



NEWS

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.

New Dolphin Park Update

Fold Ireland have received notification to grant planning from Dublin City Council planners to build a new facility to replace the current older persons housing in Dolphin Park. This will consist of a two and four story building which will include 41 one bedroom apartments and 1 two bedroom apartment as well as a community facility at ground level. The housing association will now be progressing to the tendering stage with the expectation that works on the building will commence in the Spring of 2017. If you have any questions regarding the development please contact the Regeneration Co-ordinator in the community centre.

Regeneration Phase I

Since the 17th October Purcell Construction have been preparing the site for the construction of the 100 new homes in Phase I. This has included the erection of hoarding and fencing to secure the site, the creation of a new traffic entrance and pedestrian on to Dolphin's Barn as well as the relocation of underground services and the stripping of existing blocks.

If residents have any complaints or issues regarding the works they can contact the Dublin City Council Estate Office at 213 Dolphin House or Tel. 01-2228857.

Launch of "Lines from Rialto"

Rialto Youth Project's first collection of creative writing 'Lines from Rialto' was launched by author Frankie Gaffney on the 6th December.

Lydia Lynam and Seán O'Grady were MCs for the night and introduced some of the writers who read their work to a packed room. Nathan Brophy read his short story 'Big School', followed by Dylan Redmond who read a story, 'The Burger Man'. This story was collectively written by Nathan Brophy, Ryan Cooney, Adam

Cox, Luke Hudson, Aaron McNeill, Dylan Redmond, Kelsey Redmond and Shannon Redmond, and Dylan concluded the story with his own ending. Kelsey Redmond shared her thoughts on 'Growing Up in Dolphin' before Shannon Redmond amused the audience with her limericks about 'Gerry' and 'A Woman from Bray'. Seán recited his poem 'Forgive and Regret' and Lydia read her poem dedicated to her Aunty Mary.

'Lines from Rialto' is for sale from the Rialto Youth Project for €5.



Dates To Remember

Crèche Christmas Party
Wednesday 21st December

Homework Club
Wednesday 21st December Grotto

Kids Christmas Disco
Monday 19th December (3-5pm)
Tickets in sale Thurs 15th December

Bingo
Unfortunately due to unforeseen circumstances the Bingo has had to be postponed. We hope to have it early in the New Year.

MAINTENANCE ISSUES?

We are here to help!

Just a reminder - If you have any maintenance issues – you can report them to Paula in the Community Centre. Drop in or phone 014544682.

USEFUL CONTACT DETAILS

Dolphin House Community Centre:
Ph. 01-4544682
(Dolphin Health Project, Dolphin House Homework Club, Regeneration Co-ordinator & Community Development Worker, Community Employment Scheme)

Dolphin Park: Ph. 086-3144096
Dolphin Crèche: Ph. 01-4738079
DCC Estate Manager: Ph. 01-2228857
DCC Emergency Maintenance:
Ph. 01-6796186
(Mon-Fri 5pm-8pm/Sat- Sun 8am- 5pm)

The Dolphin House Community Centre will be closed from the Friday 23rd December to Tuesday 3rd January 2017.



Rialto Wellness Group

This programme covered time management, staying well, setting goals, relaxation techniques, nutrition and finished with a relaxing hand, neck and shoulder massage session on Monday.

We will be starting the programme again in January with a pamper session.

Call or text Vera on 086-0493410 and take some time out for yourself in the New Year.

Dublin 8 Men's Shed

The workshop is open and the men are hard at work getting ready for the F2 Christmas Fair on Saturday 10th of December from 1.00 - 5.00pm.

The Shed is open to all men over 18 and there are a range of activities including creative writing, carpentry, cookery and computers. But mainly it is a warm welcoming place for men to have a chat so call in to 227 Dolphin House for a cup of tea between 10.00am—1.30pm Monday to Friday.

Senior Residents Trips

There have been two day trips to Bray for the senior residents of Dolphin Park and Dolphin House recently. There was a great turnout for each trip and the residents thoroughly enjoyed both trips. We hope to have more days out in 2017!

Paint it Pink

Dolphin Health Project held a coffee morning and walk around Rialto with a group from Fatima to raise awareness of breast cancer and encourage people to exercise to reduce the risk of cancer by between 20% and 80%. €450 was raised for the Irish Cancer Society.

Holistic Therapies

Available in the Community Centre Thursday mornings 9.30am - 12noon.

Contact the community centre for appointments.

Up and Coming Courses in 2017

The following courses are commencing in the Community Centre in the New Year - **Personal Development & Computers.**

Please contact 01-4544682.

Dolphin Knitting Group

Over the last few weeks the group has been knitting hats and scarves for the homeless. Well done to all the ladies involved.

The groups meets Wednesday evenings 7.00-9.00pm in the community centre. If you would like to learn to knit or crochet or are an experienced knitter and would like to get involved contact Susan on 086-0493410.



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, Medical Cards etc. Every Monday 11.00am - 1.30pm.

Stay'n'Play

Every Wednesday 10.30 - 11.30am. The Stay & Play group meets every Wednesday morning in the Dolphin House (0-18months). For more information contact Susan 01-4544682.

Community Breakfast

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

Operation Transformation

The Change for Life programme will kick off on the 7th of January with a sponsored walk and assessments on Thursday 12th of January in the F2 Centre. We will be running circuit training and chair tai chi in Dolphin Community Centre this year so call in to Deirdre in the F2 Centre or Vera in the portacabins to sign up.

We Can Quit

This is a 12 week Quit Smoking programme with free patches or other nicotine replacement and will run in Dolphin Community Centre from the end of January. Seven women quit smoking when it was run in Rialto during the summer and really enjoyed the programme.

To register log on to www.cancer.ie/we-can-quit or call Vera on 086-0493410.