



**Dublin 8 Men's Shed**

The Men's Shed will be on RTE as part of a programme called 'Making Ireland Click' on October 31st. The Shed will be making items for the Christmas market so please call in if you would like to get involved or call Tommy on 083-8162868.

*It is open Mon - Fri 10.00am- 1.30pm at 227 Dolphin House.*

**Dates To Remember!**

**Afternoon Tea Party for the Seniors Citizens**

26th October

**Crèche Halloween Party**

28th October

**Homework Club Haunted Walk**

28th October

**Kids Fancy Dress Disco**

1st November 3-5pm

*TICKETS ON SALE THURSDAY 20TH OCTOBER*

**Bingo**

8th November

*(All Proceeds going to The Tree of Hope & the Dolphin House Homework Club)*

**Xmas Bumper Bingo (Cash Prizes)**

6th December

**New Dolphin Park Development**

As of the 23rd September Fold Ireland have lodged a planning application for 43 new older persons housing units and a community room/kitchen to be built as a replacement for the current Dolphin Park. It is hoped that construction of the new building will begin in March 2017 and be completed by March 2018.



**Community Centre Roof**

The Dolphin House Community Centre has just had its roof replaced for the 3rd time in 5 years after it was targeted by vandals. The management of the centre would like residents to know that Anti-Climb Paint has been applied to the roof. This is our last resort to prevent the building from being damaged further.

**Community Employment Scheme**

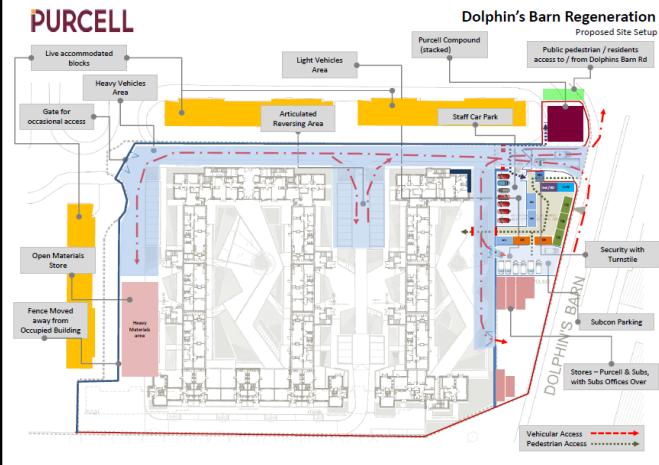
There are places available for the Community Employment Scheme in Dolphin House Community Centre.

*Please contact the Local Employment Service on 01-4540935*

**Dolphin Regeneration UPDATE**

Purcell Construction have been appointed by Dublin City Council to build the 100 new homes in Phase I over the next 18 months. Purcell will commence on the 17th October by erecting a hoarding around the site. This will include a new pedestrian entrance onto Dolphin's Barn close to the Tesco store. If you missed the public meeting with the contractors and you would like more information about the site works and plans for the new flats call into the Community Centre and talk to:

*Debbie Mulhall (Community Worker) or Manus Bree (Regeneration Worker)*



**MAINTENANCE ISSUES?**

**We are here to help!**

If you have any maintenance issues you can report them to Paula in the Community Centre. Drop in 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



### Rialto Wellness Group

The group starts on **Monday 17<sup>th</sup> October 11.00am to 1.00pm** and runs for 8 weeks. The group will focus on:

- stress management
- nutrition
- sleep
- concentration
- coping mechanisms
- time management
- hobbies
- relaxation techniques

The group will support its members to stay well and cope with stressful situations.

*Call 01-4544682 / 086-0493410 or drop in to the Dolphin House Community Centre on Mondays.*

### Dolphin House Homework Club

There will be lots of activities going on. We will have a haunted walk on Friday 28th. Then the first week of November we will have trips, art, music programmes and games.

*Final details have yet to be finalised but all children will get a timetable beforehand.*

### Holistic Therapies

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

*Contact staff in the Community Centre for appointments.*

### Up & Coming Courses

The following courses will be starting in the Community Centre this month.

- **Personal Development**
- **Computers**

*Anyone Interested please contact Veronica at 01- 4544682.*

## 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

### Community Breakfast

9.30am – 11.30am 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*

### Self - Employment Workshop

- Find out about how to set up a business
- Explore if self- employment is a viable option for YOU
- Hear about what it's really like to work for yourself



**Thursday 27th October at 10.00am** in the Dolphin House Community Centre

*To register your interest please contact Tara on 01-4965558 or tara@dscp.ie .*

### Money Advice & Budgeting Service

- Are you worried about repaying bills?*
- Are you worried about repayments on your rent or mortgage?*
- Are you worried about threat of disconnection from electricity or gas?*
- Are you worried about various financial services contacting you for non-payment of loans?*

**Liffey South West MABS** (32 Francis St., Dublin 8) offers free, confidential, non-judgemental advice to individuals and families who may be experiencing some form of financial difficulty.

*If you wish to make an appointment please phone: 0761 07 2350*

### Breast Cancer Awareness Week

From 24th—28th October there will be Breast Cancer Awareness pins for sale in the Dolphin House Community Centre

*On Wednesday 26th October there will be a Community Walk to raise awareness.*

If you have any community news or Information you would like to have included in the next edition of Dolphin News, please drop it in to us at the Community Centre or email us at receptiondhcc@gmail.com