

RialtoNetworkNEWS

Spring 2010

Dolphin Crèche Bigger, better and open for business



The newly re-vamped Dolphin Crèche was officially launched on 13th April by Barnardos Chief Executive Fergus Finlay. A great day was had by all as there were special activities put on for the children and a celebratory reception for the adults. This was a culmination of a year's hard work for all involved. Work has been carried out since last summer which has seen the crèche double in size and capacity, the addition of a multi-sensory room



Erin Stevenson-Byrne enjoys the re-launch of Dolphin Crèche, officially opened by Mr. Fergus Finlay, CEO of Barnardo's on 13th April 2010.

for the children to enjoy and an overall improvement in facilities for the children who attend each day. It is clear when you visit the crèche now that there is a really happy environment for the children to thrive in which is being thoroughly enjoyed. There are some places available, morning and afternoon, so if you have a pre-school child aged 2+ and are interested in availing of the service contact Fiona Fanning on 01 473 8079.

FUN PARENT AND TODDLER GROUP

Are you interested?

Dolphin Crèche and Rialto Family Centre are planning to run a fun play group for children aged 1 1/2 to 2 years and their parents. The group aims to look at fun activities that you can use with your child. It is planned to run the group one afternoon a week for 6 weeks. Date and time to be arranged.

If you are interested in attending please contact Fiona at 473 8079 or Nikki at 473 4746.

What's out there?

Dublin 8 leading the way in Community Participation in Primary Health Care

What's going on in Dublin 8 to promote the health of local residents? Alternative therapies, homeopathy, community breakfast mornings, counselling, public health clinics, parent & baby groups, adult education, community groups for men, women and older people, homework clubs, jobs clubs – for the first time we have compiled a report documenting all the activities going on in

the neighbourhood. Fatima community fought long and hard for the regeneration of the area. The houses are now built, the community centre is open and these groups and services detailed in this report will enhance the health and well-being of local people across the Dublin 8 area. It is a culmination of the series of workshops promoting community participation in primary care funded by the Combat Poverty Agency and delivered by the Community Health Coordinator of the Fatima Regeneration Board and the Primary Care Manager, HSE Dublin South City.

'What's Out There? – A Profile of Health and Wellbeing Groups & Services in the Dublin South City Area' was formally launched by Brian Murphy, HSE National Primary Care Services Manager on Thursday 17th December 2009 in the new F2 Community Centre in Rialto.

In addition, the establishment of the **Rialto Primary Care Team** was also marked, as well as the publication by the **Fatima Health Project (FGU)** of their **'Guidelines for the Employment of Complementary Therapists in a Community Setting'**.

Rialto Primary Care Management Team has three **Community Representatives**, each of whom can take your issue to the Rialto Primary Care Management Team meetings which take place every three months. The Community Representatives are:

- **Debbie Lynch**, Community Development Worker with Older People, Rialto Community Network ph: 01 473 2003
- **Vera Ashton**, Community Health Worker, Dolphin Health Project ph: 01 454 4682
- **Edel Reilly**, Community Health Co-ordinator, F2 Centre ph: 01 471 6723

These events reflect important milestones in the ongoing development of new and innovative approaches to community health in the regenerated Fatima, Dolphin



From front to back, L–R. Row 1: Mary Cleary and Breda Galligan (Liberties and Rialto Home Help Services), **Vera Ashton** (Community Health Worker, Dolphin Health Initiative), **Edel Reilly** (Community Health Coordinator, Fatima Regeneration Board), **Sara Rigney** (Senior Primary Care Dietician), **Dr Kevin O' Doherty** (GP).
Row 2: Helen Fitzpatrick (Physiotherapist), **Anne O'Neill**, (Senior Physiotherapist), **Debbie Lynch** (Community Development Worker, Rialto Community Network), **Ellen O'Dea** (Acting Primary Care Manager).
Row 3: Dr. Michael Doyle (GP), **Brian Murphy** (National Primary Care Services Manager), **Dr Fergus O Kelly** (GP).

House and wider Rialto area. This work has been pioneered through the work of the Community Health Coordinator and the Fatima and Dolphin House Health Projects.

In April 2009, the Rialto Community Health Research Report, 'Community Health, Community Wealth' was launched. The Rialto Community Health Forum is up and running and will feed into the planning and development of the new Primary Care Team. According to Community Health Coordinator, Edel Reilly, 'these initiatives give local residents a real say in influencing the development of appropriate services. This is real partnership between a local community and the HSE.' If you would like to become involved in the Forum or would like Edel to meet with you or any group you are a part of, or to find out more about Community Health Work in Rialto please do not hesitate in contacting her at the number below.

For any further information contact Edel Reilly, Community Health Co-ordinator, Fatima Regeneration Board, Email: health@frb.ie or Tel: 01 471 6723. Copies of the **'What's Out There? – A Profile of Health and Wellbeing Groups & Services in the Dublin South City Area'** is available from Edel at the number above or Debbie here in the Rialto Community Network at 01 473 2003

Are you homeless or at risk of becoming homeless and entitled to Rent Supplement?

If your answer is yes the **ACCESS HOUSING UNIT** finds private rented accommodation for people who are homeless or at risk and entitled to rent supplement. They can attend viewings with you, assist with Rent Supplement Applications, offer post-settlement support to tenants e.g. with setting up utility bills, applications for secondary benefits and any support to help make the transition to your new home as smooth as possible. For more information contact: Access Housing Unit, 21 Stoneybatter, Dublin 7. TEL: 01 678 6094 / 635 3652

Do you want to volunteer in a fun programme for children?

Dream, Dare, Do @ F2

Starting in September 2010

This is a community development programme supporting children experiencing intellectual, learning or physical needs to develop self esteem, self confidence and inner potential and overall health through physical, creative and fun activities.

This programme supports parents, children and volunteers.

What we need from you

- 2 hours per week commitment minimum plus Training Requirements

If you want to be part of this call Roisin Ryder or Erika Cox on 01 471 6730 or call into the F2 centre or you can e-mail health@fatimagroupsunited.com

Interested?

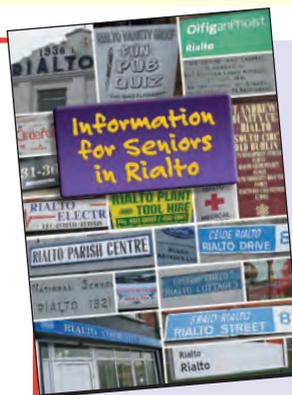
You can attend an information evening on Wednesday April 28th between 7pm and 8pm in the F2 Centre, Reuben Plaza, St. Anthony's Road, Rialto.

Welcome Sabrina, new Rialto Network Team Member!



We would like to extend a warm welcome to the latest addition to Rialto Network's team, Sabrina O'Reilly. Sabrina is working with the Network on a part time basis until August covering our colleague Atinuke Diya's maternity

leave. The focus of Sabrina's work will be drug prevention and work with new communities. If you have an issue you think Sabrina may be able to help with she can be contacted on 01 473 2003.



Seniors Information Pack

Do you have yours yet?

Rialto Network, supported by Comhairle and the Citizens Information Service, has

produced a comprehensive information guide for people over 55 years of age. The pack covers a wide range of topics from health and nutrition, to local services, groups and activities for older people. It is a very helpful resource to keep in your home so you can refer to it as needs be. We are working on distributing the packs around the area but if you are aged 55 or over and have not yet received yours why not call us at the Network and we will get one to you? Call Debbie on 01 473 2003.

What's happening in your community?



Failte Isteach – English classes with a warm welcome!

Failte Isteach is an initiative of Rialto Network which brings together people who wish to learn English in a friendly, welcoming atmosphere with volunteer tutors. Classes run every Tuesday afternoon from 3 to 4.30pm in St. Andrews Community Centre. All levels of English

are catered for and anyone who wishes to improve their English through conversational classes in a fun, informal environment are more than welcome. Why not come along and join us? Or call Debbie on 01 473 2003 for more information.

Conversational Irish Classes

Irish classes suitable for beginners are being run as follows:

Tuesday nights 7.30–9pm

First Class May 11th

Donation towards the costs of room rental and refreshments requested.

Class size limited so booking is essential.

Call 01 454 0744 between 9am and 1pm.

Why not come along, relax, meet people and enjoy learning the cupla focal?!

Intercultural Men's Group

Are you interested in joining a new Intercultural Men's Group in Rialto? All are welcome to drop in and meet Pavel and Tony in St Andrew's Community Centre.

The time and date are to be decided. For more information contact Sabrina on 01 473 2003.

How much have you got to lose?

A 12 week Community Weight Loss Challenge has started in St. Andrews Community Centre, Rialto. Each week participants are weighed and measured and a topic on healthy nutrition is covered along with how to maintain a healthy weight.

Cash Prizes for

- **Most centimetres lost**
- **Most Body Fat lost**

Time: Wednesdays, 8pm, St. Andrews Community Centre, 468 South Circular Road, Rialto (alternative times for other Dublin classes also available)

Contact: Ann on 085 716 1412

Rialto Community Network

568 South Circular Road, Dublin 8 (beside the credit union)

Tel: 01 473 2003

Email: rialtonet@connect.ie

Website: www.rialtocommunitynetwork.ie