



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 or drop into the centre to speak to Veronica.

Dates To Remember

Garda Clinic

Thursday 6th July 11am – 12noon

Health Fair Day

19th July 11.00am - 3.00pm

Men's Health Week

June 12th - 18th

Senior Citizens Summer BBQ

Wednesday 26th July

Dolphin Crèche Graduation Party

Thursday 26th June

Dolphin Health Fair Day

Wednesday 19th July

11.00am to 3.00pm

Dolphin Community Centre

Free massage, health check, lunch, nail art, angel card readings and health information. All Welcome!



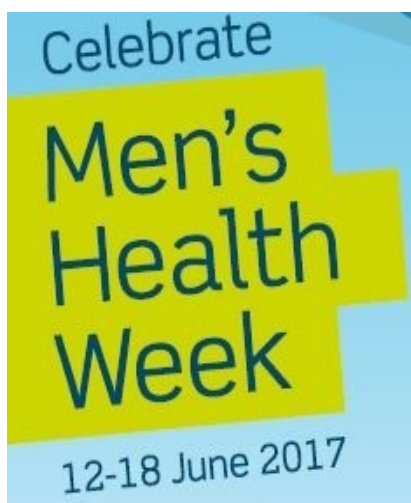
Regeneration Update

New Dolphin Park

In April the tender process commenced to appoint a contractor to build the new senior citizens complex. A preferred bidder has now been selected by Fold Housing Association. They will announce the details of the contractor shortly and works on building the 43 new apartments will commence within the next 6-8 weeks.

Dolphin House Phase I & Phase II

Purcell Construction who are building the 100 new homes in Phase I are on schedule to be completed by May 2018. Dublin City Council architects are currently developing plans for the Phase II of the Dolphin Regeneration Masterplan. Residents living in the long blocks will be consulted on the proposals before they are submitted for approval under the 'Part 8' planning process. It is expected that construction of Phase II will start in early 2019.



Men's Health Week takes place between June 12th and 18th. This year we have a range of free events in Dublin 8 for men to participate in.

Monday 12th (11am - 1pm) - Fishing in Bluebell.

Tuesday 13th - Health Day in the F2 Centre with free massage, lunch, taster sessions and optional outing.

Thursday 15th (11am - 12.30pm) - Singing Tour of Richmond Barracks.



Holistic Therapies

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

Contact staff in the Community Centre for appointments.

MAINTENANCE ISSUES?

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 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 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
Phone: 01 6796186

We are here to help!

Dublin 8 Men's Shed

Dublin 8 Men's Shed are open Monday to Friday from 9.30am to 1.30pm. Drop in to 227 Dolphin House for a cup of tea, for creative writing on Fridays at 11am and meditation on Mondays at 11am or for computer classes, cookery and carpentry throughout the week. Call 085-2761462 for more information.



(Members of the Shed on a recent trip to Co. Clare)

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

Community Knitting Group

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

Community Breakfast

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

Healthy Food Made Easy

6 Week programme to learn about cooking and nutrition. Call 01-4544682 to register.

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.

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 will be re-starting soon. 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 meals or laundry service or if you are interested in the activities and events.

Rent Officer

The Dublin City Council rent officer (Suzanne Scott) will be holding a weekly clinic in the local estate office (213 Dolphin House) at 9.30am every Wednesday morning to discuss any issues residents have relating to rent, including rent assessment.

An appointment can be made by contacting the City Council at 01-2222713.

Returning to Education

Would you like to return to education to improve your reading, writing, spelling or maths skills? Small adult groups or one to one tuition available in Crumlin College or can be arranged in Dolphin Community Centre.

Contact Gwen on 4547054 for more details.

Public Health Nurse Dolphin Clinic

The HSE Public Health Nurse Clare Cantwell attends the Community Centre every **Thursday from 9.30am - 11.30am**. 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 concerning infant and child feeding.

Healthy Eating Tips

- Snack time – fresh fruit and vegetables such as apple slices, carrot stick, baby tomatoes, bananas or bread sticks.
- Drinks – water, semi-skimmed milk or diluted fresh fruit juice.
- Breakfast – lower sugar cereals, fruit or toast.