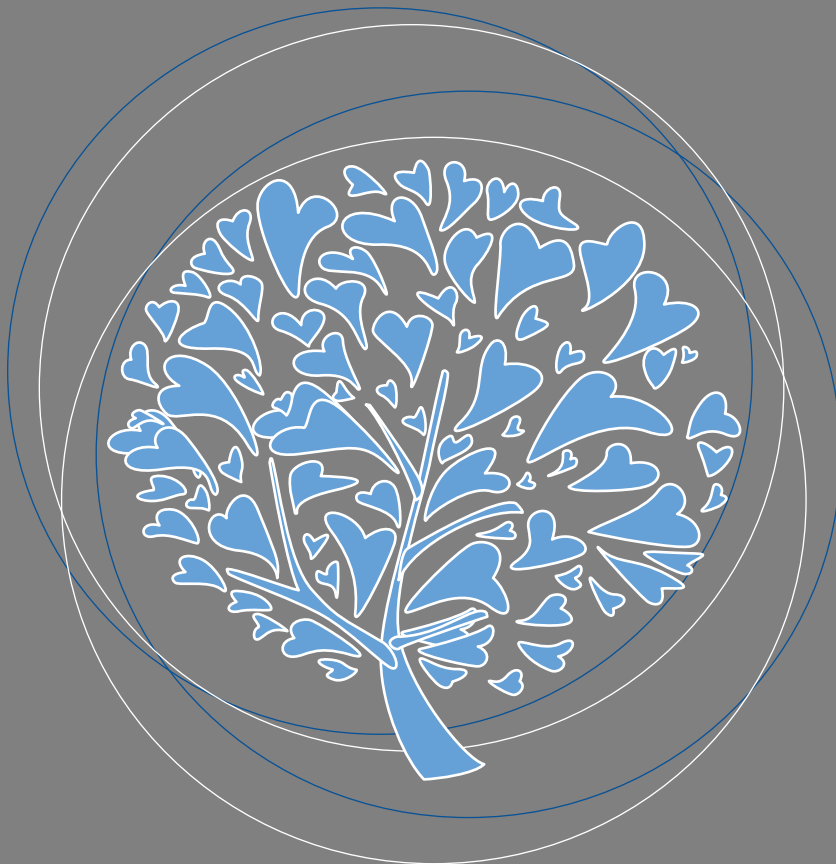




September/February 2020/21 Women's Programme



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

Women's Programme Winter/Autumn



The Covid-19 pandemic has changed the way we live and work. The Southside Partnership Women's Programme and the women4women network activities, like many others, was stopped abruptly in spring 2020. Now we are back on track and delighted to be back offering a new programme for all women in Dun Laoghaire Rathdown for Autumn/Winter, presuming no 2nd wave with more self isolation will occur.

We want to thank all the women who stayed engaged during this difficult time and especially the participants from the sewing class who sewed over 100



This programme will give you information about courses and events available from September 2020 to February 2021. Parts of the programme will be organised in Community Centres with capacity to accommodate bigger groups while still observing the governments requirements of social distancing of 2 metres. **If government guidelines change we have to continue classes online via Zoom.**

All women from the catchment area are invited to join the courses and events. In general, the programme is free of charge - we only ask for a small contribution for materials for the Arts & Crafts courses. Registration is at the venue or by phone the week before the starting date.

Please look at our website www.women4women.ie for more information on our programme, news of the region and a Directory of Services for women in the Dun Laoghaire Rathdown County.



For more information please check
www.women4women.ie - www.southsidepartnership.ie
Facebook: www.facebook.com/women4womendlr
or email: rafika.kelly@sspship.ie



Creative Space

Many women who have participated in the women's programme have brought their ideas and expertise. The courses below are being conducted by some of these women at the Furry Hill Community Centre. Due to Covid-19 requirements we have split the classes into 2. Please choose the time slot you prefer and register on the date, time and location specified.

Sewing & Needle Craft Classes

Come along and enjoy sharing ideas and patterns in this open space.

Tuesdays: Class 1. 9:30-11:00am -

Class 2. 11:15am to 12:45pm

Registration Date: 15th of September

Start Date: 22nd September **Ending:** 15th of December

Location: Furry Hill Community Centre, Sandyford - off Sandyford Road. D16

Cost: €10 for materials and €3 per drop-in session.



Water Colour Painting Classes

Join this relaxing class learning different methods of painting and enjoy good company.

Fridays: Class 1. 9:30-11:00am -

Class 2. 11:15am to 12:45pm

Registration Date: 9th of October

Start Date: 16th of October **Ending:** 18th of December

Location: Furry Hill Community Centre, Sandyford - off Sandyford Road. D16

Cost: €20 - a contribution for materials per term plus €5 per drop-in session.



Information Drop-In Migrants4Migrants



Migrants4Migrants - Free Weekly Drop-in

A voluntary group of women from diverse cultures, offering a confidential support/information service to migrants in DLR County in multiple languages.

Starting: Wednesday 7th of October from 10am to 1pm

Location: Furry Hill Community Centre, Sandyford
off Sandyford Road. Dublin 16



**Please contact Rafika on 087 7203665 or 01 4421004
or email: rafika.kelly@sspship.ie**



Free Language Skills

English Language and Communication

Improve your English language and communication 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 requirements we have split the class into 3, one is on Zoom. Please choose the time slot you prefer and register on the date, time and location specified below.

Mondays: Class 1. 9:30-11:00am - **Class 2.** 11:15am to 12:45pm

Registration Date: 14th of September (between times stated above)

Start Date: 21st of September **Ending:** 14th of December

Location: Furry Hill Community Centre, Off Sandyford - off Sandyford Road

Tuesdays: 10.00 - 11.30 am

Registration Date: 15th of September, 10-11.30am in Furry Hill Community Centre

Start Date: 22nd of September **Ending:** 15th of December

Location: online via Zoom

Creative Writing Course

A 4 week course opportunity to write creatively using all your languages and cultural knowledge, and build confidence in writing and communication skills.

Fridays: 10am-12:00pm

Registration Date: please phone or email by 15th September

Start Date: 18th of September **Ending:** 9th of October

Location: online via Zoom

Mindfulness with Heathy Ireland



Free Mindfulness Sessions - Fridays for 4 weeks

Registration: please phone or email by 29th of September

Starting Date: 2nd of October **Ending:** 23rd of October

Time: from 10am to 11:30am

Location: Samuel Beckett Civic Centre, Ballyogan

*All of the above classes are free of charge, numbers are limited and you must register
Contact Rafika to on 087 7203665 or 01 4421004 or Email: rafika.kelly@sspship.ie*



Capacity Building

Personal Development - Wednesday for 12 weeks

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

Registration Date: please phone or email by 7th of October

Starting: 14th of October **Ending:** 27th of January, 2021

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

Location: Mounttown Community Facility, Monkstown, Dun Laoghaire

Life Coaching Skills - Thursdays for 6 weeks

Find out what skills are needed to help others make positive change in their lives.

Registration: please phone or email by the 8th of October

Starting: 15th of October - **Ending:** 10th of December 2020

Time: from 10am to 12pm

Location: The Samuel Beckett Civic Centre, Ballyogan

Job Readiness



Workshop on Work Life Balance - Thursdays for 3 Weeks

While working from home is more likely the norm during Covid-19 we have to blend both aspects of our lives - our personal and professional lives. Looking at work-life balance reduces stress and burnouts leading to a healthier happier life.

Registration: please phone or email by 7th of January 2021

Starting: 14th of January **Ending:** 28th of January 2021

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

Location: To Be Confirmed

Job Seeking Skills Workshops - Daily for 8 mornings

(not on weekend)

A course in preparing you through networking , job searching, cover letter & CV writing, job applications and interview skills.

Registration: please phone or email by 25th January 2021

Starting Date: Monday 1st of February **Ending:** Wednesday 10th of February

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

Location: Samuel Beckett Civic Centre, Ballyogan

*Contact Rafika to register on 087 7203665 or 01 442 1004 or
email rafika.kelly@sspship.ie*

Multicultural Events



The women4women network DLR organises regular Multicultural Women's Breakfasts in Dun Laoghaire Rathdown. Women from different nationalities and cultures meet to celebrate, to learn and to share information and food. These breakfasts have attracted many women in the county since summer 2011. They are organised every 5 - 6 weeks by the network.

Over the summer 2020 we started organising online Multicultural Breakfasts. Depending on the public health guidelines set by the government we will either have face-to-face event or an event organised through Zoom.

***ALL WOMEN WELCOME,
BRING A DISH AND BRING A FRIEND!***

Multicultural Women's Breakfasts

Thursdays from 10am to 12pm

Thursday 10th September 2020

Thursday 10th December 2020

Venues or online Zoom event will be confirmed closer to the date

women  women
IN DÚN LAOGHAIRE - RATHDOWN



Women's Conference

SSP Women's Programme - Connecting with the New Normal 16 Day of Action Campaign

Date: Thursday 5th of November 2020

Time: 9:30am to 1pm

Location: online via Zoom

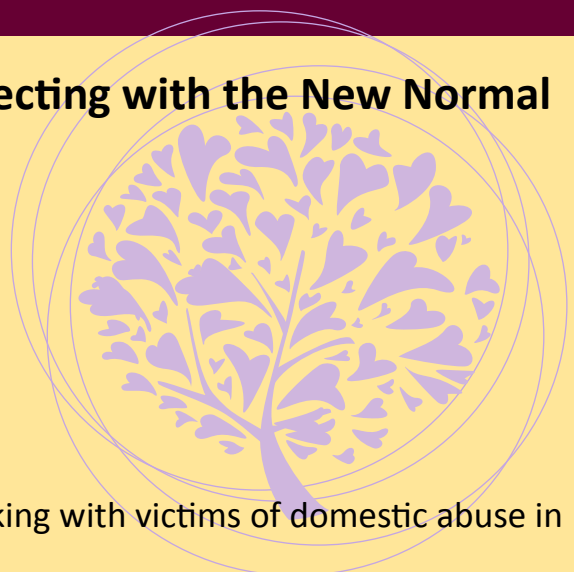
16 Days of Actions Campaign: SAVE—Café Style Conversation

Facilitated workshop for professionals working with victims of domestic abuse in DLR.

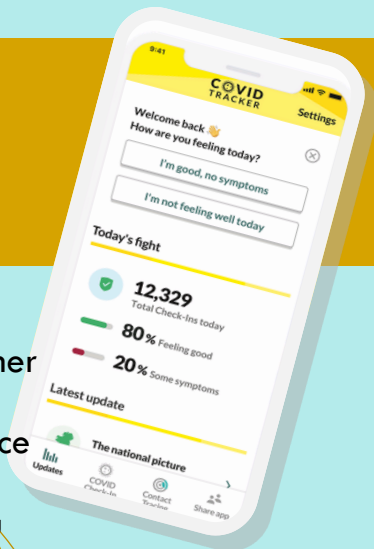
Date: Thursday 3rd of December 2020

Time: 9:30am to 1pm

More information will be available closer to the date on www.women4women.ie



COVID-19 Information



Tracker App for close contact alerts

- be alerted if you have been in close contact with another App user who has tested positive for coronavirus
- be able to track any symptoms you have and get advice on what to do to protect yourself and others
- be able to anonymously warn other app users that you were in close contact with, if you test positive for coronavirus



Details of Funded Projects



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.

Please contact Rafika on 087 7203665 or 01 4421004 for information



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

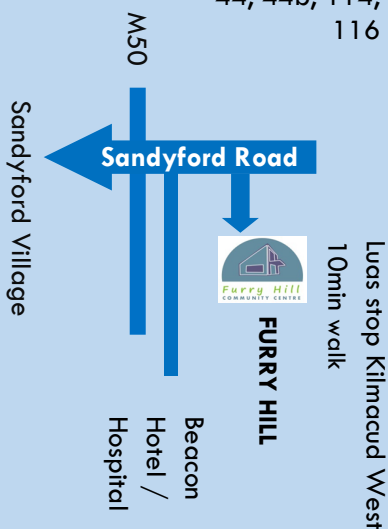


Rialtas na hÉireann
Government of Ireland

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

DUBLIN BUSES
44, 44b, 114,
116



**WOMEN'S PROGRAMME
SOUTHSIDE PARTNERSHIP
and
women4women network
DLR**

are located in
**Furry Hill Community Centre,
off Sandyford Rd, Sandyford
D16.**

**For more information and to
register
please call 01 442 1004 or
087 7203665
& 087 6128740**

**www.women4women.ie,
FACEBOOK:
women4womenDLR
www.southsidepartnership.ie
Courses are conducted
subject to funding.**

