

NASCADH CDP

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

December 2012



2012 How was it for you?

Coming to the end of the year it is a good time to reflect and think of what has gone by and maybe make some plans or resolutions for the next year. One thing is certain, 2012 was a difficult year for many of us. There are many of our friends, relatives, neighbours and ourselves who are really struggling. Will next year be better, we certainly hope so. One thing we can be sure of is the community spirit that lives within East Wall. There are many voluntary groups within the community who are working towards a better future for our young and old and the inbetweeners.

If you feel that something can be improved in the community, ask the questions, find out if there is already a group addressing your concerns. If you would like help finding information or a group in the community you can contact Nascadh CDP at 01 8893985. Look out for the Community Information Stand at the Christmas Fair in the Sean O'Casey community centre.

For Nascadh CDP it was a good year. Our Seniors Summer Project was one of the best so far. The Senior Men's Games Room is very popular and the intergenerational snooker competitions with East Wall Youth and the Senior's Pool League have been a phenomenal success. The games room is run on a drop-in basis for men over 50. There is snooker and pool but some of the men might just fancy a coffee and a read of the paper or just a plain old chat. The Monday drop-in is as busy as ever with a full schedule of activities all year



round with day trips, cinema trips, shopping trips tea party's and much more As with all of the activities organised by Nascadh CDP, new members are always welcome.

Our work with East Wall for All reached new heights, with the Pride of Place intergenerational festival, the Halloween festival and History week. Our intergenerational activities with St. Joseph's Co-Ed have been very successful and the comradeships between the children and the seniors has to be seen to be believed. All this shows the great work that can be achieved by communities working together. And as a testament for all this great work, East Wall was chosen to represent Dublin City in the all Ireland Pride of Place Awards and won in the small towns category. This is something that the community should be very proud of.

If you haven't been involved in any of the activities going on in the area you should consider going to the Christmas fair on the 9th of December to see the community spirit in action or the Christmas carols at the lighting of the tree of remembrance on the 8th of December at 5pm.

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. This is a trial run to prevent waste and for people who may not want to receive the newsletter and to save scarce resources.

ALL ORIGINAL DUBLIN AND LOCAL PHOTOGRAPHS GREAT CHRISTMAS PRESENTS

Loose pictures or framed pictures at very reasonable prices. From €5 in stock or we supply on request. Don't let time pass you by, if there is a local scene that you would like photographed and framed, just call us and we will do it for you.

Come and see our stall at the Christmas Fair in the Sean O'Casey Community centre on the 9th of December or call Cormac on 086 8688627.

Louise's Hair, Nails and Beauty Salon

Would like to wish all their customers a very Merry Christmas
and a Happy New Year

CHRISTMAS PACKAGES

1. FULL SET NAILS

FULL BODY SPRAY TAN

EYEBROW WAX AND TINT

FULL SET OF EYELASHES

TOE FILE, BUFF AND POLISH €60

2. MINI MANICURE

EYEBROW WAX

EYEBROW TINT

TOE FILE, BUFF AND POLISH

€25 (ADD TAN EXTRA €5)

3. HAIR CARE AND STYLING

WASH AND BLOW DRY €10.00

WASH, CUT AND BLOW DRY €15.00

TINT/SEMI COLOUR €35.00

HIGHLIGHTS HALF HEAD €55.00

HIGHLIGHTS FULL HEAD €65.00

All Colours include Cut and Blowdry.

Loreal/Wella Pro Colour Used

85B Church Road, East Wall, Dublin 3.

Phone Louise 087 1246885

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

New Year New Classes

Nascadh CDP will be organising various classes in the new year. If you are interested in attending a class please contact us. If we get enough numbers we will apply for funding for the class. To run a class we need 10 people. Classes are free or at a minimal charge for materials.

There will probably be a pottery class, an employment supports class (interview skills and CV preparation) and maybe a DIY class depending on the response. If you are interested in a particular class that is not mentioned or have any ideas for future classes please let us know as we may be able to organise them if there is enough interest in the community.

Paddy the Butcher:

Nascadh CDP would like to wish Paddy and May Curtis and all the staff in the Butchers a very happy christmas. As we all know Paddy's shop is much more than a butchers, it is a mini community and social centre. His displays are legendary and his archives of old photos track East Wall's history.

Community Information Stand: Have you ever thought you would like to get involved with a group in East Wall, but don't know how?

On the 9th of December Nascadh CDP will be hosting a stand for the community and voluntary groups in the area as part of the annual Christmas Fair, to give information to local people about what is going on in their community and let them know how they can get involved. We will be taking peoples names and contact details for groups so they can get in touch with them to see if they want to get involved with their group. It is hoped to attract new people to the different groups whether you are new to the area or have lived here all your life. We will have flyers for most of the groups and should be able to answer any questions you have on the day.

Starting Your Own Business? Looking for Supports for New Businesses?

As part of Nascadh CDP's employment supports we are always open to suggestions or requests for supports from new businesses or from people considering starting a new business or becoming a sole trader. We do not provide direct funding or professional business services, but we can help direct you to these services. However, we can provide support in preparing submission for these services. There are a lot of simple things we can help with straight away such as reduced rate photocopying or assistance designing flyers etc or featuring your business in our community newsletter.

We are currently considering developing an East Wall Co-operative if you are interested in finding out more about this business format or if we can help you in any other way regarding business start ups please contact Nascadh CDP 01 8893985.



Drop-in Information Service

Type of Queries Covered

- Social Welfare
 - Am I on the right payment
 - Would I be better off on FIS
- Housing
- Education
 - How do I apply for College
 - Am I entitled to a grant
 - What can I do if I don't have the entry requirements
- Training
- Employment
 - CV Preparation
 - Practice Interviews
 - Training and Development
- Tax



New Drop-in Information Service on Accessing Services (Statutory and Non Statutory Including Social Welfare)

It's Confidential and Free

Where: Sean O'Casey Community Centre
St. Mary's Road,

When: Friday Mornings between 10am and
12noon (or on other days or at different
times by appointment)

Who: Contact: Owen or Barbara
Tel: 01 8893985
E-Mail: nascadhcdp@eircom.net