



Community Employment Scheme

The following positions are currently available in the Dolphin House Community Employment Scheme:

Kitchen Assistants, Homework Support, Gardener, Childcare, Outreach Workers.

If you are interested call into the centre and talk to Veronica or Marian.

Dates To Remember

Arts & Craft Course

Friday 16th February 11.00am

International Women's Day

Thursday 8th March

Community Garda Clinic

Thursday 15th March 11.30am

Public Health Nurse

Thursday 8th March 9.30am

Dublin 8 Men's Shed

The Men's Shed has now moved into the **Old Rent Office** in Dolphin House. The members have been busy transforming the building into a workshop and social space with a kitchen and are now open for men to drop in.

Monday to Friday from 10am - 1.30pm. Call in for a cup of tea and a chat or to find out about programmes, trips and activities that the members plan. Call Gary on 0852761462 for more information.



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.

Regeneration Update

Phase I

Dublin City Council expects that the new homes in Phase I will be completed by Purcell Construction in June. They will be writing to residents who moved out and have a 'letter of comfort' in the coming weeks to outline the process of returning.

New Dolphin Park

The construction of the 'New Dolphin Park' senior citizens complex commenced last month. The new housing units are being developed by Fold Ireland and constructed by MDY Construction. The construction phase will take 54 weeks and cover the western end of the football pitch; initial works will involve constructing the new road (5weeks) and then building the accommodation blocks (49 weeks).

MDY Construction will be using the existing road infrastructure in Dolphin House to access the site so there will be extra traffic in and out of the estate as a result.

If you have any queries or issues please contact the local estate office at 2227821.

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 that have been reported to Dublin City Council 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 - 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!

Dublin City Council - Fire Safety upgrade

There will be an upgrade on fire alarms, carbon monoxide alarms and fire blankets. Tenants will receive a letter or phone call from the contractor one week in advance to make appointments. This work will take a couple of hours. It consists of putting alarms in every room. There will be a main alarm in the hall way and then wireless alarms in each room.

There will be a degree of different works carried out in different flats according to need as some people will have refurbished flats, fire blankets etc. already. The contractor surveyed flats before Christmas. Work started in January and will be done in numerical order from block 1-12 and so on.

Public Health Nurse Community Clinic

The HSE Public Health Nurse Clare Cantwell is available **every 2nd Thursday** from 9.30am-11.30am in the Community Centre.

Services include baby/child developmental examinations at 3 months, 7 months, 12 months, 2 years and 3 years. She also deals with any concerns regarding hearing or speech and supports and information on infant and child feeding.

If you would like to contact Clare you can do so by calling her on 086-8225886.

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) 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.

Activities & Trips

Weekly Bingo every Wednesday. General outings to scenic locations with transport and meal are organised throughout the year.

Annual Events

Easter Trip/Summer Barbeque/Halloween Event/Christmas Party.

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.



Park Run has now started in Brickfields Park in Driminagh. This is a weekly free timed run/walk every Saturday at 9.30am.

Register on www.parkrun.ie to join for free.

You can print your barcode in our Community Centre.



Dolphin Crèche's aim is to provide a safe, creative and loving learning environment for your child. We cater for children aged between **18mths and 5 years of age**. Children in our preschool benefit from interacting with children from a similar age group, while our staff team have a high standard of training in the area of childcare to help them gain as much learning as possible while in our care. Your child will also receive a healthy snack and meal during their session and will enjoy a number of outings throughout the year.

Please contact Aileen at 01-4738079 or call into the crèche between 9.30am - 12.00noon.

HEALTH PROJECT



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

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

HEALTHY FOOD MADE EASY

Starting in April
Duration: 6 weeks
Location: Dolphin Community Centre
Cost: Free

Drop-in Service

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

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.

Over 55's Social & Activity Club

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

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

Holistic Therapies

Available in the Community Centre every Thursday morning from 10am -12 noon. Contact staff in the Community Centre for appointments.