



# Northside Partnership Newsletter

Issue 10 - February 2015

## YCL National Motto for Ireland Competition Success

On the 11th of December 2014, the unofficial National Mottos for Ireland announced their shortlist. The contest was run as part of the bigger "Better Together Awards" hosted by The Wheel to recognise voluntary activity. Our Young Community Leaders, having submitted 3 entries to the contest, were successful in having all of their submissions reach the top 50 of 215. This was determined by public voting. One of their entries, "*Strength and Freedom. All Different All Equal*", made it onto the top 20 shortlist.

All of the shortlisted organisations were invited to an awards ceremony in Dublin Castle and received a certificate to acknowledge their participation. Congratulations to the YCL on their innovation!



*Kamil Buczkowski, Carol Conway and Sean Lynch at the National Motto for Ireland Awards Ceremony in Dublin Castle*



*The shortlist winners with their certificates. Kamil Buczkowski (top row left) representing the Young Community Leaders.*

## In This Issue

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- FREE study opportunities with Communiversities
- Preparing for Life celebrates
- Greendale lunchtime workshop success
- NESN workshops
- We Can Quit supports to women to stop smoking.
- Extra baby massage courses added due to demand.
- Parent and Toddler Group welcomes all families
- Stress Control Course Scheduled for 2015
- HFME announces courses
- LES hosts innovative employment strategies
- Challenger Programme workshops underway



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## Exciting Events Planned for the YCL

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Our Young Community Leaders have been invited by Dublin Lord Mayor, Christy Burke, to attend the Mansion House on the 17th of February. YCL participants on their leadership journeys, will receive insights and top tips from the Lord Mayor, and another invited speaker.



The Young Community Innovators will also use this opportunity to announce their plans for the "Yes Equality" campaign in the forthcoming Referendum on Marriage Equality. You can link in with this campaign on twitter #YC14Equality

On the weekend of the 4th of January, YCL participants attended a session with Paul Thomas of Modelez (Cadburys) on the Leadership Life Skills of Time Management and Job Readiness. We thank Paul for sharing his experience and skills with the next generation of community leaders.

## Challenger Programme Students Meet Author

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Forty new 6th class students engaged in our Challenger Programme are currently enjoying workshops which began in January and will continue until mid February. They are reading the book *Arthur Quinn and the Word Serpent* and had the honour of meeting author, Alan Early, in week two of the programme.

Alan answered loads of questions and described how he came up with the idea of the book. The students thoroughly enjoyed the workshop and many thanks to Mr. Early.



## NESN Workshop on Autistic Spectrum Disorders

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The next workshop of the Northside Education Support Network will take place on 3<sup>rd</sup> March at 4pm. The topic is Autistic Spectrum Disorders with Shannon Eidman from Irish Autism Action. This promises to be another valuable event run by the NESN who have already held two successful workshops this year. In January, teachers from primary and post primary schools in north east Dublin turned attended a workshop delivered by fundraising expert Moira McCarthy on how to access funding for primary and post primary teachers. In February, the NESN hosted Clara Nevin from the Dyslexia Association of Ireland who gave a talk entitled Understanding Dyslexia at Primary Level.

For more information upcoming NESN events, please contact [Linda.Shanley@nspartnership.ie](mailto:Linda.Shanley@nspartnership.ie)



## LES Healthcare Course Feedback

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Sharon McCabe, is a recent graduate of the FETAC Healthcare Assistant Traineeship course. She began the 26 week course in February 2014 and graduated in December having successfully completed all 8 modules. Sharon gave us the following feedback:

*"In the beginning I found the course difficult as I had been out of education for many years. It was difficult doing assignments at first as I have never done them before. But as the course progressed I found that it got easier especially when I got to do my work experience, as I could mirror the work experience with learning on the course.*



*L-R: Lisa Bornemann LES Team Leader; Naomi Pasley, LHP Skillnet; Course Tutor, LES client; Sharon Mc Cabe , Christian Huet, LHP Skillnet Network Manager,*

*I am working part time in my local community at present and I am really enjoying the work. This gives me a sense of achievement. I would like to thank Moira and all the staff at Northside Partnership for affording me this opportunity to do the course and gain a valuable qualification. Since I got the qualification I have re-joined the workforce, my confidence has been boosted and I am looking forward to the future. I would advise anybody to partake of this course."*

Recruitment for our 10th Healthcare Assistant Traineeship course is in progress. The course is one day a week for 26 weeks and will be held in the Northside Enterprise Centre. For more information and to register, please contact [Lisa.Borneman@nspartnership.ie](mailto:Lisa.Borneman@nspartnership.ie).

## LES and The Construction Industry Federation Pilot Scheme

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During January, the Local Employment Services collaborated with the Construction Industry Federation (CIF) to run a pilot programme aimed at connecting some of our long term unemployed construction workers with employers (CIF members) who are currently recruiting.

Thirty four LES clients attended an initial information session with Lisa Borneman. Following this and based on their previous work history, CIF selected fifteen individuals to participate in a two week Jobs Club training focused on preparatory skills for securing employment facilitated by Jackie in Greendale. The group then attended a full time training programme in modules including Safe Pass, Manual Handling and other workplace safety requirements.

Once all 15 CVs were updated, the group were invited to the Construction Industry Federation offices on the 4th of February to meet with prospective employers. We are hopeful that all candidates will be placed in positions in the near future and we wish them every success.



## Greendale Jobs Club Lunchtime Workshops

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January saw the Greendale Jobs Club host two workshops for their clients, both of which were well attended. Jim Nolan from the IE Network advised on strategies for networking and helped clients design elevator pitches to promote their work. In the second workshop, career expert, Sonya Cooke, shared her insight with clients.

Last year, 315 people took part in Jobs Club programmes, 80 of whom progressed into full-time employment, work placements or further education and training. A fantastic achievement for all involved.

If you would like more information on the broad range of services offered by Greendale Jobs Club and the LES, please log onto the [Local Employment Service Network](#) section of our website.

## Kilbarrack Parent and Toddler Group

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A new parent and toddler group takes place every Tuesday in the Kilbarrack Coast Community Project, Greendale Road from 11am to 1pm. The group is aimed at children 0-4 years and their parents, carers and guardians. For more information contact Amy Fogarty on 01 8771603.

## We Can Quit; Helping Women to Stop Smoking

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"We Can Quit" offers a supportive, collaborative environment for women to quit smoking.

A morning programme is currently underway and an evening programme will begin on Wednesday 18th February in St. Luke's parish centre, Kilmore, between 7 and 9pm. To register, please contact Maureen Downey or Bernie McDermott on 01 8771507, 085 8478960/1.

"We Can Quit" is an initiative of the Irish Cancer Society in partnership with the Northside Partnership, Doras Bui, the HSE and Lloyds Pharmacy Northside Shopping Centre and Artane Castle.



*Participants and facilitators of the Northside Partnership's Stop Smoking programme, 2014*

## Diabetes Education Programme Books Out!

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X-Pert is a free 6 week education programme for people with diabetes run by the HSE and supported by Northside Partnership. The current February course is full but you can find out details and waiting lists for the next course by contacting Debbie Grealish on 01 8976151.



## Preparing for Life Welcomes New Babies

Since recruitment for Preparing for Life's Area Based Childhood Antenatal and Home Visiting Programmes began at the end of March 2014, the team have welcomed many new babies and look forward to meeting more.

Preparing for Life continues to recruit families from Dublin 17 and Dublin 5 who are expecting a baby. The Home Visiting team offer monthly sessions working alongside families from pregnancy to when children start school. These visits are a wonderful opportunity for parents to share information, ask questions and make the best decisions for their family.

The Antenatal team offer a range of free community based services including antenatal classes every Tuesday and Thursday in the Bell Building, Darndale. Access to this new service means that families no longer have to travel to the city centre for pre-birth check-ups.

If you know anyone who might be interested in joining the programme, please contact Melanie on 01-8771509 or email [melanie.murphy@nspartnership.ie](mailto:melanie.murphy@nspartnership.ie).



Baby Kye who was born on the 29th of January 2015

## Baby Massage Courses

Part of Preparing for Life's Area Based Approach to Childhood sees staff offering free infant massage courses to new babies and parents living in the Northside Partnership catchment areas. Our January course was so well attended that two have been scheduled for February and the waiting lists are filling up fast!

Infant massage is a wonderful way to improve bonding, communication and secure attachment. It can also be very helpful for relieving the discomfort of constipation. Classes are a great chance to meet other parents with small babies and provide a relaxed atmosphere to talk about the joys and challenges of having a baby.



The courses scheduled for February both run for five weeks, 10am to 11am. Classes on Tuesday 24th will be held in the PFL room of Jigsaw crèche, Darndale and Thursday classes beginning on the 26th of February will take place in the conference room of Coolock Health Centre.

All babies from birth to pre-crawling are welcome to attend with their parents. For more information, please contact Melanie on 01-8771509 or email [melanie.murphy@nspartnership.ie](mailto:melanie.murphy@nspartnership.ie).



## PAX Good Behaviour Game

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Preparing for Life, under its ABC programme and in conjunction with the Midlands Area Partnership, was delighted to host Dr. Dennis Embry from the Paxis Institute, Arizona, between January 19<sup>th</sup> to 23<sup>rd</sup>. During his visit, Dennis trained 22 primary teachers from schools in the Northside Partnership area and the Midlands in the implementation of PAX Good Behaviour Game (GBG) in their classrooms. The GBG programme teaches children self-regulation skills and has been shown to have life-long benefits for children who experience the programme even for one school year. While in Ireland, Dr. Embry also spoke at a seminar attended by key people from education, teacher training, teacher unions, and parents representative groups.

Teachers who attended will pilot an implementation of the programme in their classrooms over the next 3 months. Professor Mark Morgan and Dr. Margaret O'Donnell of St. Patrick's College are conducting an evaluation of the implementation. Results will be available in June 2015 and subject to positive outcomes it is planned to expand the programme to further classrooms in both Dublin and the Midlands from September 2015.

## Healthy Food Made Easy

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Following 53 successful Healthy Food Made Easy courses in 2014, the first course of 2015 is now underway in Our Lady Immaculate Junior National School, Darndale on Tuesday at 9.30am. This course will continue each week until 10th March and there are some places available.

Our next 6 week course is scheduled for Thursday evenings at 7pm in the Artane Coolock Resource and Development Centre. If you would like to book a place and improve your culinary skills to create healthy meals, please contact Linda Scanlan on 01 8485608, [Linda.Scanlan@nspartnership.ie](mailto:Linda.Scanlan@nspartnership.ie)



## Clients Across the NSP Take STEPS to Transform Their Lives

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We currently have forty clients from a range of Northside Partnership programmes taking part in our 6 session STEPS course. STEPS helps individuals to:

- Identify how thinking influences the outcomes in their life
- Recognise areas where change and growth is desired or required
- Use simple tools to set goals and develop the self belief to achieve them



## Taster Session for Communiversities Initiative, 12th February

Communiversities is currently recruiting participants for the 20 week part-time course. Coolock library will be holding a taster workshop on Thursday the 12th of February at 10am for anyone who is interested in finding out more. Communiversities is a collaboration of the Northside Partnership, NUI Maynooth and Coolock Library.



*Successful graduates of Communiversities 2014*

The aim of this initiative is to encourage adults to consider education as a future option. The programme is designed to address the need for social inclusion in the Northside Partnership area by providing a high level of community education support and active citizenship courses outside of traditional educational settings.

This course is divided into 4 modules: The Economy and Us; Politics, Power and People; Local History; and Community Development. Each module lasts 2 hours per week, for 5 weeks and sessions are discussion driven, with no exams, assignments or projects. This gives participants an opportunity to sample a level 7 university education without the pressure. And, the course is FREE!

Places on the course are limited with priority given to the long-term unemployed and groups who are supported under the Local & Community Development Programme.

If you would like to register, or know anyone who is interested, please contact

[paul.hayes@nspartnership.ie](mailto:paul.hayes@nspartnership.ie), 01 8485630.

## Upcoming Events & Courses

- **Communiversities Taster Workshop**, February 12th in Coolock library, 10am.
- **We Can Quit**, Wednesday 18th February, 7pm, St. Luke's Parish Centre, Coolock.
- **Healthy Food Made Easy**, Coolock/Artane Resource and Development Centre, 7pm, Thursday 26th February.
- **Baby Massage Courses** in February. Please contact Melanie 01 8771509
- NESN Workshop on **Autistic Spectrum Disorders**, 3rd March, Northside Partnership. Contact Linda Shanley on 01-8485630
- **Stress Control Course**, Tuesday 14th April, Parish Centre, Coolock Village, 7pm.
- **Bosom Buddies Breast-feeding Support Group** every Tuesday lunchtime in Darndale. Call 01-8771509 for more info.
- Challenger 6th Class Reading Club, Coolock Library January to February. For more information please contact [Jeanette.Beirnes@nspartnership.ie](mailto:Jeanette.Beirnes@nspartnership.ie)



## Stress Free in 2015

Preparing for Life kicked off the year with their first Stress Control Course on 20<sup>th</sup> January. Attendance was fantastic with an average of 15 people enjoying the weekly sessions.

The next course will take place on 14<sup>th</sup> of April in the Parish Centre, Coolock Village. This free six week course is open to everyone in the community. There is no need to book a place and participants do not have to share personal information.

During the hour-long sessions, our course facilitator gives a presentation about stress. Topics in relation to identifying and managing stress are explored each week and participants receive hand-outs, a relaxation CD, and a booklet over the duration of the course.



For more information contact Melanie on 01-8771509 or email [melanie.murphy@nspartnership.ie](mailto:melanie.murphy@nspartnership.ie).

## Find Out More About Northside Partnership

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

[www.northsidepartnership.ie](http://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](mailto:vicki.monkhouse@nspartnership.ie) or call 01 8771509.