



Northside Partnership Newsletter

Issue 5 - April 2014

Preparing for Life is Now Recruiting New Families

Northside Partnership's Preparing for Life project has recently received funding through the Area Based Childhood Programme to expand its prevention and early intervention work with children and families living in Dublin 5 and 17.

Under the Area Based Childhood Programme, between 2014 and 2016, Preparing for Life will continue to support parents to get their children ready to start school through its home visiting and positive parenting programmes. It will also add a number of new strands to its work which you can read more about on page 2 and 3 of this newsletter and on our website www.preparingforlife.ie.

Preparing for Life is currently recruiting for families from the areas of Darndale, Belcamp, Bonnybrook Glin, Kilmore West and Moatview to join their home visiting programme. If you are expecting a child, or know somebody else who is, you can contact Preparing for Life for more information on 01-8771509 or text JOIN to 087 290 8386 and a member of our family mentor team will call you back as soon as possible.



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Introducing the New Preparing For Life Programmes



Preparing for Life

ANTENATAL CARE & EDUCATION

Antenatal care and education is vital for good birth outcomes, we are working with our partners the Rotunda Hospital and the HSE to provide antenatal care and education classes in local health and community centres. This will make it easier for parents to engage with these services in their community.



Preparing for Life

HOME VISITING

Our family mentors work alongside parents from pregnancy to when a child starts school. We visit families in the home and give information on child development and parenting, with the aim of improving school readiness.



It is open to all parents expecting a new child and living in:

Belcamp, Darndale, Moatview, Northern Cross, Tara Lawns and Cara Park

Bonnybrook: Adare, Bunratty, Ferrycarrig, Glin, Macroom and Greencastle

Kilmore West: Ballyshannon, Castletimon, Cromcastle, Dundaniel, Kilbarron and Trim Road



Preparing for Life

PARENTING

From September 2015, we will offer Triple P to all parents of children aged 2—6 living in our target area. Triple P Positive Parenting Programme aims to make parenting easier. It has been scientifically proven to work with families in all types of situations. Triple P offers suggestions and ideas to help you enjoy being a parent and help your child develop well.



The Area Based Childhood Programme is funded by the Department of Children and Youth Affairs and the Atlantic Philanthropies and managed on their behalf by Pobal and the Centre for Effective Services.



Introducing the New Preparing for Life Programmes



We train and mentor early childhood professionals to deliver the best outcomes for children.

Our Quality Mentor and Speech and Language Therapist provide training and on-site mentoring to support Early Childhood Professionals in our partner services to:

- Engage with children as active, unique and competent participants in their early education.
- Improve their curriculum by using Aistear, The Early Childhood Curriculum Framework, to create enriching experiences for children.
- Develop reflective quality practice.
- Actively promote language development



among children.

- Make children's learning visible to parents.
- Facilitate a smooth transition to school.

Our partner services are: Bonnybrook Community Childcare, Kilmore West Community Playgroup, Doras Bui, St Francis Community Playgroup, Darndale Belcamp Integrated Childcare Service, New Life Centre, Moatview Early Education Centre, Bunratty Community Childcare Service.



Our Schools Programme works to improve learning outcomes for children and to equip them with life skills that will help them to achieve their full potential.

We provide an experienced mentor who works with teachers in their school to introduce:

- Write to Read—a literacy model that helps children to see themselves as readers, writers and thinkers.
- Play to Learn—a model that helps infant teachers to implement the Aistear play based



curriculum framework for 0—6 year olds.

- Good Behaviour Game—a classroom based game to teach children self-regulation skills.

Our partner schools are: St Francis JNS, St Francis SNS, St Joseph's NS, Scoil Naisiunta Ide Cailini, Scoil Fhursa, Our Lady Immaculate JNS, Our Lady Immaculate SNS.



New STEPS Motivational Training Course Starts 7th May

Our Local Employment Service will be running another STEPS course beginning on 7th May 2014. As there is always huge demand for this course, there will be an information session with the facilitators on 30th April at 11.00am in our Bunratty Drive office.

We currently have 44 clients on a waiting list for this course with 20 places available. We hope to run another STEPS course very soon to give all clients who are interested in this course the opportunity to participate.

If you are looking for work, a STEPS course can help you to:

- Develop the motivation and self-belief to complete other training and find jobs.
- Move you beyond where you have become stuck to a more fulfilling and successful life.
- Raise your confidence and self-esteem.
- Become more open to change and trying new things.
- Confront the beliefs that limit achievement and to see potential and possibilities.

Shamrock Rosettes Launches New Website

Shamrock Rosettes™ has recently launched its new interactive website where you can build and buy your own customised prizes and event accessories. Shamrock Rosettes™ is a brand name of Speedpak, an award winning social enterprise that was first established by Northside Partnership in 1995.

Their products are suitable for competitions, shows, school awards, sports days and for a variety of promotional activities.

With over 700 customers nationwide they are now exporting to the USA, UK, Australia, France, Switzerland and Iceland!

To place an order, visit them at www.shamrockrosettes.com or call 01 8671707.

Speedpak provides innovative solutions to long-term unemployment in north Dublin by offering real work experience and accredited training to 50 long-term unemployed people each year.





Youth Leadership Programme in Full Stride

The Youth Leadership Programme 2014 is now in full stride. Over the last three weeks our group of newly recruited young people have visited the Ombudsman for Children's Office (OCO) and The Dóchas Centre – a closed, medium security prison for women in Ireland. They have also participated in team building activities with Xtreme Adventure Centre in Courtlough, Dublin.

The group has gained a great understanding of children and young people's rights and responsibilities through their engagement with the OCO and have gained considerable insight into the role of the Irish Prison Service and the issues and responses used in conflict management.

Over the next five weeks they will meet with the Bar Council of Ireland and Northside Law Centre. As part of this session they will take part in a Moot Court and will learn about the art of public speaking and presentation skills. The group will also be hosted by the Dublin Airport Hilton Hotel for a workshop on the theme of "Team Dynamics and Event Management", in addition to Catapult Production Company around the theme of "Creativity and Innovation".



Young Community Innovators Set to Rock the Vote

Our Young Community Innovators are currently running an Activating Youth Vote project to get as many young people from North Dublin as possible to register and vote in the upcoming local and European elections this May. The group are officially affiliated with Rock the Vote.

Next Monday, 14th April they will hold a registration event from 5—9pm in Clarehall Shopping Centre where a local Garda Síochána will be on site to add people for to the Register of Electors Special Supplement. There will also be a social dimension to the event with music from local bands and DJs. The group will then shift their focus from registration to hustings with local candidates between mid-April and the elections on 23rd May. For more information, follow them on facebook.com/YCIRockTheVote and twitter.com/YCIRockTheVote.



Challenger 6th Class Students Take In Dublin's Museums

Over the past few weeks our lucky sixth class Challenger students have gone on a number of exciting cultural tours that included the Wax Museum on 26th February, Croke Park on 5th March, Glasnevin Cemetery Museum on 12th March and Collins Barracks Museum on 19th March. During the trips the students learned a lot of interesting historical and cultural facts. The students are now busy writing up a short essay on their experiences during their first year on the Challenger programme which will include reflections on all of these trips and the many other exciting activities which they took part in. Other 6th class Challenger activities this year included a reading club, public speaking classes, a mind mapping workshop, conversational Irish classes and a visit to Dublin City University on 24th March.



Northside Community Forum Reaches Out To New Members

The Northside Community Forum is an independent, membership based, community network of over 60 community organisations operating in the north east Dublin area. The key objective of the Forum is to encourage local organisations to identify and work together on a range of social issues affecting their communities. The Community Forum is currently accepting expressions of interest for membership. If you would like additional information on the Forum and/or would like to enquire about the benefits of becoming a member please contact kate.mitchell@nspartnership.ie.

A Full Forum meeting will be held on Thursday 8th May at 9.30am (location to be confirmed) to provide an overview of the Forum, in addition to its upcoming agenda for 2014/ 2015.

Full Forum

Meeting

Thursday,

8th May 2014

9.30am



Story Time Certificate Ceremony and Teddy Bears Picnic

This Wednesday 9th April, 35 parents taking part in our most recent Story Time programme received their certificates in Marino Institute.

This is the ninth time that we have run the Story Time programme in association with Dublin City Libraries and Marino Institute. The programme encourages parents to read to, and with their children at home. If you are interested in taking part, please contact Emma Byrne-MacNamee at emma.byrne@nspartnership.ie for more information.



The Story Time programme is also running a Teddy Bears Picnic event in Coolock Library on Saturday, 12th April at 11.00am. All families are welcome to attend this event and do not need to be taking part in Story Time.

Connect 4 Photo Exhibition Moves to Coolock and Raheny

On 12th February, the Connect 4 Programme launched its Photo Exhibition at The LAB Gallery, Foley Street, Dublin 1. In collaboration with Dublin City Council, we are delighted to announce that this exhibition will be extended to a number of libraries in the north Dublin area starting with Coolock Library on 15th April

before moving to Raheny Library on 1st May. It will continue to Donaghmede Library in June and Ballymun Library in July. The exhibition highlights the numerous activities and events which took place throughout the Connect 4 programme. For further details contact Kate at 01-8485630 or kate.mitchell@nspartnership.ie

Other Upcoming Northside Partnership Events

♦ **Start Your Own Business**

Courses starting on 15th April and 13th May. All courses take place from 6.30—9.30pm in Northside Partnership Head Office in Bunratty Drive, Coolock. Contact Joyce on 01-8485630 or email

joyce.topham@nspartnership.ie for more information.

- ♦ Regional Education Network—Spring History Series—**Visit to Casino in Marino for teachers** from REN schools—Thursday, 10th April at 4.00pm. Email

linda.shanley@nspartnership.ie for more info.

- ♦ Free 8-hour **Benefit IIII beginners computer classes** every Monday & Tuesday in our Employment Services Centre. Call 01-8485608 for more information.



Health Heroes Launch Event is Out of This World

On Saturday, 5th April, the Northside Partnership Health Heroes project kicked off with a family fun day in Coláiste Dhúlaigh, Coolock. Local families turned out in great numbers to enjoy tasters of everything from football, boxing and yoga to dancing, athletics and gardening as well as family fun activities such as bouncy castles, face painting and giant jenga.

This family fun day was the first in a series of Health Heroes events that Northside Partnership will run between April and November 2014 to encourage people of all ages living in Dublin 3, 5, 13 and 17 to lead more active and healthy lifestyles – and to have some fun along the way while doing so.

Among the community and sports groups who were on site providing demonstrations of their sports and hoping to sign up new members were Parnells GAA Club, Raheny Shamrocks Athletics Club, Dance X, Doras Bui / CHANGE Community Garden, Parnells Yoga, Parnells Pilates, Darn-dale Boxing Club and the Boys Brigade 29th Company.

The Health Heroes project is being run by a committee of nine young people who are graduates of Northside Partnership's Young Community Leaders programme.

Other upcoming Health Heroes events will include activity trails in local parks, a 15K coastal walk from Fairview to Howth, an intergenerational Olympics event and healthy eating courses. The Health Heroes will also be issuing three Healthy Lifestyle Newsletters which provide information on local amenities and walking routes as well as some healthy eating recipes.

Northsiders are advised to keep an eye on our website and Facebook page for details on these upcoming events!
www.northsidepartnership.ie





Healthy Communities Initiative—Healthy Lifestyle Festival in the Pipeline

Our Healthy Communities Working Group Two is busy planning for a Healthy Lifestyle Festival that will take place at the end of May in Northside Shopping Centre.

The organisers are hoping to offer demonstrations of health and fitness activities, diabetes and cholesterol checks, and tasters of healthy eating recipes from around the world. For more information contact jacqui.ward@nspartnership.ie. Otherwise, keep an eye on our website for more information coming soon!

Learn How to Control Your Stress in Just Six Weeks

Preparing for Life is pleased to announce that its next six week Stress Control Course will begin on Tuesday 29th April 2014 at 7pm in the Parish Centre, Coolock Village. This course is free, open to everyone in the community and each session lasts one hour.

Participants listen to a presentation about stress given by the course facilitator who looks at a different topic in relation to stress each week. Topics covered can include the causes of stress and relaxation techniques. Participants will receive weekly hand outs, a relaxation CD on week three and a booklet on week six. For more information contact Melanie on 01-8771509 or melanie.murphy@nspartnership.ie.



Healthy Food Made Easy Open Day on 14th May

Our Healthy Food Made Easy (HFME) peer leaders are being kept very busy delivering the course to various groups throughout north east Dublin. There have been a record 25 courses completed so far this year with many more planned over the coming months.

For those who would like a taste of what HFME is all about, the programme will host an Open Day on Wednesday 14th May 2014. This event will take place between 9.30am and 1.00pm at the Local Employment Service Building, Northside Partnership, Bunratty Drive, Coolock. For those interested in signing up for the Healthy Food Made Easy course they can do so on the day. If you have any questions about the day and/or the HFME course you can contact linda.scanlan@nspartnership.ie or call 01-8485608.



Teams Needed for Our Annual Education Trust Golf Classic

Our Annual Education Trust Golf Classic will take place on Thursday, 15th May in Forrest Little Golf Club. Tee times are available from 12.30—3.30pm. The cost to enter a team of four is €340 which includes a round of golf and dinner at the end of the day.

The Golf Classic is a key funding pillar for our Education Trust which provides financial support for students from low income backgrounds to attend third level education abroad or outside the greater Dublin area. Since 2002, the Education Trust has supported 70 students with grants worth over €202,000 to help them to achieve their education and career dreams. For more information or to book a tee time, contact Noel Kelly on 087-8515510 or email noel.kelly@nspartnership.ie.



Find Out More About Northside Partnership

To find out more about the employment, education, children & family, youth, enterprise and local development programmes and supports that we offer, please visit our website www.northsidepartnership.ie.

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Northside Partnership



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Subscribe to this Newsletter

Northside Partnership is a local development company. We work to improve the opportunities for people and communities in north east Dublin to bring about positive changes in their own lives and the life of their community. We offer a range of programmes and services to support individuals, local organisations, groups and communities in Dublin 3, 5, 13 and 17. Our work is funded by the Irish Government, charitable organisations and private sources.

A full listing of our funders can be viewed [here](#).

For more information on the articles in this newsletter, please contact Sinead Murphy by emailing Sinead.murphy@nspartnership.ie or call 01 8485630.