Dublin City Council
Social Inclusion Week
26.09.16 – 01.10.16
Events Programme
Welcome to
Social Inclusion Week

Foreword

Events by Date

Monday 26th September  
Tuesday 27th September  
Wednesday 28th September  
Thursday 29th September  
Friday 30th September  
Saturday 1st October
Social inclusion is something that involves all of us. Many of us are fortunate in that we are able to live lives that allow us to develop our talents, realise our potential and have our voices heard. Imagine though if you couldn’t do these things. What would it be like to be excluded because of a disability, the colour of your skin, sexual orientation or economic status? Unfortunately this is a reality that continues to affect many people in our city. All of us have a role to play in removing these barriers and creating a city which is inclusive and allows everybody the possibility of realising their potential.

As an organisation, Dublin City Council cannot on its own create a city that is socially inclusive. However the council can provide civic leadership on the issue and help make the city a better place for people to live in, work in and visit for everyone. Social Inclusion Week is an initiative which does much to further this goal.

This year’s programme coincides with National Positive Aging Week and so very fittingly it includes many events which highlight issues affecting older people. We are also proud to present a diverse range of events promoting the recognition of issues such as mental health, cultural diversity, LGBT rights, people with disabilities, homelessness and more.

The events and initiatives presented in this programme highlight a range of services and issues which Dublin City Council works with on a daily basis. It is hoped that the spotlight which Social Inclusion Week puts on these issues will inspire people to reflect on how we can all work to make our city a fairer, more equitable and inclusive city where everyone has a voice.
Monday 26th September

Over 55s crafts and skills Showcase
10am – 1pm
City Hall, Cork Hill, Dublin 2

Dublin’s City Hall hosts a magnificent showcase highlighting the talents of our older generation. The event will include a variety of arts & crafts featuring everything from furniture-making to crochet and knitting as well as musical and dance performances.

This event is delivered by Dublin City Council’s South Central Area Office in conjunction with a whole host of active, engaged and creatively minded older person’s groups, clubs and individuals from across the South Central area.

For further information contact Pat Teehan:
(01) 222 4664

Over 55s Fitness Classes
10am – 11am
Cabra Parkside Community & Sports Centre,
John Paul Park, Ratoath Road, Dublin 7

Our over-55s fitness classes are a great way to get fit and socialise with those of a similar age and interests. These extremely popular classes are specially tailored to suit the needs and abilities of the over 55s. Classes take place three times a week every Monday, Wednesday and Thursday in Cabra Parkside Community and Sports Centre in the heart of Cabra.

For further information contact Cabra Parkside:
(01) 222 7551
Tai Chi for Over 55s (Henry Street)
11am–12pm
Central Library Ilac Centre, Henry Street, Dublin 1

The eastern art of Tai Chi is said to promote health, creativity and tranquillity and is popular with adults, both young and old alike. Come along and discover first-hand the benefits of this ancient art in the tranquil surroundings of the Ilac Centre Library.

This is part of an on-going series of Tai Chi in the Libraries consisting of light exercise to promote functional movement, balance and coordination for over 55s.

For further information contact Fergal Scally: 087 1181885

Indoor Bowls
11am–1pm
Ballybough Community Centre, Ballybough Road, Dublin 3

Ballybough’s indoor bowls sessions for people with intellectual and physical disabilities are held side-by-side with the bowls sessions for the over-55s age group. Combining the sessions allows these two groups to mix and interact in ways that break down traditional boundaries and perceptions. The result is a marvellous example of community integration at its very best.

Tea and coffee will be served afterwards.

For further information contact Fergal Scally: 087 118 1885
Official Launch event

6–7:30pm
Mansion House, Dawson Street, Dublin 2

The Official Launch of Social Inclusion Week takes place in the historic setting of Dublin’s Mansion House on Dawson Street.

The Launch will feature entertainment and performances by a variety of artists including; the Visionaries School of Music, a small but extremely enthusiastic group of visually impaired musicians who make up one of Ireland’s most unique music schools. Originally formed in June 2015 with the support of Dublin City Council the Visionary Choir is now a successful on-going part of Fighting Blindness’ empowerment and support programme for visually impaired individuals.

High Hopes Choir, Ireland’s first homeless choir are a powerful voice for Homelessness Awareness. The Choir was founded in 2014 and has since performed in venues as diverse as Áras an Uachtaráin to Electric Picnic where they have played alongside artists like Florence and the Machine and Christy Moore.

The Doyle /Halpin School of Irish Dancing is an Irish Dance School based in Ballyfermot/Cherry Orchard, Dublin 10. The School which teaches children from toddlers to seniors is based on an ethos of inclusivity and volunteerism. The school has worked with numerous charities, performing regularly at events such as the Cherry Orchard Hospital Annual Christmas Party and The Marie Keating Breast Cancer Charity’s Annual Fashion Show event. The school works hard to ensure that financial constraints don’t provide barriers to participation and they fundraise to provide their members with dresses and to fund trips outside of Dublin. Dublin City Council was proud to provide funding to ensure that Doyle Halpin could participate in the World Championships in 2015.

Due to space restrictions this event is by invitation only. For further information contact Dublin City Council’s Social Inclusion Unit:
(01) 222 2738
Social Inclusion Information Sessions

All week: Monday–Friday
Atrium, Dublin City Council Civic Offices, Wood Quay, Dublin 8

The main Atrium of Dublin City Council’s Wood Quay head-quarters hosts a range of displays and information stands from organisations working with groups and individuals currently at risk of social exclusion. Some of the organisations participating during the week include:

- Migrants Rights Centre Ireland
- AKIDWA
- Belong To
- Pavee Point
- Wezesha
- Age Action Ireland
- Immigrant Council of Ireland
- HIV Ireland
- Dublin Volunteer Centre
- European Network Against Racism
- Jigsaw
- New Communities Partnership

The issues which these groups address are some of the most pressing facing society today. Pop in to learn more or even to sign up as a volunteer for one of these many good causes.

For further information contact Mary Mooney: (01) 222 5394
Film Screening: Older than Ireland
Starts 2pm sharp
Axis, Main Street, Ballymun, Dublin 11 (Admission €2)

A Film screening of ‘Older than Ireland’. This landmark documentary that tells the story of a hundred years of life as seen through the eyes of thirty Irish centenarians. The star of the film Bessie will open the launch. Tickets allocated for over 55s only. When booking please inform Box Office staff of any wheelchair or mobile issues.

Booking through the Axis Centre: 01) 883 2100

Introduction of Tai Chi to Senior Citizens (Finglas)
2:30pm
Finglas Youth Resource Centre, Mellowes Road, Finglas, Dublin 11

Just in case you missed the session in the Ilac Centre you have another chance to experience Tai Chi for Senior Citizens. This time our free Social Inclusion Week session will be held at the Finglas Youth Resource Centre in conjunction with Dublin City Council’s North West Area Office.

For further information contact Tony Hynes: (01) 222 5424
Community Sports Day
2:30pm
Priorswood Park, Clonshaugh, Dublin 17

Our special Social Inclusion Week community integration day in Dean Swift Park/Priorswood Park will provide a great chance for young people from throughout the community including both the travelling and settled community to meet their neighbours and to try their hand at a range of sporting activities.

For further information contact Jason Brady: 087 759 3432

Introduction to Mindfullness
3pm
Walkinstown Library, Percy French Road, Dublin 12

The profound benefits of mindfulness for physical and mental health and wellbeing are becoming more widely recognised. Research suggests that stress will become the biggest cause of workplace related illness by 2020. What is not always realised is the social consequences that stress can have on our personal and social relationships and the quality of community and civic lives. For this reason the ability to cultivate mindfulness is becoming increasingly valuable way to cope with the pace of today’s modern lifestyles.

As part of Social Inclusion Week, Walkinstown Library will host a special talk by Angela Amirault on the benefits of mindfulness as necessary part of our efforts to sustain healthy modern societies.

For further information contact Liam O’Connor: (01) 222 5517
**Italian Conversation Exchange**

6pm – 7:45pm
Central Library ILAC Centre, Henry Street, Dublin 1

Bring out your Mediterranean side! Practice your Italian language skills with native speakers while learning all about Italian culture.

This is part of an on-going series of language exchange sessions hosted by Dublin City Council’s Library Service as part of a strategy to promote opportunities for Cultural integration in the city.

For a full list of conversation exchanges contact (01) 873 4333 see our website http://www.dublincity.ie

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**Spanish Conversation Exchange**

6:30pm
Raheny Library, Howth Road, Raheny, Dublin 5

Raheny Library invites you to Practice your Spanish language skills with native speakers while learning about the culture, politics and economics of Spain.

Part the on-going Conversation Exchange Series run as part of the Library Service’s cultural integration strategy.

For further details contact Raheny Library: (01) 831 5521
SEA Age Friendly Alliance Community Consultation Morning
9am–1pm
Alexander Hotel, Fenian Street, Dublin 2

A consultation morning with older people in SEA to discuss various topics of interest to older citizens and to inform future actions in this area.

For further information contact Declan Hayden:
(01) 222 3413

Boxing Club Introductory Training Session
5:30pm–6:30pm
St. Catherines Sport Centre, Marrowbone Lane, Dublin 8

Sport is an arena which transcends all social divisions and provides some of the best opportunities for people of all ages and backgrounds to mix and interact on a daily basis. The success of Ireland’s boxers internationally has been one of Ireland’s great success stories and has driven a growing interest in this sport.

For this reason St. Catherine’s Boxing club are delighted to welcome new members from ages 10 to adult to take part in Special Social Inclusion Week Introductory Boxing sessions. These introductory Sessions are Free for Social Inclusion Week.

For further information contact Sharon Kelly:
(01) 222 7547 or 087 689 9273
Theatre Performance: A Galway Girl
Starts at 2pm sharp.
Parish Centre, Church of the Sacred Heart,
Donnybrook, Dublin 4

Donnybrook Active Retirement Association present A
Galway Girl. This 35 minute play is set in Dublin and
London in the 1960’s and 70s and follows the ups and
downs of the relationship between Dermot, a Dublin
man and a Galway girl called Maisie.

Donnybrook Active Retirement Association aims to both
empower and enable retired people to enjoy a full and
active life through participation and social engagement.

For further information contact Donnybrook Active
Retirement Association: (01) 873 3836

Older Person’s Information Sessions
12:30pm–1:30pm
Donnycarney/Beaumont Local Care Centre for Older
People. St.John’s Court, Donnycarney, Dublin 9

Access to information is an important part of participation
and empowerment especially for older people. To ensure
that older people do not become socially excluded either
through lack of mobility or a lack of computer literacy
skills, the Northside Citizen Information Service, in
association with Dublin City Council’s North Central Area
Office will hold an information session for older people
on-site in the Donnycarney/Beaumont Local Care
Centre for Older People.

For further information contact Aileen Doyle:
086 815 0649 or Tony Fagan: 086 8150297
Tea Dance
2pm–4pm
Lourdes Day Care Centre, Sean McDermott Street, Dublin 1

The Lourdes Day Care Centre celebrates Social Inclusion and Positive Ageing week with a special Tea Dance for its all its older members and their families.

For further information contact Gina O’Brien:
(01) 222 5329

Health & Fitness Testing for Older Adults
11am–1pm
Ballybough Community Centre, 49 Ballybough Road, Dublin 3

Our quality of life in later years becomes increasingly dependent on our health and physical condition. Fitness is often associated with the young, but as average life expectancies increase it is becoming more important for older adults monitor and manage their health and fitness.

Join us In Ballybough Community centre for free older person’s fitness tests which are provided as part of Dublin City Council’s Age Friendly programme.

For further information contact David Phelan:
087 652 5001
Message in a Bottle Awareness session
2:30pm – 4:30pm
Carmelite Centre, Aungier Street, Dublin 2

Safety is a big concern for older people in our communities and safety awareness sessions are an important part of keeping older people informed. As part of Social Inclusion Week the South East Area Office will host one of their very popular Safety awareness demonstrations in conjunction with the Fire Brigade and Local Gardai in our Older Person Complexes.

For further information contact Declan Hayden: (01) 222 3413

Spanish Conversation Exchange
6pm – 7:45pm
Central Library, Ilac Centre, Henry Street, Dublin 1

Test your Spanish conversation skills with native speakers while learning about Spanish language and culture.

For further information see our website www.dublincity.ie or contact the Central Library: (01) 8734333

Conversation Exchange
6:30pm
Raheny Library, Howth Road, Dublin 5

Speak French in the company of native speakers while learning all about the culture, politics and economics of France.

For further information see our website www.dublincity.ie or contact Raheny Library: (01) 831 5521
Rainbow Knits
7pm–9pm
Ballyfermot Civic Centre, 407 Ballyfermot Road, Dublin 10

Knitting is soaring in popularity and is popular with both young and old alike thanks to its celebrity fans like Kate Moss and Julia Roberts amongst others. Regardless of skill knitting can be a fun, relaxing way to wile away the hours in a positive intergeneration setting. Ballyfermot’s Rainbow Knits group specialises in knitting, crochet, tea, coffee, goodies and chat. Free during Social Inclusion Week.

For further information contact Marie Keeler:
086 356 3219
Sightless Cinema

6:30pm – 7:30pm
Lighthouse Cinema, Smithfield Plaza, Dublin 7

Gather in the darkened cinema for the première of a programme of short radio plays in surround sound, where all the pictures will be in your head! The lively mix devised and performed by Sightless Cinema, a group of blind and visually impaired people led by director Ciarán Taylor, includes the spooky Bump in the Night and hilarious Pool Divo.

Sightless Cinema is funded by Dublin City Council, facilitated by the National Council for the Blind in Ireland, with recording facilities provided by Dublin City University.

Dublin Sightless Cinema met for seven months exploring audio as a means of shared expression, and this is a presentation of work they created.
Taster Rugby Session for U14 and U18 Boys
5:30pm–6:30pm for ages 12 to 14 years
6:30pm–7:30pm for 15 to 18 years
Liberty Park Basin Lane, Dublin 8

Dublin City Council is committed to developing Community Spirit and Participation through sport.

Liberty Saints Rugby Club are offering Taster Rugby Session for young people interested in trying their hand at a new sport

The club which trains every Tuesday and Thursday in Liberty Park, Basin Lane, Dublin 8 is always on the lookout for new members. Free for Social Inclusion Week.

For further information contact Sharon Kelly:
(01) 222 7547 / 087 689 9273
Wednesday 28th September

Life Made Fabulous:
Over 55s Fashion Show

10am – 12 noon
3rd Floor Restaurant, Debenhams, Henry Street,
Dublin 1

Life is fabulous at 50 and older! To celebrate the beauty of aging our thirty volunteer models, made up of men and women all over the age of 55, will take to the catwalk to bring a touch of sophistication and glamour to the 3rd floor of Debenhams, Henry Street for the Over 55s Life Made Fabulous Fashion show.

Debenhams restaurant located on third floor of their flagship store on Henry Street’s will be transformed into a catwalk where our models will showcase just how stylish the over 50s can be.

All of the models will be professionally styled from head to toe for the show by First Option Model Agency and the event will be MC’d by Lisa Cannon from TV3’s Xpose.

Also taking to the catwalk will be Lord Mayor Brendan Carr who will open the show.

The models family and friends will attend as guests and they will be treated to a very special morning.

The Life Made Fabulous Fashion Show is brought to you by Dublin City Council and Debenhams as part of Dublin City’s Age Friendly Programme.

For further information contact Mary Mooney: (01) 222 5394
Over 55s Bowls
10:30am
Kilmore West Recreation Centre, Cromcastle Road, Artane, Dublin 5

Over 55s Bowls are a great way to stay active and have fun. Combining gentle exercise, hand to eye coordination with good natured competition and a great club spirit, the Kilmore West Recreation Centre’s Over 55s Bowls takes place every Monday, Wednesday and Friday.

For further information contact Kilmore West Recreation Centre: (01) 222 8823

Old County Pitch & Putt Club Open Day
10am–4pm
Old County Pitch and Putt Club, Lorcan O’Toole Park, Crumlin, Dublin 12

An open day for community groups to experience the great facilities provided by Old County Pitch and Putt Club. Club members will be available throughout the day for advice on the best technique.

For further information contact Liam O’Connor: (01) 222 5517

Over 55s Table Quiz
6:30pm
Erin’s Isle GAA Club, Farnham Drive, Dublin 11

A table quiz for older people in the heart of the Finglas community.

For further information contact Tony Hynes: (01) 222 5424
Health & Fitness Testing for Older Adults
11am–2pm
Poppintree Community Sports Centre, Balbutcher Lane, Dublin 11

Our quality of life in later years becomes increasingly dependent on our health and physical condition. Fitness is often associated with the young, but as average life expectancies increase it is becoming more important for older adults to monitor and manage their health and fitness. Join us in the Poppintree Community centre for a free older person’s fitness testing which are provided as part of Dublin City Council’s Age Friendly programme.

For further information contact David Phelan: 087 652 5001

Historical Walking Tour
Starts at 2pm sharp
Kilmainham Area & National War Memorial Gardens

This Historical Walking Tour is led by acclaimed Dublin historian Pat Liddy is part of Dublin City Council’s on-going Let’s Walk & Talk programme.

The Lets Walk & Talk programme is a fun programme of city walking activities suitable for all ages. The programme includes regular historical walks as well as social walking Groups. Walks take place throughout the year from February to October and are particularly popular with retired and older walkers.

For further information see www.dublincity.ie or contact Niall Mooney: (01) 222 2738
**French Conversation Exchange**
6pm–7:45pm  
Central Library, Ilac Centre, Henry Street, Dublin 1

Practice your French language skills with native speakers while learning all about the culture, politics and economics of France.

For further information see www.dublincity.ie or contact the Central Library: (01) 873 4333

**Ballroom of Romance**
8pm–late  
Setanta GAA Club, Ballymun Road, Dublin 11

Setanta GAA Club hosts their live music night which includes dancing and refreshments. Admission €5  
Includes free refreshments and taxi home.

For further information contact Fergus Breathnach: (01) 842 3802

**Beginners Dance Classes**
8pm  
Inchicore Sports and Social Club, Library Square, Inchicore, Dublin 8

Learn to waltz, foxtrot, cha cha and jive in a fun and friendly environment.

Inchicore Sports and Social Club will host beginners dance classes with special social inclusion discount rates for the over-60s and the unemployed. These are solo friendly classes which means no partner needed, all welcome!

For further information contact Cahiriona: 085 717 6087
Boxing Club Introductory Training Session
5:30pm – 6:30pm
St. Catherine’s Community Centre, Marrowbone Lane, Dublin 8

St. Catherine’s Boxing club welcome all new member from 10 years and older including adults. Free for social Inclusion Week.

For further information contact Sharon Kelly:
(01) 222 7547 / 087 689 9273
Social Inclusion & Volunteering Workshop

9am – 1:30pm
Wood Quay Venue, Dublin City Council Civic Offices, Wood Quay, Dublin 8

Volunteer Ireland will lead a workshop aimed at people who manage volunteers in not-for-profit organisations in Dublin City on engaging with socially isolated groups through volunteering.

The workshop will equip participants with the knowledge and awareness to creating volunteer programmes that reflect the diversity of their community by examining beliefs, values, norms and behaviours in regard to difference and diversity and exploring ideas about those who we potentially exclude from volunteering such as people with disabilities, mental health challenges, migrants, asylum seekers and refugees.

For further information contact Dublin City Volunteer Centre: (01) 473 7482
National Immigrant Conference

10am – 5pm
Wynn’s Hotel, 39 Abbey Street Lower, Dublin 1

Equality Then and Now is a national conference of organisations representing migrant groups which will celebrate diversity and the contribution made by migrants in 21st century Ireland. On the centenary of the 1916 Rising this conference will look at future measures and strategies needed for the continued promotion of inclusive Ireland. Featuring Akidwa: Migrant Women Transforming Ireland; Africa Centre; Forum Polonia; Irish Refugee Council; Immigrant Council of Ireland; Anti Racism Network; NASC; NCP; Doras Lumni.

The Keynote speech for this event will be delivered by Minister for Equality, Immigration and Integration, David Stanton.

For further information contact Niall Mooney:
(01) 222 2738
Chair Aerobics
Starts 11am sharp
Odinswood Day Care Centre, Kildonan Road Finglas, Dublin 11

You are never too old to exercise! Physical activity and exercise are good for you at any stage in life. Introduction to Chair Aerobics is a specially designed course of gentle exercise for older people or those with restricted mobility.

For further information contact Tony Hynes:
(01) 222 5424

Exercise class for people with intellectual and physical disabilities
11am – 12 noon
Ballybough Community Centre, 49 Ballybough Road, Dublin 3

Exercise class for people with intellectual and physical disabilities. Light aerobic/anaerobic exercises with some muscle endurance training and nutritional advice.

For further details contact Fergal Scally:
087 118 1885

Walk & Talk in Santry Woods
12:30pm – 2pm
Santry Resource Centre, Donville Court, Santry, Dublin 9

Russian Conversation Exchange
2pm–3:30pm
Central Library, Ilac Centre, Henry Street, Dublin 2
Practice your Russian language skills with native speakers while learning all about the culture, politics and economics of Russia.

Table Quiz
3pm–5pm
Burren Court, Senior Citizens Complex, Poppintree, Dublin 11
Come along and test your general knowledge, meet new people and win some great prizes. This is a free event. Refreshments will be provided. FREE.

Smithfield Box Fest
7pm–11pm
Aughrim Street Sports Centre, 45 Aughrim Street, Dublin 7
The first day of a 3 day Intercultural festival of Boxing featuring boxers from Germany, Poland, Ukraine, Denmark, Norway, Lithuania, Russia, Latvia and England
See right for more details.

Film Shorts Evening
7pm
Ranelagh Arts Centre, 26 Main Street, Ranelagh, Dublin 6
A selection of short films celebrating and reflecting on LGBT life in Ireland. In association with GAZE.
For further information contact Declan Hayden:
(01) 222 3413
SMITHFIELD BOXING CLUB PRESENTS

SMITHFIELD BOX FEST 2016

AT DUBLIN CITY COUNCIL
AUGHRIM ST, SPORTS CENTRE, DUBLIN 7

Thursday September 29th
Preliminary fights - 7pm till late

Friday September 30th
Semi-finals - 4pm - till late

Saturday October 1st
Finals - 11am - till late

Tickets: €5
Family & Group rates available

For tickets or information contact: Igor: 087 9558654
smithfieldboxingclub@gmail.com

Find us on facebook
Older Persons Network Garden Party
2pm–4pm
Maxwell Court, Maxwell Road, Rathmines, Dublin 6
An afternoon of song and dance with live music and refreshments celebrating the Older Persons Network.
For further information contact Declan Hayden:
(01) 222 3413

Art /Talk
5:30pm
Dublin City Gallery The Hugh Lane,
Parnell Square North, Dublin 1
Colm O’Gorman, Executive Director of Amnesty International in Ireland, Sinead Hogan, Lecturer School of Creative Arts IADT, and artist Alan Phelan will reflect on Roger Casement’s role as a humanitarian, current international human rights issues and how artists respond to these themes in their practice. This talk is part of the gallery’s 1916 centenary programme, which is looking at the theme of Artist as Witness. As part of this programme we are commemorating Roger Casement through two exhibitions. High Treason: Roger Casement has as its centrepiece Sir John Lavery’s large painting Roger Casement: High Treason, a painting of Casement’s appeal and includes portraits of political and other figures involved in the trial, along with archival material. The second exhibition is a contemporary film made by artist Alan Phelan called Our Kind, which explores a fictional alternative life for Casement had he lived.
This event is free and open to all. No pre-booking required. For more information on the exhibitions and the talks, please visit www.hughlane.ie.
Taster Rugby Session for U14 & U18 Boys
5:30pm–6:30pm for ages 12 to 14 years
6.30pm–7.30pm for 15 to 18 years
Liberty Park Basin Lane, Dublin 8

Dublin City Council is committed to developing Community Spirit and Participation through sport.

Liberty Saints Rugby Club are offering Taster Rugby Session for young people interested in trying their hand at a new sport.

The club which trains every Tuesday and Thursday in Liberty Park, Basin Lane, Dublin 8 is always on the look-out for new members. Free for Social Inclusion Week.

For further information contact Sharon Kelly:
01 222 7547 or 0876899273
Friday 30th September

Mental Health Open Mic Event
Doors open 7pm
The Complex, 15 Little Green Street (off Capel Street),
Dublin 7

Poetry, Spoken Word, Music Storytelling, Drama, Comedy. Dublin’s first mental health themed open mic night comes to Dublin City Council’s Social Inclusion Week. Share your experience through performance in an open and caring space. Featuring Nicole Rourke, Karl Parkinson, Dylan Harcourt and special guests.

See right for more details.

Over 55s Bowls
10:30am
Kilmore West Recreation Centre, Cromcastle Road,
Artane, Dublin 5

Another chance to try your hand at Bowls for the Over-55s. Bowls are a great way to stay active and have fun while combining gentle exercise, hand to eye coordination and good natured competition with a great club spirit, the Kilmore West Recreation Centre’s Over 55s Bowls takes place every Monday, Wednesday and Friday.

For further information contact Kilmore West Recreation Centre: (01) 222 8823
Sharing Mental Health Experiences Through Open Mic

Poetry, Spoken Word, Music, Storytelling, Drama, Comedy

Dublin's first mental health themed open mic night comes to Dublin City Council's Social Inclusion Week. Share your experience through performance in an open & caring space. Featuring Nicole Rourke, Karl Parkinson, Dylan Harcourt & special guests.

Venue: The Complex, 15 Little Green Street (off Capel Street), Dublin 7
Date & Time: Friday, September 30th, Doors 7pm, show begins 7.30pm
Cost: Free
All Welcome; Alcohol-Free

'The first time I saw Flying South, I wandered in (almost by accident), and sat silently in a corner for the evening listening to the performers. I was left fairly stunned by their openness, the raw personal nature of the poetic content. I was immediately taken by the event, appreciating its importance in providing a platform for these performers to make art of their mental health experiences. I knew I would be coming back.' - Event attendee

Connect with Us:
- flyingouthublin@gmail.com
- flyingouthublin
- @flyingouthubird
Walk and Talk
11am – 1pm
Barbara Ward Community Centre, Clonliffe Road, Dublin 3

Social walking session are a great way to stay healthy and meet new people. This walk from the Barbara Ward Community Centre on Clonliffe Road to Griffith Park will be followed by tea/coffee and chat. The Walk is open to all.

Smithfield Box Fest
4pm – 11pm
Aughrim Street Sports Centre, Dublin 7

Part of a 3 day intercultural festival of boxing featuring boxers from Germany, Poland, Ukraine, Denmark, Norway, Lithuania, Russia, Latvia and England.

For further information contact Igor Khmil: 087 790 7688

See page 25 for more details.
Senior Safari  
11am–3pm  
Dublin Zoo, Phoenix Park, Dublin  

This collaboration between Age Action and Dublin Zoo is designed for older people. Zoo-keepers and veterinarians will lead talks and hold discussions on the past, present and future of zoos, safari parks, and national parks worldwide. The changing relationship between humans, wildlife and the environment will also feature on the day.

Both teaching and learning on the day will take in to account the vast knowledge and experience older people have to share.

In addition, an intergenerational approach will be taken, increasing age solidarity and providing opportunities to exchange learning between generations. All are welcome and enjoyment for all ages is assured, whether you come solo, with friends or bring the whole family. Come along and enjoy a great day out!

For further information contact Sam O’Brien-Olinger: u3a@ageaction.ie or (01) 475 6989
Over 55s Coffee Morning
10:30am
Artane Family Resource Centre, Artane, Dublin 5

A Coffee morning in celebration of ageing. Part of a regular series of coffee mornings for the over 55s. Come along for tea cookies and a chat.

For further information contact Jim Lee: (01) 2225725

Colour me beautiful and makeover
11am – 3pm
Age Action’s Charity Shops, 30–31 Camden Street, Dublin 8 and 15 Terenure Place, Terenure, Dublin 16

Colour me beautiful and make over in vintage style in all our Age Action shops in Dublin. Image consultants on site. The event will be followed by afternoon tea.

For further information contact Fergal Vaughan (Camden Street): csshopmanager@ageaction.ie or Gail Kennedy (Terenure Shop): gail.Kennedy@ageaction.ie
**Boxing Club Introductory Training Session**

5:30pm – 6:30pm  
St. Catherine’s Sport Centre, Marrowbone Lane, Dublin 8  

St. Catherine’s Boxing club welcome all new members from 10 years and older including adults. Free for Social Inclusion Week.

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**LGBT Walking Tour**

Starts at 2pm sharp  
Meeting at Oscar Wilde’s Statue, Merrion Square East, Dublin 2

On May 2015 the people of Ireland made history by voting ‘Yes’ in the Marriage Equality referendum and Ireland became the first country in the world to introduce marriage equality by public vote, The launch of Dublin’s latest Walking Tour Map tells the story of the road to equality taking in all the areas of special social and historical interest in the fight for recognition of LGBT rights in Dublin.

The walking tour map is brought to you by Pride and the Irish Queer Archive in association with Dublin City Council.
Saturday 1st October

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**Dalymount Community Festival**
12 noon – 4pm
Dalymount Park

Unfortunately due to unforeseen circumstances this event has been cancelled.

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**Smithfield BoxFest**
11am – 6pm
Aughrim St Sports Centre, Dublin 7

The final day of this International Boxing Festival involving boxers from Germany, Poland, Ukraine, Denmark, Norway, Lithuania, Russia, Latvia and England.

See page 25 for more details.
Social Inclusion Week Events Programme

FOR THE CHILDREN...
- Futsal: 5-a-side football
- Cricket
- Table tennis
- Tai Chi
- Boxing Skills Demos
- Rugby Skills Demos
...and more!

FOR THE YOUNGER ONES...
- Giant Jenga
- Giant Connect 4
...and lots more games!

AND THE OLDER ONES!
- Walking Football
- Indoor Boules
- Chair Aerobics

A MULTICULTURAL FESTIVAL
OF FUN, MUSIC & SPORT -
FOR ALL AGES!

DALYMOUNT COMMUNITY
FESTIVAL

Event Cancelled

DALYMOUNT PARK
PHIBSBOROUGH | DUBLIN 7

/BohaFoundation In association with
Spanish Conversation Exchange
11am – 1pm
Pearse Street Library, 144 Pearse Street, Dublin 2
Practice your Spanish language skills with native speakers while learning all about the culture, politics and economics of Spain.

For further information contact Pearse Street Library:
(01) 674 4888

Japanese Conversation Exchange
11:30am – 1pm
Central Library, ILAC Centre. Henry Street, Dublin 14
Practice your Japanese language skills with native speakers while learning all about life in Japan.

For a full list of conversation exchanges contact:
(01) 873 4333 see our website www.dublincity.ie

German Conversation Exchange
1pm – 2:30pm
Central Library, Ilac Centre, Henry Street, Dublin 1
Practice your German conversation skills with native speakers. Part of Dublin City Libraries Conversation Exchange Programme.

For further information contact the Central Library:
(01) 873 4333
Portuguese Conversation Exchange
1:30pm
Pearse St. Library, 144 Pearse Street, Dublin 2

As well as practicing your language skills with native Portuguese speakers you can also learn much about the culture, politics and economics of Portugal.

For further information contact Pearse Street Library:
(01) 674 4888

D12 Film Club
7:30pm
Our Lady’s Hall Mourne Road, Drimnagh, Dublin 12

A chance for members of the community to enjoy a night at the D12 film club with the showing of the renowned documentary Older than Ireland which tells the story of a hundred years of life as seen through the eyes of thirty Irish centenarians. Entry is free but come early!!

For further information contact Liam O’Connor:
01) 222 5517

Operation Conversation
2pm – 4pm
Albert College Park, Ballymun Road, Dublin 11

Come along to this free intergeneration event which promises to be fun filled with games, a walk and talk, music to suit all and lots more. Gather at the Helix DCU.

For further information contact Ciaran Mahony:
(01) 222 5725
This Events Programme is published by Dublin City Council's Social Inclusion Unit.

The aim of the Social Inclusion Unit is to promote an awareness of social inclusion in the city and to positively influence the design and delivery of the City Council’s services. The unit also has responsibility for the development of, and input into, various strategies which promote social inclusion in the city.

The unit works with relevant statutory agencies and the voluntary and community sector to tackle poverty, exclusion and inequality in Dublin City.

You can contact the unit at: (01) 222 2962 or socialinclusion@dublincity.ie