



Northside Partnership Newsletter

Issue 11 - April 2015

Northside Partnership Education Trust Annual Fundraising Golf Classic

Our Annual Education Trust Golf Classic will take place on Thursday, 14th of May at Forest Little Golf Club. The Golf Classic is a key funding pillar for our Education Trust which provides financial supports for students from low income backgrounds helping them avail of third level education abroad or outside the greater Dublin area. The cost of living away from home can make accessing education opportunities impossible for students. Our Education Trust Grants are vital to enable these students achieve their education and career dreams.

The event begins at 10.30am with teams teeing off all day. There will be a prize presentation after dinner. Tee times are allocated on a first come, first served basis and the cost to enter a team of four is €360. This includes your round of golf and dinner.

To register your team and book a tee time, contact Noel Kelly on 087-8515510 or email noel.kelly@nspartnership.ie



Conor Crowley, of Acumen and Trust, sponsors of the Golf Classic, with Donal Boyle and Billy Beare, Coolock and Artane Credit Union's 2014 Winning Team



Noel Kelly, Linda Shanley and Paul Hayes at the 2014 Golf Classic

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YCL at the Mansion House

On the 17th of February, our Young Community Leaders were invited to the Mansion House by Dublin Lord Mayor, Christy Burke. 50 young leaders from the across the Northside gathered in the Mansion House for a morning of Leadership Insights. The event was an oppor-



Young Community Leaders with Deputy Lord Mayor Larry O'Toole at the Mansion House

tunity for the Young Community Leaders (YCL) to hear from Declan Egan, founder of 100Minds.org and the Deputy Lord Mayor Larry O'Toole. Future success of Ireland will be built on strong leadership and this unique event brought together the current leaders of Dublin with the next generation of advocates for community action.



Tiernan Brady with YCI participants celebrating 'Tie The Knot'

The event opened with a presentation from a group of Young Community Innovators (graduates of the Northside Partnership Young Community Leaders programme) who were announcing their [#YCI4Equality](#) campaign for a Yes vote in the upcoming Marriage Equality referendum.

Tiernan Brady, Director of Policy for the Gay and Lesbian Equality Network (GLEN) commented "This is what winning looks like. This referendum will be won by local community action like this." The Young Community Innovators have launched their "Tie the Knot" campaign using the international symbol for marriage equality, a white knot, and are planning a series of actions to get conversations started promoting a Yes vote on May 22. Look out for them at the Northside Health Festivals on 17th April and 8th May. They will be distributing white knots, the international symbol for marriage equality, encouraging everyone to wear one and to post a selfie to Facebook with it on and use the hashtag #YCI4MarriageEquality. Please like and share their [Facebook](#) Page or follow them on Twitter @YCI4Equality.



Northside Health Festival Expanded

Our Healthy Communities Working Group launched a trio of health promotion events on the 26th of March in Northside Shopping Centre. The events are organised as part of our Healthy Communities Initiative.



Hand on Heart Enterprise is just one of the groups taking part in the Healthy Living festival.

Shoppers were given the opportunity to learn about a wide variety of health promoting initiatives and activities from organisations including the Change Community Garden and Green Shoots, Hand on Heart, Dublin City Council Sports, the Listen Project, Stop Smoking and Antoinette's Healing Room. There was a great buzz as shoppers stopped to chat and find out how to stay fit and healthy.

We would love to see you at the next two Northside Health Festivals where we will be offering fitness demonstrations, health checks, recipe tasters, walking routes, information on smoking cessation and strategies to live a healthy life. The event is also a great opportunity to find out about all the services on offer to support healthy living in our catchment area.

The Health Festival will be visiting Clarehall Shopping Centre on Friday 17th April and you can find them in Artane Shopping Centre on Friday the 8th May between 11am and 3.30pm both days.

Priorswood and District Men's Shed

In February our Healthy Food Made Easy programme teamed up with Priorswood and District Men's Shed project to deliver a 6 week course in cooking and nutrition skills. The group celebrated their success on the 25th of February with a certificate presentation. The gentlemen gave very positive feedback about their enjoyment of the group and the chance it gives them to learn new skills and keep active.



Priorswood and District Men's Shed Participants receiving their HFME certificates. Photo courtesy of George Finglas,

Priorswood and District men's Shed is keen to develop their group and to work alongside the local community. Please check out their [facebook](#) page for details of their work.

If you would like more information, or would like to join Priorswood and District Men's Shed, contact Maureen Downey on 01-8486458.



We Can Quit Update

Two 'We Can Quit' smoking cessation support programmes for women started in February in Bonnybrook and Kilmore. Both groups are going very well. So much so that an extra evening has been scheduled to accommodate the number of attendees. Well done to all the ladies for taking the opportunity to improve your health.

If you would like information and support on how to stop smoking, contact Bernie McDermott on 01 8771507, 085 8478960 / 085 8478961.

Challenger Students Sample Dublin Culture



Over the last month, 6th class students involved in the Challenger Programme went on 4 cultural tours throughout Dublin. They learned many interesting facts on their tour of the Glasnevin Museum, enjoyed a boat trip through the docklands and visited the U2 studio. The trip to the Wax Museum was scary at times but everyone

survived, made it safely home and got to experience the glory of Croke Park.

If you would like more information on the Northside Partnership's Challenger Programme, please contact [Janette Beirnes](#).



6th class students at Glasnevin Museum



Challenger participants taking it all in at Croke Park

Healthy Food Made Easy is Cooking up a Storm

Our HFME team, have been very busy over the last few months. In addition to running courses for the public they have shared their culinary skills with the Applied Leaving Certificate Year in Marino College and the parents and grandparents of pupils at Scoil Eoin, Kilbarrack.

If you would like to organise a course, please contact [Linda Scanlan](#)



Litter and Environmental Awareness Campaign

We would like to hear from anyone in the Kilmore and Priorswood areas who is interested in becoming a volunteer on an educational programme for children aged 10–11.

Littering has been identified as an issue in a number of communities throughout our area and the Healthy Communities Working Group has decided to develop an initiative to tackle this problem. It is hoped that by focussing on the impact that litter has on the environment there will be a reduction in littering across the Northside Partnership area.

The Northside Partnership will pay for the successful candidate's training in return for a commitment to deliver at least one programme every 12 to 18 months. If you are interested in applying, please contact [Jacqui Ward](#) on 01-8485630.



Local Employment Services News

The LES have been very busy running course for their clients. A STEPS Motivational Training Course began on the 30th March and participants are already feeling empowered to make positive changes in their lives.

The 11th Healthcare Assistant Traineeship Course is currently underway. This FETAC level 5 course run with Leading Healthcare Providers comprises 8 modules giving participants the skills to secure employment as a Carer in a variety of settings such as hospitals, nursing homes, health centres and home help agencies. We have been delighted with the uptake of this course and wish all students the very best as they pursue their futures.

The 30th of March also marked the beginning a new course in sales and marketing in Baldoyle. The course, called Momentum, runs for 13 weeks followed by a work placement of 10 to 14 weeks.

For information on the LES please contact either the Coolock Development Centre office on 01 8485608 or the Greendale Office on 01 8320995.



26 Students Enrolled on Communiversities

We had a fantastic response to our open day in February and 26 participants are currently working their way through the four modules. This programme has been designed to address the need for social inclusion directed at our target groups by providing a high level of community education support and active citizenship courses outside of traditional educational settings.



Successful graduates of Communiversities 2014

Communiversities lasts for 20 weeks, one morning per week, and is discussion-driven using adult education methodologies that are tailored to suit the individual demands of each participant on the course. This flexible approach exists within a coherent framework of NFQ level 7 university courses but without the need to complete an examination. This gives each participant the opportunity to sample education at higher level without the pressures normally associated with an assessment. Participants are able to enjoy the content of the programme and explore topics which they might not necessarily be exposed to.

If you would like more information on this initiative, please contact [Paul Hayes](#) 01 8485630.

Parent and Baby Group Starts in Darndale

Preparing for Life are delighted to offer a social group for parents and babies every Tuesday, between 12.00 and 1.00pm in the Bell Building, Darndale. All parents and babies under 12 months are welcome. Contact Melanie Murphy on 01 8771509 for more information.

NESN Workshops

The Northside Education Support Network enjoyed success with their *Autistic Spectrum Disorders* workshop on the 3rd of March which was attended by 25 teachers. As part of their continued commitment to providing high quality information to support school children in the Northside Partnership area the following workshops are being offered. Dealing *with Behavioural, Emotional and Social Difficulties* on the 21st of April (this workshop is fully booked) and *Fluency Orientated Reading Instruction & The Struggling Reader* on the 12th of May at 3.30 in Marino Institute of Education on Griffith Avenue. 9 places are available for this workshop. To book a place or learn more about upcoming NESN events, please contact Linda.Shanley@nspartnership.ie



Great Feedback about Stress Control

April sees Preparing for Life run their second Stress Control course of 2015. The first session of the 6 week course gets underway tonight, April 14th, in the Coolock Parish Centre at 7pm.

The classes are designed to help people learn how to manage their stress levels so that they are able to cope with the challenges that life brings. Each week, participants listen to a presentation about strategies to combat stress. Participants will receive

a book full of coping strategies and handy tips to maintain positive mental health and a relaxation CD.



We received this feedback from the January course:

"All that was expected of me was to turn up and listen. I found the whole experience very beneficial and would recommend it to everyone needing help with stress."

"I found these classes really helpful at a very difficult time in my life. I picked up some very useful tips that I will use from now on to make my life easier and make life more normal."

"Brill class, a real eye opener. Barbara is a lovely woman, great speaker and I enjoyed listening to her and look forward to the class every week. Work sheets, cd and book very helpful. Would defo recommend to everyone! Thank you Barbara for your time and very wise words."

"Great class—4th time here. Repeating it gives a greater depth of knowledge. I take notes and develop on this by using the computer."

There is no need to book a place on this free course but if you would like more information, please contact Melanie on 01-8771509 or email melanie.murphy@nspartnership.ie.

Baby Massage Courses Continue to be Popular



Another service that Preparing for Life is proud to offer is a 5 week baby massage course. These have been extremely popular and fill up fast. The next course on offer began today at 10am in the Jigsaw Childcare Centre, Darndale.

Due to demand, two classes will begin on Thursday 16th April, one in Jigsaw and one in Coolock Health Centre. There are still places available for the courses in Darndale and if you would like to register, please contact Melanie on 01-8771509 or email melanie.murphy@nspartnership.ie.

Preparing for Life are currently scheduling courses until June and depending on demand, they may be run in the summer. All babies from birth to pre-crawling are welcome to attend with their parents.



Upcoming Events & Courses

- **Stress Control, Tuesday** 14th April, Parish Centre, Coolock Village. 7pm.
- **Baby Massage Courses**, Tuesday 14th and Thursday 16th April in Darndale. Please contact Melanie 01-8771509.
- **Northside Health Festival**, Friday 17th April in Clarehall Shopping Centre.
- NESN Workshop on **Dealing with Behavioural, Emotional and Social Difficulties**, 21st April, 3.30pm, Northside Partnership. Contact Linda Shanley on 01-8485630
- **Northside Health Festival**, Friday 8th of May in Artane Shopping Centre.
- NESN Workshop on **Fluency Oriented Reading Instruction & The Struggling Reader**. 12th May, 3.30pm, Marino Institute of Education. Contact Linda Shanley on 01-8485630
- **Annual Fundraising Golf Classic**. 14th May, Forest Little Golf Course. Please contact [Noel Kelly](#).
- **Bosom Buddies Parent and Baby Group** every Tuesday lunchtime in Darndale. Call 01-8771509 for more info.

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 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 Vicki Monkhouse by emailing vicki.monkhouse@nspartnership.ie or call 01 8771509.