phase I, those with a letter of comfort, will get an opportunity to view their new homes shortly. The City Council in consultation with the Dolphin House & Park Joint Regeneration Board have put in place a process for allocating the new units, this will be communicated to returning residents. Dublin City Council will hold a series of information meetings for all tenants moving into the new houses and apartments.

#### Phase II

Dublin City Council architects are currently working on design proposals for Phase II. A consultation process with residents living in the Phase II blocks will take place in the coming weeks once draft plans are finalised.

*For more information about the Regeneration plans contact the Regeneration Worker (Manus Bree) in the Community Centre.*

### Public Health Nurse - Stay & Play group

The Public Health Nurse **baby clinic** will be held on Monday mornings 10.00am - 11.00am (from 21st May) instead of Thursday mornings.

A **new Stay & Play group** is starting on Monday 21st May from 10.30am - 11.30 in Dolphin House Community centre.

This is open to Parents/ Guardians' of babies 0-3 years ....why not come along and get involved in your community and meet other parents!

### Dates To Remember

#### Stay & Play Group

Starting back Monday 21st May

#### Homework Club Bingo

13th June

#### Men's Shed Bingo

24th May at 7.00pm

#### Men's Shed Launch

14th June

### DCC Rent Officer

The Dublin City Council rent officer (Suzanne Scott) has a weekly clinic in the local estate office (213 Dolphin House) at 9.30am Wednesday mornings to discuss any issues residents have relating to rent.

*An appointment can be made by contacting DCC at 01-2222713.*



### Raffle for Dolls House

The Dolls House will be raffled off on the 24th May at the Men's Shed Bingo. Tickets on sale in the Community Centre €2 each or 3 for €5. All proceeds going to the Men's Shed.



24th May @ 7.00pm - Dolphin Community Centre - €5 on the Door

## Dolphin Park

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) is provided on Monday/Tuesday/Wednesday/Thursday and 2 meals on Friday (for Friday and Saturday). Residents can have meals on all of these days or can take meals on individual days according to their requirements.

### Laundry Service

Bag of Laundry (Washed & dried) is €4. The service can also dry clothes that have been washed for €3 a bag.

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

## Mindfulness & Relaxation

The Rialto Community Drug Team have a Mindfulness & Relaxation group which runs every Wednesday morning from 11.00 to 12.30.

It's open to anyone from the community and is simply a space for people to take time out for themselves, relax in a comfortable environment with gentle music and spoken meditation.

## Dublin 8 Men's Shed

The Men's Shed is open Monday - Friday 10am to 1.30pm if you want to call in for a cup of tea and a chat.

**Mondays:** Wood Crafts Class with Adrienne from 11am - 1.00pm in the Men's Shed. Men's Drop-in computers with Gary 2pm-4pm in the F2 Centre.

**Tuesdays:** Bowls with tea & biscuits 1pm to 3pm in St. Catherine's Sports Centre, Marrowbone Lane.

**Wednesdays:** Breakfast; pool & gardening from 10am to 1pm in St. Andrew's Community Centre.

**Thursdays:** Breakfast, Pool & Darts from 9.30am in Dolphin House Community Centre.

**Fridays:** Rowing at 2pm, meet at the Men's Shed in Dolphin House at 1.15pm.

**Call Gary on 087-2730828 for more information**



## **Transition from Dolphin Crèche to 'Big School'**

Dolphin crèche is preparing the older children for the move to 'big school'. For many of our parents this is a confusing time- 'should I send them to 'Big School' or wait...??' There is no definite answer to that question, all children are developing at different levels and at their own pace.

There are things that you can do at home to get them ready for 'big school'. One of the simple skills is for each child to be able to put on their own coat, shoes and be able to pack their own bag for school, this is something that can be practiced at home. Junior infant classes also see the importance of learning through play and the Aistear curriculum you see displayed on our walls will be continued in school.

It is suggested that a child should not start big school until they are at least 4 ½ years of age. Every child is entitled to a Free Pre-school place until the child turns 5 ½ years of age. This is a big step for everyone in the family, however we in Dolphins Crèche would always recommend to leave it as late as possible to start big school, starting too young can be detrimental to a child's confidence and self esteem.

We currently have places available in the crèche.

***Please contact Aileen at 4738079 or call to the crèche between 9.30 - 12noon.***

## HEALTH PROJECT



### SHAPE UP WITH HANNA

Duration: Every Friday  
Time: 10.45am – 11.30am  
Location: Community Centre Hall  
Cost: Free

### Step Aerobics

Duration: Every Tuesday  
Time: 5.45pm – 6.45pm  
Location: Community Centre Hall  
Cost: Free

### Community Knitting Group

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

### Community Breakfast

9.30am – 11.00am every Thursday. This is free of charge.

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



**MEN'S HEALTH WEEK 11<sup>th</sup> - 17<sup>th</sup> June.**

**Men's Health Week 2018 takes place between**

There will be two events in Rialto to celebrate Men's Health Week:

Tuesday June 12<sup>th</sup> 11am - 2pm: Health Check, try out physical and social activities in the F2 Centre with lunch.

Thursday June 14<sup>th</sup> 11am to 2pm: Launch of new D8 Men's Shed, try out different crafts & activities with lunch in Dolphin House Community Centre.

*All men are welcome to these FREE events.*