

Your guide to
local events
and services

Autumn '11

Bulletin

Ballymun Whitehall Area



Lord Mayor Helps Celebrate Outfit Graduation



Dublin City's Lord Mayor Helps Celebrate Outfit Graduation

Tús Community Work Placement Programme

The Tús Community Work Placement Programme or Tús for short is up and running. It aims to take people who have been unemployed for over one year and provide them with quality work opportunities in local community organisations.

Participants will be back in the workplace for 19½ hours weekly developing their skills while enhancing their CV with the aim of improving their chances of getting back to full employment. Two Team Leaders, Robbie Callanan and Dymrna Moran, have been appointed to work with and supervise 40 participants who will take up the one year placement positions.

So far 14 community organisations have applied to participate in the programme looking for a total of 45 placements. Community organisations are encouraged to become involved.

For further information contact
Robbie @ 01 891 6117 or Dymrna @ 01 891 6116
in the Ballymun Whitehall Area Partnership.

Positive Ageing Week comes to Ballymun

Ballymun is one of 15 towns in Ireland hosting a series of events as part of Positive Ageing Week 2011 (23rd September to 1st October). The week celebrates the positive aspects of ageing and is an opportunity to highlight the invaluable contribution older people have made and continue to make to their community. The week's events cover; health, arts, sports, information, advice, and ultimately a chance to get out and about, meet new people, try something new and have fun.

Positive Ageing Week within Ballymun, Whitehall and Santry has been organised by a wide variety of community, voluntary and statutory agencies and aims to provide something for everyone! (See pages 6 & 7 for full details). The choir Forever Young will entertain the Lord Mayor and audience of older people and guests at the official opening on September 22nd at 10am – 11am in the Council Chambers, Ballymun Civic Centre.

For further information please contact the Ballymun Whitehall Area Partnership at 842 3612.



Age Action

Larkhill Karate Club

Larkhill karate club is based in Unit 10 Lilmar Industrial Estate in Santry where children taught through fun and games.

For more information checkout our website www.larkhillkarate.ie or like us on Facebook. Tel: Brian Carroll 085 1399170.

Registration day for St Kevin's FC

Registration day for St Kevin's Boys Club (Larkhill Road) mini coaching leagues is Saturday September 10th at 3pm. The mini leagues are open to all players born between 2007 & 2004. Mini Leagues continue every Saturday from September – May. Registration costs €20 and €5 per week subscriptions thereafter.

For more information contact Sharon Mitchell, St. Kevin's Boys FC Tel: 01 837 4411 or email: sharonmitchell@skbfc.com

Baby on the way?

Ballymun Antenatal Support will help you to prepare for your baby's arrival and first months. The group is open to all parents in Ballymun – new parents, experienced parents and birth partners are welcome. Next group is starting 14th September 2011.

What previous participants have said

"I thought that antenatal classes were about lying on the floor and breathing. I was so relieved to find out that it is not like that at all. I enjoyed meeting people in a similar position and learning about all the supports in Ballymun. Found it really helpful." (young mother).

"It brought everything to the front of my mind about the new arrival." (Dad)

"Good refresher information and new information since my previous children." (mother of 2)

Ring or text Hazel, youngballymun on 087 204 2715 for more info or to book a place.

Green Living Programme

The Green Living programme helps households to reduce their impact on the environment and to save money. During the course participants can monitor how much rubbish their household generates and their domestic use of energy. This shows how small changes can make a big difference to living more sustainably as well as reducing their domestic bills.

A Green Living Programme will commence in late September in Poppintree Community Centre. Anyone interested in attending can book a place by contacting Orla or Kathleen, Global Action Plan (G.A.P.) on 862 5846.

European Mobility Week 2011

European Mobility Week 2011 will take place this year from 16th – 23rd September. As part of this international event a number of events will be held in Ballymun including:

- » GAP will be hosting an event in the Plaza on Wednesday 21st September from 12pm – 2pm to raise awareness of transport issues. We will be demonstrating the energy bike and stepper as well as a Sustainable Transport giant floor game.
- » Pump it Up — The GAP Environmental Youth Network participants, using foot pumps, will pump the tyres of cars to their optimum pressure to reduce CO2 emissions and save on fuel costs. Wednesday September 21st.

For more information on any of these events please contact Global Action Plan, 13 Balbutcher Lane, Ballymun, Dublin 11 – Tel: 01 862 5846 or email info@globalactionplan

Low-cost Psychological and Therapy Service

LIR Psychological Services Ltd is a new low-cost therapeutic service, and is now open on the Ballymun Road (opposite the library). We have a team of quality therapists available to assist with many areas of difficulty in a safe non judgemental manor including:

Counselling & Psychotherapy for anxiety; depression/suicidal thoughts; grief, loss & separation; phobias/panic Attacks; anger management; post traumatic stress disorder and obsessive compulsive disorder.

We also offer acupuncture for stress points and detox, meditation and couple and family mediation services and family support groups for families affected by addiction. This service of fully confidential and welcomes all enquires.

For further details or to make an appointment please call: 01 842 5964/087 281 7874 or contact info@lirtherapy.ie www.lirtherapy.ie

Concerned about a family member or partner who is using drugs or alcohol?

Are you coping alone?

Do you need support?

Do you need information?

Come along and learn about the Ballymun Family Support Service which is available to anyone who is concerned by another person's drug or alcohol use.

When: 7pm on Wednesday 14th September 2011

Where: Axis Centre Everyone is welcome.

Hosted by the STAR Project, in conjunction with Ballymun Local Drugs Task Force and the Family Support Network. For more information, contact Clare Horan on 01 883 2142.

Family Law Advice & Information Service

Ballymun Community Law Centre has decided to set up a Family Law Advice and Information Service for a trial period of six months commencing July 2011. The service is free for Ballymun residents who have not yet engaged the services of a solicitor. The service will run weekly and those seeking advice or information will be given a 30 minute "one-to-one" appointment with a solicitor.

People can use the appointment to state their situation/concerns and will receive advice and information about family law in general and how it might apply to their particular case.

All the matters discussed will be confidential.

Contact BCLC by calling to our offices at 165—166 Balbutcher Lane, Ballymun, Dublin 11 or by phoning 01 862 5805.

New website for Local Drugs Task Force

Ballymun Local Drugs Task Force is delighted to announce its new website. On the site you will find local news, information about the Strengthening Families Programme, the Ballymun Community Alcohol Strategy and contact details for local and national support services.

www.ballymunlocaldrugtaskforce.ie

Check it out!

Mediation Service in Ballymun

Are you having a problem —

- » With a neighbour?
- » With your employer?
- » With a family member?
- » With another person or group?

Mediation can help. In mediation, people come together to discuss and attempt to resolve their differences with a neutral mediator.

The service is confidential, based on respect, professional and faster and cheaper than going to court.

If you would like to know more please contact Mediation Ballymun at the BCLC office, 165-166 Balbutcher Lane, Ballymun, Dublin 11. Tel: 01 862 5805 Email info@mediationballymun.ie

Support for Young People and Families

Claidhe Mór offers support to children, young people and families who may be experiencing difficulties in their lives. We provide support with family relationship difficulties, parental separation, bereavement, parenting, behavioural difficulties, bullying, and many other issues affecting family life. We have a drop in service at the youth centre in the RECO (Ballymun Regional Youth Resource) where you can meet a staff member, find out more about the service and get a referral form. There is no charge!

We are funded by the HSE and managed by the Daughters of Charity Child and Family Service.

For more information contact Catherine McGowan, Programme Coordinator, Jigsaw youngballymun 01 866 7622.

Jigsaw in the Reco

An initiative of Jigsaw youngballymun that brings mental health supports to young people in youth friendly surroundings. **WHAT?** Teen Between offers free counselling to young people in Ballymun 12-24 yrs who are experiencing problems at home. They work with young people who are having problems with their family or a partner, experiencing family breakdown or moving in with a second family. **HOW?** Young people, family members or professionals can make a referral to Teen Between. Simply contact Francesca McGuinn, Teen Between Coordinator on 086 825 4243. **WHERE?** The Reco, Sillogue Road, Ballymun. **COST?** No charge!

Community Health Talks

The Community Health & Partnership holds its information talks at 10.30am on the 1st Tuesday of each month in Marewood Court Hall, Sillogue Road, Ballymun.

For more information contact Liz Staunton in Solas Development Centre on 087 745 4432 or Email ballymunsolas22@gmail.com

Ballymun Drop in well

The Drop in Well FRC is now situated in our new premises in the Coultry Neighbourhood Centre, 22 Santry Way, Ballymun Dublin 9. The main activities of the centre are offering a range of services such as: Counselling, Referrals to statutory and other agencies, One to one support. We also have a range of classes starting in September:

Skills for Living	Monday	9.30 – 11.30
Art in the Community	Monday	2.00 – 4.00
English for Speakers of Other Languages	Tuesday	11.30 – 12.30
Flowers and Floristry	Friday	10.30 – 12.30

We facilitate the Ballymun Men's Group on Mondays at 12.00. The Men's Group will be hosting a series of short courses; for details contact Seamus at Drop in Well or call 8420143. Local groups also hold activities in the Drop in Well such as Coultry Crafts Group (Marie Larkin) on Wednesday 10.00 to 1.00.

Our opening hours are from 9am to 5pm Monday to Friday.

Active Citizenship and Volunteering

Volunteer Outreach Service in Ballymun

A drop-in service supported by Ballymun Whitehall Area Partnership and delivered by the Dublin City North Volunteer Centre is now based in the Partnership offices in the Ballymun Shopping Centre. This service aims to promote and support volunteering in Ballymun, Whitehall and Santry.

An outreach worker is available from 2pm – 5pm the 3rd Monday of every month.

For more information contact Manus at 8423612 or Kasia (Volunteering Ireland) on 01 872 2622.

National Day of Volunteering

The National Day of Volunteering is that one day of the year when we encourage everyone in Ireland to give volunteering a go. Together we can build stronger neighbourhoods, stronger communities and a stronger Ireland! This year, the National Day of Volunteering will take place on Friday, 30th of September, 2011.

Opportunities include: Participating in an already planned event, creating your own volunteering project, participating in our flagship Knit-A-Thon Project, committing a random act of volunteering, and thanking a volunteer. So go ahead, grab some friends and give Ireland a helping hand in creating the best National Day of Volunteering!

Details of specific projects on <http://volunteer.ie/-National-day-of-Volunteering.html> or ring Dublin City North Volunteer Centre on 872 2622

Youth Programme events

The GAP Environmental Youth Network returns on Wednesday 14th September from 5-6pm in the RECO every Wednesday for the Autumn/Winter term. It is free to attend and is open to teenagers living in Ballymun. Activities include recycled art, planting, trips, and taking environmental action in Ballymun.

Please contact Deirdre on 01 862 5846 or deirdre@globalactionplan.ie to join.

Safer Ballymun Meeting

The next Safer Ballymun meeting will be held on Monday 12th September at 7.00 PM in the Council Chambers, 1st Floor, Ballymun Civic Centre. Everyone living and working in Ballymun is welcome to attend.

For further information contact Elise Finnigan, Coordinator of Safer Ballymun Tel: 01 222 7870

Ballymun Gospel Choir

The Ballymun Gospel Choir are getting ready to welcome in some new blood! If you're a sing-in-the-shower type of guy or girl, or you're one of those people you meet at traffic lights belting out whatever's on the radio at the time, or you just sing for the pure joy of singing, then you should consider joining us at the Ballymun Gospel Choir. Contact details below for information on auditions and masses.

More information contact Cathy on 085 112 7306 or send an email to ballymungc@gmail.com. You can also check us out and hear us sing on Facebook.

Global Action Plan Garden Programme

- » **Woodhazel Close Community Planting Day**, October 2011
- » **Joseph Plunkett Tower Communal Garden**, October 2011
- » **Muck & Magic Community Garden**, Coultry Gardens, Meet every Monday at 11am to continue growing and maintaining food crops.
- » **Ballymun Garden Club**, Meet the first Wednesday of each month, a workshop on garden topic followed by a meeting. The next meeting is on September 7th at 6.30pm in the Coultry Neighbourhood Center. New members warmly welcomed.
- » **Winter container planting workshops**
Global Action Plan with the Women's Resource Center will be hosting two container planting workshops on Tuesday 29th November in Poppintree Community Center (time TBC) and on Wednesday 30th November in the Axis Center (time TBC). Enquiries to 01 842 1731.

Intercultural Group seeking new members

The Ballymun Intercultural Group (BIG) is a network of community groups and individuals living and working in Ballymun which aims to raise awareness of intercultural issues locally and to promote the integration of the new communities in Ballymun.

The group is always open to new members and individuals.

For information or support contact BIG and leave a message for Manus at 842 3612 or email BIG@Ballymun.org or visit our Facebook page.

Local business owners welcome the establishment of Ballymun4Business, a local business network.

Ballymun4Business is a network which was set up by local businesses to support and promote the development of new and existing businesses in the area. The main purpose of the Ballymun4Business is to assist, promote and provide support services to local business owners through network meetings. Another aim is to promote special offers and promotional services to the local community, through the Ballymun4Business website. The Ballymun 4Business website is an online directory where customers will be able to search for goods and services in the local area. Each month the website will have a 'featured business' where all aspects of a business will be advertised on the main homepage. The website will also help businesses advertise their own promotional offers online. *If you are interested in the Ballymun4Business website as a means to promote your business please contact the Enterprise Development Executive in the Partnership Tel: 842 3612.*

The Fingal Centre

The Fingal Centre provides employment services and family support in Finglas and the surrounding areas.

Opening hours:

Monday & Tuesday: 9:00am – 5:00pm
Wednesday: 9:00am – 1:00pm
2:00pm – 5:00pm
Thursday: 9:00am – 5:00pm
Friday: 9:00am – 4:00pm

*For further information about The Fingal Centre, please see our website at www.thefingalcentre.ie
The Fingal Centre, 5 Cardiffsbridge Road, Finglas, Dublin 11. Phone: 01 884 5228. Fax: 01 884 5226. Email: info@thefingalcentre.ie*

Positive Ageing Week Steering Committee

Older Person's Network

The Network which is supported by the Community Development Section of Ballymun Whitehall Area Partnership includes members from a number of local community and voluntary organisations, statutory agencies as well as local residents. Its key objectives are:

- » To provide a forum for identifying and addressing issues effecting older persons in a co-ordinated way. To disseminate information to groups and organisations engaged with older persons and to individual older residents of the community
- » To educate groups, individuals and organisations not directly engaged with older persons about their aspirations, needs and views.
- » To support the efforts of older persons to make their views known to decision and policy makers and service providers.

Contact: Ballymun Whitehall Area Partnership 01 842 3612

Dublin City Council

Dublin City Council provides a visitation service to older adults living in sheltered housing throughout the city including seven complexes in the Ballymun / Whitehall district. The service is managed by the community development team who also support a wide range of activities open to all older adults living in the area including sport, art, education, health promotion and social activities. Contact the Community Development Team at 01 222 5720

Active Living Ballymun

Active Living Ballymun which is now in its tenth year organizes activities in the Ballymun area which give older people an opportunity to participate in physical activity while providing a social outlet for older people enabling them to formulate new relationships. Contact: Ellen Reddin 087-9914876

Larkhill Active Retirement Assoc.

The LARAs organise a series of activities for older people living in the Larkhill area including an annual Christmas celebration and summer events.

They meet in the Larkhill Scouts Hall three days a week. Call Bernie Carberry 087 752 7271

St. Pappins Bowling Club

The Bowling club play twice a week on Monday and Thursday from 2pm to 4pm in the Poppintree Centre

Santry Active Retirement

The Active Retirement Association organises a number of social activities for older people living in the Santry area, including indoor bowls. They meet every Wednesday from 3-5pm and every Friday from 10-11am. Contact: Liam Keegan 01 842 0892

Solas Development Centre

The centre provides training courses which people can access at their own pace including arts & crafts, interior design, basic computers and personal development. The centre operates a drop-in service for local women and runs regular outings and educational excursions for women in the area. Contact: Liz Staunton 087 745 4432

Ballymun U3A

U3A offers informal group discussion and talks on varied subjects including current affairs, radio, TV, books, poetry, writers. It organises visits to art galleries, museums, historic sites, in addition to rail and bus trips. It meets in the Ballymun Library every second Monday from 2-4pm. Contact: Ruth Meehan 01 857 1673

The Drop in Well Family Resource Centre

The main activities of the Centre include a range of services such as; counselling, referral to statutory agencies, one to one support, training and education courses. The centre also acts as a 'Drop IN Facility' for people to drop in for information and find out what's happening in their community. Contact Valerie O'Carroll 01 842 0143

St. Pappin's Ladies Club

The Club was formed in 1966; its members are among the first women who moved to Ballymun. They co-opted their name from the local parish where they first met and over the past three decades the Club has met regularly on Monday nights.

Positive Ageing Week

Positive Ageing Week 2011 – Events Calendar



Date	Event	Venue
Thursday 22nd September	Official opening of Positive Ageing Week	Ballymun Civic Offices, 1 st floor, Council Chambers
	Ballymun Active Living AGM	Ballymun Civic Offices, 1 st floor, Council Chambers
	Larkhill Social Evening	Larkhill Scouts Hall
Friday 23rd September	'Big Knit' Coffee Morning	Marewood Court Hall, Sillogue Road
Saturday 24th September	Heritage Trip to the Japanese Gardens and Russborough House in Co. Kildare	Bus departing Ballymun Shopping Centre car park
Monday 26th September	Intergenerational Play Day	Marewood Court Hall, Sillogue Road
	St. Pappins Bowling Club Open Day	Poppintree Community Centre
	The Pictures Film Club - 'Mama Mia'	Axis Arts Centre
Tuesday 27th September	Talk – 'Ageing Positively'	Ballymun Civic Centre – Council Chambers, First Floor
	Pampering and Health Day	Ballymun Civic Centre
Wednesday 28th September	Older Persons Sports Day Ballroom of Romance	Ballyfermot Sports Centre Setanta Hurling & Camogie Club, Ballymun Road
Thursday 29th September	World Heart Day Event	Ballymun Whitehall Area Partnership Offices, Ballymun Shopping Centre
	St. Pappins Bowling Club Open Day	Poppintree Community Centre
	'A trip down memory lane'	The Drop in Well Family Resource Centre, Coultry Neighbourhood Centre
Friday 30th September	Glasnevin Cemetery and Museum Visit	Mini bus transport available from Santry and Larkhill
	Photography Restoration Workshop	Ballymun Men's Centre, Shangan Neighbourhood Centre
	Positive Ageing Week Super Dance	Civic Centre

If you require further information about the above events please contact the Community Development Section of the Ballymun Whitehall Area Partnership at 01 842 3612.



Time	Details
10am – 11am	Join us to celebrate the officially opening
11am	Ballymun Active Living has been running for over 10 years and we now, more than ever need new members to come forward and join this dynamic group.
8pm	Social Evening with music and food organised by the Larkhill Active Retirement Association
11am – 12.30pm	Knit-in where we'll be knitting little woolly hats for the Age Action /Innocent Big Knit fundraising campaign. We are looking for people to bring your favourite music to share!
9.30am – 5.30pm	Limited places so booking is essential. Please contact the Ballymun Whitehall Area Partnership Tel: 01 842 3612.
12.00noon – 2pm	Bring out your inner child. Travel back in time and remember the games you use to play as a child.
2.00pm – 4.00pm	Come join the indoor bowls club, watch, take part or just socialize. Everyone Welcome!
2.30pm	Film Screening admission is free. Booking through the Axis Centre Tel: 01 883 2100.
10.00am – 11.00am	Talk by Mary Kirwan of DCU School of Nursing on ageing positively. How to look after yourself and stay healthy in old age.
11.00am – 1.30pm	Massage, reiki, angel cards, make-up, nail painting, free health checks and lots more!!! A number of organisations will be present to give information about a range of services for older people.
10.00am	Limited places so booking is essential. Please contact the Ballymun Whitehall Area Partnership Tel: 01 842 3612.
8.00pm	Glór na nGael organise their variety night which includes dancing and refreshments. Free taxis will be provided for older people living in Ballymun, Whitehall and Santry. Contact Fergus at 01 842 3802.
10.30am – 12noon	Information on how to keep your 'Heart Happy and Healthy' organised by the Community Health & Pharmacy Partnership. Free health checks available to the over 55s with the help of Edward McManus Pharmacy.
2.00pm – 4.00pm	As above
2.00pm – 4.00pm	A nostalgia event organised by The Drop in Well and Active Living Ballymun.
11.00am – 12.30pm	Walking tour of this unique burial place and visit the final resting-place of the men and women who have helped shape Ireland's past. Limited Transport available. Booking essential Tel: 01 842 3612
2.30pm – 4.30pm	Limited places so booking is essential. Please contact the Ballymun Whitehall Area Partnership Tel: 01 842 3612.
8pm	Dublin City Council is proud to host this special evening to celebrate positive ageing in Ballymun. We will have a lively evening of music and dance. Tickets will be available from Dublin City Council Tel: 01 222 5715 and Ballymun Whitehall Area Partnership 01 842 3612.

Partners and Positive Ageing Week Steering Committee

Larkhill Active Retirement Association
Community Garda
Parishes of Ballymun
St. Pappin's Bowling Club
Edward McManus Pharmacy

HSE Primary Care Network Services
Whitehall Active Retirement Association
U3A Ballymun
St. Pappin's Ladies Club
Santry Active Retirement Association

Ballymun Women's Resource Centre

The BWRC Citizens Information Service provides a confidential service with information available on a wide range of rights and entitlements including Housing, Social Welfare Payments, Health and much more. This is a walk in service and is available from 9.30 – 4pm Monday to Friday.

The BWRC Youth Service delivers a number of programmes for young women Between the ages of 12 to 23 years. Programmes include:

- » The Young Mothers Parenting Programme
- » The Young Mothers Computer Programme
- » The Teen Music Programme.
- » Teen Development Programme
- » The Pre-Teen Development Programme
- » The Young Women's Leadership Programme
- » The Young Women's Maths Support Programme

Volunteer Trainers and Youth Leaders are welcome. Contact Mandy, Michelle, Natasha or Paula at 01 842 1731.

The BWRC Education Service runs programmes at 3 levels:

- » 3 General learning Programme
- » Level 4 IT Programme,
- » Level 5 Computer Programs and Customer Service Programme

Volunteer Trainers and learners are welcome to apply, Contact Caroline or Mandy at 01 842 1731

The BWRC 'Aunt Sally's Childcare Service' is a purpose build childcare facility with a Baby Room a Toddler Room and a Pre-school Room. This facility has the capacity to facilitate up to 52 children with fully trained staff with capacity for Highscope Curriculum implementation and implementation of Siolte Quality

Standards within service provision.

Houskeeping, Cooking and Childcare Assistant Volunteer Inquiries can be made to Sarah Dowdall at sdowdall@bwrc.infor or at 01 852 7633.

Family Law Course

This introduction to family law course will be of interest to all those in Ballymun involved in the family law area, working with people who are encountering family law problems or for those with an interest in the subject. The course will provide an opportunity for participants to look in detail at the law and its effects and if there are reforms that might be worth pursuing.

The course will take place from 5th September 2011 to 12th December 2011 on Monday mornings from 10.30am to 1.00pm in Ballymun Community Law Centre. The fee for the course is Euro 200.

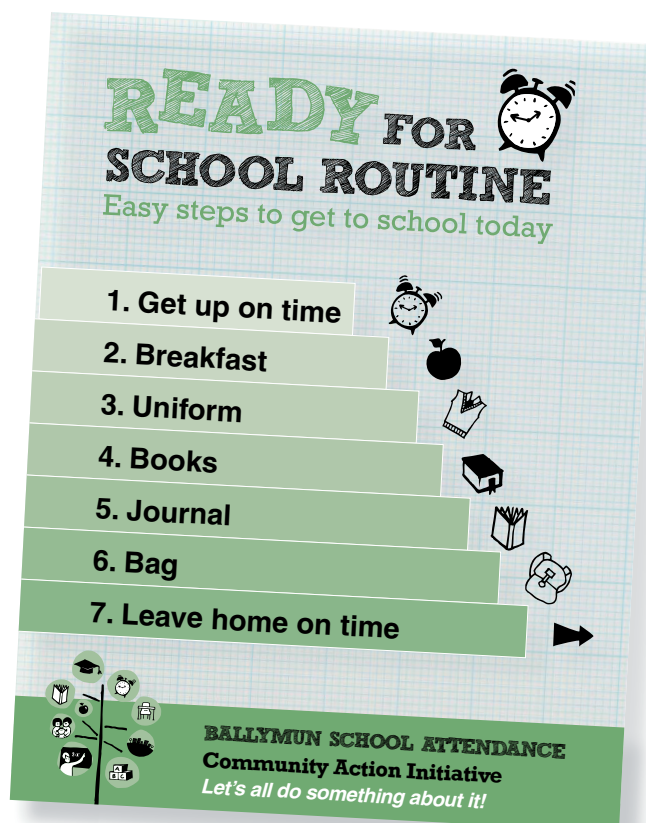
If you have any queries about the course please phone Christina at the Law Centre tel. 01 862 5805.

Pre College Courses starting in September 2011

Are you interested in going to college but feel that you would benefit from a refresher course before you start? Our Pre-College course, under the Back to Education Initiative (BTEI), is designed for you. The Pre-College course runs for three mornings a week over 30 weeks.

It will prepare you for entry to college in 2012. Guidance support will be an integral part of the course and will help participants make appropriate progression route choices. The course will cover such topics as learning styles, research, study and writing skills.

The course will start in September in the City of Dublin VEC Adult Education Service, Ballymun Road, Ballymun, Dublin 11. Further details available from Tina Dowling or Michelle Morrissey (01) 862 3828.



Iar scoil (After-School) Glór na nGael

Glór na nGael after school has a limited amount of places available for the coming term. Our club is bi-lingual Irish and English. Our weekly rate is €35.00 per child and a discounted rate of €60.00 for two children. Each child receives a healthy lunch. All written homework is supervised and we offer a full range of activities such as Baking, Arts & Crafts and Sport etc.

If you wish for child to join the club you can contact Glór na nGael at 01 842 3802 or pobalgael@yahoo.ie.

Returning to further education?

DCU in the Community is a bridge to higher education for the local community. Our aim is to make higher education a reality for people who have not had the opportunity.

- » Bridge to Education — Are you considering returning to further education? This foundation course helps you build good academic skills. Topics include communications, learning styles, maths, computers, the internet, essay writing, and more. Starting 28th September, Wed-Fri, mornings.
- » Maths Programme — Personal finance, maths grinds, and maths for parents courses.
- » Guidance and Support — Information on accessing higher education, career guidance, mentoring, student finance, CAO and grant help.
- » All classes take place at DCU in the Community, Shangan Road. Call (01)700 8800 or visit the centre to talk to us.

Youthreach Travel to Rome



Ballymun Youthreach recently enjoyed a four day trip to coincide with their FETAC level 4. The nine students and three teachers took in the sights of Rome including the Colosseum, the Forum, Palatine Hill as well as tour of the Vatican.

The students raised nearly all the money for the trip themselves through a fundraising dinner and a busy bag packing weekend declared the trip a great success and their only wish was that it was a longer one. The students would like to thank everyone who attended their fundraising dinner in May in the centre for their kind support.

VOLUNTEERING 2011 PUBLIC TALK

As part of the European Year of Volunteering 2011, we would like to invite you to a public talk about volunteering. You will be able to find out about different types of voluntary activities, the best ways to get involved and the reasons why volunteering is great!

All are Welcome!

**Ballymun Library
Wednesday
28 September
at 7.00pm**

For more information please contact
Dublin City North Volunteer Centre
Ph No: 01 8722622
Email: placement@volunteeringireland.ie
www.volunteeringireland.ie

EUROPEAN YEAR OF VOLUNTEERING 2011

Nigerian Film Festival — Nollywood

The Dublin Nollywood Film Festival is an initiative of Nollywood Ireland and the Nigeria Association Network Ireland. It is an intercultural feature film event over two days during September in the Dublin SCREEN Cinema (www.screencinema.ie) and the Red Cow Moran Hotel (www.redcowhotel.com) that promotes interaction, friendship and appreciation between the diverse cultures present in Ireland.

Two Films will be screened over two days: The Impostor @ 4.30pm and The Mirror Boy@ 6.50pm at Screen Cinema Townsend Street, by D'Olier/ Pearse Street, D2; on Thursday 22nd Sep. Tickets €10 per screening. Tickets are available from Ticketmaster.ie and outlets on website www.nollywoodireland.com.

Training in Drug Misuse

URRÚS provides training in relation to drug misuse. Most of our work is with adults, parents and professionals working in the area or with those who through their work encounter addiction issues.

Autumn training:

- » Community Addiction Studies Course© Twenty-week course for anyone living or working in the community wishing to be more effective when it comes to drug/ alcohol issues. One-module at FETAC Level 5. Starting September 28th.
- » Introduction to Addiction Studies – 20th & 27th September.
- » Homelessness and Drugs – 28th September.
- » Injecting Drug Use Harm Reduction Strategies – 13th October.

- » Alcohol Use and Family Issues – 3rd November.
- » Advanced Introduction to Addiction Studies – 30th November.
*For more information contact: Gabrielle, Horizons Centre, Balcurris Road. Tel: 01 846 7980
Email: urru@byap.ie
Web www.byap.ie*

BCLC Legal Education Programme 2011—2012

Ballymun Community Law Centre's new legal education programme commences this September 2011 and courses are planned in:

- » Family Law
- » Advanced Family Law
- » Employment Law
- » Housing Law and Policy
- » Human Rights and Social Change
- » Mental Health Law in Ireland

For further information please contact Christina Beresford Course Coordinator, Ballymun Community Law Centre, 165-166 Balbutcher Lane Ballymun Dublin 11. Tel. 01 862 5805.

Ballymun Adult Read and Write Scheme

Return to education or brush up on your skills in one to one help, or small groups.

New Courses; starting in September.

- » Basic Maths; Monday evening or Monday morning.
- » Basic English: Evenings or mornings.
- » Junior Cert English or History: Tuesday evenings.
- » Food and Nutrition: non accredited Wednesday morning.

- » Communications FETAC levels 3 and 4: Mornings or evenings.
- » Know your Mobile: Tuesday morning.
- » Computer for home use course: Over 55 age group especially welcome. Morning, afternoon or evening.
- » Spellwell: Tuesday evening.
- » Introduction to Poetry: Tuesday evening.
- » Family Literacy: – Story sacks brings reading to young children alive. Tuesday morning with crèche on site.
- » Child Development & Play FETAC level; accreditation option. Wednesday morning with crèche on site.
- » English for Speakers of Other languages. Basic level only: Monday or Tuesday evenings.
- » We also train volunteers to work one to one with basic literacy students.

FREE: Open to all over 16 years of age. Enrolment is open all year.

Call Mary Love 8622402. She can give you more details or check out our website.

www.ballymunreadandwrite.ie

Solas has moved

Solas Development Centre has moved to a new premise in the portacain at the rear of the Reco on Sillogue Road. Courses taking place this Autumn include: Yoga, Crochet Class, Interior Design and Arts & Crafts. To register for a class contact Liz on 087-7454432 or Email ballymunsolas22@gmail.com. These courses are funded by the CDVEC and Dublin City Council.

Trinity's Transition Year Law Club



Ballymun Community Law Centre is delighted to welcome Trinity Comprehensive back to a new academic year. We are very excited to be involved in this year's Law Club with Trinity's transition year group, particularly after the success of last year's Law Club. Last May the Law Club hosted the visit of the retired president of the High Court the Honourable Mr. Justice Johnson who presided over a mock organised by the students. He commented on the diligence of the transition year students and their commitment to teasing out the necessary provisions of our legal system and wrestling with the 1937 Constitution.

The law Club met with all the criteria for the national mock trial something that the Law Service commented on in their magazine. We have included here an extract from the court report by Nathan Ryan and Jack Traynor who were the court reporters on the day of the mock trial. "Garda Brown who sat at the scene was in court today to testify. Garda Brown says there was no forced entry to the house when she found the body of Jack Huntington lying on the ground in a pool of blood, the safe in the wall was open and there was nothing but a book inside the safe." In addition to the mock trial another very important part of the Law Club is the opportunity for T/Y students to participate in mock experience in a solicitors firm.

The law Club met with all the criteria for the national mock trial. This year eight students availed of this facility and here is what one student Shauna Kavanagh had to say about her time with Partners at Law In Dun Laoghaire "I really liked working in a solicitors office because I learned a lot of things about being a solicitor and the legal system that I didn't know before, for example I learned that the Criminal Courts of Justice are called C.C.J. for short. I spent a lot of time in the C.C.J. with Karen, and on another occasion I also accompanied two other solicitors who work in the same office to the C.C.J. I had a fantastic experience experiencing life as a solicitor and I would recommend it to everyone."

Book Exchange

Upcoming monthly Book Exchange dates are: 6th October, 3rd November and 1st December from 9.30am to 1.30pm at Ballymun Civic Centre or daily 9am – 5pm outside Ballymun Whitehall Area Partnership in Ballymun Shopping Centre.

For further information or to donate books that are in good condition contact the Education section of Ballymun Whitehall Area Partnership on 01 8423612 or info@ballymun.org.



Ballymun Whitehall Education Fair

"The Beautiful thing about learning is that no one can take it away from you"

BB King

The annual Ballymun Whitehall Education Fair was held on Thursday the 8th September in Ballymun Civic Centre. This community based event organised by Ballymun Whitehall Area Partnership attracted almost 300 people in to find out about education and training opportunities being offered by thirty eight local education providers and services. There were over 250 courses with 3,000 places available at the Education Fair!

If you missed this event but would like to find out about what opportunities are out there for you get in touch with the education section of Ballymun Whitehall Area Partnership on 01 8423612 or check out www.ballymuncourses.org

Changes to the Household Benefits Package — Ballymun Welfare Rights

From September 2011 there will be some changes to the Household Benefits Package.

Electricity Allowance

The Electricity Allowance covers normal standing charges and up to 2,400 units of electricity each year. Since October 2010, the Electricity Allowance also covers the Public Service Obligation (PSO) levy and VAT on the levy. **From September 2011** the annual value of the Electricity Allowance will be reduced from 2,400 units to 1,800 units (300 units in each two monthly billing period).

Natural Gas Allowance

You get €52 deducted from your gas bill every 2 months for the summer months. For gas used during the winter months, you get €111 deducted from your gas bill every 2 months. The summer months are from June to November. The winter months are from December to May. If you don't use your full allowance you can carry up to €150 to your next bill. **From September 2011** you will get €42 deducted from your bill every 2 months for the summer months. For gas used during the winter months you get €89 deducted from your bill every 2 months (€393 annually).

Bottled Gas Refill Allowance

From September 2011 the Bottled Gas Refill Allowance will be €32.70 each month (€311 annually). The Bottled Gas Refill Allowance is only available to people who do not have an electricity or natural gas supply.

Telephone Allowance

The Telephone Allowance is a payment towards your mobile phone or landline phone bill. You can get only one Telephone Allowance per household which can be used for either a mobile phone or landline but not both. The allowance is: €21.41 plus VAT of 21 % each month (€311 annually). **From September 2011** the allowance will be €18.36 plus VAT of 21 % each month.

Changes to the qualifying age for State pensions

The Social Welfare and Pensions Act 2011 made a number of changes to the qualifying age for State pensions. The qualifying age will rise to 66 in 2014, 67 in 2021 and 68 in 2028. So:

- » If you were born on or after 1 January 1948 the minimum qualifying State pension age will be 66
- » If you were born on or after 1 January 1955 the minimum qualifying State pension age will be 67
- » If you were born on or after 1 January 1961 the minimum qualifying State pension age will be 68
- » Under the National Pensions Framework a number of other changes are planned to the qualifying conditions for the State Pension (Contributory) from 2020. These changes do not affect the State Pension (Non-Contributory).

For more information about your rights or entitlements and how these changes will affect you contact Aine Rooney in Ballymun Welfare Rights at Tel: 01 883 2138.

Local Meals on Wheels Service

Glór na nGael runs a meals on Wheels service for the elderly. We operate Mon to Fri and cover the Ballymun area. Our drop in centre is based in Poppintree where the elderly can drop in and have dinner and a chat. For those unable to make it to the centre we can deliver at no extra cost. The cost is €3 per meal which includes dinner, dessert and tea or coffee. *For more information contact Úna or Jennie on 01 842 3802*

Living Alone? Free Friendly Call Service

This service offers a free telephone call five mornings per week to check that people are well and kept informed of other services that are available to them. This service can also remind clients of Hospital and Doctor's appointments if they wish. If there is no response to the telephone call within a set period of time the service can advise their contact person and if necessary call the emergency services. *For further information or to get an application form please contact Manus Bree at 8423612 or drop in to the Ballymun Whitehall Area Partnership.*

Cut your heating bill

The Warmer Homes Scheme provides the following: Attic Insulation, Draught Proofing, Lagging Jackets, 4 x Energy Efficient Light bulbs and Energy Saving Advice. People in receipt of Fuel Allowance under the National Fuel Scheme (this is the main eligibility criteria) and also either old age pension, invalidity benefit or disability benefit can avail of this scheme. A Warmer Homes Application Forms can be collected from the Ballymun Whitehall Area Partnership. *If you have any queries contact Manus Bree Tel: 01 8423612 or Andy Wilson (Environmental Project Officer) BRL Tel: 01 2225757.*

This bulletin is produced by Ballymun Whitehall Area Partnership and funded by the Local and Community Development Programme & RAPID Ballymun. Please email manus@ballymun.org to give any ideas or feedback you have or if you have anything you would like included in the next edition.