Fingal Inclusion Week

11-17 November 2019

It’s for everyone!
About Fingal Inclusion Week

Fingal Inclusion Week 2019 is an initiative led by Fingal County Council and Fingal Public Participation Network (the PPN). 2019 is the first year this has taken place in Fingal. Over 100 events will take place across the County of Fingal from Monday 11th November to Sunday 17th November. All Fingal Inclusion Week events are free to attend and open to everyone.

**Fingal Inclusion Week aims to:**

- Highlight the positive work that communities, agencies and other organisations are involved in to reduce social exclusion and poverty in Fingal.
- Raise awareness of the barriers experienced by citizens of Fingal that lead to social exclusion.
- Promote an understanding of inclusion in Fingal and celebrate diversity across the county.

**Fingal Inclusion Week Steering Committee**

The organisation of Fingal Inclusion Week is overseen by a steering committee of PPN Members supported by officials from Fingal County Council and Fingal PPN. Members of the Steering Committee include representatives of Blanchardstown Centre for Independent Living, Blanchardstown Traveller Development Group, Empower, IGBO Union Dublin, Lusk Community Council, Naul Community Council, New Communities Partnership and North Dublin Citizens Information Service.

**How do I get involved in Fingal Inclusion Week?**

It is easy! Browse through this booklet, choose the events that you are interested in and just show up! You will be welcomed with open arms. Please be aware though, some events require you to book a place in advance due limited space being available.
How do I read the event listings?

The top of each page will display the day of the week the events take place on.

This is the title of the event.

This is the time the event takes place.

This is a description of the event.

This is the organiser of the event and the venue for where the event is taking place.

This is the contact person and their contact details for the event.

Where can I get more information?

A special web address has been setup: www.fingainclusionweek.ie where you will find the most up to date information on Fingal Inclusion Week events. You can also download the “Unheard Voices” mobile phone application. Every event listing has a phone number or email address, please use these for queries about specific events.
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Monday 11 November 2019

Community Library
9.00am – 2.00pm
Open all week, the community library has a wide genre of books, a lot of which are large print.

Castleknock Community Centre
Laurel Lodge Road, Castleknock, Dublin 15, D15 T3PN
Catherine Coady
e: catherine.communitycentre@gmail.com
t: 086 087 2925

Inclusive Learning, Human Rights and the Sustainable Development Goals
10.00am – 11.00am
Social Care Students and Daughters of Charity Learners host workshop on their experience learning on an integrated programme. Workshop on linking Human Rights and the Sustainable Development Goals.

Technological University Dublin - Blanchardstown Campus
Lecture Room D025
Blanchardstown Road North, Dublin 15 D15 YV78
Deirdre Bonar
e: Deirdre.bonar@tudublin.ie
t: 01 885 1162

Applewood Coffee Morning
10.00am – 11.30am
A Coffee Morning and forum to highlight Fingal Inclusion Week and events together with making people aware of what is happening in their local Community Centre.

Applewood Community Centre
Castleview Lawn, Bunbury Gate Road, Swords, Co. Dublin, K67 P7V2
Robbie Riordan
e: robbie.riordan@acacia.ie
t: 086 041 8986

Pitch and Putt
10.00am – 12.00pm
Come along and enjoy a game of Pitch & Putt. Please bring clubs with you. Golf balls & Tees provided. This is an outdoor event.

Portmarnock Pitch & Putt Club
At the top of the Lane behind St Annes Church, The Dunes, Portmarnock, D13 XA02
Sean Cadogan
e: sean.cado@yahoo.com
t: 087 149 9058
Monday 11 November 2019

Money Magic Course
10.00am – 1.00pm
This is a light hearted, fun and interactive workshop about how to increase your worth with some money magic. Overcome under-earning. Do more with less effort and less money. Feel comfortable talking about money. Booking required.

Adult Education Service, Swords, DDLETB
Adult Education Service, 7 The Plaza, Forster Way, Swords, K67 W260
Seamus Hughes
e: seamushughes@ddletbaes.ie
t: 01 840 8946

"Know Your Rights" Information Roadshow Blanchardstown
11.00am – 12.00pm
Telling you ways to either save money or make more money including employment rights, tax, back to work supports, as well as social welfare.

North Dublin Citizens Information Service
Blanchardstown Library, Blanchardstown Centre, Dublin 15, D15 RY73
Michela Benassi
e: blanchardstown@citinfo.ie
t: 086 024 8189

Combatting Racism in Irish Society
11.00am – 1.00pm
European Network Against Racism Ireland explore the topic of combatting racism in Irish society.

Technological University Dublin - Blanchardstown Campus
Blanchardstown Road North, Dublin 15 D15 YV78
Brid Ni Chonaill
e: brid.nichonaill@tudublin.ie
t: 01 885 1162

Computer Class for Seniors
1.00pm – 3.00pm
This is a free beginners computer class ideal for Senior Citizens.

Baldoyle Community Hall
Main Street, Baldoyle, D13 KK55
Heidi Bedell
e: info@baldoyleforum.ie
t: 01 839 5338
Monday 11 November 2019

Art Workshop
1.00pm – 3.00pm
Arts workshop to learn about and promote acceptance, inclusion and diversity in a fun environment!

Loving and Affectionate Family
Ladyswell National School, Mulhuddart
Yetunde Joyce Oyeneyin
e: lovingandaffectioantefamily@gmail.com
t: 087 269 5893

Information Event on Alzheimer Services
2.00pm – 4.00pm
An Information event on the services and supports the Alzheimers Society of Ireland Social Club provide. The Social club is open to people living with Dementia and their caregivers.

Castleknock Community Centre
Laurel Lodge Road, Castleknock, Dublin 15, D15 T3PN
Catherine Coady
e: catherine.communitycentre@gmail.com
t: 086 087 2925

Men’s Group Open Day
2.30pm – 4.30pm
An Open Day for men of all ages who live in the area. Potential new members invited along on the day.

Mountview Men’s Group
Mountview FRC, 11 Whitechapel Crescent, Mountview, Dublin 15 D15 R6FX
Niamh Collins
e: niamhmfrc@gmail.com
t: 086 750 9864

Mulhuddart Family Integration Programme
5.30pm – 7.00pm
An 8 week family support programme focusing on bringing families from the local community together to develop relationships and share information. Places are limited. Registration required.

Mulhuddart Community Centre
Church Rd, Mulhuddart, Dublin 15
Deirdre Costello
e: mulhuddartcc@gmail.com
t: 01 821 5120
Monday 11 November 2019

Social Inclusion and Awareness for Sickle Cell Patients
6.00pm – 8.00pm
Information evening to create awareness about sickle and its implication for the sufferers, families and the wider society.
This awareness is envisioned to enable members of Irish society to develop effective strategies for catering for the needs of people living with sickle cell.

Sickle Cell Society Ireland
Blanchardstown Library, Blanchardstown, D15 RY73
Esther Onolememen
e: info@sicklecellireland.ie
t: 087 989 0691

“Know Your Rights” Information Roadshow Donabate
6.30pm – 7.30pm
Telling you ways to either save money or make more money including employment rights, tax, back to work supports, as well as social welfare.

North Dublin Citizens Information Service
Donabate Library, Portrane Road, Donabate, Co. Dublin, K36 F598
Andrew McCann
e: fingal@citinfo.ie
t: 087 293 7153

The Most Intriguing Card Game
6.30pm – 10.30pm
Bridge is the most intriguing of all card games. Curious? Find out what it’s all about! Introductory lesson, followed by some card playing and a cup of tea. Booking required.

Phoenix Active Retirement Centre
Westmanstown Sports Centre (Upstairs), Westmanstown, Dublin 15, D15 Y2DH
Billy Breen
e: parcbridge@gmail.com
t: 087 252 2470
Information Session and Open Meeting on Fingal Integration Forum
6.30pm – 8.30pm
As part of the new Fingal Social Cohesion and Integration Strategy, Fingal Public Participation Network will setup the Fingal Integration Forum in 2020. This session invites interested members to find out more and get involved in shaping the forum.

Fingal Public Participation Network
Venue: To be confirmed. Contact organiser directly.

Jamie Moore
e: info@fingalppn.ie
t: 01 890 6235

Mount Eustace Residents Association Open Evening
7.00pm – 9.00pm
Come and meet residents association representatives, celebrate our achievements and promote active citizenship.

Mount Eustace Residents Association
Tyrrelstown Community Centre, Tyrrelstown, D15 PWY2

Todd Pocius
e: METyrrelstown@gmail.com
t: 087 786 6326

International Inclusion Night
7.30pm – 9.30pm
An evening of sharing culture, food, origins and craic.

Rush Athletic FC
The Strand Bar, 11 Upper Main St., Rush, Co Dublin K56D722

Shay Dempsey
e: shaydy@gmail.com
t: 086 349 5442
Inclusion Week Coffee Morning  
10.00am – 11.30am  
A Coffee Morning and forum to highlight Fingal Inclusion Week and events together with making people aware of what is happening in their local Community Centre.

Holywell Community Centre  
Holywell, Swords, K67 P8P9  
Robbie Riordan  
e: robbie.riordan@acacia.ie  
t: 086 041 8986

Balbriggan Community Forum  
10.00am – 12.00pm  
Bringing together community and voluntary groups in the Balbriggan area. The event will focus on sharing their experiences in obtaining, funding, new members, planning ahead and sourcing information.

Empower  
1 Georges Square, Balbriggan, Co Dublin, K32 HK25  
Jean Clifford  
e: jclifford@empower.ie  
t: 087 287 9405

Open Day  
10.00am – 12.00pm  
Drop in for a cup of tea and find out all the Mens Shed!

Baldoyle Mens Shed  
Baldoyle Community Hall, Main Street, Baldoyle, D13 KK55  
Heidi Bedell  
e: info@baldoyleforum.ie  
t: 01 839 5338

Failte Isteach English Class  
10.00am – 12.00pm  
Come along to our open morning for people whose first language is not English. Meet people from other countries who are learning or improving their spoken English. Bring a neighbour or friend! (Over 18s)

Rush Failte Isteach  
Rush Multi-Purpose Youth Facility (Martin’s Shop), Chanel Road, Rush, K56 CC90  
Elizabeth Burke  
e: failteisteachrush@gmail.com  
t: 087 215 0466

Tea and Talk Party  
10.00am – 12.00pm  
What do we love in Ireland? Talking and drinking tea. Talking is good for your mental health. It’s as simple as that. Come along!

Fingal Counselling Service  
B.A.S.E. Centre, Brackenstown, Swords, K67 PH96  
Denise McDermott  
e: fcsdenise@yahoo.ie  
t: 01 890 2596

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10.00am – 12.00pm
Still the body, quieten the mind and deal better with daily life, stresses and challenges. A introduction to mindfulness and some simple practices that can be integrated into daily life.

Adult Education Service,
Blanchardstown, DDLETB
Main Street, Blanchardstown Village,
D15 T3KT
Eoin McCabe
e: eoinmccabe@ddletbaes.ie
t: 087 246 5570

So, you’ve retired, what’s next?
10.00am – 12.30pm
A coffee morning, workshop and information session for the retired community. Topics will include keeping active, getting involved with the community, positive mental attitudes and information on local resources.

Base Enterprise Centre
Base Enterprise Centre CLG, Damastown Road, Mulhuddart, Dublin 15, D15 EPP4
Emma O’Toole
e: emma@base-centre.com
t: 086 180 5658

Failte Isteach English conversation classes for Migrants
10.00am – 12.30pm
Learn English or improve your level of English! Meet new people and share stories with other people in the community.

Castleknock Community Centre
Laurel Lodge Road, Castleknock,
Dublin 15, D15 T3PN
Catherine Coady
e: catherine.communitycentre@gmail.com
t: 086 087 2925

A Choir to Remember
11.00am – 1.00pm
The Forget me Nots Choir is for people suffering from Dementia - as seen on RTE. All are welcome to this show.

Baldoyle Community Hall
Main Street, Baldoyle, D13 KK55
Heidi Bedell
e: info@baldoyleforum.ie
t: 01 839 5338
Chairobics Class
12.00pm – 1.00pm
Chairobics exercise classes are designed to help seniors improve their health and flexibility, and also help them feel included in everyday activities, by helping them socialise and feel less lonely.

Castleknock Community Centre
Laurel Lodge Road, Castleknock, Dublin 15, D15 T3PN
Catherine Coady
e: catherine.communitycentre@gmail.com
t: 086 087 2925

Introduction to Floristry
12.40pm – 2.40pm
Explore your creative side? Brighten your home and lift your spirits with this introduction to flower arranging. Booking Required.

Adult Education Service, Balbriggan, DDLETB
Castlemill Education Centre, Hamlet Lane, Balbriggan, Co.Dublin, K32 HD28
Seamus Hughes
e: seamushughes@ddletbaes.ie
t: 01 841 7763

Drop In Centre: ARC Cancer Support
12.30pm – 1.30pm
ARC Cancer Support Centers provide support for people affected by cancer and their relatives in a safe, welcoming and confidential setting. ARC offers psycho social, emotional and practical care through various services.

Castleknock Community Centre
Laurel Lodge Road, Castleknock, Dublin 15, D15 T3PN
Catherine Coady
e: catherine.communitycentre@gmail.com
t: 086 087 2925

Social Tea And Chat
2.00pm – 4.00pm
Le Cheile Active Retirement Group will be meeting for tea and a chat. Talks on subjects of interest, planning outings and an opportunity to socialise and integrate into the wider community.

Le Cheile Active Retirement Group
Castleknock Community Centre, Laurel Lodge Road, Castleknock, Dublin 15, D15 T3PN
Catherine Coady
e: catherine.communitycentre@gmail.com
t: 086 087 2925
Simply Talk
2.00pm – 5.00pm
An information desk to inform people about the MaryCare group, and create awareness about loneliness and isolation.

MaryCare Group
Blanchardstown Library,
Blanchardstown, D15 RY73
Mary Ogunleye
e: maryoluyemi@yahoo.ie
t: 087 912 4494

Active Retired Activities
2.00pm – 4.00pm
Loads of activities for people who are retired including Bowling, Cards, Knitting, Bingo, Tea and Coffee.

Baldoyle Community Hall
Main Street, Baldoyle, D13 KK55
Heidi Bedell
e: info@baldoyleforum.ie
t: 01 839 5338

Children4World
Children Information Day
2.00pm – 5.30pm
Children4World will have a stand showcasing opportunities in field research, report preparation, fundraising, documentary making, preparing newsletters, and event organization.
Be part of our team, if interested and enjoy a FREE HAIR BRAID.

Children4World
Blanchardstown Library,
Blanchardstown, D15 RY73
Abi Wise
e: c4wcorganisation@gmail.com
t: 089 962 9735

Sensory Storytelling Session
3.30pm – 4.30pm
Silver Tree is a performance based on the legend of the Ursitoarea fairy from Romania. It is a calm, reflective, first time experience suitable for everyone. Booking is essential.

Baldoyle Library
The Mall (Off Strand Road), Baldoyle,
Dublin 13, D13 Y304
Lilian Whelan
e: baldoylelibrary@fingal.ie
t: 01 890 6793
Celebrating 30 Years of Blakestown Community Centre
4.00pm – 8.00pm
In celebration of 30 years in operation, the centre is bringing the community new and old together to take the time to share the culture, music and stories of our shared community experience.

Blakestown Community Centre
Blakestown Community Centre, Blakestown Way, D15 TX62
Mervyn Nutley
e: mervyn.nutley@acacia.ie
t: 086 466 9302

Funding Social Inclusion Activity and Effective Fundraising
7.00pm – 9.00pm
Did you know the LEADER programme funds Social Inclusion projects that improve access to services for rural communities? Or the provision of facilities and activities for Young People? Do you want to learn more about effective fundraising? If so, this is the event for you!

Fingal Leader Partnership and Fingal Public Participation Network
County Hall, Main Street, Swords, Co. Dublin, K67 X8Y2

Book your place:
e: info@fingalleaderpartnership.ie or info@fingalppn.ie
t: 01 807 4282 or 01 890 6235

An introduction to Mindfulness
7.00pm – 9.00pm
Still the body, quieten the mind and deal better with daily life, stresses and challenges. An introduction to mindfulness and some simple practices that can be integrated into daily life. Booking Required.

Seamus Hughes
e: seamushughes@ddletbaes.ie
t: 01 821 2829
Wednesday 13 November 2019

**Youthreach Information Exchange**
9.30am – 12.30pm
Visit us in our centre and hear more about how we work with 16-20 year olds to support them in progressing on to further education, training or employment. Tell us more about your organisation!

**Youthreach Balbriggan**
Sarsfield House, Mill Street, Balbriggan, Co. Dublin, K32KX82

**Frances Killeen**
e: info@balbrigganyr.ie
t: 01 968 0600

**Intercultural Competency and Diversity Awareness Training**
9.30am – 4.30pm
Intercultural Competency and Diversity Awareness Training for frontline Fingal County Council Staff. This course aims to raise staff awareness in areas of culture, legal and immigrant legislation.

**Fingal County Council**
Blanchardstown Library, Blanchardstown, D15 RY73

**Valerie McAllorum-Byrne**
e: valerie.mcallorumbyrne@fingal.ie
t: 087 905 1999

**Balbriggan Childcare Forum**
10.00am – 12.30pm
Empower would love to hear your ideas, experience and concerns of accessing childcare in Balbriggan. The event will provide an opportunity for people to come together to look at the affordable childcare needs in Balbriggan.

**Empower**
1 Georges Square, Balbriggan, Co Dublin, K32 HK25

**Pauline Mangan**
e: pmangan@empower.ie
t: 087 419 0777

**Money Magic Course**
10.00am – 12.00pm
Aoife Gaffney coaches women to be a WITCH (Woman in Total Control of Herself) gaining financial freedom through overcoming underearning, creating wealth building plans and feeling comfortable talking about money.

**Adult Education Service, Blanchardstown, DDLETB**
Riversdale Adult Education Service, Blanchardstown Road North, D15YWE5

**Seamus Hughes**
e: seamushughes@ddletbaes.ie
t: 01 821 2829
Wednesday 13 November 2019

The Afri Hedge School 2019 Human Rights and Social Justice Conference
10.00am – 4.00pm
The Afri Hedge School 2019 Human Rights and Social Justice Conference will focus on themes such as War, Conflict, Peace, Refugee Crisis, Direct Provision and Climate Change.

Technological University Dublin - Blanchardstown Campus
Blanchardstown Road North,
Dublin 15D15 YV78

Liam McGlynn
e: liam.mcglynn@tudublin.ie
t: 01 885 1514

Tai Chi
10.30am -11.00pm
Come along and try a short session of Tai Chi.

Active Age for All Donabate/Portrane
Donabate Portrane Community Centre,
Portrane Road, Donabate,
Co. Dublin, K36 F598

Mary Farrell
e: activeageforall@gmail.com
t: 086 856 6900

Conaí Clubhouse EVE / HSE Open Day
10.30am – 1.30pm
For all who have an interest in mental health recovery. Members will demonstrate how they are living well and working well in our community. Hear our stories and see first hand recovery and hope in practice.

Conaí Clubhouse EVE / HSE
Main Street Blanchardstown,
Dublin 15, D15 HE30

Siobhra Mahony
e: smahony@eve.ie
t: 01 805 3472

Stronger for Longer
11.00am – 11.30am
A new exercise programme for older people comprising of circuit training.

Active Age for All Donabate/Portrane
Donabate Portrane Community Centre,
Portrane Road, Donabate,
Co. Dublin, K36 F598

Mary Farrell
e: activeageforall@gmail.com
t: 086 856 6900
Further Education and Training Options Coffee Morning
11.00am – 12.30pm
This Coffee Morning will offer you the opportunity to find out about upcoming courses that can help you enhance your current skills or learn brand new skills. All courses will take place in the Balbriggan/Dublin North.

DDLETB - Dublin and Dun Laoghaire Education & Training Board
The Bracken Court Hotel - Ardgillan Suite, Bridge Street, Balbriggan, K32 D521

Sharon Fields-Lockwood
e: sharonfields@ddletb.ie
t: 086 374 3634

Launch: Fingal Community Facilities Network Information Booklet
11.00am – 1.00pm
Connecting Communities across Fingal, this booklet will be launched by the Mayor of Fingal and provides information on the range of facilities and services available in Community Centres and Facilities across the County.

Fingal Community Facilities Network
Donabate Portrane Community Centre, Portrane Road, Donabate, Co Dublin, K36 F598

Janet Ivers
e: janet.ivers@fingal.ie
t: 01 843 4546

Irish Society and Interculturism
11.00am – 3.00pm
A dialogue on Irish society and intercultural connectivities through discussion, music, culture and relationships.

Africa-Irish Development Initiative (AIDI) CLG
Arrangement not yet concluded

Zephryns Zeph Ikeh
e: zephimmanuel@yahoo.co.uk
t: 089 469 4780

Men’s Shed Open Day
11.00am – 3.00pm
The Open Day will provide an opportunity to meet members and to learn about the Shed and it’s activities. Visitors may be interested in joining or know someone else who might be interested.

Swords Men’s Shed
Seatown Road, Swords, K67 H2F2 (access is via the ALDI entrance)

Thomas Hahesy
e: thahesy@eircom.net
t: 086 278 5075
Independent Living Open Day
11.00am – 5.00pm
Come and understand the ethos of Independent Living in the Dublin 15 community, listen to members of our peer support groups speak and encourage other people with disabilities to join and strengthen the Disability Community in D15.

Blanchardstown Center for Independent Living
2nd Floor Parkside House, Main Street, Mulhuddart, D15 T9EP
Antoinette/Geraldine
e: admin@bcil.ie
t: 01 827 0609

Silver Threads Life Writing and Storytelling
11.30am – 1.30pm
A pilot workshop which will introduce some aspects of life writing or life storytelling. An Intergenerational project, where participants will gather memories or stories working with photographs from their own family albums.

Active Age for All Donabate/Portrane
Donabate Portrane Community Centre, Portrane Road, Donabate, Co. Dublin, K36 F598
Mary Farrell
e: activeageforall@gmail.com
t: 086 856 6900

Siel Bleu
11.00am – 12.00pm
Gentle physiotherapy exercise for people recovering from an injury, surgery or condition.

Baldoyle Community Hall
Main Street, Baldoyle, D13 KK55
Heidi Bedell
e: info@baldoyleforum.ie
t: 01 839 5338

Positive Integration Showcase
12.30pm – 2.00pm
A showcase of our involvement in community work and all the positive integration work we do in the community and Irish Society. The group helps alleviate loneliness and offers support to Muslim Woman.

Muslim Women Together
Castleknock Community Centre, Laurel Lodge Road, Castleknock, Dublin 15, D15 T3PN
Catherine Coady
e: catherine.communitycentre@gmail.com
t: 086 087 2925
Active Retired Activities
2.00pm – 4.00pm
Loads of activities for people who are retired including Bowling, Cards, Tea and Coffee.

Baldoyle Community Hall
Main Street, Baldoyle, D13 KK55
Heidi Bedell
e: info@baldoyleforum.ie
t: 01 839 5338

“Know Your Rights”
Information Roadshow
Telling you ways to either save money or make more money including employment rights, tax, back to work supports, as well as social welfare.

Baldoyle – 3.00pm – 4.00pm
North Dublin Citizens
Information Service
Baldoyle Library, Strand Road,
Baldoyle, Dublin 13, D13 Y304
Andrew McCann
e: fingal@citinfo.ie
t: 087 293 7153

Howth – 6.30pm – 7.30pm
North Dublin Citizens
Information Service
Howth Library, Main Street,
Howth, Dublin 13, D13 VY50
Michela Benassi
e: blanchardstown@citinfo.ie
t: 086 024 8189

The Kebam Open Day
4.00pm – 6.00pm
Youth Leadership. Learn about being responsible, taking charge and caring for people, places and property in your local area. Learn about connecting with international friends.

The Kebam
Balbriggan Library, St. George’s Square,
Balbriggan, K32 TW27
Ema Idowu
e: ema.thekebam@gmail.com
t: 087 786 4331

3 Day Youth Program
5.00pm – 9.00pm
Artwork promoting inclusion, multicultural themed drop-in cafe, cooking traditional dishes and a prosocial activity. This is an indoor and outdoor event.

Foroige
Flemington Community Centre,
Hamlet Lane, Balbriggan, K32 HD28
Stephanie Cleary
e: stephanie.cleary@foroige.ie
t: 086 771 0790

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Castleknock Tidy Towns Showcase
6.30pm – 8.00pm
See the BEFORE and AFTER photos of the work our group has completed during 2019. Meet our team and hear more about volunteering opportunities, biodiversity and the environment. All are welcome!

Castleknock Tidy Towns
Castleknock Lawn Tennis Club,
Old Navan Road, Castleknock,
Dublin 15, D15 NY10
Evelyn Pender
e: castleknocktidytowns@gmail.com
t: 087 987 2786

An introduction to Mindfulness
7.00pm – 9.00pm
Still the body, quieten the mind and deal better with daily life, stresses and challenges. An introduction to mindfulness and some simple practices that can be integrated into daily life. Booking required.

Adult Education Service,
Balbriggan, DDLETB
Sarsfield House, Mill Street,
Balbriggan, Co.Dublin, K32 KX82
Seamus Hughes
e: seamushughes@ddletbaes.ie
t: 01 840 8946

Strengthening Communities:
Reduce anti-social behaviour and create positive community partnerships.
7.30pm – 9.30pm
The Fingal PPN Community Safety Linkage Group host a panel discussion on strengthening communities. Our main speaker, Professor Duncan Morrow is a lecturer in politics from University of Ulster and is published widely in the fields of conflict resolution and engaging with communities and organisations to promote peace, encourage social integration and community empowerment. Other speakers on the evening include Senior managers from Social Inclusion HSE, Regional Drug and Alcohol Task Force, Cairde and the Gardai.
If you are interested in making a positive change in your community, please feel welcome to attend.

Fingal Public Participation Network
The Bracken Court Hotel - Ardgillan Suite,
Bridge Street, Balbriggan, K32 D521
Tom O’Brien
e: tom@fingalppn.ie
t: 01 890 6235
Thursday 14 November 2019

Meet Your Neighbour Coffee Morning
10.00am – 12.00pm
Meet members of the community living in Balbriggan and share Eritrean coffee, bake breads from around the world (Romania, Ireland, Easter Europe & Asia) and taste of the nation refreshments.

Aster Family Resource Centre
1 Georges Square, Balbriggan, Co Dublin, K32 HK25
Betsy Abu
e: babu@asterfamilysupport.ie
t: 01 223 3242

Community Services Showcase
10.00am – 12.00pm
A showcase of the list of services offered to the local community provided by Parslickstown House. Food and refreshments provided along with relevant information on many services in the area.

Parslickstown House
Ladyswell road, Mullhudart, Dublin 15
Derek Keegan
e: derek.keegan@acacia.ie
t: 086 014 4773

Women Get Together Knitting Group
10.30am – 12.00pm
A chance for women to get together, have a chat, make new friends and learn a new skill.

The Knitting and Crochet Club
Castleknock Community Centre, Laurel Lodge Road, Castleknock, Dublin 15, D15 T3PN
Catherine Coady
e: catherine.communitycentre@gmail.com
t: 086 087 2925

Mount Eustace Residents Association Open Morning
11.00am – 12.00pm
Come and meet residents association representatives, celebrate our achievements and promote active citizenship.

Mount Eustace Residents Association
Tyrrelstown Community Centre, Holbstown Road, Tyrrelstown, Dublin 15, D15 PWY2
Todd Pocius
e: METyrrelstown@gmail.com
ICA Open Day
11.00am – 3.00pm
We offer you friendship, fun, opportunities to meet and get to know other women. Join a craft group, develop your craft skills or learn a new craft. Walking group, Pitch & Putt, Talks, and much more. Get involved today!

Irish Countrywomens Association (ICA)
Blanchardstown Guild
Blanchardstown Shopping Centre (near Service Desk), Blanchardstown, Dublin 15
Secretary
e: blanchguildica@gmail.com

The Ripple Effect
5.30pm – 7.30pm
Drama class for children with socialisation difficulties.

Baldoyle Community Hall
Main Street, Baldoyle, D13 KK55
Heidi Bedell
e: info@baldoyleforum.ie
t: 01 839 5338

Educake!
1.30pm – 3.30pm
Afternoon Tea and Cake and an opportunity to find out about Adult Education Learning Opportunities. Bring a friend along, have a chat with our helpful staff and find out what courses and supports we have to offer.

Adult Education Service,
Balbriggan, DDLETB
Sarsfield House, Mill Street, Balbriggan, Co. Dublin, K32 KX82
Zara Rogers
e: zararogers@ddletbaes.ie
t: 01 841 7763

“Know Your Rights” Information Roadshow Balbriggan
6.30pm – 7.30pm
Telling you ways to either save money or make more money including employment rights, tax, back to work supports, as well as social welfare.

North Dublin
Citizens Information Service
Balbriggan Library, St. George’s Square, Balbriggan, Co. Dublin, K32 TW27
Michela Benassi
e: blanchardstown@citinfo.ie
t: 086 024 8189
Arts, Community, Heritage and Sports Linkage Group Meeting
7.00pm – 9.00pm
What would a Citizens Charter on Arts, Community, Heritage and Sports services, facilities and aspirations look like? Come along and offer your views on what we need for Future Fingal!

Fingal Public Participation Network
County Hall, Main Street,
Swords, K67 X8Y2
Heidi Bedell
e: artscommunitysports@fingalppn.ie
t: 01 890 6235

Launch: Skerries Autism Friendly Town Initiative
8.00pm
The focus of this initiative is to provide a coherent and inclusive voice for autism in Skerries. All welcome.

Skerries Autism Friendly Town
Scoil Realt na Mara, Skerries
Michael Fanning
e: skerries.aft@gmail.com
t: 087 417 4917
Friday 15
November 2019

Chair Yoga
10.00am – 11.00am
Modified yoga poses so that they can be done while seated in a chair. Suitable for Senior Citizens.

Baldoyle Community Hall
Main Street, Baldoyle, D13 KK55
Heidi Bedell
e: info@baldoyleforum.ie
t: 01 839 5338

Coffee Morning
10.00am – 12.00pm
The North Dublin Regional Drug and Alcohol Task Force invites the public to come and learn about its strategy and the services it provides throughout North Dublin.

North Dublin Regional Drug and Alcohol Task Force
32/33 Main Street, Malahide (Above Paperweight), K36 EE72
Richie Stafford
e: richie@ndublinrdtf.ie
t: 086 781 5076

Migrant Mental Health Workshop
10.00am – 1.00pm
Bringing together migrant parents in Fingal, for a workshop on mental health issues affecting their communities and giving the opportunity to tell their stories. Information available on drug abuse, depression, suicide and other risks facing migrant children.

New Communities Partnership
Balbriggan Community Centre, Dublin St, Balbriggan, Co. Dublin, K32 NA00
Raymond Muwaniri
e: raymond@newcommunities.ie
t: 087 341 7440

Winter Festival Intergenerational Art Project
10.00am – 4.00pm
Inviting people from all organisations in the community to contribute to an intergenerational art project to produce a Winter Festival piece.

The Bleeding Pig Cultural Festival
Donabate Portrane Community Centre, Portrane Road, Donabate, Co Dublin, K36 F598
Eilish MacDermott
e: eilishmacd Dermott64@gmail.com
t: 087 791 1833
**Introduction to Floristry**  
10.00am – 12.00pm  
Explore your creative side? Brighten your home and lift your spirits with this introduction to flower arranging. **Booking required.**

**Adult Education Service, Blanchardstown, DDLETB**  
Riversdale Adult Education Service, Blanchardstown Road North, D15YWE5  
**Seamus Hughes**  
e: seamushughes@ddletbaes.ie  
t: 01 821 2829  
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**Maths for Everyday Life**  
10.30am – 12.00pm  
Would you like to be more confident with numbers and help your kids with their homework? This talk might help and will provide tips for adults to help improve basic maths skills for everyday living.

**Adult Education Service, Swords, DDLETB**  
7 The Plaza, Forster Way, Swords, K67 W260  
**Mary McGrath**  
e: marymcgrath@ddletbaes.ie  
t: 01 840 8946  
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**“Know Your Rights” Information Roadshow Swords**  
11.00am – 12.00pm  
Telling you ways to either save money or make more money including employment rights, tax, back to work supports, as well as social welfare.

**North Dublin Citizens Information Service**  
Balseskin Reception Centre, St Margarets Rd, Dublin 11, D11 FX93  
**Michela Benassi**  
e: blanchardstown@citinfo.ie  
t: 086 024 8189  
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**“Know Your Rights” Information Roadshow Malahide**  
11.00am – 12.00pm  
Informing the public on your rights and entitlements, as well as ways to save money and earn extra money!

**North Dublin Citizens Information Service**  
Malahide Library, Main Street, Malahide, Co. Dublin, K36 EW63  
**Andrew McCann**  
e: fingal@citinfo.ie  
t: 0761 077 510
Music Fitness League
11.00am – 12.00pm
Exercise to music for people with limited mobility.

**Baldoyle Community Hall**
Main Street, Baldoyle, D13 KK55

**Heidi Bedell**
e: info@baldoyleforum.ie
t: 01 839 5338

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“**Know Your Rights”**
**Information Roadshow**
Rush
3.00pm – 4.00pm
Telling you ways to either save money or make more money including employment rights, tax, back to work supports, as well as social welfare.

**North Dublin Citizens Information Service**
Rush Library, Sandy Road, Rush, Co. Dublin, K56 ED95

**Andrew McCann**
e: fingal@citinfo.ie
t: 087 293 7153

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**Active Retired Activities**
2.00pm – 4.00pm
Loads of activities for people who are retired including Bowling, Cards, Darts, Bingo, Tea and Coffee.

**Baldoyle Community Hall**
Main Street, Baldoyle, D13 KK55

**Heidi Bedell**
e: info@baldoyleforum.ie
t: 01 839 5338

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**Teenage Disco Night**
8.30pm – 10.30pm
A disco night for 14 to 17 year olds. Live DJ in house, refreshments provided on site and no costs to the attendees. Dancing Competition to take place with a prize of €50 for the winner.

**Variety Show Group**
Mulhuddart Community Centre, Church Road, Mulhuddart, Dublin 15, D15 R2VF

**Tina Nwachukwu**
e: varietyshowgroup@gmail.com
t: 089 963 5379

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Saturday 16 November 2019

Turvey Park Experience
10.00am – 2.00pm
A family fun outdoor event. Games, fire making and cooking off an open fire whilst enjoying the natural environment. For those without transport, a bus will be provided to and from the Swords area. Booking required. This is an outdoor event.

OWLS The Childrens Nature Charity
Turvey Nature Reserve, near The Village of Donabate, Co. Dublin
Andrew aka ‘mouse’ Fleming
e: info@owls.ie
t: 087 32 999 36

Quiz Show
10.00am – 2.00pm
A quiz show to help inform asylum seekers about Irish Society, encourage integration and raise awareness of local services.

Team Zimbabwe
Balseskin Reception Centre, St Margarets Rd, Dublin 11, D11 FX93
Joseph Ndengu
e: jndengu@hotmail.com
t: 086 201 4078

A Walk with Bestfriends
10.30am – 11.30am
People of all ages are invited to walk in the park with us and our dogs on a social walk. This is an outdoor event.

Fingal DOG
Rivervalley Park, Swords (Meeting at Peacock Carpark)
Dermot Byrne
e: dogfingal@gmail.com

Raising the Bigger Issue of our Residents with Disabilities needs
11.00am – 12.00pm
A pop-up shop for the publication and display of an area survey on the accessibility of our area for people with disabilities - pathways, ramps, access, bus shelters and social area: what works and what doesn't!

Meakstown Community Council
Charlestown Shopping Centre, St Margaret’s Rd, Finglas North, D11 YY11
Claire-Ann Ferry
e: claireannferry@gmail.com
t: 087 628 9117
Amateur Drama
Open Morning
11.00am – 1.30pm
An open morning where people of all levels of interest in all things amateur drama will chat over tea and cakes. Learn more about what amateur drama is, our upcoming events, and how you can take part. You never know, you might break a leg.

Coolmine Drama Circle
St. Bridgets Hall, Blanchardstown, Dublin 15
John Gavin
e: coolminedramacircle@gmail.com
t: 087 986 1070

Community Centre Open Day
1.00pm – 5.00pm
Come along and find out more about how you can join, meet people and make new friends. Learn about the activities of Naul Senior Citizens or find out more about the game of bridge with the Bridge Club.

Naul Community Centre
Main Street, Naul, K32 HD30
Paddy Nugent
e: gillblackburn@hotmail.com
t: 086 406 0070

Performance, Party and Tea!
12.00pm – 5.00pm
Young people spend so much time on social media. Come along to a teaparty to support them socialise in real life, celebrating the beauty in diversity and enjoy live performances, singing, and drumming.

Akwappaddys/Julie’s Kitchen
The Riasc Centre, Feltrim Rd, Swords, Co. Dublin, K67 PX85
Juliet Amamure
e: akwappaddys@gmail.com
t: 089 221 2933

Drop In Afternoon
1.00pm – 5.00pm
Come to meet, find out about and join in activities, groups and clubs in Naul! Irish Dancing, Yoga, the Choir, Gardening and Flower Arranging, Order of Malta, Community Council, Tidy Towns and more. Refreshments provided.

Naul Community Council
Seamus Ennis Arts Centre, Village Square, Naul, Co Dublin K32 AY27
Gillian Blackburn
e: gillblackburn@hotmail.com
t: 01 807 8713
Youth Empowerment and Integration Seminar
2.00pm – 4.00pm
Activities of the day include a quiz, debate and dancing competition for all kids between the ages of 4 to 16 year olds. Kids and all their friends from school, streets, neighbours, churches etc. are cordially invited.

Igbo Union Dublin Diaspora
Blanchardstown Library,
The Civic Centre, Blanchardstown Centre, Blanchardstown, Dublin 15
Kenneth Chukwu
e: kcdublin@hotmail.com
t: 086 351 4776

Catch Them Young Youth Program
2.00pm – 5.00pm
A youth program geared towards enlightening the Youths on their future role as Leaders of tomorrow.

IGBO UNION DUBLIN
Blakestown Community Centre, Blakestown Way, D15 TX62
Anthony Onwuka
e: activity777@yahoo.com
t: 085 133 6844

Lusk Community Showcase
2.00pm – 5.00pm
Play your part in the community. Meet volunteers from the wide range of sporting, social, musical and community organisations. See the best in our community. Come along and enjoy.

Lusk Community Council
The Cottage Community Centre, Church Road, Lusk, K45 VE83
Nicole Kearney
e: cottagecommunitycentre@yahoo.com
t: 01 895 4180

A Walk with Bestfriends
2.00pm – 3.00pm
People of all ages are invited to walk in the park with us and our dogs on a social walk. This is an outdoor event.

Fingal DOG
Baldoyle Racecourse Community Allotments, Red Arches Rd, dublin 13 D13 XH77
Dermot Byrne
e: dogfingal@gmail.com
Youth Skills Seminar
4.00pm – 7.00pm
Speakers, mentors and youth coaches will engage young people on Mental Health, Communication, Life Skills, Bullying and Antisocial Behaviour through role play and debate.

Ada Igbo Ireland
Mulhuddart Community Centre, Church Road, Mulhuddart, Dublin 15 D15 R2VF
Stephanie Obijiaku
e: obijias@gmail.com
t: 089 464 6173

Zumba Intercultural Party
4.00pm – 7.00am
Zumba Intercultural party for kids and their parents. Physical activities and lots of fun for local people from different countries.

Polka
Flemington Community Centre, Hamlet Lane, Balbriggan, K32 HD28
Aneta Laska
e: aneta_laska@yahoo.com
t: 086 360 9871

BINGO!
8.00pm – 10.00pm
An age old tradition.
This is an adult only non profit event. Bingo books are €10 each with a prize pot of at least €675!

Baldoyle Community Hall
Main Street Baldoyle, D13 KK55
Heidi Bedell
e: info@baldoyleforum.ie
t: 01 839 5338
A Walk with Bestfriends
11.00am – 12.00pm
People of all ages are invited to walk in the park with us and our dogs on a social walk. This is an outdoor event.
Fingal DOG
Malahide Castle Car Park (Main Entrance), Dublin Road, Malahide Demesne, Malahide, Co. Dublin, K36 C432
Dermot Byrne
e: dogfingal@gmail.com

Woodland Winter Walk
2.00pm – 3.00pm
Ballyboughal Hedgerow Society is organizing a Wheelchair accessible Woodland Winter Walk by Church Hill and Back Lane Ballyboughal. Prize for the coolest woolly hat! Let’s try to identify together 100 different trees and plants on our Woodland Quiz Sheets. Tea later at the Brew.
Ballyboughal Hedgerow Society
Meet at O’Connors Village Inn.
Ann Lynch
e: lynchjustice@gmail.com
t: 086 363 8487

Foosball Tournament
1.00pm – 4.00pm
Come and compete in the World Cup of Foosball! Test your footie skills and represent your country (or county) colours!
TESE Group
The Old Borough, 72/74 Main Street, Swords, Glebe, Co Dublin K67 E6W7
Chamunorwa Rice
e: chamunorwarice@gmail.com
t: 083 180 4171

Lusk Heritage Showcase
2.00pm – 5.00pm
Learn about the history of Lusk in the 1908 Carnegie Library building at the historic Green. Experience the story of our historic town, amazing architecture and open spaces dating back to medieval times.
Lusk Community Council
Carnegie Library Community Hall, The Green, Lusk, K45 E090
Brian Arnold
e: luskcommunity@yahoo.ie
t: 087 245 5099
Sunday 17 November 2019

Lusk Musical Showcase
2.00pm – 5.00pm
Enjoy listening to the Community Choir, discover the Black Raven Pipe Band and learn how to play guitar. You can be more musical, come along and enjoy.

Lusk Community Council
Saint Macullins Centre,
Lusk, K45 HF70
Brian Arnold
e: luskcommunity@yahoo.ie
t: 087 245 5099

Kimbanguists Service
2.00pm – 5.00pm
Everyone is welcome to join the Congolese Kimbanguists congregation regardless of their beliefs. An uplifting experience of prayer, music and dance with truly warm and welcoming people.

Baldoyle Community Hall
Main Street Baldoyle, D13 KK55
Heidi Bedell
e: info@baldoyleforum.ie
t: 01 839 5338

Naul Foróige Open Meeting
7.00pm – 8.30pm
This is a youth club aimed at teenagers aged 13-17 years. We have a fun night planned with an interactive demonstration to get everyone involved.

Naul Foróige
Naul Community Centre,
Co. Dublin, K32 HD30
Aisling McNally
e: Naulforoige19@gmail.com
Fingal County Council
Community Development Office

The development of strong, self-reliant and sustainable communities is central to the work of the Community Development Office.

Our role is to support local people, community and voluntary groups to deliver projects and initiatives in their communities. We work in partnership with other local statutory and community organisation to deliver county wide services.

How we support the Community:

- Project Development
- Group Development
- Community Research
- Community Facilities
- Events and Conferences
- Training and Workshops
- Funding

Contact the Community Development Office

www.fingal.ie  01 890 5080
@fingalcommunity
community@fingal.ie
Fingal Public Participation Network

Fingal PPN is the local Public Participation Network. The PPN provides a structure for a two-way flow of information and engagement between Fingal County Council and Community, Environment and Social Inclusion groups. The PPN also provides opportunities for the capacity building and growth of its member organisations.

The PPN has 5 Linkage Groups. These are thematic networks based on issues such as Transport, Planning, Environment, Community, Tourism and so on. Get involved to work on issues across Fingal.

How we support our PPN members:

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Contact the PPN

- www.fingalppn.ie
- 01 890 6235
- /fingalppn
- @fingalppn
- info@fingalppn.ie
Share your Fingal Inclusion Week Experience!

If you are talking about Fingal Inclusion Week online or posting photos of events you attend, please use the hashtag #FingalInclusionWeek to let us know!

**Remember:** You can also tag Fingal County Council and Fingal PPN on Facebook and Twitter (@FingalCoCo and @FingalPPN)!