

### Easter events for your diary

Our Easter event will take place on Thursday 24<sup>th</sup> of March in Dolphin House Community Centre, as always this is a ticket only event and there will be a limited amount of tickets available. No child will be permitted without an adult. Tickets go on sale Tuesday 15<sup>th</sup> of March. Tickets cost €3.00 per child. Drop into the community centre to purchase your tickets.

Dolphin Park Senior Citizens is holding an Easter dinner and party on Tuesday 22<sup>nd</sup> of March. This event is for people over the age of 55, if you are interested in attending please contact Celine in Dolphin House Community Centre.

### Dolphin Community & Health Centre

The centre is running successful courses on keeping fit, healthy eating, computers, personal development, knitting, community training and much more. We will be planning more courses and activities for the future and would like to hear from you. Let us know your interests and ideas.

### Bingo in aid of Pieta House

On Tuesday 2<sup>nd</sup> of March we ran a bingo in aid of Pieta House. This night was a huge success, a great crowd on the night. A total of **€840** was raised on the night. All monies raised will go directly to Pieta House. We would like to say a huge thank you to the community for your support on the night and congratulations to all our lucky winners on the night. Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self harm. Should you need to speak someone please call Pieta House, Ballyfermot, Tel. 01-6235606 or [www.pieta.ie](http://www.pieta.ie).

### International Women's Day

The staff in Dolphin House Community Centre celebrated International Women's Day on Tuesday 8<sup>th</sup> March. This day was a great success; ladies enjoyed a lovely lunch, head massages and hand massages. There were also great information stands Crumlin College, MABS, Inchicore College, Local Employment Service, You Can Quit and Homeopathy. There was lots of information on our community run groups i.e. knitting, community breakfast and fitness classes. All our lovely ladies left with a gorgeous Yankee Candle to mark the day. Many thanks to all who attended.

### Community Employment Scheme

There are places available for the Community Employment scheme in Dolphin House Community Centre and Dolphin Crèche. Please contact the Local Employment Centre on 01-4540935. We are currently looking to fill the following positions; Childcare, Kitchen assistant, Administration and Homework Support.

### 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 11am-1.30pm

**Mother & Toddler Group** – every Wednesday 10.30am – 11.30am. The stay & play group meets every Wednesday morning in the Dolphin Community Centre (0-12month olds) or the F2 Centre in Fatima (1-3 year olds). For more information contact Fiona on 01-4734746 or 086-8203505

**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 please contact Susan or Vera on 01-4544682 or 086-0493410

**Step Aerobics** will begin on 15<sup>th</sup> April and continue every Tuesday for 8 weeks. €3 per class.

If you have any Community News or Information you'd like to have included in the next edition of Dolphin News, please drop it in to us at the Community Centre or by e-mail to [info@dolphinnews.tk](mailto:info@dolphinnews.tk)



### Dolphin House Homework Club

There will be 2 weeks of activities which includes Easter art, Easter egg hunt, swimming, trips to the park and much more. Call into Dolphin House Homework Club for more details and get signed up.

### Rialto Wellness Group

“Supporting Health & Wellbeing in the Community”

The Rialto Wellness Group is a safe and confidential space for people to come together to share their experiences and to offer support to one another. This is a gentle and slow process of meeting, sharing experiences, growing together and supporting each other in a simple human way. The group do this through listening, compassion, supporting and encouraging hope in times of stress. Management of stress due to regeneration, family issues, debts and so on.

*If you would like to join this group please contact Vera on 086-0493410 or 01-4544682 or email [dolphinhealthinitiative@hotmail.com](mailto:dolphinhealthinitiative@hotmail.com)*

## REGENERATION UPDATE

### Phase I & Dolphin Park

The Transition Programme to temporarily re-house residents to allow for the redevelopment of the first Phase 1 of the regeneration will be completed shortly. As residents will be aware the demolition of the two canal blocks has been ongoing since December. The works are running five weeks behind schedule and has led to disruption for residents. The contractors are currently completing the final removal of material and the foundations; they expect to be completed by the second week in March.

Dublin City Council officials are close to signing off on the tender documents for the construction of the 100 new units. There have been a number of engineering and design issues that have taken time to resolve; once these have been resolved the works will go to public tender following approval by the Department of the Environment. When this is complete a contractor will be selected to build the new homes. The timeline indicated by the City Council is for workers to be on site over the summer.

Last year the City Council selected FOLD Housing Association to build and manage the new Senior Citizens complex in Dolphin Park. The housing association recently appointed a design team Austin, Reedy & Company to develop a plan for the new housing on the site adjacent to the current Dolphin Park. Following a community consultation process with residents it is expected that the housing association will submit a planning application before July 2016.

### Community Benefit Clause

Following a proposal by the Joint Regeneration Board and support from local councillors, Dublin City Council has developed a “Community Benefit Clause in construction” policy and agreed to implement a community benefit clause for the construction contract for Phase 1 of Dolphin House. This will mean that the contractor will have to deliver employment and training or apprenticeship places for people who are long term unemployed. Currently the Joint Regeneration Board is working with local employment and training services to ensure that these opportunities are maximized for local residents.

*Anybody interested in possible jobs or training on site should contact the Canal Local Employment Service Network in Rialto, Tel 01-4540935 or drop into their office at 398 South Circular Road, Dublin 8. Alternatively you can contact the Intreo Service in their Cork Street office telephone 01-8526700.*

## MAINTENANCE ISSUES?

### We are here to help!

Just a reminder - If you have any maintenance issues – you can report them to Jessica or 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  
Senior Citizens: 086 3144096  
Dolphin Crèche: 01 4738079  
DCC Estate Manager: 01 2228857