

Social Inclusion Week

Celebrating a more inclusive society **11 - 17 October 2009**



Visit **www.dlrcoo.ie** to play your part!

Social Inclusion Week

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Introduction by An Cathaoirleach, Cllr Marie Baker

'It gives me great pleasure to introduce the 2009 Social Inclusion Week brochure.'

The annual Social Inclusion Week programme provides an opportunity to highlight the excellent work that the community and local organisations alike are doing to eliminate disadvantage and improve the quality of life for all residents in the County.

Social inclusion is about full and equal participation for everyone. Participation means being able to participate in all aspects of life, from education, employment and health care to political, recreational and community life. Social Inclusion is also about supporting those people who are particularly marginalised or at a disadvantage.

I do hope that you will celebrate Social Inclusion Week 2009 in Dún Laoghaire-Rathdown and I look forward to meeting you at the events throughout the week'.



What is happening during Social Inclusion Week?

Sunday October 11

DLR Community 5K 2009



Oifig an Aire d'Imeachtha
Office of the Minister for Integration



Time: 1pm

Venue: dlr Leisure Services, Loughlinstown Drive, Loughlinstown

All welcome

Want to take part in a fun activity for all the family? Book your place today.

The **dlr Community 5K 2009** is taking place on the 11th October at 1pm in the Loughlinstown area. This new fun event is a great opportunity for all ages and abilities to be active, get families and groups together and maybe raise some money for your local charity or group.

We're now looking for all individuals, families and groups to take part in this exciting event. All participants will receive a FREE t-shirt, medal and goodie bag and refreshments will be available on the day.

What to do now? To register or for further information please contact: Dún Laoghaire-Rathdown Sports Partnership office at: 01-271 9502, email: sportspartnership@dlrcoco.ie or check out the website www.dlrsportspartnership.ie

Sunday October 11

Tibetan Prayer Flags:
What Social Inclusion Means to Me?

Time: On display at various events during Social Inclusion Week

Designed by the Dún Laoghaire and Dundrum Youth Services, these prayer flags are a colourful, visual, innovative way to understanding what Social Inclusion means for the youth of the county.

For further information please contact: Lorraine O'Brien at 01-2806147

Sunday October 11

European Local Democracy Week

Time: All week

Venue: Look out for local events during Social Inclusion Week

European Local Democracy Week is an annual European event with simultaneous national and local events organised by participating local authorities in all Council of Europe member states. The purpose is to foster the knowledge of local democracy and promote the idea of democratic participation at a local level.

For further information please contact: Rebekah Fozzard, Social Inclusion Officer, at 01-2047924 or email: rfozzard@dlrcoco.ie

Monday October 12



Women's Health Fair - Southside Women's Action Network (SWAN)

Time: All day

Venue: Shanganagh Park House, Rathallagh, Shankill

Women of all ages welcome

Do you want to know more about managing stress and depression, positive mental health, staying active, understanding addiction or growing older and wiser? This is the place to go!

SWAN is organising a Women's Health Fair in Shanganagh Park House in Shanganagh/Rathallagh from 12th – 14th October and in the Community Rooms in Loughlinstown on 15th & 16th October. Different display stands and talks will give information and advice about keeping well, what services are available in your area and how to

access these services. There will be also the possibility of experiencing different holistic therapies in the SWAN rooms in Ennel Court in Loughlinstown from 13th -16th October.

For further information please contact: SWAN at 01-2825932, email swan@swannetwork.ie or visit www.swannetwork.ie

Monday October 12

Open Day and Coffee Morning - Come along and find out more about the National Council for the Blind

Time: 10am – 4pm

Venue: Marine House, Clarence Street, Dún Laoghaire

All welcome

To mark Social Inclusion Week NCBI Dún Laoghaire is holding an open day and coffee morning from 10am – 4pm on Monday 12th October. This event aims to provide a space for people with sight loss, parents of children with sight loss, employers, as well as health and education professionals, living or working in the area, to drop in and meet NCBI staff and find out more about the services that we provide.

NCBI is a not for profit charitable organisation which provides support and services nationwide to people experiencing sight loss. About 18% of people using NCBI services are completely blind, while 82% have varying degrees of usable vision.

For further information please contact: NCBI by logging onto www.ncbi.ie, email: Info@ncbi.ie or Lo-call 1850 33 43 53

Monday October 12

DLRCC Sensory Garden

Time: All Day

Venue: County Hall, Marine Road, Dún Laoghaire, Co Dublin

All welcome

You are welcome to come to County Hall, Dún Laoghaire, to enjoy our indoor sensory garden. Our sensory garden is a 'garden' that has specifically been created by DLR Parks Department to be accessible and enjoyable to all visitors including people with a disability, children and older people. The purpose of our sensory garden is to provide individual and combined sensory opportunities for you that you may not experience on a regular basis.

For further information please contact: Pat Coffey, Access Officer, at 01-2047269 or email: pcoffey@dlrcoco.ie

Monday October 12

Early Services Open Day: St John of God Carmona Services

Time: 11am – 3pm

Venue: Kildarton, 37 Upper Glenageary Road, Dún Laoghaire, Co. Dublin

All welcome, especially: primary care teams, pre-schools, and people

with an interest in the field of intellectual disability.

Carmona Early Intervention Team (0-6years) wishes to invite persons with an interest in the area of intellectual disability to come and meet the team, view the facilities, and hear, first-hand, the wide range of services which we offer to eligible families living in this area.

For further information please contact: Kathleen Fitzpatrick at 01-2353586 or Maura Byrne at 01-2300612

Monday October 12

Hearts & Minds: Building Support for Tackling Poverty – European Anti-Poverty Network Ireland

Time: 12.30pm – 2.30pm

Venue: Assembly Hall, County Hall, Marine Road, Dún Laoghaire

All welcome, especially: local community & voluntary organisations, members of the local and national media, anti-poverty groups and campaigners, students and interested members of the public.

The European Anti-Poverty Network Ireland will host a seminar entitled 'Hearts & Minds – Building Support for Tackling Poverty'. The seminar will focus on the representation of poverty and social exclusion in the local and national media. Speakers will briefly present on effective ways for community and voluntary organisations to have their

voices and concerns heard in the mainstream media. Speakers will include a representative of EAPN Ireland, a representative of the news media and a communications professional from within the community and voluntary sector.

For further information please contact: Mark Byrne at 01-8745737 or email mark@eapn.ie

Monday October 12

Tea Dance for the over 50's

Time: Afternoon

Venue: Royal Marine Hotel, Dún Laoghaire

All Welcome, but necessary to book in advance.

DLR Arts Office and the Health Promotion Service of the HSE invited choreographers Michelle Cahill and Ríonach Ní Néill to work with Dalkey Community Unit and Coisceim Residential Care Unit through dance. As an extension of this programme we are organising an old style Tea Dance for the over 50's complete with live band.

For further information please contact: Máire Davey, Education and Community Coordinator, dlr arts office, at 01-2719528 or email mdavey@dlrcoco.ie

Monday October 12

Launch of Divisional Cultural Diversity Consultation Committee – An Garda Síochána

Time: TBC. Will be available at: www.dlrcoco.ie

Venue: Dún Laoghaire Garda Station

All welcome especially ethnic minorities residing or working in the county

As part of its Divisional Policing Plan, An Garda Síochána recognises the complexity of the issues facing a multi-cultural society. Consultation is paramount to the success of a structured approach to combat racism and discrimination. Therefore it is necessary to involve, in an integrated way, a wide range of stakeholders, inclusive of representatives of the various ethnic minorities residing and/or working in the county.

For further information please visit: www.dlrcoco.ie

Monday October 12

Open Evening – Dún Laoghaire Refugee Project (DRP)

Time: 7pm - 9pm

Venue: Dún Laoghaire Community Training Centre, 41A York Road, Dún Laoghaire, Co. Dublin

All welcome but necessary to book in advance

The Dún Laoghaire Refugee Project comprises a group of volunteers who meet with young refugees and asylum seekers each Monday evening to provide friendship, advice and support. All the young people attending have come to Ireland without any family support. This event is open for anyone who wishes to see what Dún Laoghaire Refugee Project is about.

For further information or to book please email: dunlaoghairerefugee@ireland.com

Monday October 12

Shanganagh Community Development Project invites you to an Information Session

Time: Evening.

Venue: Shanganagh Park House, Shanganagh, Shankill, Co. Dublin

All welcome

Shanganagh CDP is dedicated to improving lives of the people living in Shanganagh and Rathsallagh through encouraged participation. Our aim is to work with local people to develop their community and to empower them to achieve this. We have set up projects and groups for people to participate in as volunteers. Our office is situated in the basement of Shanganagh Park House.

As part of our participation in the Social Inclusion Week, Shanganagh CDP will be organising Coffee Mornings / Information

Sessions. Please find below the scheduled programmes:

- > Information session with the Public Health Nurse.
- > Information session with the MABS – Money Advice and Budgeting Services.
- > Information session with the Community Gardaí on safety in our community.
- > Information on breast cancer, to be facilitated by Cancer Support Services.

For further information please contact: Eniola at 086-7968532 or 01-2824210

Tuesday October 13

Supporting Social Inclusion for Older People in the Dún Laoghaire-Rathdown Area

Time: 10.30am – 11.30am

Venue: Assembly Room, County Hall, Marine Road, Dún Laoghaire

All welcome, particularly activists within the older community and/or those working to promote social inclusion of older people.

This event will provide information on programmes and workshops run by the UCD Equality Studies Centre aimed at supporting social inclusion of older people in Irish Society. It will be of interest to anyone interested in learning more about equality issues for older people and creating a society where all older people have the opportunity to realise their full potential and participate in an inclusive society.

For further information please contact: Dr. Phyllis Murphy at 01-7167683 or email Phyllis.Murphy@ucd.ie

Tuesday October 13

Official Opening of Social Inclusion Week by An Cathaoirleach, Cllr. Marie Baker

Time: 12noon – 12.30pm

Venue: Concourse, County Hall, Marine Road, Dún Laoghaire

All welcome

The official opening of Social Inclusion Week by An Cathaoirleach, Cllr. Marie Baker, will take place in the Concourse, County Hall on 13th October 2009. In addition, the Guidelines for Consulting with People with Disabilities will be launched by Anthony Carrick (Disability Federation of Ireland and Chairperson of Disability Consultation Group). There will also be a short musical performance.

For further information please contact: Betty Wogan at 01-2054817 or email bwogan@dlrcoco.ie

Tuesday October 13

Celebration of the Arts for People with Disabilities

Time: 1pm – 3pm

Venue: Concourse, County Hall, Marine Road, Dún Laoghaire

All welcome



Co-ordinated by the Social Inclusion Unit and Southside Partnership, this celebration will display a variety of arts by people with a disability, from crochet to pottery, painting to quilting, singing to dancing.

The aim of the event is to provide a space where people with disabilities can display and exhibit artistic or creative work that they have produced. A wide range of arts from painting to craftwork to performance art will be on show during this event.

The display will run for three days from 13th to 15th October 2009.

For further information please contact: Alison Conneely at 01-2090610 or email Alison.conneely@sspship.ie

Tuesday October 13

Ecological Gardener – Come see how your garden grows...! Southside Traveller Action Group

Time: On display all day

Venue: Concourse, County Hall, Marine Road, Dún Laoghaire

All welcome

The Garden Project is a training course devised for residents from both Ballyogan and Burton Park to enable people to improve their surroundings and learn basic gardening skills. During Social Inclusion Week participants will demonstrate how to plant bulbs in containers and plant a winter floral display. These will be on show during Social Inclusion Week in the Concourse, from the 13th – 15th October.

For further information please email Brenda Palmer at: theecologicalgardener@gmail.com

Tuesday October 13

Material Memories

Time: On display all day

Venue: Concourse, County Hall, Marine Road, Dún Laoghaire

All welcome

Textile artist Lucinda Jacob was invited by DLR Arts Office and the Health Promotion Service of the HSE to collaborate with Coisceim Residential Care Unit, Dalkey Community Unit for Older Persons and St Joseph's House for Adult Deaf and Deafblind

to celebrate the quilt making tradition for the Festival of World Cultures.

For further information please contact: Máire Davey, Education and Community Coordinator, dlr arts office, at 01-2719528 or email mdavey@dlrcoco.ie

Tuesday October 13

Women's Health Fair - Southside Women's Action Network (SWAN)

Time: All day

Venue: Shanganagh Park House, Rathsallagh, Shankhill

Women of all ages welcome

Do you want to know more about managing stress and depression, positive mental health, staying active, understanding addiction or growing older and wiser? This is the place to go!

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For further information please contact SWAN at 01-2825932, email swan@swannetwork.ie or visit www.swannetwork.ie

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For further information please contact: Pat Coffey, Access Officer, at 01-2047269 or email: pcoffey@dlrcoco.ie

Tuesday October 13

8o:2o Intercultural Mural

Time: All Day

Venue: Concourse, County Hall, Marine Road, Dún Laoghaire

All welcome

This mural was created in August 2008 as part of a partnership between 8o:2o, Dún Laoghaire-Rathdown County Council, Ballyogan Youth Project, Ballyogan Castle Project and Shanganagh Youth Service.

The body of work took place in the Grainstore in Cabinteely, where the 8o:2o team facilitated the young people in the making of

this piece. The days were filled not only with painting but also discussion and debate over what Interculturalism means, how it relates to everyday life, how do people honestly feel about it and how best to convey this to an audience.

Our main heading of Interculturalism was unwrapped into a more understandable idea which became "Cultures Colliding"- The Positive and Negative effects of different cultures coming together.

This mural is being displayed as part of Social Inclusion Week.

For further information please email: Shane Gately, gatelyshane@yahoo.co.uk

Tuesday October 13

Afternoon Tea at Abbeyfield House

Time: 3pm – 5.30pm

Venue: Abbeyfield House, 29 Seapoint Avenue, Monkstown, Co Dublin

Invitation Only (Social Workers, County Councillors, Doctors and Community Nurses)

Do you live alone? Do you enjoy the company of others but value your independence and privacy? Do you worry about security? If the answer to any of the above is 'Yes', perhaps Abbeyfield House has the answer. We welcome you to come and have some tea and a chat with the residents, a stroll around the garden and view our apartments and bungalows.

For further information please contact: Deirdre Torpey at 01-2854205 or email torpeyd@hotmail.com

Tuesday October 13

Community Policing and Crime Prevention Information Evening, An Garda Síochána

Time: 8.30pm

Venue: St. Matthias Church Hall, Ballybrack

All welcome, especially members of the ICA (Irish Countrywomen's Association)

Women often feel marginalized and not solely in rural communities. The Community Policing Sergeant will present an overview of the role of Community Gardaí followed by a presentation on crime prevention and personal security by the Crime Prevention Sergeant.

For further information please visit: www.dlrcoco.ie

Tuesday October 13

Shanganagh Community Development Project invites you to an Information Session

Time: Evening

Venue: Shanganagh Park House, Shanganagh, Shankill, Co. Dublin

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- Information session with the Public Health Nurse.
- Information session with the MABS – Money Advice and Budgeting Services.
- Information session with the Community Garda on safety in our community.
- Information on breast cancer, to be facilitated by Cancer Support Services.

For further information please contact: Eniola at 086-7968532 or 01-2824210

Wednesday October 14

An Open Morning by the Dún Laoghaire-Rathdown Volunteer Centre and the Dún Laoghaire Enterprise Centre

Time: 10am – 12noon

Venue: Dún Laoghaire Enterprise Centre, Old Fire

Station, George's Place, Dún Laoghaire

The Dún Laoghaire Enterprise Centre and the Dún Laoghaire-Rathdown Volunteer Centre are teaming up for an open morning at The Old Fire Station on Wednesday 14th October from 10.00am until 12.00noon to celebrate Social Inclusion Week.

Dún Laoghaire-Rathdown Volunteer Centre matches people who wish to volunteer with voluntary organisations who need volunteers. They also provide support and advice to organisations on volunteering issues.

Come along and you will be able to find out about volunteering opportunities in the county, how DLR Volunteer Centre can recruit volunteers for your organisation or community group, as well as information for companies about employee volunteering.

For further information please contact: Miriam Hegarty, Enterprise Centre, at 01-202 0056, or Karen Johnson, DLR Volunteer Centre, at 01-209 0630. For general information about volunteering in the DLR area go to www.volunteerdlr.ie

Wednesday October 14

Material Memories

Time: On display all day

Venue: Concourse, County Hall, Marine Road, Dún Laoghaire

All welcome

Textile artist Lucinda Jacob was invited by DLR Arts Office and the Health Promotion Service of the HSE to collaborate with Coisceim Residential Care Unit, Dalkey

Community Unit for Older Persons and St Joseph's House for Adult Deaf and Deafblind to celebrate the quilt making tradition for the Festival of World Cultures.

For further information please contact: Máire Davey, Education and Community Coordinator, dlr arts office, at 01-2719528 or email mdavey@dlrcoco.ie

Wednesday October 14

Launch of Dún Laoghaire District Older Person Consultation Committee – An Garda Síochána

Time: 11.30am

Venue: Dún Laoghaire Garda Station

All welcome, especially older people living in the Dún Laoghaire Garda District

The Older Persons Consultation Committee is being launched with the aim of enhancing older people's quality of life and the provision of services by raising awareness of local and national crime and accident prevention initiatives. A coordinated approach by the Gardaí is vital at this stage as demographic trends indicate a significant increase in the proportion of the population aged 65 years and older living in the area for the foreseeable future.

For further information please visit: www.dlrcoco.ie

Calendar of Events 11 - 17 October 2009

Sunday 11th October	Monday 12th October	Tuesday 13th October	Wednesday 14th October	Thursday 15th October	Friday 16th October	Saturday 17th October
DLR Community 5K 2009 1pm	Women's Health Fair - SWAN All Day	Supporting Social Inclusion for Older People - Equality Studies Centre Time: 10.30am – 11.30am	Open Morning, DL Volunteer Centre and DL Enterprise Centre 10am – 12noon	What we do! DROP All Day	Women's Health Fair - SWAN All Day	UN Day for the Eradication of Poverty
European Local Democracy Week	European Local Democracy Week	European Local Democracy Week	European Local Democracy Week	European Local Democracy Week	European Local Democracy Week	European Local Democracy Week
Tibetan Prayer Flags On Display	Open Day and Coffee Morning NCBI 10am – 4pm	Official Opening by An Cathaoirleach, Cllr. Marie Baker 12noon - 12.30pm	Launch of Dún Laoghaire District Older Persons Consultation Committee 11.30am	Women's Health Fair - SWAN All Day	Sensory Garden DLRCC All Day	Garda Intercultural Family Open Day 2pm – 4pm
	Sensory Garden DLRCC, All Day	Celebration of the Arts for People with Disabilities 1pm – 3pm	The Joy of Learning, Community Education Morning Invitation Only	Information Session, Shanganagh CDP Morning	Rathfarnham Friday Social Club Outing 10am – 4pm Invitation Only	
	Tea Dance for the Over 50's Time: Afternoon					
	Early Services Open Day St. John of God Carmona Services 11am – 3pm	Afternoon Tea – Abbeyfield House 3pm – 5.30pm Invitation Only	Afternoon Tea – Abbeyfield House 3pm – 5.30pm	Sensory Garden DLRCC All Day	What we do! DROP All Day	
	Hearts & Minds: Building Support for Tackling Poverty EAPN Ireland 12.30pm-2.30pm	Women's Health Fair - SWAN All Day	The Wireman Project – DL Youth Service 4.30pm – 5.15pm	Five-a-side Soccer Blitz 7pm – 9pm	CANVAS: Welcome to our home 6pm – 10pm	
	Launch of Divisional Cultural Diversity Consultation Committee – An Garda Síochána Time: TBC (visit www.dlrcoco.ie)	Sensory Garden DLRCC All Day	Women's Health Fair - SWAN All Day	Local Voices 7.30pm		
		Ecological Gardener – Come See How Your Garden Grows! – All day	Sensory Garden DLRCC All Day	Inclusion Fusion 7.30pm		
	Open Evening, Dun Laoghaire Refugee Project 7pm-9pm	Community Policing and Crime Prevention Information Evening, 8.30pm	Social Inclusion and Europe EAPN Ireland 7pm			
	Information Session, Shanganagh CDP Evening	Information Session, Shanganagh CDP Evening				
		80:20 intercultural Mural All day	80:20 intercultural Mural All day	80:20 intercultural Mural All day		
		Material Memories All day	Material Memories All day	Material Memories All day		

Wednesday October 14

The Joy of Learning: Community Education

Time: Morning

Venue: Dún Laoghaire

Invitation Only

Dún Laoghaire VEC's celebration, The Joy of Learning: Community Education, will provide an opportunity for all relevant stakeholders including community education learners, tutors, and local and statutory organisations to share their experience of community education, through reflection and exhibitions of learning. The event will culminate with an exploration of plans for the future.

For further information please contact: Barbara Hammond at 01-2147200 or email bhammond@dlvec.ie

Wednesday October 14

Women's Health Fair - Southside Women's Action Network (SWAN)

Time: All day

Venue: Shanganagh Park House,
Rathsallagh, Shankhill

Women of all ages welcome

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For further information contact SWAN at 01-2825932, email swan@swannetwork.ie or visit www.swannetwork.ie

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Wednesday October 14

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The body of work took place in the Grainstore in Cabinteely, where the 8o:2o team facilitated the young people in the making of this piece. The days were filled not only with painting but also discussion and debate over what Interculturalism means, how it relates to everyday life, how do people honestly feel about it and how best to convey this to an audience.

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This mural is being displayed as part of Social Inclusion Week.

For further information please email: Shane Gately, gatelyshane@yahoo.co.uk

Wednesday October 14

Afternoon Tea at Abbeyfield House

Time: 3pm – 5.30pm

Venue: Abbeyfield House, 29
Seapoint Avenue, Monkstown,
Co Dublin

All welcome

Do you live alone? Do you enjoy the company of others but value your independence and privacy? Do you worry about security? If the answer to any of the above is 'Yes', perhaps Abbeyfield House has the answer. We welcome you to come and have some tea and a chat with the residents, a stroll around the garden and view our apartments and bungalows.

For further information please contact: Deirdre Torpey at 01-2854205 or email torpeyd@hotmail.com

Wednesday October 14

The Wireman Project: Dún Laoghaire Youth Service

Time: 4.30pm – 5.15pm

Venue: Concourse, County Hall,
Marine Road, Dún Laoghaire

All welcome

The Wireman Project has been developed by Frieda Hand, the Development Officer for the Parachute Programme, at Dún Laoghaire Youth Service. This is a drug misuse prevention programme based on the use of play to explore ideas of self-esteem,

staying safe, being healthy and being aware of drugs, funded by the Local Drugs Task Force. Wireman is a teaching tool aimed at 12 year olds in youth club settings. It is a starting point for engaging young people in discussions on the subjects of smoking and alcohol and the alternatives for staying healthy. There will be a sample workshop on the day and all are invited to participate in this workshop.

For further information please contact: Frieda Hand at 086-0566852

Wednesday October 14

Social Inclusion and Europe – Opportunities & Challenges (Training) European Anti-Poverty Network Ireland

Time: 7.00pm

Venue: Assembly Hall, County Hall, Marine Road, Dún Laoghaire

All welcome, especially: local community & voluntary organisations, Community & Voluntary Forum, Interested members of the public.

The European Anti-Poverty Network has over twenty years of experience in training on issues of poverty and social exclusion and the European Union. Training will include an overview of the functions of the European Union with regard to social inclusion, its relevance to community and voluntary groups and how to influence policy.

For further information please contact: Mark Byrne at 01-8745737 or email mark@eapn.ie

Thursday October 15

What we do! Dún Laoghaire-Rathdown Outreach Project (DROP)

Time: All day

Venue: Dún Laoghaire Shopping Centre

All welcome

The Dún Laoghaire-Rathdown Outreach Project was set up in 1998 to provide a networked, integrated response to meet the needs of individuals, families and communities affected by drug and drug-related issues.

The core of DROP's work is to support people to overcome the negative effects of addiction and to develop their capacity to fulfil their potential, personally, socially and economically.

For further information please contact: Chris Rankin at 01-2803187 or email dayservice@drop.ie

Thursday October 15

Women's Health Fair - Southside Women's Action Network (SWAN)

Time: All day

Venue: Loughlinstown Community Rooms, Loughlinstown

Women of all ages welcome

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Time: Morning

Venue: Shanganagh Park House, Shanganagh, Shankill, Co. Dublin

Shanganagh CDP is dedicated to improving lives of the people living in Shanganagh and Rathsallagh through encouraged

participation. Our aim is to work with local people to develop their community and to empower them to achieve this. We have set up projects and groups for people to participate in as volunteers. Our office is situated in the basement of Shanganagh Park House.

As part of our participation in the Social Inclusion Week, Shanganagh CDP will be organising Coffee Mornings / Information Sessions. Please find below the scheduled programmes:

- Information session with the Public Health Nurse.
- Information session with the MABS – Money Advice and Budgeting Services.
- Information session with the Community Gardaí on safety in our community.
- Information on breast cancer, to be facilitated by Cancer Support Services.

For further information please contact: Eniola at 086-7968532 or 01-2824210

Thursday October 15

8o:2o Intercultural Mural

Time: All Day

Venue: Concourse, County Hall, Marine Road, Dún Laoghaire

All welcome

This mural was created in August 2008 as part of a partnership between 8o:2o, Dún Laoghaire-Rathdown County Council, Ballyogan Youth Project, Ballyogan Castle Project and Shanganagh Youth Service.

The body of work took place in the Grainstore in Cabinteely, where the 8o:2o team facilitated the young people in the making of this piece. The days were filled not only with painting but also discussion and debate over what Interculturalism means, how it relates to everyday life, how do people honestly feel about it and how best to convey this to an audience.

Our main heading of Interculturalism was unwrapped into a more understandable idea which became “Cultures Colliding”- The Positive and Negative effects of different cultures coming together..

This mural is being displayed as part of Social Inclusion Week.

For further information please email: Shane Gately, gatelyshane@yahoo.co.uk

Thursday October 15

Five-a-side Soccer Blitz – An Garda Síochána

Time: 7pm – 9pm

Venue: dlr Leisure Services, Loughlinstown Drive, Loughlinstown

All welcome, especially young people living in the area

Community-based Gardaí working in conjunction with other statutory and voluntary agencies can have a positive effect on youth work, which reinforces good behaviour in young people. This event should improve Garda community relations and help to engage and involve young people in positive behaviour in their community.

For further information please visit: www.dlrcoco.ie

Thursday October 15

Local Voices: Community Digital Media Centre

Time: As part of Inclusion Fusion (see below)

Venue: Pavilion Theatre, Dún Laoghaire, as part of Inclusion Fusion (see below)

All welcome, tickets, €5 each, available from the Pavilion Theatre, Dún Laoghaire, Co Dublin

A small group of young people from Loughlinstown have produced a short documentary style film entitled ‘local voices’. Young people were involved in every aspect of producing this film, planning, presenting and filming. This film features a series of local people living and working in the Loughlinstown area, reflecting on what they like about the area and changes they would like to see happening.

For further information please contact: Paul Curran, at 085-7175728

Thursday October 15

Inclusion Fusion: You are invited to a party!

Time: 7.30pm

Venue: Pavilion Theatre, Dún Laoghaire, Co Dublin

Tickets, €5 each, available from the Pavilion Theatre, Dún Laoghaire, Co Dublin

All welcome

This spectacular show is one of the highlights of Social Inclusion Week, featuring some of Dún Laoghaire-Rathdown’s best talent. Come and see ‘The Retirement Home’, by Raging Hormones, ‘The Blood Brothers’, by the Ballyogan Castle Project, ‘DanceTeen’ by Carmona Services, ‘Central Girls’, Dún Laoghaire Youth Service and enjoy music by The Discovery Gospel Choir. Among the special guests attending include Her Excellency, Ms. DPS Jana, South African Ambassador and Dr. Richard Humphreys, Leas Cathaoirleach.

For further information please contact: Rebekah Fozzard at 01-2047924 or email rfozzard@dlrcoco.ie. Tickets are available from the Pavilion Theatre, Dún Laoghaire.

Friday October 16

Rathfarnham Friday Social Club Outing

Time: 10am – 4pm

Venue: Rathfarnham

Invitation Only

The Alzheimer Society of Ireland introduced the concept of Social Clubs in 2005 and there are now six Social Clubs operating in Dublin, Kildare, Wicklow and Cork.

The Social Club provides an informal, flexible and fun opportunity for people with dementia and their carer or family member to meet others in a supported environment. The Club is a social gathering for half a day

once a week where people can drop in to chat, access information and support, meet other people, plan activities, organise outings as well as to exchange ideas and experiences.

In celebration of Social Inclusion Week the Rathfarnham Social Club are planning a special outing (venue to be confirmed). Other outings have included visits to Kilmainham Gaol, Farmleigh House and weekends away.

For further information please contact: Avril Dooley at 01-2073802 or email adooley@alzheimer.ie

Friday October 16

What we do! Dún Laoghaire-Rathdown Outreach Project (DROP)

Time: All day

Venue: Dún Laoghaire Shopping Centre

All welcome

The Dún Laoghaire-Rathdown Outreach Project was set up in 1998 to provide a networked, integrated response to meet the needs of individuals, families and communities affected by drug and drug-related issues. The core of DROP's work is to support people to overcome the negative effects of addiction and to develop their capacity to fulfil their potential, personally, socially and economically.

For further information please contact: Chris Rankin at 01-2803187 or email dayservice@drop.ie

Friday October 16

Women's Health Fair - Southside Women's Action Network (SWAN)

Time: All day

Venue: Loughlinstown Community Rooms, Loughlinstown

Women of all ages welcome

Do you want to know more about managing stress and depression, positive mental health, staying active, understanding addiction or growing older and wiser? This is the place to go!

SWAN is organising a Women's Health Fair in Shanganagh Park House in Shanganagh/Rathsallagh from 12th – 14th October and in the Community Rooms in Loughlinstown on 15th & 16th October. Different display stands and talks will give information and advice about keeping well, what services are available in your area and how to access these services. There will be also the possibility of experiencing different holistic therapies in the SWAN rooms in Ennel Court in Loughlinstown from 13th -16th October.

For further information please contact: SWAN at 01-2825932, email swan@swannetwork.ie or visit www.swannetwork.ie

Friday October 16

DLRCC Sensory Garden

Time: All Day

Venue: County Hall, Marine

Road, Dún Laoghaire, Co Dublin

All welcome

You are welcome to come to County Hall, Dún Laoghaire, to enjoy our indoor sensory garden. Our sensory garden is a 'garden' that has specifically been created by DLR Parks Department to be accessible and enjoyable to all visitors including people with a disability, children and older people. The purpose of our sensory garden is to provide individual and combined sensory opportunities for you that you may not experience on a regular basis.

For further information please contact: Pat Coffey, Access Officer, at 01-2047269 or email: pcoffey@dlrcoco.ie

Friday October 16

Welcome to our home

Time: 6pm – 10pm

Venue: The Grainstore, Cabinteely Park, Cabinteely, Dublin 18

All welcome, especially young people between 12 – 25 years from all over the County.

CANVAS, Youth Arts Action Committee is welcoming YOU to our home. This is an event organised by young people for young people. The committee is hosting a wide range of musical and artistic endeavours from young people around the county, and would like YOU to join them for an evening of creativity at the Grainstore, an Arts Facility for ALL young people in the county.

For further information please contact: Michael McLoughlin, at 01-2047979 or email: grainstore@dlrcoco.ie

Saturday October 17

Garda Intercultural Family Open Day

Time: 2pm – 4pm

Venue: Dún Laoghaire Garda Station

All welcome

The role of social inclusion in An Garda Síochána is linked with the vulnerability of groups to exclusion from equal provision of our service, whether it be lack of confidence, fear, poverty etc. The aim of this event is to raise the awareness of the role of Gardaí in society and to have a clearer understanding of the job we do. Guided tours will take place and specialised units will outline their specific duties.

For further information please visit: www.dlrcoco.ie

Saturday October 17

UN Day for the Eradication of Poverty

Time: All Day

Venue: Look out for local and national events

The United Nations International Day for the Eradication of Poverty is observed on October 17 each year since 1993. It promotes people's awareness of the need to eradicate poverty

and destitution worldwide, particularly in developing countries.

The observance of the International Day can be traced back to October 17, 1987. On that date, more than 100,000 people gathered in Paris to honour the victims of extreme poverty, violence and hunger. Since that moment, individuals and organisations worldwide observe October 17 as a day to renew their commitment in collaborating towards eradicating poverty.

Supporting Social Inclusion Week

Intercultural Media Project

As part of the Dún Laoghaire-Rathdown County Anti-Racism and Diversity Plan 'Moving Forward Together', the Unite Network, Southside Partnership and DLRC are organising a project between Transition Year Students and the Holly House Community Digital Media Centre. The students will develop a project dealing with intercultural issues in an inclusive and positive way. They will focus on the contribution young people make in creating an inclusive environment for all. This project will feed into Social Inclusion Week.

For further information please contact: Sandra King at 01-2090644 or email: Sandra.King@sspship.ie

FARE Week October 2009 (Ireland Intercultural Football

Week), FAI (Football Association of Ireland)

The FAI, in conjunction with its community partners, is supporting the Football Against Racism in Europe Week and Social Inclusion Week. The FARE week is organised by the Football Against Racism in Europe Network which is a community partner of UEFA. Intercultural Football Week hopes to establish a greater awareness of pathways and opportunities into mainstream football e.g. clubs as well as supporting intercultural learning/awareness among young people.

For further information please contact: Des Tomlinson, National Coordinator for Intercultural Football, 01-8999571 or email: des.tomlinson@fai.ie

Get Reading!

Dún Laoghaire-Rathdown Library Service in conjunction with NCBI has started two audio book clubs for adults with visual impairment in the area. Book Club 1 meets on the last Friday of each month and Book Club 2 meets on the second Friday of each month in Marina House, Clarence St, Dún Laoghaire at 10.30am. Currently there are six members in each group and titles for discussion include "Secret Scripture" by Sebastian Barry and "Boy in the Striped Pyjamas" by John Boyne.

For further information please contact: Alex Okupinska, NCBI at 2710123 or Carmel Kelly, Library H.Q. at 2781788

Dublin Tourism supports Social Inclusion in DLR!

Dublin Tourism is the regional tourism authority responsible for the development, marketing & promotion of tourism in the Dublin area. Dublin Tourism operates a year-round information and accommodation reservation service, assist the travel industry and media with promotions, marketing, familiarisation trips, photos, events etc. In conjunction with Dún Laoghaire-Rathdown County Council and the local trade Dublin Tourism is actively promoting the Dún Laoghaire-Rathdown area as a "must visit" tourist destination.

Dublin Tourism is pleased to be able to support social inclusion and is proud to be involved in this important awareness campaign.

For further information please contact: Nicola Fitzgerald at 01-6057739 or email: nfitzgerald@dublintourism.ie

Money Advice and Budgeting Service supports Social Inclusion

Dún Laoghaire MABS is funded by the Department of Social and Family Affairs through the Citizens Information Board. The service is free, independent and confidential. The aim of the service is to assist people who are in debt or who have the possibility of being in debt. The target group is people on low incomes and /or social welfare payments. However with the downturn in the economy and the varied area here in Dún Laoghaire, we are currently seeing people from a variety of walks of life.

There are 65 MABS offices throughout the country. They are all limited companies with no share capital and charitable status. Each

has its own Board of Directors who come from many statutory and voluntary areas.

The service works by appointment; it is not a drop in service.

For further information please contact: 01-2302002 or email: Dun_Laoghaire@mabs.ie. MABS also has a helpline based in Blanchardstown which can be contacted at 1890 283438.

Dún Laoghaire-Rathdown County Enterprise Board supports Social Inclusion Week!

Not working right now? Want to start your own business? The County Enterprise Board is offering a range of courses that will give you the skills you need to advance your plans!

For further information please contact: www.dlrceb.ie/training or Lisa Brown, Dún Laoghaire-Rathdown County Enterprise Board, Nutgrove Enterprise Park, Nutgrove Way, Rathfarnham, Dublin 14.

The Local Community Gardaí support Social Inclusion Week!

The Local Community Gardaí in the Dún Laoghaire-Rathdown area, are delighted to support Social Inclusion Week. They will be participating in Social Inclusion Week by supporting the County Council and other groups at the many functions being held throughout the week.

The Dún Laoghaire-Rathdown County Childcare Committee supports Social Inclusion Week!

The Dún Laoghaire-Rathdown County Childcare Committee is committed to social inclusion. One of the cross-cutting objectives of our current Strategic Plan states: DLRCCC will further promote equality and diversity in childcare provision and work towards equality of access to childcare services for all groups, in particular for children with disabilities, children in the Traveller community and other ethnic minorities.

A further objective in the Strategic Plan relates to Community Childcare and states: The community childcare sector will be supported to develop and increase quality childcare in the county.

DLRCCC also shows its commitment to social inclusion through the funding of a part-time Development Worker, employed by the Southside Partnership who works exclusively with the Community Childcare sector.

We are delighted that the Social Inclusion Week is taking place and will participate in relevant events during the week.

For further information please contact: Michele Relihan at 01-2368030 or email Michele@dlrcountychildcare.ie



Providing a link between people who want to volunteer and organisations who need volunteers



Interested in volunteering?

We can help you find a volunteering position to suit your needs, interests and availability.



Looking for volunteers for your organisation?

We can help recruit volunteers and we provide support, training and advice in volunteer management.



For further information

T: 01 209 0630

E: info@volunteerdlr.ie

www.volunteerdlr.ie

Supporting and promoting volunteering in Dún Laoghaire-Rathdown

Social Inclusion Week has been organised by the DLR Social Inclusion Unit. For more information on the our work please contact Rebekah Fozzard, Social Inclusion Officer
Tel: (01) 204 7924 or **email:** rfozzard@dlrcoco.ie

