



September - December 2021
Women's Programme

**Southside Partnership and
women4women Network
Dún Laoghaire-Rathdown**

The Women's Programme 2021



The Southside Partnership Women's Programme and the women4women Network welcome you to read through our new Autumn/Winter 2021 programme. Despite the ongoing Covid-19 pandemic still determining the way we work and live, we are delighted to offer all women in Dun Laoghaire Rathdown County this new booklet covering courses, workshops and events from September to December 2021.

As restrictions are being lifted we are happy to conduct some activities in various centres throughout the county face-to-face and others will remain online till the end of the year. We will regularly keep our contacts and followers up to date with any further changes and information, and you can check on our website or Facebook.

information
support
empowerment
fun connecting

As in previous years, we are offering **Creative Spaces, English Language, Capacity Building, Migrants4Migrants Café** and **Multicultural Events**. The **Women's Voice** grew out of the Women and Leadership workshop last term and is always open for more voices to join.

All women from the DLR catchment area are invited to join the Southside Partnership Women's programme. In general, most activities are free of charge or ask for a nominal fee to pay costs. Registration will be possible by phone or email.

We want to thank all the women who stayed engaged from the beginning and during these difficult times, and especially the participants from the sewing class of 2020 who sewed over 200 facemask for families in supported living.



**We wish you all a good start into the new educational year of 2021/2022
Stay Safe & Healthy**

Please visit our website for more information on our programme, news of the region and a Directory of Services for women in the Dun Laoghaire Rathdown County:

www.women4women.ie

Facebook: www.facebook.com/women4womendlr

Also check: www.southsidepartnership.ie

or email: rafika.kelly@sspship.ie





Creative Space

Many women who have participated in the women's programme have brought their ideas and expertise. Those women are facilitating Water Colouring, Jewellery Making and Trash2Toys workshops in Furry Hill and various Community Centres. Places will be limited in the venues due to Covid-19 restrictions and depending on government and HSE guidelines we might have to move online.

Mandala Art - 2 Fridays Anne Carter - Free

Learn to create your own beautiful Mandala, an ancient art with repeat patterns in a circle used for meditation.

Registration: by 5pm on 27th September

Starting: 1st October **Ending:** 8th October 2021

Time: from 10am to 11am **Location:** via Zoom



Upcycling Using Fabric - 10 Wednesdays with Rafika Kelly

Make something new out of old clothes, bags or any items you may discard

Fees: €4 per drop-in towards costs - Accessories and sewing machines provided

Registration: please phone or email by 27th September

Starting: 6th October **Ending:** 15th December 2021

Time: from 10am to 12pm **Location:** Furry Hill Community Centre

Jewellery Making - 10 Fridays with Zdenka Durajova

Enjoy making your own jewellery with the creative accessory designer Zdenka. All materials provided.

Fee: €25 on registration and €5 per drop-in class afterwards

Registration: by 28th September

Start Date: From 1st of October to 10th of December 2021

Time: from 10am to 12pm

Location: Park House, Dun Laoghaire



Trash2Toys - 2 Tuesdays with Natalia Garcia - Free

Fun eco-friendly workshops making a game and a puppet theatre with characters using recycled Material - cardboard packaging, plastic lids, wires, straws, etc.

Registration: by 7th October

Starting: 12th October **Ending:** 19th October 2021

Time: from 10am to 11:30am **Location:** Mounttown Community Facility

Water Colour Painting - 6 Fridays with Svetlana Starikova

Have a relaxing time while painting with professional artist Svetlana.

Fees: €20 on registration and €5 per drop-in class afterwards - materials provided

Registration: by 10th November

Start Date: From 12th November to 17th December 2021

Time: from 10am to 12pm **Location:** Furry Hill Community Centre

For more information please contact call/text: 087 7203665
or email: rafika.kelly@sspship.ie



English Language Skills

Improve your English language and conversation skills. You will find a friendly and relaxed learning group with other women and have the chance to learn more about Irish and other cultures. Due to Covid-19 classes are online via Zoom. Please choose the day you prefer and register before the date specified below.

English Language - Reading & Writing - Intermediate

Mondays with Rafika Kelly

Time: from 9:30am to 11:00am **Location:** *Furry Hill Community Centre*

Registration: please phone or email by 23rd of September 2021

Start Date: 27th of September to 20th of December

English Language & Communication

Mondays with Rafika Kelly

Time: from 11:30am to 1:00pm **Location:** *via Zoom*

Registration: please phone or email by 23rd of September 2021

Start Date: 27th of September to 20th of December

Tuesdays with Marese Hegarty

Time: from 10am to 11:30am **Location:** *via Zoom*

Registration: please phone or email by 24th of September 2021

Start Date: 28th of September to 21st of December

M4M Information Café



Migrants4Migrants - Free Drop-in Café Every 1st Tuesday of the Month

This voluntary group of women from various countries and diverse cultures are offering a social café style information morning for newcomers to Dún Laoghaire Rathdown, County Dublin. It's also an opportunity for those who have information to meet, share and chat over coffee/tea.

Start Date: 5th of September **Time:** from 10am to 12pm

Registration: please register in advance

Location: *Furry Hill Community Centre*



Note: A one to one confidential support may be available online via Facebook Messenger or email or by phone in multiple languages.

All of the above is free, but places are limited and you must register

For more information please contact call/text: 087 7203665

or email: rafika.kelly@sspship.ie



Capacity Building

Personal Development - 12 Wednesdays with Marilyn Nyquist

Explore your identity and values, learn to set effective goals and much more.

Registration Date: please phone or email by 23rd September

Starting: 29th of September **Ending:** January 2022

Time: from 9:30am -12:30pm

Location: Islamic Cultural Centre, Clonskeagh

Life Coaching Skills - 6 Thursdays with Marilyn Nyquist

Explore skills needed to support others in making positive changes in their lives.

Registration: please phone or email by the 23rd September

Dates: 30th Sept, 21st Oct, 4th, 18th, 25th Nov and 2nd Dec.

Time: from 10am to 12pm

Location: Ballybrack Project Centre

For more information or to register for either of the above courses contact Marilyn on 087 2198183 or email: marilyn.nyquist@sspship.ie

Health & Well Being

Healthy Food Made Easy - 6 Thursdays

Learn about healthy ways to cook using regular ingredients.

It's an interactive course involving participants, recipes and tips.



Registration ends: 5pm on 28th of September

Starting: 30th September **Ending:** 4th November 2021

Time: 10:00am to 12:30pm in the venue or to 11:30am online

Location: Furry Hill Community Centre or via Zoom - to be confirmed closer to the date

Yoga@Home - 5 Tuesdays with Zdenka Durajova.

Free yoga classes to learn how to focus on strength, flexibility and breathing to boost you physical and mental wellbeing

Registration ends: 5pm on 28th of October

Starting: 2nd November **Ending:** 7th of December

Time: 10:00am to 11am - Online via Zoom



Walk N'Talk with Rafika Kelly

Let's meet outdoors, chat and walk. Keep an eye on the weather and dress accordingly: comfy clothes, a warm jumper and rainproof jacket, just in case. Bring water and a snack for a picnic.

Time: 10:00am to 12pm **Meeting Point:** Furry Hill Community Centre

Date: Friday 22nd October

For more information or to register email: rafika.kelly@sspship.ie

Women & Leadership



Women's Voice DLR

This newly formed group focuses on bringing women's perspectives and voices to the decision making spaces in all aspects of our society. We are developing women's political understanding and looking at ways to engage with local government processes. If you are interested in joining us we would welcome more voices - please contact Marilyn as below.

Women's Conference - Leadership Pathways in the Community

As part of the Work4Change series starting in 2022 this conference will explore leadership projects and pathways available in the community.

Registration: please book on Eventbrite, the link will be available a few weeks ahead on www.women4women.ie

Location: the venue or online via Zoom will be confirmed closer to the date

Date & Time: 11th of November from 10am to 1pm

For more information contact Marilyn 087 219 8183 or email: marilyn.nyquist@sspship.ie



w4w Multicultural Events

The **women4women Network** organises regular *Multicultural Women's Breakfasts* in Dun Laoghaire Rathdown county in conjunction with *Southside Partnership DLR Women's Programme*. Women from different nationalities and cultures usually meet to celebrate, to learn and to share information and food. We had adapted to facilitating them online, but hopefully will get back to meeting face-to-face this term.

Multicultural Women's Breakfasts on Thursdays

From 10am to 1pm in person

- ♦ **23rd September 2021 at ICCI, Clonskeagh** - Programme introduction
- ♦ **14th October 2021 at Myrtle Square, Dun Laoghaire** - *Social Inclusion week*
- ♦ **9th of December at Comhaltas, Monkstown** - *16 Days Campaign*



Please note: changes may occur and will be confirmed closer to the date.

For more information please contact: rafika.kelly@sspship.ie

or check: www.women4women.ie

Venues Used in DLR County



Furry Hill Community Centre

♦ Ballybrack Project Centre

Coolevin, Glenageary, Ballybrack, Co. Dublin - [A96 FX97](#)

♦ Comhaltas Ceoltóirí Éireann

32 Belgrave Square S, Montpelier, Monkstown, Co. Dublin - [A94 XV02](#)

♦ Furry Hill Community Centre

Furry Hill, Sandyford Road. Dublin 16 - [D16 Y6X9](#)

♦ Islamic Cultural Centre of Ireland - Seminar Room/Hall

19 Roebuck Rd, Friarland, Dublin 14, [D14 YD91](#)

♦ Mounttown Community Facilities

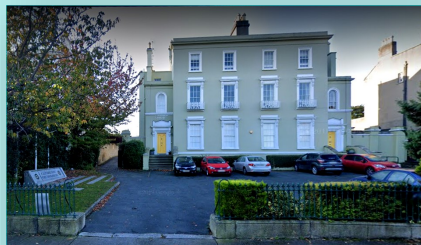
Meadowlands , Fitzgerald Park Dun Laoghaire, Co. Dublin - [A96 KR65](#)

♦ Myrtle Square - DLR County Council Outdoor Space

35-36 George's Street Lower, Dún Laoghaire, Co. Dublin - [A96 VK16](#)

♦ Park House Community Centre

Library Rd, Dún Laoghaire, Co. Dublin - [A96 AT21](#)



Comhaltas Ceoltóirí Éireann



Islamic Cultural Centre of Ireland



Ballybrack Project Centre

Details of Funder

SICAP - The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.



Ireland's European Structural and Investment Funds Programmes 2014-2020
Co-funded by the Irish Government and the European Union



EUROPEAN UNION

Investing in your future
European Social Fund



Rialtas na hÉireann
Government of Ireland



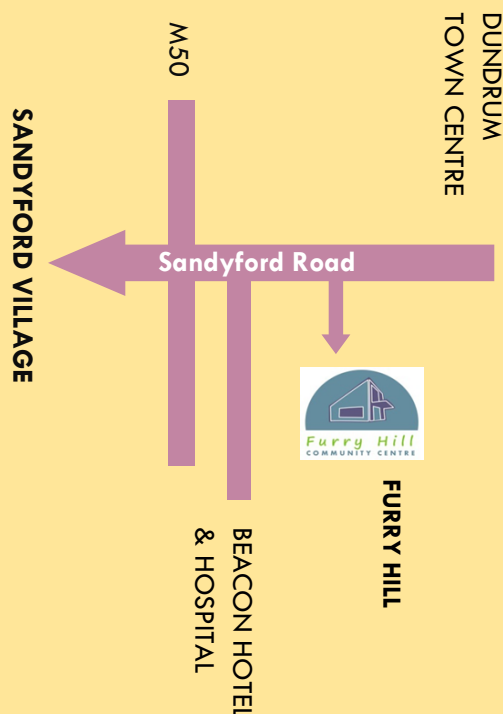
Comhairle Contae County Council

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**HOW TO GET TO
FURRY HILL
COMMUNITY CENTRE**

DUBLIN BUS: 44, 44b, 114, 116

LUAS STOP: Kilmacud or Balally
10 minutes walk



**SOUTHSIDE PARTNERSHIP DLR
WOMEN'S PROGRAMME
and
women4women Network
are located in**

**Furry Hill Community Centre,
Sandyford Rd, Sandyford D16.**

**For information or to register
please email:**

rafika.kelly@sspship.ie or call:

01 442 1004 or 087 7203665

Or 087 2198183

Also check the websites:

www.women4women.ie

www.southsidepartnership.ie

Facebook:

women4womenDLR

***Courses are conducted
subject to funding***

