

# NASCADH CDP

Sean O’Casey Community Centre,  
St Mary’s Road, East Wall, Dublin 3

August 2012



## Pride of Place Festival

What a week. Once again the people of East Wall came out in force. The week was a great success. From the activities in the Water Sports, to our Family Fun day in the Sean O’Casey Community Centre or even the Football Blitz in the Recreation Centre on Russell Avenue. A special thanks to all the volunteers who made the festival such a success. Photos: Family Fun Day, Comhaltas Traditional Music Concert, Family Fun Day Recreation Centre, Local Area Clean Up and Intergenerational Quiz

## Pride of Place Awards

East Wall has been chosen to represent Dublin in the All Ireland Pride of Place Awards. This is huge honour. The judges visited East Wall on the 1st of August and spent several hours visiting groups around the area. The morning was a great success and everyone should be very proud of the Area



### Are you interested in getting a Free Pendant Alarm?

Nascadh are delighted to announce that we are now a registered group with the Seniors Alert Scheme. We can now assist anyone over 65 interested in receiving a pendant alarm system in their home.

Pendant Alarms are monitored alarms for older people to help them remain safe in their own homes. They usually come in the form of a wrist band that you can push a button to ring through to a monitoring station. A person will talk through a speaker on the alarm to check if you are alright. If they do not get a satisfactory response they will contact one of your chosen contacts or the emergency services whichever is more appropriate.

**Anyone interested or who would like more information please contact Nascadh CDP on 01 8893985**

### Nascadh CDP Newsletter

The Newsletter will now be delivered to central points in the community such as the Sean O’Casey Community Centre, Paddy the Butchers, East Wall Health Centre and it will also be e-mailed to people. If you would like it to be e-mailed to you please send an e-mail to [nascadhnews@gmail.com](mailto:nascadhnews@gmail.com). This is a trial run to prevent waste and for people who may not want to receive the newsletter and to save scarce resources.

**East Wall for All is a new Website: [www.eastwallforall.ie](http://www.eastwallforall.ie).**

To find out what is happening in East Wall.

## ABEC GLAZING CO. LTD

Phone: **016606800** mob: **0860848452** (noel)  
mob: **0877819153** (oliver)

**Your local glass and window company**

We supply and fit all types of UPVC doors, windows, glass and mirrors including: **coloured splashbacks, glass shelves, fogged up double glazed units and table tops**

also a wide range of **locks, handles, hinges, patio door wheels, letterboxes and more accessories**

we will be more than happy to answer any questions or queries you may have

**all estimates free of charge**



**Styleesta September Specials - Hair & Beauty**  
Call in to have a consultation with our top stylists. Our team are dedicated to providing an excellent service to both ladies and gents.

### WEDNESDAY

All wash & blowdries €10.00  
Wash cut & blowdry €20.00

### THURSDAY

Tint cut, blowdry & treatment €35.00  
Full body spray tan €10.00

### FRIDAY

T-Bar cut, blowdry & treatment €35.00  
Full body spray tan €10.00

### SATURDAY

Wash & blowdry from €10.00  
Wash & curly blowdry €15.00  
Full set of strip lashes €10.00

Gents dry cut €9, Wash & Cut €12, all week.  
Watch out for our weekly special offers on Facebook and in the shop window.

32 Church Road, East Wall (beside the steps)  
01 855 7639



## Memory Talk .....

**Are you having problems with any of the following or someone you know**

- Remembering names of people and places
- Misplacing and losing items
- Completing things you used to find easy such as cooking or driving
- Doing simple calculations in your head
- Getting disorientated in familiar surroundings
- Remembering appointments and family occasions

## Did you know?

Regardless of age, you or someone close to you may be experiencing memory problems.

Did you know:

- Some memory problems have a **physical or psychological** cause which can be reversed.
- Many people **worry** about their memory but have normal memory problems compared to the general public.
- **New treatments in dementia** have been successful in keeping people well for longer.

**Dr. Kate Irwing will be giving a Talk in the Sean O Casey Community Centre on Monday 10<sup>th</sup> September 1:30pm**

Please Come Along for some practical advice on Memory Loss also available on the day will be information on how to access supports in your area.



## East Wall Youth Summer Project

Once again East Wall Youth enjoyed one of their most successful summer projects to date. There were trips to Newbridge farm, Portmarnock Beach, Malahide Castle, the new Odeon Cinema in the Point Village and bowling to name a few. Once again the trip to the Zoo and the Circus were both the most popular and most enjoyable trips. There were also great activities back in the centre. The summer project would not be possible without the support of our volunteers a big thanks to all the volunteers and the young people who made the summer project such a great success.



## Nascadh Summer Project

This year's summer project was another action packed and fun filled month and left everyone involved with many happy memories to tide us over till next year's project.

Monday Afternoons had all new "Mystery Guests" whom had everyone

dancing, laughing, singing and enjoying themselves. Tuesdays and Thursdays had Games Room as normal for the men. This year for the first time there were Tai Chi Classes which were such a success it is hoped to start a class in September which will be open to all ages.

Wednesdays "Mystery Tours" were so mysterious at times even the bus drivers didn't know where we were going.

Week 1 brought us to Kilkenny we had a wonderful day touring around the Cathedral, Kilkenny Design and for those who braved the rain Kilkenny castle. Week 2 we got to enjoy the wonderful sights of Wicklow in full sunshine we visited Powerscourt Garden's, Glendalough and a quick pit stop in Johnnie Foxes for medicinal purposes. Week 3 we travelled a little closer to home to the Bord Gáis Energy Theatre for The Phantom of the Opera, it was an amazing performance the costumes and set design were out of this world. After the show we headed across to the road to the Maldron Hotel for dinner. Week 4 was our end of project night out in the Waterside. This was a fantastic night out and everyone was relaxed and enjoyed the food, music and even some dancing.

Fridays took us to the credit union for ceili dancing and even though it was early in the day there was plenty of craic had by all. Can't wait for what's ahead next year.



## EAST WALL RECREATION CENTRE SUMMER PROJECT 2012



What a fantastic Summer Project we had this year. There was Paint Balling at Puddin Hill and Go-Karting at Kylemore Kart track. The trip to Tayto Park and the Bowling in Stillorgan was very good as was all our trips to places such as Bray, Eddie Rockets, Dublin Zoo.

Our Home days at the club and our visit from Dublin Fire Brigade, the junior Karting and our family days were all fantastic. Once again all the kids who took part in all the activities and days out were very well behaved and we are very proud of them.

Derek and Tracy would like to take this opportunity to thank all the individuals and parents who helped make the summer project such a huge success also a big thanks to students Dan, Sean and Rebecca who helped out on the project. But the biggest thanks of all has to go to all the children who participated in this years Summer Project. Here are just a few photos of some parts of the Summer Project.







## **Sean O'Casey Community Centre**

The Sean O'Casey Community Centre uses a wide variety of staff from different sources. Some are through Government employment schemes like Fás Community Employment, Tus and NEDCSI. The centre also is lucky to have a large number of volunteers particularly in the Day Care Centre and some of the staff from the community employment scheme have continued to volunteer freely long after their paid positions are finished with the scheme. There are also paid workers both part time and full time and a voluntary board of directors. There are a number of organisations working from the building such as Nascadh CDP, East Wall CE Sean O'Casey (Fás), Disability Arts Ireland and Daisy Days Crèche.

In the economic climate this is the only way the Sean O'Casey Community Centre can provide the high standard of services it does to the community and maintain prices that are affordable. The Sean O'Casey does its best to give trainees and volunteers the best possible experience and support to help them find employment.

**The Centre would like to give a massive thanks to all the staff and volunteers who help run the centre. If you are interested in volunteering please contact the centre on 01 8509000 (the centre is currently looking for volunteers for the day care centre). If you are interested in finding out more about our excellent facilities and activities come in and visit the centre or our website: [www.seanocaseycommunitycentre.ie](http://www.seanocaseycommunitycentre.ie)**

### **Pottery Classes:**

Monday nights, starting the 24th September in the Sean O'Casey Community Centre at 7pm. €5 per class. All welcome. For more information contact 01 8509000

## **Upcoming Activities and Plays in the Sean O'Casey Community Centre**

### **Tai Chi Classes**

Starting the 18th September 2012 Sean O'Casey Community Centre.  
Tuesdays 2:30 - 3:30.  
€20 for Four Weeks For More Information Contact 01 8893985

### **Pilates Classes: Orla Gannon**

**GET FIT & LOOK GREAT** Monday 8 – 9 pm Sean O'Casey Community Centre  
**GET IN SHAPE TONE YOUR BODY RELIEVE STRESS AND TENSION IDEAL FOR ALL FITNESS LEVELS**  
€5 PER CLASS ( Pay as you go ) For Queries contact the Sean O'Casey Community Centre Tel. 01 8509000

### **John Staunton's**

#### **NUTHOUSE**

A Black Comedy written by our own John Staunton

A Sideshow Theatre Co. Production

SEAN O'CASEY THEATRE , EAST WALL.

SEPTEMBER 18<sup>th</sup> – 22<sup>nd</sup> at 8pm

Bookings : 8509000

TICKETS €10 / €8

This play is for mature audiences , strictly no children admitted.

### **EAST WALL P.E.G. VARIETY & DRAMA GROUP**

**Present**

#### **“ The Rosebowl” by Henry Hudson**

A Hilarious if Slightly Potty Comedy .

Directed By Pat Sullivan

Admission €10 per person Group & Pre – Bookings Contact Paul @ 0877872340 Show commences at 8.00 PM Sharp From Tuesday September 4<sup>th</sup> to Saturday September 8<sup>th</sup> At the Sean O'Casey Community Centre East Wall.

the Sean O'Casey Theatre

presents

#### **A LIFE**

BY HUGH LEONARD

A Bitter Sweet Comedy/Drama

DIRECTED BY DARA CAROLAN

OCTOBER 2,3,4,5 & 6TH

SHOW STARTS 8PM

TICKETS €10 FOR MORE INFORMATION CONTACT 01 8509000

**North Wall CTC  
Training Centre  
Courses Starting  
September 2012**

- Retails Skills
- Digital Media Studies
- Telephone / Reception Skills

16 - 21 year old. Trainee Allowances Apply where applicable.  
For more information Contact Trevor or Donna 01 8554033



**EAST WALL CO-OP: Business Development**

Would you be interested in developing your ideas of starting your own business or working for yourself. If you are, Nascadh CDP will be having a meeting on September the 20th at 11am in the Sean O'Casey community Centre to discuss the idea of an EAST WALL CO-OP. The idea is where like minded individuals can work together on a pilot project and hopefully develop their budding business skills or even learn new ones. Maybe you are very creative but not great at sales and would like to bring your ideas to a point that earns you income.

This is only at the idea stage at the moment and how it progresses will depend on the local feedback, so if you would like to take part or contribute in any way, please come along to the meeting or contact Nascadh CDP (01) 8893985.

**Looking for and Need a little support.  
Job Skills Course**

- Interview Skills
- Finding Jobs - Researching Jobs
- Curriculum Vitae Preparation
- Further Education and Training Opportunities

For further information contact Nascadh CDP at 01 8893985

**Northwall CDP Courses September**

- Christmas DIY
- Fitness through Football
- Boat Restoration
- Slim for Life
- Employability Skills

For More Information contact 01 8365399

**SENIORS COMPUTER CLUB**

The seniors computer club will be starting back in mid September in Saint Joseph's Co-Ed primary school on Tuesday mornings from 10.30 to 12.30. We are very grateful to Principle Niall Henehan and all the staff of Saint Joseph's for making the school's state of the art computer room available to our seniors for their computer group. We will be in touch with all previous members with the details of when we are starting back and would like to welcome any new seniors who may be interested in coming along.

The computer group is comprised of local seniors who have completed a basic beginners course and wanted to continue practicing on computers in a friendly environment and get out of the house for a couple of hours. They have all proved very encouraging to others and are always willing to take the time to help whenever they can. The main aim of the group is to encourage other seniors who may be interested in learning the basics of using E-mail as a means of keeping contact with family and friends and also learning how to browse the internet .

If you would like to come along when the group starts back please contact Nascadh on 01-8893985.

**Marcus Prouse  
American Country Show**



Nascadh CDP  
Present

Marcus

Prouse

Seabank House

Thursday 20th  
September

Tickets  
€10

Doors

7:30pm

Show Starts

8pm

For More  
Information  
Contact  
01 8893985

**Winner of  
Glor Tire  
2006**

**"Best  
Garth Brooks tribute"  
The Gerry Ryan Show  
2010**

## **Nascadh CDP Social and Civil Information Drop-in Service:**

**Free and Confidential (Information on Accessing Services e.g. Social Welfare, Higher Education Grants, Further Training and Education).**

**Fridays 10am - 12noon or by appointment 01 8893985. Sean O'Casey Community Centre.**

Have you ever wondered whether you are getting the right social welfare payment or how to apply to get on the housing list. Nascadh CDP has developed a new service to provide information on government and other civil services. The Service is open from 10am - 12noon on Friday mornings. It is free and confidential. If these times do not suit you can make an appointment by calling 01 8893985.

The service has been used by many people so far and housing queries are the most frequent

**We have had great success with our social and civil information service on Friday mornings in the Sean o Casey, situated on the fifth floor of the building. The most commonly asked question is about applying for housing and rent supplement. The rules for applying for housing are as follows;**

The new rules are that since April of 2011 you can only apply to one local housing authority.

In general you must be already living in the area covered by that housing authority/ or have a connection with that area (as in grew up there or old family home there).

Only if your income is less than the threshold that applies in the housing authority's area and you must be in need of housing. . There are 3 maximum income thresholds that apply to different housing authorities.

The grounds for getting housed are as follows

Your house has to be reasonable to live in or must meet the local authority's conditions.

If there is a marital breakup/divorce or separation and your own space is needed.

If the place you live in is overcrowded or is unfit for human habitation.

If a member of the household has a disability, mentally or physically

If you're current accommodation is an institution, emergency accommodation or a hostel

If you have Exceptional needs

Or you could be accepted on medical or compassionate grounds.

If you're current mortgage has been classified as unsustainable as part of (MARP) Laid down by the central bank.

To apply for local authority housing contact the housing Dept. of your local authority

For rent supplement you first of all need to be on the local authority's housing list before you apply

The local community welfare officer does not deal with rent supplements anymore. To apply for rent supplement you must write to, rent supplement unit, PO box 11905 Dublin 12

**For more information on applying for housing or rent supplement contact Nascadh CDP 01 8893985 for an appointment**

**Dublin City Public Libraries, Mobile Library Service, Back after Summer Break:  
New Times Thursday 2:15pm - 3:15pm**

**The Mobile Library Service will stop every Thursday from 2.15pm – 3.15pm at Sean O'Casey Community Centre , St. Mary's Road , East Wall. Books, DVD's – Junior & Adult. Requests taken All Welcome and free to join. For more information contact: Mobile Library Service (01)8691415 , email :**

**[mobilelibraries@dublincity.ie](mailto:mobilelibraries@dublincity.ie)**

