

BALLYMUN bulletin

WOULD YOU LIKE TO KNOW WHAT'S GOING ON IN BALLYMUN ?

TEXT 085 7547358 to get info on what's going on. Texts are charged at normal rate.

EVENTS

AXIS ARTS CENTRE

Happy New Year to all our patrons and customers! 2007 was a remarkable year at Axis by any standards 22,868 people attended the 179 shows that took place in the Axis Theatre. You have made this institution an important part of the area and the city.

Highlights of this season include:

3rd - 29th Jan - Mandscape (Children's Exhibition)

26th Jan @ 8.30pm - House of Fun: RTE's 'I Dare Ya' (Comedy)

28th Jan @ 2.30pm - The Pictures - 'Some Like It Hot' (Film)

4th Feb - 1st Mar - Reflective Reflections by Paddy Kavanagh (Exhibition)

7th & 8th Feb @ Various Times - Spark (Children's Art-in-Education Celebration Events)

11th - 15th Feb @ 1pm - The Lost Weekend (includes soup and a sandwich) (Drama)

12th Feb @ 8pm - Dublin Valentines (Talk with 4 well known Dubliners about their city)

18th Feb @ 2.30pm - The Pictures - 'About Schmidt' (Film)

20th - 23rd Feb @ 8pm - Nunsense (Comedy & Musical)

25th - 29th Feb @ 10am & 1.30pm - An Triail (Puppet Show for Teenagers)

1st - 4th Mar @ Various Times - Taiko Ballymun (Mini Japanese Taiko Drumming Festival)


6th - 28th Mar - LiFT Ballymun Youth Arts Festival Exhibition (Exhibition)

12th - 20th Mar @ Various Times - LiFT Ballymun Youth Arts Festival (Children's Art-in-Education Events)

27th Mar- 2nd April @ 8pm - Walking the Road by Dermot Bolger (World War I Drama)

For Booking & Information: 01-883 2100

Upstart Productions presents



Dan Goggin's
NUNSENSE!
by arrangement with Samuel French Ltd.
"A hail of fun and frolic"
The New York Times

The Axis Theatre, Ballymun
20th - 23rd February 2008 at 8.00pm
Tickets: €18 (Groups of 6+/OAPs €16)

Book Now! 883 2100

We believe that your participation is the foundation of our programme so, if you haven't already, drop in and see what's on offer. Our new programme of events is out Friday 18th January, make sure to pick up a copy!

You can join our mailing list by phoning 01-883 2100 or email your details (name, address & email address) to reception@axis-ballymun.ie

THE PICTURES – FILM CLUB FOR OVER 55'S

Dublin City Council's Arts Office and Axis, in association with The Irish Film Institute and access Cinema. There will be one screening per month in Axis Arts and Community Resource Centre, Ballymun and all genres of films will be screened. Come along to the Axis Café for lunch before the film where there will be special events such as bingo, music and sing-alongs.

For further information please contact Axis on 01-883 2100 or Ann Marie Lyons, North West Area Arts Officer, Dublin City Council. Tel: 01-222 7305 / email: annmarie.lyons@dublincity.ie

MUSIC STUDIO

Making Tracks - Music Recording Assistance Opportunity

AXIS in partnership with Dublin City Council are currently taking applications for the Music Recording Assistance Opportunity. The recipients of this award will receive 2 days rehearsal time and 1-day studio time in the Basement recording studios in Axis towards an original music recording. An independent expert panel will assess the applications. The Recording Opportunity is for new recordings only. No completed packages CDs can be funded. Only work in progress will be considered. The Award is open to all forms of Music.

To apply, send a written application CV of musical career/ experience, a copy of the recording on CD, and a lyric sheet if relevant, to: Making Tracks, C/O Ann Marie Lyons, The Arts Office, Dublin City Council, The LAB, Foley Street, Dublin 1.

*For further information contact us on 01-222 7305 or e-mail: annmarie.lyons@dublincity.ie
Closing date for receipt of applications is Wednesday 27th Feb 2008.*

HE'S BACK... BALLYMUN'S ANSWER TO SUPERNANNY!!



Dr. Vincent Malony

'Communicating With Your Teenager'

Dr. Vincent Malony will give a talk on 'Communicating With Your Teenager' on March 5th 2008 at 10.00am in Trinity Comprehensive School, Main Street, Ballymun.

For further details contact Nóirín Coghlan at the Ballymun Partnership on 01-842 3612 or email ncoghlan@ballymun.org

BALLYMUN FARMERS MARKET

The first Ballymun Market of 2008 is on Thursday, 7th February. From February onwards Ballymun Market will change from a monthly market to a bi-weekly outdoor market arranged for the **1st & 3rd Thursday** of each month, start time is **11.00am**.

Location: New Civic Plaza, Ballymun Main Street, Ballymun, Dublin 11.

To date stalls have offered a diverse range of hand-made crafts, eco friendly detergents, organic foods, recycled furniture, clothing and many others.

For further information about taking a pitch please email info@ballymunmarket.ie or call 01-222 7307 or visit us online at www.ballymunmarket.ie

AQUA AEROBICS

starting on Wednesday 9th Jan till March 26th in the Ballymun Leisure Centre, cost €15.

For further information or bookings contact the Ballymun Leisure Centre on 01-862 3508.

POPPINTREE COMMUNITY GARDEN

Why not take the opportunity to visit the Poppintree Community Garden adjacent to Burren Court Senior Citizen Complex. This safe enclosed garden has seating, patio area, a grotto to Our Lady and a large green area. New for the past two years is an organic vegetable garden. This garden is a facility for all of Ballymun not just Poppintree. We would like to see the garden fully utilised and visited by the people in Ballymun, and to be used by community groups etc for barbeque's, meetings in the summer time, get togethers or simply to visit, enjoy the tranquility and listen to the birds singing.

For further information contact Mary Couch at the Poppintree Environmental Project on 01-862 1257 or email poppenv@yahoo.co.uk

THE PLOUGH YOUTH CLUB

The Plough Youth Club will be Go-Karting on the 20th of January and heading off to Lilliput the weekend of the 8th to the 10th of February 2008.

For further information on the Plough Youth Club and their activities contact Paddy Haughey on 01-862 0854 or 087-2094846

TRAINING COURSES/ LEARNING OPPORTUNITIES

AN INTRODUCTION TO PARTICIPATION IN THE PLANNING PROCESS FOR BALLYMUN RESIDENTS

The workshops aim to provide residents with a greater understanding of planning issues and how they can participate in the planning process in Ballymun.

- 5 workshops starting 8th & 9th February
- 1 morning a week 10am - 1pm
- Includes a Field Trip
- Limited to 20 places
- Refreshments Provided

The Reco - Sillogue Rd. (Friday) or
Coultry Neighborhood Centre (Saturday)

*To book a place call Máirín or Manus on 8423612
Places will be allocated on a first come basis*

TALKING ABOUT 'THE TALK'

Do you find it difficult to talk to your child about sex and relationships?

Findings from Irish Study of Sexual Health and Relationships showed that when parents spoke to their children about sex and relationships it increased the likelihood that the young person would wait until after 17 before having sexual intercourse. It also increased the likelihood that the young person would use contraception at first sex.

Workshops in Geraldstown House

For parents to help them talk to their children about relationships and sex.

For more information call Catherine or Jackie at 8422408/8422544

BUSINESS SUPPORTS

Ballymun Partnership has a number of self employment/ small business mentoring and training programmes planned for 2008. These programmes will commence January 2008 and our one2one business supports on Tuesday and Thursdays.

Supports include:

- Weekly one2one micro business mentoring sessions.
- Small business workshops for existing or new clients thinking about business start-up, starting February 2008.
- Computer Ecert for small business owner/managers new from January 2008.
- Launch event for Dublin North Skillsnet on 23rd January 2008.
- Accounts referral services for clients registered for over 6 months.
- Bi-weekly one2one small business loan & finance management mentoring sessions – new from January 2008.
- Small business development course.

To register or to find out more contact Fiona or Robert on 01-842 3612/01-842 1111 or email enterprise@ballymun.org

BUSINESS TRAINING

What Business Training Do You Need?

Self Employed, Pre-Start-up & Start-up Business. We want to meet with YOU to discuss YOUR business needs!

Are you looking to start a business and cannot find training in our local area to meet your needs? OR, are you already in business and cannot find training supports to suit your needs?

If your answer is YES and you wish to register your details please do so either by email to enterprise@ballymun.org or call Robert on 01-842 1111.

BALLYMUN ADULT READ AND WRITE SCHEME

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

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

New Courses starting in January 2008:

- **Basic Maths** – Tuesday morning.
- **Basic English** – evenings or mornings.
- **Food and Nutrition** FETAC 3 accreditation optional – Wednesday morning.
- **Child Development and Play** FETAC 3 accreditation optional – Wednesday morning.
- **Spellwell: Learn to spell with confidence** – Tuesday evening.
- **Silver Surfer Basic Computer Courses** for over 55 age group – evenings or Wednesday afternoon. Get your name on the waiting list now!
- **Introduction to Poetry** – Tuesday evening.
- **Family Literacy** – Story Sacks brings reading to young children alive – Wednesday morning with crèche on site.
- **We will also be training volunteers** to work one to one with basic literacy students.

Call Mary Love on **01-862 2402**. She can give you more details in private.

BALLYMUN JOB CENTRE

Would you like to train in Belfast?

Would you like to undertake work experience in Canada/ Belgium/Germany/Poland?

The Ballymun Job Centre in association with Springboard in Belfast is currently recruiting for the following training programmes:

Customer Service – Belfast and Toronto

This programme aims to provide participants with the necessary skills to work in a variety of customer service positions across the sectors of tourism, hospitality, administration, retail and call centres.

Directions - Belfast and Belgium

The Directions Belgium programme aims to provide participants with an increased awareness of which direction in terms of training/work they may want to take in the future. It aims to help participants experience new cultures, explore new topics and set out clear goals whilst gaining confidence and new skills.

Media Skills - Belfast and Vancouver

This programme is designed to enable participants to

access further training within Music Production and Film Production.

Youth In The Community - Belfast, Germany and Poland

This course will focus on professional development and help participants gain a wide range of skills required in this sector. The course will provide participants with an opportunity for work placement within the voluntary and community sector.

Options Belfast and Kitchener

This programme concentrates on offering generic skills training which will provide the participants with the skills necessary to compete effectively for employment in a variety of sectors. The programme is designed around three themes, skills development, personal and social development and mutual understanding. The Skills Training will focus on Group-work & Team Communication Skills, Introduction to Word Processing and First Aid.

If you are aged 18-28, unemployed and are interested in any of these courses contact Ruth at Ballymun Job Centre – call in or phone us on 01-866 7000.

HOUSING LAW AND POLICY COURSE – in association with the Faculty of Law, National University of Ireland Galway.

The course will be transmitted live from Galway by video-link.

The course will be of interest to Local Authority Tenants and their representatives, Community Activists, Information Service Providers, Forums, Welfare Staff, Community Volunteers, Education Staff, Local Authority Staff, Trainers, Advocates, Partnerships and all other interested parties living in Ballymun.

Course Dates: The course begins on Wednesday 16th January 2008 for 12 weeks from 8pm to 10pm. The venue is the Council Chamber, Civic Offices, Ballymun, Dublin 11.

For further course information contact Christina Beresford on 01-862 5805. Ballymun Community Law Centre – 34 Shangan Road, Ballymun, Dublin 9.

SUICIDE ACTION NETWORK BALLYMUN

Suicide Action Network Ballymun will be holding **ASIST Suicide Intervention Training in March 2008**. This training is recognised internationally as providing individuals with skills to work with people

in crisis who are thinking about suicide. The Suicide Action Network realises that people in the community are the first response to suicide and we therefore would like to invite any Ballymun residents to take part in this training. The training is free.

If you would like to take part in this training or learn more about it, or are concerned about suicide and self harm in Ballymun please contact Emma Freeman on 01-883 2159 or email emma.freeman@axis-ballymun.ie

CHILDMINDERS

Free Dublin Childminders Conference in The Clarion Hotel in Liffey Valley, **19th April 2008**. All Welcome!

Training

- Basic computer skills course for Childminders.
- Fetac level 5 course for Childminders.
- Quality Awareness Programme.
- Paediatric First Aid.
- Children First, Child Protection.
- Understanding Special Needs.

Seminars and Information Evenings

Music Workshop, Diversity and Equality Awareness for Childminders, Healthy Food Programme and Guidelines for Childminders, Managing Challenging Behaviour. Voluntary Notification and Grant Applications, Siolta Workshops [the workshops focus on the quality of the experiences we provide to young children].

If you are interested in any of the above events, please contact Childminding Advisors, Pat Dunne 087-2884107 / Sheila Sheridan 087-6814138 or at The Ballymun Partnership on 01-842 3612.



Childminders who recently completed their FETAC Level 5 Module in Home-Based Childcare.

Useful Websites for Childminders:

- www.childcareinfo@ballymun.org [Dublin Northwest Childcare Resource Centre]
- www.ballymun.org [The Ballymun Partnership]
- www.rollercoaster.ie [website for childcare providers and parents.]
- www.childcareonline.ie [Dublin City Childcare Committee]
- www.childminding.ie [Childminding Ireland]
- www.childrensdatabase.ie [OMC, Office of the Minister for Children]

URRÚS TRAINING

Homelessness and Drugs – February 12th 2008. Cost €40.

A half day workshop for project workers and volunteers working with the homeless and drug users.

Introduction to Motivational Interviewing (MI)

– February 19th 2008. Cost €80.

A one day workshop to explain the basic concepts and methods of MI.

Introduction to Addiction Studies – Tuesdays – 26th Feb., 4th, 11th & 18th March OR Thursdays – 8th, 15th, 22nd & 29th May. Cost €40.

This workshop is run over four sessions and aimed at those who wish to refresh their knowledge about drugs and gain further information.

Crack Cocaine – April 18th 2008. Cost €40.

A half day workshop for workers in the drug field or social care area.

Drug Awareness Information Day – April 14th 2008.

A one day workshop targeted to those who want to know more about drugs and alcohol and their effects. There is no charge for this workshop to people who live or work in the Ballymun area.

Motivational Interviewing – 23rd, 24th, 25th April, 19th & 20th May 2008. Cost €550

A five day training course for professionals working with people toward change.

To book a place, or for more information on any of the training detailed above contact Gabrielle Gilligan, URRÚS, Horizons Centre, Balcurris Road, Ballymun, Dublin 11. Tel: 01 846 7980 Fax: 01 846 7981 or email urrus@iol.ie

B.R.Y.R. TRAINING (BALLYMUN REGIONAL YOUTH RESOURCE)

Child Protection Awareness

4th February, 9.30am – 2.00pm

Let's Beat Bullying

11th March, 10.00am -5.00pm

This is a one-day training course addressing the issue of bullying. The course will focus on bullying in its

widest sense and enable participants to examine an organisational response to the issue of bullying.

Managing Challenging Behaviour, Working Effectively with Children/ Teenagers - 2 days training, dates to be confirmed.

To book a place, or for more information on any of the training detailed above, contact Laurence Van der Haegen, Training & Development Officer, BRYR on 01-866 7600 or bryrlvdh@eircom.net

CAFTA TRAINING

123 Magic Parenting Course:

This course will run for four weeks beginning Thursday 31st January 2008 from 10.00am-12.00pm. The aim of this course is to create a learning space for parents to support each other, to develop and grow, share experiences and acknowledge their achievements. The course will cover the following topics:

- Play and Quality Time
- Control Obnoxious Behaviour (Stop behaviour)
- Encourage Good Behaviour (Start Behaviour)
- Develop a Healthy Relationship with your child

For further information or to book a place on this course contact Elaine Fahy or Marion Tarr on 01-883 2168.

Home and Self Management Course:

This is a six week course and will run two mornings per week beginning on Tuesday 5th February 2008 from 10.00am-12.00pm.

The course will cover the following topics:

- Trust Building and Communications
- Crafts
- Welfare Rights
- Stress Management and Self Care
- Parenting
- Money Management
- Home Safety and First Aid

For further information or to book a place on this course please contact Mary Warren or Maria Thompson on 01-883 2134.

There is no cost to participants for these courses. A €10 childcare allowance is given per household.

SERVICES

BALLYMUN COMMUNITY LAW CENTRE

Your Community – Your Law Centre

Ballymun Community Law Centre provides free legal advice and services to the people and community groups in the Ballymun area.

For further information contact us on 01-862 5805 or at 34 Shangan Road, Ballymun, Dublin 11.

MEDIATION BALLYMUN

Is there a problem with?

- Intimidation/allegations
- Damage to property
- Noise/pets/litter
- Harassment/threats
- Invasion of privacy etc.

Community Mediation is a process of helping people resolve disputes and disagreements. Trained mediators work with people in conflict to listen and develop fair and workable agreements. Mediation is a free and confidential service.

Family Mediation is a free service in Ballymun provided by the Family Mediation Service. It is for married and non-married couples to help them reach agreement on issues such as parenting, finances and the family home.

For further information or to make an appointment for either community or family mediation, contact 01-862 5805. Mediation Ballymun, 42 Shangan Road, Ballymun, Dublin 9.

COMMUNITY REPAINT

Put your leftover paint to good use! Community RePaint is now up and running in Ballymun. Community RePaint collects, sorts and redistributes for reuse paint that is normally sent to landfill by households and traders. Paint is available from the scheme to use at home, in school or in community projects. Community RePaint Ballymun is currently collecting water based reusable paints from Shangan and Sillogue recycling centres. The scheme does not accept hazardous materials so please check the symbols on the paint container before bringing it to the recycling centre.

For more information and opening times please contact GAP on 01-862 5846 or the Furniture Recycling Project on 01-842 2078.

BALLYMUN LIBRARY

All Services and Activities in the library are open to everyone and are free of charge.

Mondays

- Ballymun Library Painting Group from 10.30–12.30pm
- Ballymun University of the Third Age (U3A) Group from 2.00pm–4.00pm. An informal learning circle for older people, includes talks on a variety of topics. Every second Monday commencing January 14th 2008.
- Monthly Table Quiz for Adults from 2.00–4.00pm.
- Evening Reading Group from 6.30pm–8.00pm. Meets the Last Monday of the month.

Tuesdays

- Afternoon Reading Group from 3.00–5.00pm. Meets the First Tuesday of the month.

Wednesdays

- Ballymun Library Writers' Group. Meets every Wednesday 3.00pm to 5pm.

CHILDREN'S ACTIVITIES IN BALLYMUN LIBRARY

Tuesdays

- Parent and Toddler Group every Tuesday 11.00am–12.00pm

Collection of toys and picture books provided for children. Books on parenting skills or other subject of interest provided for adults.

Junior Book Club

Last Tuesday of the month from 4.00–5.00pm commencing January 29th 2008.

Thursdays

Toddler Storytime every Thursday from 11.00–11.30am.

Saturdays

Art Class every Saturday from 2.00–3.30pm

For further information on any of the above activities contact Ballymun Library on 01-842 1890, Ballymun Road, Dublin 11.

INFORMATION SERVICES PROVIDED IN BALLYMUN LIBRARY'S LECTURE ROOM:

Citizens' Information Centre

Tuesdays and Thursdays: 7.00pm–8.00pm.
Thursdays and Fridays: 10.30am–12.30pm

Free Legal Aid Centre

Tuesday and Thursdays: 7.00pm–8.00pm

Financial Information Services Centre

First and Third Tuesday of the month.

Ballymun Community Law Centre Outreach Clinic.

Second Tuesday of the month from 10.00am - 12.00pm

OLDER ADULTS

STRENGTH CLASSES FOR OLDER ADULTS

- Free Class starts Friday 11th January from 11–12 noon.
- Classes are designed to improve your strength, muscle tone and cardiovascular fitness.
- Challenges all the major muscle groups.
- Weights may be used depending on individual capabilities. All fitness and ability levels catered for.
- Classes take place in Ballymun Leisure Centre with a qualified fitness instructor.
- 1st Class includes introduction to different exercises and assessment of individual ability. No booking required.

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.

SCHEME OF COMMUNITY SUPPORT FOR OLDER PEOPLE

The Scheme of Community Support for Older People aims to improve the security and social support of vulnerable older people in their homes by providing grants for:-

- Window locks, door locks and door chains designed to strengthen points of entry to the dwelling.
- Security Lighting.
- The once-off cost of installing socially monitored alarm systems.
- Smoke Alarms.
- Emergency lighting for qualifying older people living on offshore islands.

This is funded under the Department of Community, Rural and Gaeltacht Affairs. The Older Person's Network in the Ballymun Partnership is applying on behalf of individuals in Ballymun.

Contact the Ballymun Partnership for an application form on 01-842 3612 or email info@ballymun.org or drop into the office.

HOUSEHOLD BENEFITS PACKAGE

- **Allowance 1** - Electricity Allowance , Natural Gas Allowance, Electricity (Group Account), Bottled Gas Refill Allowance
- **Allowance 2** - Telephone Allowance (incl. mobile phone)
- **Allowance 3** - Free Television Licence

No other person in your household can be in receipt of these allowances. You must be the registered consumer of electricity/ gas and the registered telephone account holder. You may qualify for the Household Benefits Package if:

- You are aged 70 or over
- You are receiving Carer's Allowance
- You are caring for a person who is receiving Prescribed Relative's Allowance or Constant Attendance Allowance
- You are between 66 and 70 and are receiving:
 - » Old Age Contributory or Non Contributory Pension
 - » Retirement Pension
 - » Blind Pension

- » Widows/ Widowers Contributory or Non Contributory
- » Pension
- » Invalidity pension
- » Deserted Wives Benefit or Allowance
- » One Parent Family Payment
- » Prisoners Wife Allowance
- » Live alone or only with certain excepted persons.

Or

You are under 66 and are receiving:

- Invalidity Pension
- Blind Pension
- Disability Allowance

The Living Alone Increase is a supplementary payment for people on social welfare pensions who are living alone. The following are the weekly payment rates:

Living Alone Increase for people aged 66 or over is 7.70 euro

Extra Increase for people aged 80 or over is 10.00 euro

Are You Homeless? Are You On The Homeless List?

**IMPORTANT to register shows that you are a priority need for housing.
IMPORTANT to reflect the true level of homelessness in Ballymun.**

What should I do?

1. REGISTER AS HOMELESS

If you find yourself homeless firstly you need to register with the Health Services Executive.

- Women and Families register at 16-19 Wellington Quay between the hours of 10.00am and 12 noon. Tel: 8815180
- Men register at 149 James Street between the hours of 10.00am and 12 noon. Tel: 8815180

2. REGISTER WITH DUBLIN CITY COUNCIL'S HOMELESS SECTION

You then need to register with Dublin City Council's Homeless Section

- Homeless Section, Ground Floor, Block 2, Civic Offices, Wood Quay, Dublin 8. Monday to Friday 9.30am to 4.00pm.

3. MAINTAIN CONTACT

- After you register and you are interested in being considered for housing in the Ballymun Area you should call to the Ballymun Civic Centre, Main Street, Ballymun, Dublin 9. Tel: 222 5646.

24 Hour Emergency Accommodation Helpline – 1800 724 724