



**January - June 2021  
Women's Programme**

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

# Women's Programme Winter/Spring 2021



information  
support  
empowerment  
fun connecting

The Covid-19 pandemic is ongoing and is still determining the way we work and live in 2021. The Southside Partnership Women's Programme and the women4women network activities, like many others, will resume, conducting the new winter/spring programme online until further notice.

We are delighted to offer all women in Dun Laoghaire Rathdown County a new programme booklet covering courses and events from January to June 2021. If the situation changes and face-to-face meetings are allowed again, courses/workshops and events will be organised in different community centres throughout the county.

As in previous years, we are offering **Creative Spaces**, an **Integration Programme**, **Capacity Building** and **Multicultural Events**. New to our programme is the **Women and Leadership** section. We want to look at our potential as leaders and widen the network of women who are working to influence decisions made on a local and county level.

All women from the DLR catchment area are invited to join the Southside Partnership Women's programme. In general, the programme is free of charge and will be held now mostly online through **Zoom**. Registration will be possible by phone or email.

We want to thank all the women who stayed engaged during this difficult time in 2020 and especially the participants from the sewing class who sewed nearly 200 facemask for families in supported living.

**We wish you a good start into the new year in 2021.  
Stay safe and healthy!**

Please visit our website

**[www.women4women.ie](http://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](http://www.women4women.ie) - [www.southsidepartnership.ie](http://www.southsidepartnership.ie)**  
**Facebook: [www.facebook.com/women4womendlr](https://www.facebook.com/women4womendlr)**  
**or email: [rafika.kelly@sspship.ie](mailto: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 usually facilitating water colouring, jewellery and paper cutting workshops in Furry Hill and other Community Centre. With the restrictions in place our creative space is limited to online workshops. We hope to be able to offer more workshops in centres again.

### Creating your own Mandalas—Fridays for 2 weeks

Mandalas—An ancient art with repeat patterns in a circle used for meditation. It relaxes you because you are engrossed in the colours and the patterns and your mind gets a rest from all the usual thoughts.

In the session you can easily create your own beautiful Mandala.



**Registration:** please phone or email by 28th January

**Starting:** 5th February **Ending:** 12th February 2021

**Time:** from 10am to 11pm

Facilitated via [Zoom](#)

### Creative Writing Course with Fíona Bolger

Two courses on Fridays for 4 weeks - from 10am to 12pm online via [Zoom](#)

An opportunity to write creatively using all your languages and cultural knowledge, and build confidence in writing and communication skills.

#### Workshop 1

All the Words in the World: Open your mind to the poetry in your life. A creative writing course with a special focus on breaking down barriers between languages and across borders.

**Registration:** please phone or email by 19th January to book

**Start Date:** From 22<sup>nd</sup> Jan – 12Feb 2021

#### Workshop 2

Writing the World: You've started writing and want to share your work and get new ideas. We will continue to travel through words, meeting new ways of writing and communicating our worlds.

**Registration Date:** please phone or email by 23rd February

**Start Date:** from 26<sup>th</sup> Feb to 19<sup>th</sup> March 2021

**Please note - the Sewing class will continue in some shape or form after Easter break.. Information will be sent out as it gets planned.**

***For all of the above classes please contact Rafika for more information  
on 087 7203665 or email: [rafika.kelly@sspship.ie](mailto:rafika.kelly@sspship.ie)***

### Easter Flower Arranging Workshop

Learn how to create a beautiful Easter flower arrangement. Make your own Easter Tree and learn the meaning behind it.

**Date:** 26th March **Time:** 9:30-11am **Via Zoom**

**Contact** Angie 087 1090106 or email: [angela.lennon@sspship.ie](mailto:angela.lennon@sspship.ie)





## English Language Skills

### English Language and Conversation

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.

#### **Mondays**

**Time:** 10:00-11:30am

**Registration Date:** 14th of January

**Start Date:** 18th of January to 22nd of March (Easter Break)

**Continue from:** 12th of April to 28th of June

#### **Tuesdays**

**Time:** 10:00 -11.30am

**Registration Date:** 15th of January

**Start Date:** 19 of January to 23rd of March (Easter Break)

**Continue from:** 13th of April to 29th of June



***All of the above online classes are free of charge, numbers are limited and you must register Contact Rafika to on 087 7203665 or Email: [rafika.kelly@sspship.ie](mailto:rafika.kelly@sspship.ie)***

## Information Service Migrants4Migrants



### **Migrants4Migrants - Free Weekly online service**

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

This offer is available online through phone, WhatsApp or email.

**Please call Rafika for more information on  
087 7203665 or email [rafika.kelly@sspship.ie](mailto: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 22nd February

**Starting:** 24th of February **Ending:** 26th of May 2021

**Time:** 10-11:30am **while schools remain closed**

9:30am-12:30pm **when schools re-open**

### **Advanced Personal Development —Wednesday for 3 weeks**

This workshop is for women who have already participated in the first Personal Development course and want to progress.

**Registration:** please phone or email by the 28th May

**Starting:** 2nd June **Ending:** 23rd June 2021

**Time:** from 10am to 12pm

## Job Readiness



### **Workshop on Work Life Balance - Thursdays for 2 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 11th of January 2021

**Starting:** 14th of January **Ending:** 21st of January 2021

**Time:** from 10:00am to 12:00pm

### **Job Seeking Skills Workshops - Daily for 8 mornings (excluding 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 2021

**Time:** from 10am to 12pm



This workshop is being done in conjunction with our LES

***All workshops on this page will be facilitated via Zoom.***

***Contact Marilyn for more information or to register on***

***087 219 8183 or email [marilyn.nyquist@sspship.ie](mailto:marilyn.nyquist@sspship.ie)***



# Women and Leadership



Women are very often actively involved in their own communities but are not involved in the decision-making process. We want to look at our potential as leaders and widened the network of women working to influence decisions made on local and county levels. The focus of this programme is to develop women's political understanding and to look at engaging with local government processes. This will bring women's perspectives and voices to the decision making table.

## Women and Leadership Workshop

This workshop will look at gender equality issues on global, national and local levels, allowing us to consider the implications and actions needed. This will also include opportunity to hear from women currently in leadership.

After the workshop participating women will progress into the **Women's Voice Group** to explore gender inequality in Ireland and actively engage in decision making structures in DLR.

**Registration:** please phone or email by 22nd February 2021

**Starting:** 25th February **Ending:** 22nd April 2021

**Time:** from 10am to 12pm

Facilitated via [Zoom](#)

**Contact Marilyn to register on 087 219 8183 or email [marilyn.nyquist@sspship.ie](mailto:marilyn.nyquist@sspship.ie)**



## Multicultural Events

The women4women network DLR organises regular **Multicultural Women's Events** in Dun Laoghaire Rathdown in conjunction with SSP Women's Programme. Women from different nationalities and cultures usually meet to celebrate, to learn and to share information and food. We have now adapted to facilitating online events.

### Multicultural Women's Breakfasts

**Thursdays from 10am to 12pm**

Thursday 28th January 2021

Thursday 11th March 2021 - A celebration of International Women's Day



### Multicultural Women's Mini Festival in 2021

This year we want to celebrate the diversity of women living in DLR. We want to promote intercultural awareness in the county and highlight women's achievements with an all day event.

**Thursday 3rd June 2021 from 10am—3pm \*\* Note new date**

Venue or online event will be confirmed closer to the date.

**If your multicultural group wants to take part please contact Rafika on 087 7203665.**

**Please note: Venues or online Zoom events will be confirmed closer to the date.**

# Connecting During Covid

SOUTHSIDE PARTNERSHIP  
WOMEN4WOMEN NETWORK

**Women's Conference**

*Reconnecting During  
Uncertain Times*

\* Family Dynamics \* Health \* Well Being \*



Catherine Lane  
Development Officer  
NWC1



Anne Marie Sheridan  
Support Worker  
Springboard



Clodagh Erasmus  
Health & Wellbeing  
Coordinator at Grow



Faridat Sultan  
Associate Lecturer  
Foren@Net Ltd

**Reconnecting During  
Uncertain Times Conference**  
focused on **women**, family  
dynamics, health and wellbeing



During the pandemic  
14 women availed of the  
**SAVE Domestic Abuse Crisis  
Counselling**



SOUTHSIDE PARTNERSHIP DLR  
COMHPHÁIRTÍOCHT an DHEASBHAILE  
SUPPORTING PEOPLE. SUPPORTING COMMUNITIES.

**SOUTHSIDE  
PARTNERSHIP DLR  
WOMEN'S  
PROGRAMME**

Supporting the Community

The **Sewing Class** sewed  
over 100 **face masks** for  
families in supported living

SOUTHSIDE  
ADDRESSING  
**SAVE**  
VIOLENCE  
EFFECTIVELY



Migrant artists showcased their  
work in an online virtual  
**Art exhibition**





EUROPEAN UNION  
Investing in your future  
European Social Fund



Rialtas na hÉireann  
Government of Ireland



Comhairle Contae County Council

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 Employment, Inclusion and Learning (PEIL) 2014-2020

## Details of Project Funding



Social Inclusion & Community Activation Programme




Comhairle Contae County Council

**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 Employment, 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

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**Community Integration Funds** -The main purpose of the Communities Integration Fund is to fund actions by community organisations to promote integration in their local communities.

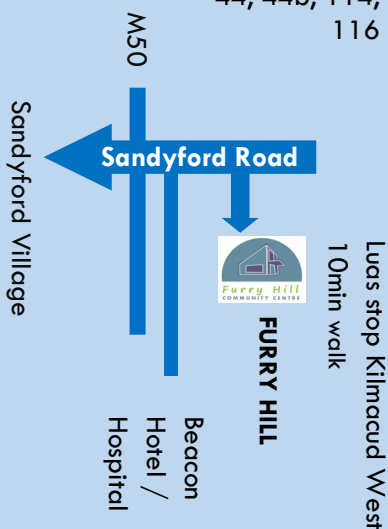


An Roinn Dlí agus Cirt  
Department of Justice

OIFIG CHUN LÁNPHÁIRTÍOCHT IMIRCEACH  
A CHUR CHUN CINN  
OFFICE FOR THE PROMOTION OF  
MIGRANT INTEGRATION

**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, Sandymount  
D16.

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

[www.women4women.ie](http://www.women4women.ie),  
FACEBOOK:  
[women4womenDLR](http://women4womenDLR)  
[www.southsidepartnership.ie](http://www.southsidepartnership.ie)  
Courses are conducted  
subject to funding.

