



January - June 2020 Women's Programme



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

Women's Programme



Southside Partnership and women4women network DLR offer a programme each term for women living and working in Dun Laoghaire Rathdown County.

Together we:

- organise networking events to create opportunities for women to meet, share and learn.
- offer training, development and capacity building courses.
- support migrant women in their integration.
- network, lobby and advocate on local and national levels.
- assist women in taking part in the Women and Leadership Programme.



This programme will give you information about courses and events available from January-June 2020. It is funded by different funding streams - the European Social Fund, SICAP, Dublin & Dún Laoghaire Education & Training Board, the HSE, Healthy Ireland, DLR County Council, and Southside Partnership. All courses are subject to funding.



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.

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.





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.



Paper Cutting Course

Mondays: 10am-11:30am

Park House, Dun Laoghaire

Term 1 - 20th January - 30th March (not including February midterm)

Term 2 - 20th April - 22nd June

For materials: there is a once off contribution of €20 per term and €5 per session.

Machine Sewing Course

Tuesdays: 9:30am-12:30pm

Furry Hill Community Centre, Off Sandyford Rd, Sandyford

Term 1 - 21st January - 1st April (not including February midterm)

Term 2 - 21st April - 23rd June

For materials: there is a once off contribution of €10 per term and €3 per session.

Jewellery Course

Wednesdays: 10am-12:00pm

Park House, Dun Laoghaire

Term 1 - 22nd January 2nd April (not including February midterm)

Term 2 - 22nd April - 24th June

For materials: there is a once off contribution of €25 per term and €5 per session.

Water Colour Painting Course

Fridays: 10am-12:00pm

Furry Hill Community Centre, Off Sandyford Rod, Sandyford

Term 1 - 24th January 4th April (not including February midterm)

Term 2 - 24th April - 26th June

For materials: there is a once off contribution of €20 per term and €5 per session.

For all Creative Space classes contact Rafika on
087 7203665 or 01 4421004
or email: rafika.kelly@sspship.ie





English Language Skills

Improve your English language and communication skills. You will find a friendly and relaxed learning group with other women and will have the chance to learn more about the Irish and other cultures.

English Language and Communication



Mondays: 9:30-11:00 am

Term 1 - 20th January - 30th March (not including February midterm)

Term 2 - 20th April - 22nd June

Furry Hill Community Centre, Off Sandyford Rd, Sandyford

Mondays: 9.30-11.00am

Term 1 - 20th January - 30th March (not including February midterm)

Term 2 - 20th April - 22nd June

Samuel Becket Civic Centre, Ballyogan

Tuesdays: 10.00-11.30 am

Term 1 - 21st January - 31st March (not including February midterm)

Term 2 - 21st April - 23rd June

The Lexicon, Dun Laoghaire

All of the above classes are free of charge but you must register before the classes begin.

**Contact Rafika to register on 087 7203665 or 01 4421004
or email: rafika.kelly@sspship.ie**

English Grammar Class



Wednesdays: 10am to 11.30 am

Term 1 - 22nd January 1st April (not including February midterm)

Term 2 - 22nd April - 24th June

Rosemount FRC, Dundrum

Spaces for the Grammar Classes are limited. Contact Rafika to register on 087 7203665 or 01 4421004 or email: rafika.kelly@sspship.ie



Job Readiness

Job Seeking Skills Workshops

Dates: 3rd to 11th of February (excluding the weekend)

9:30am to 12:30pm

Samuel Beckett Civic Centre, Ballyogan

Content Including: Networking , job searching, cover letter & CV writing, job applications and interview skills.

Contact Marilyn to register your interest on 087 2198183



IT Skills for Beginners

Mondays: 11:15am - 12:45pm

6 Weeks 20th April - 8 June

Furry Hill Community Centre, Off Sandyford Rd, Sandyford

Content Including: Microsoft Word, and online communication such as email and internet searching.

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



Health & Wellbeing



Healthy Food Made Easy

Find out more about diet and nutrition and cook together food from all over the world, 4 sessions (not during Easter break)

Thursdays: 9.30am - 12.00pm

Beginning on 12th March - 2nd April

Furry Hill Community Centre, Off Sandyford Rd, Sandyford



Well Now - Health and Wellbeing Programme

Join a series of 6 sessions of Mindfulness, Zumba Taster, Healthy Eating and Nutrition, Relaxation Techniques and Flower Arrangement

Thursdays: 10am - 11:30 am

Beginning 7th May - 11th June 2020

Furry Hill Community Centre, Off Sandyford Rd, Sandyford



Note: *The Health & Wellbeing courses must be registered for in order to attend. They are NOT run on a drop-in basis.*

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. Each breakfast is a feast of food from different countries as the women bring their own dishes from their country of origin. This is also a good opportunity to get to know women from the different areas in the county. The breakfasts are very often organised in conjunction with other organisations.

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

Multicultural Women's Breakfasts

Thursdays from 10am to 1pm

Thursday 30th January - Balally Family Resource Centre

Thursday 5th March - in celebration of International Women's Day, venue to be confirmed

23rd April - venue to be confirmed

Thursday 18th June - venue to be confirmed

women  women
IN DÚN LAOGHAIRE - RATHDOWN

Information Drop-In Migrants4Migrants



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

Wednesdays: 10am - 1pm

Furry Hill Community Centre, Off Sandyford Rd, Sandyford

**Please call Rafika for more information on
087 7203665 or 01 442 1004 or email
rafika.kelly@sspship.ie**



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

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



RePower is funded by the European Social Fund and is a series of part time courses for women who are interested in developing new skills and increasing their confidence. It is *FREE* and for women who are NOT in employment and NOT in receipt of Job Seekers Allowance or Job Seekers Benefit or NOT on a Stamp 3 visa (*except* critical skills visa). This 3 year project finishes on March 31 2020.

Please contact Marilyn on 087 2198183 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



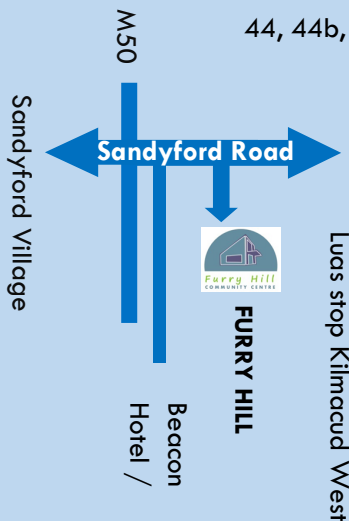
An Roinn Dlí agus Cirt
agus Comhionannais
Department of Justice
and Equality

This project is part supported by the Irish Government and the European Social Fund (ESF) as part of the ESF Programme for Employability, Inclusion and Learning (PEIL) 2014—2020.



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

DUBLIN
BUSES
44, 44b,



**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.

