



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

Health Project Classes

Step Aerobics: Tues 12th September

Circuit Training: Fri 8th September

Healthy Food : Fri 15th September

Hospice Coffee Morning

Thursdays 14th September

10.30am - 12.30pm

Parent & Baby group

Wednesdays 10.30am – 11.30am

Public Health Nurse

Thursdays 9.30am - 11.00am

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.



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.

Please contact 01-2228857 to make appointment.

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.



Dolphin House Homework Club is back open. If you would like your child to have a place with us please call into the club any day from **September 4th - 22nd (2.00 - 6.00pm)** and register them.

Rialto Community Alcohol Education & Support Programme

Every Monday night 5.30pm -7.00pm.

This Programme runs for five weeks and offers a free and confidential service to those who are concerned about their Alcohol use and would like some support in making informed decisions and positive changes.

You can contact Brendan on 01-4540021 to make an appointment for an assessment.

Returning to Education

The CDETB Adult Education Service, Crumlin College are registering for **Reading, Writing, Spelling, Maths and Computer classes**. They are also looking for people interested **Junior Cert and Leaving Cert English** classes. Other classes include: Irish for beginners - Yoga for beginners and improvers - Creative writing - Fitness in the Park for beginners & improvers - Art for all - Tai Chi for beginners & improvers.

If you are interested in any of the courses contact: Gwen or Kim at Tel: 01-4547054

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!

Hospice Coffee Morning

Thursday 14th September

10.30am to 12.30pm

Dolphin Community Centre

All donations going to Harold's Cross Hospice



FREE Training for Jobseekers

The Dublin South City Partnership is running training for jobseekers living in the Dublin 8 area. This includes a **HACCP/Food Hygiene course** (St Agnes Parish Centre, St. Agnes Road, Crumlin) for work in the hospitality sector or in cafe/retailers, shops etc.

Other courses include; Safe Pass - Barista Skills - Manual Handling - Preparation for Work - CV Preparation - Interview Skills - Basic IT Skills.

For more information and to register contact Annette Duffy at 01-4095082

HEALTH PROJECT



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

SHAPE UP WITH HANNA

Starts: Friday 8th September 2017
Time: 10.45am – 11.30am
Location: Community Centre Hall
Cost: Free

Step Aerobics

Starts: Tuesday 12th September
Time: 5.45pm – 6.45pm
Location: Community Centre Hall
Cost: Free

HEALTHY FOOD MADE EASY

Starts: Friday 15th September 2017
Duration: 6 weeks
Time: 11.30am – 2.00pm
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 – 11.30am 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.

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 services or if you are interested in the activities and events.

Stay'n'Play

Parent & Toddler Group

The Stay & Play group meets every Wednesday morning 10.30am – 11.30am in the Community Centre Hall (children 0-18months).

For more information contact Susan 01 4544682.



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. **We currently have places available in the crèche.**

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

Holistic Therapies

Available in the Community Centre every Thursday morning from 9.30am -12 noon. Contact staff in the Community Centre for appointments.