



Rathcoole Newsletter

September 2014



Four Districts

Family Fun Day

Saturday September 13th

Rathcoole

Community Centre

1pm - 5pm

Rathcoole Community Council, Rathcoole Community Centre, Main Street, Rathcoole, Co. Dublin

Phone: 01-4586134/5 Fax: 01-4580238

Email: newsletter@rathcoole.info Web: www.rathcoole.info

This publication is supported by the Department of Social Protection, which is funded by the Irish Government under the National Development Plan, 2007-2014.

After the success of the inaugural Four Districts Family Day last year the event is returning on Saturday 13th of September from 1pm to 5pm. All are welcome, as this event is for the families of Rathcoole, Saggart, Brittas, Newcastle and surrounding areas. Funds raised are in support of the Four Districts Day Care Centre, which cares for elderly members of the community in the Four Districts, and last year's fun day raised over €5000 for the Centre to continue to provide its services to the clients.

The event is also a wonderful day out for the family. We hope for good weather and a pleasant day for all those who come, join in the fun and help support a great cause in the community.



Four Disticts Family Fun Day

Rathcoole Community Centre
Saturday

September 13th

1pm - 5pm

Reptile Zoo Live Music BBQ

Candy Cart Bouncy Castle

RSA Rollover Simulator Bingo

Sports Stalls Magician

Puppet Show Fire Engines

Garda Fleet Display Pet Farm

Skills and Drills Face Painting

Dancing Games & More...

In support of the Four Districts Day Care Centre




Eilís Farrelly Boland.

My late mother Eilís was born in Dún A Rí, Co. Cavan in 1917, to Máire Ó Raghallaigh and Patrick Farrelly. They lived in the corner house on the Main Street. The corner house is now a hotel, The Dún a Rí House Hotel. Sixty years ago Mammy wrote the song *Oh To Be in Dooneree* and, it was recorded that year by Vera Lynn, who took it to No.1 in the charts. It has since been recorded by Robert Wilson and the Jimmy Shand Band, Larry Cunningham, Ruby Murray, Brendan O'Dowda, to name some of the artists who recorded Dooneree. She wrote other songs that Daniel O'Donnell, Bridie Gallagher and Maisie McDaniels recorded.

There was nothing in Dooneree to say Mammy had written the song. Sonya McMahon and her husband Enda, proprietors, thought there should be a plaque to her. So, on August 2nd this year, with a lovely ceremony, Sonya and Enda unveiled the plaque over the door of the house. It was a great honour for Mammy and I am so proud of her. Míle Buíochas to Sonya and Enda for a lovely day.

Submitted by Brona Uí Loing

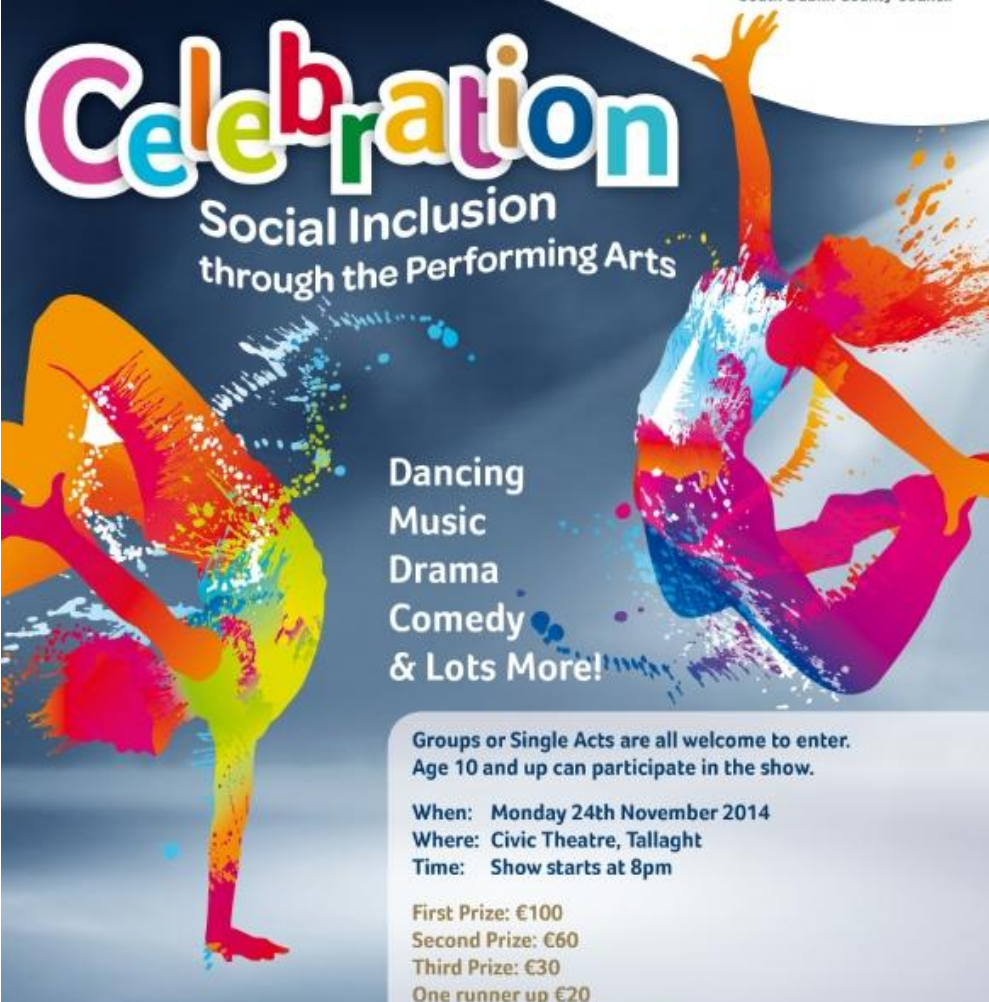




Comhairle Contae
Átha Cliath Theas
South Dublin County Council

Celebration

Social Inclusion through the Performing Arts



**Dancing
Music
Drama
Comedy
& Lots More!**


Groups or Single Acts are all welcome to enter.
Age 10 and up can participate in the show.

When: Monday 24th November 2014
Where: Civic Theatre, Tallaght
Time: Show starts at 8pm

First Prize: €100
 Second Prize: €60
 Third Prize: €30
 One runner up €20
 (All Prizes will be vouchers)

For further information and nomination forms please contact:
 Sandra Hickey, Community Services Department
 South Dublin County Council

Final date for receipt of Nomination Forms
 is Friday 19th September 2014
 Tel: 01 414 9270 or 086 043 1779
 Email: shickey@sdublincoco.ie
 Visit our website at www.sdcc.ie



CHAMBERS IRELAND
LOCAL GOVERNMENT
**AWARD
WINNER 2013**

Day Care Garden Party

Four Districts Day Care Garden Party 14th August 2014

What started as a minor event ended up as being a day to remember in the Day Care Centre. The party was called to mark the leaving of former day care volunteer and stalwart Ann Mulhern. Ann volunteered with Mary McCabe, Marie Dunbar and Eileen Byrne during her 18 years at the Centre. The event was organised by Aine Ryan and



Catherine Cullen assisted by many other Day Care Centre staff. Special thanks to Avoca for assisting with refreshments and to the RAMS (pictured below) from Newcastle for providing musical entertainment. A wonderful meal was provided by our chef Joe Dowdall, assisted by Ian Travers and served by the staff.

The mass was said by Father Michael Shortall, whom we thank, and was followed by a meal of turkey, ham and salad with desserts. All of which was washed down with water, soft drinks, wine, tea or coffee. We were treated to over an hour of wonderful music and singing by the RAMS choir. A number of clients demonstrated their vigour by getting up to dance, occasionally enticing members of the staff to join them.

There was a rousing round of applause for the RAMS when they finished. Well done to all. Here's to the next one. We are always looking for volunteers and donations. Contact the Day Care Centre on 01-4580339

Neville Graver (Director)



IRISH CENTRE FOR ASSESSMENT,
REHABILITATION AND ERGONOMICS



CHARTERED PHYSIOTHERAPISTS



RATHCOOLE

Mob: (086) 608 8204 | Ph: 01 458 7855

Email: info@i-care.ie

Opening Hours: Mon - Fri 8am - 8pm
Sat 8am - 2pm

Physiotherapy ... €50 Full Body Massage ... €60

Register your club for 20% discount.

Covered by all major insurers

laya
healthcare
looking after you always

AVIVA

Vhi
HEALTHCARE

GloHealth



SAGGART PHARMACY

NEW HEALTH CHECK SERVICE

only €20

INTRODUCTORY
OFFER €10

Drop In To
Book Your
Appointment

Am I healthy?

What's my
cholesterol level?

Am I a
healthy weight?

What's my
blood pressure?

Am I at risk
of diabetes?



Monday - Friday OPEN UNTIL 7PM | Sat 9.30 - 5.30

Phone : 4580346 Email: saggartpharmacy@gmail.com



Like our Facebook page to hear about special offers & health information



Megabite Pet Food

Free Home Delivery
of Quality Complete
Dry Dog Food 15kg
Price Range €22-€35
per 15kg bag
including delivery

For a no-obligation, FREE sample please
contact Owner: Ian Delaney (Zoologist)
Phone: 087-6732763
Email: megabitepetfood@gmail.com

(Registered Irish Company Number 484334)  

www.megabitepetfood.com



THANK YOU from Emer Higgins

Thank you to everyone who entrusted me with their No.1 vote at the recent local elections.

It is a huge honour to be elected to serve my area and I am humbled by the support I received from voters in Newcastle and Rathcoole.

A special thank you to those of you who got involved in my campaign and asked other people to support me with their vote. I received fantastic support from a team of committed and energetic people and I am hugely grateful for that.

I have already been busy helping with local events like the 4 Districts Fun Day and I was delighted to support Glebe Day in Newcastle and Rathcoole's Garden Fete. Plans for the play space in Rathcoole Park are progressing and I will continue to keep residents up to date through my local newsletter.

Please get in touch on any local issues I may be able to help with.

Emer—087 921 7741—ehiggins@cllrs.sdblincoco.ie



MALONE & Co
CHARTERED CERTIFIED ACCOUNTANTS,
REGISTERED AUDITORS &
CHARTERED TAX ADVISORS

NEW TO THE RATHCOOLE AREA

INCOME TAX FILING DEADLINE – 31ST OCTOBER 2014:

Sole Traders – Company Directors – Landlords – Investors
FREE assessment and consultation

Best rates for Company Accounts & Audits

Best rates for monthly Bookkeeping, VAT & Payroll services:

Flexible payment options for fees

Tax Advisory & Consultancy Services:

VAT- Capital Gains Tax – Gift/Inheritance Tax – Revenue Audits
Buying or Selling Property - Retirement Planning
Use our websites FREE online tax query service

Business Start Up Services:

FREE initial consultation & advice

FREE first VAT or PAYE return to revenue for all new clients

FREE tax and business registrations - Company formation services

Call or email us today if you have any tax questions you would like answered or to arrange an appointment

Library Square, Main Street, Rathcoole, Co. Dublin

Phone 01 4580911 / 087 6859474

Web: www.maloneaccountants.ie

Email: info@maloneaccountants.ie

Reiki by Sheena

10% Discount
First 1 Hour
Treatment

- Improve your Energy
- Reduce your Stress
- Relax & Sleep better

Private Practice in Saggart Co. Dublin.

Call Sheena 087-6497756



EVERY SATURDAY MORNING & AFTERNOON

RATHCOOLE COMMUNITY CENTRE - JUNIOR AND LEAVING CERT ALL LEVELS

FULL NOTES PROVIDED FROM EXPERIENCED PROJECT MATHS TUTOR.

MAXIMUM 8 PER CLASS TO ENSURE PERSONAL ATTENTION.

PRIVATE CLASSES AVAILABLE BY APPOINTMENT.

FOR INFORMATION CONTACT KEVIN

085-7274129

SOUTHDUBLINGGRINDS@OUTLOOK.COM

11AM	12PM	1PM	2PM
Junior Cert O&F	Junior Cert H	Leaving Cert O	Leaving Cert H

Provisional timetable—classes commence Saturday 20th September 2014



Supporting Elderly Security
& Well Being
Maranatha House
Nangor Road
Clondalkin
Dublin 22

Phone: 01-4130556

Fax: 01-4130555

ercommunitycare@eircom.net

www.homesafehome.ie

Our aim is to support, assist and encourage independent living for people as they age. We work to alleviate some of the issues that arise for older and vulnerable people living alone such as personal & medical security, counselling general advice and assistance with links to available services like local befriending organisations. We believe that a lack of financial security should never limit an older or vulnerable person from accessing their needs in order to enable them live independently while feeling safe and secure in their home.

We acknowledge that loneliness and isolation causes anxiety and depression and it is our desire to be a strong community link for older people living in such circumstances. We aim to partner with other charities in Ireland and overseas who seek to help vulnerable older people live their lives with dignity and respect.

Home Safe Home Elderly Security is working in the community, meeting the needs of older people living independent lives in their own community and familiar environment. As well as providing information and services to older people, we supply Pendant Alarms and some other small security devices. We are also in the process of setting up a low cost counselling service for older people. Home safe Home Elderly Security is working as a social enterprise.

A Monitored Pendant Alarm is worn around the neck or on a wrist strap and its use is to protect the person while at home. It can be worn in the shower and can bring peace of mind to older people as well as alert others to a security or medical emergency. The Pendant Alarm can relieve feelings of isolation often felt by those living alone and can be pressed in the event of a bogus caller trying to gain access to their home. It means that at the touch of a button help will be on hand from the 24 hour Monitoring Centre.

If you come into contact with an older person in your area who is vulnerable or suffering hardship in any way please let us know so that we can arrange help through our own organisation or maybe link them into other services available in their own local area.

If you would like to volunteer with us by befriending an older vulnerable person in your community or maybe help with the Annual Christmas shoe box appeal, please call our office on the number above. Thank you

Donna O'Brien

PILATES CLASSES

with Master Trainer & Fitness Expert Sarah

Rathcoole Community Centre

(Beside The Church of The Holy Family)

Suitable for Men & Women all fitness levels.

6 week term €50 (spaces are limited, BOOKING ESSENTIAL)

Wednesday 17th September 9:30am – 10:30 (New terms every 6 weeks)

Thursday 18th September 6.45pm - 7.45pm (New terms every 6 weeks)

Please bring along with you an exercise mat, water and small towel.



Rathcoole Community Centre

Zumba Fitness with Sarah

Every Thursday 8-9pm

€7 pay as you go / pre-pay 5 for €25

Your 1st class is free.

Burn 600-1000 calories per class,

Lower your body fat, tone your body (especially bums & tums),

Boost your moods and metabolism, all while feeling like you're at a party!

BOXERCISE

The Old Library Main Street Rathcoole

5 week term €40 starts Monday 22nd September

6:00 – 6:55pm & 7:00 – 7:55pm

(spaces are limited, BOOKING ESSENTIAL)

Boxercise combines boxing and exercise in a fun, stress busting activity suited to men & women of all levels. Boxercise is one of the most effective forms of cross-training available today. We provide gloves & pads to give you a diverse muscle-toning, calorie burning workout. It's also known to enhance sports specific senses, including hand-eye co-ordination, balance and timing. Boxercise classes are always fun, energetic and Highly addictive.

Sarah is a fully licenced Zumba Instructor, Personal trainer, fitness & education specialist, with 10 years fitness training experience. **Please bring water and a towel to all classes.**

(Minimum participants Age 16+)

Please bring along water and small towel, you're going to sweat.

Sarah: 085 822 5522

www.facebook.com/ZumbaPartyAnimal

ELLENSBOROUGH

BUILDING & CARPENTRY SERVICES

ATTIC CONVERSIONS - EXTENSIONS
GARAGE CONVERSIONS
FULL CARPENTRY SERVICE
DOORS, FLOORS AND DECKING
COMPLETE HOME RENOVATION
GLASS KITCHEN SPLASH BACKS AVAILABLE!

FREE NO OBLIGATION QUOTE

CONTACT GAVIN 0876823334 OR 014421002
GAVIN@ELLENSBOROUGH.IE WWW.ELLENSBOROUGH.IE



NOW TAKING ENROLMENTS

www.citywestschoolofmusic.ie

Mobile: 085-2196077

Email: info@citywestschoolofmusic.ie



Newly opened music
school offering classes in:

Musical theatre

Group guitar

Group keyboard

Individual guitar and keyboard

Fully qualified teachers, fun environment,
convenient location, readily parking spaces available

Venue: Scoil Niamh, Fortunestown Lane, Citywest,
(Location Map available on website, opposite the last Luas stop)

Visit WEBSITE for all prices, classes, terms and conditions



Slade Beauty

Saggart Village,
Tel: 01 4124416

Deluxe Pedicure

€30

OPEN:
Tue-Sat
Late Night:
Thurs & Fri

email: sladebeauty@gmail.com
www.sladebeauty.com



Stockists of
Sothys Skincare
& Make-up
Perron Rigot Wax
Shellac Nails
Aviva Organics
Tan

M. Farrell Landscaping Services



Garden Design
Patio Design
Garden Maintenance
Power Washing
Rubbish Removal
Grass Cutting
Hedge Trimming
Stone and Gravel
Placement
Gutter
Clean Out
Window Cleaning
Artificial grass and
AstroTurf

Contact: 0872281242

BUSHIDO KICKBOXING



BUSHIDO
KARATE GENDI

Build Self Confidence, Keep Fit & Have Fun!



SPORT

Opportunities to
compete at national
and international
kickboxing tournaments



SELF DEFENCE

Learn effective and
proven martial arts
techniques



FUN

Have loads of fun!



CONFIDENCE

Learn important life skills
and gain confidence

**CHILDREN'S CLASSES AVAILABLE
IN SAGGART, PALMERSTOWN
AND NOW TALLAGHT!**

FOR MORE INFORMATION:

SHANE LYNCH 087 6668508 or LYNCHSPORTS@HOTMAIL.COM

PAT LYNCH 087 2449881 or MACLYNLTD@GMAIL.COM



Citywest Health
& Leisure Club

The kids are back in school & it's time to
FOCUS ON YOU!

- Convenient Location / Free Parking
- Over 50 classes.. Yoga, TRX, Spin,
- Boxing, Kettlebells, Aqua Fit & more!
- Personalised fitness programmes
- Luxurious pool and Spa area
- Kids & Adult Swim Lessons

MEMBERSHIP FROM AS LITTLE AS
€30 A MONTH!
On Yearly Member Packages

Enjoy a Free Day Pass when you produce this advert!

Tel: 01 401 0700 www.citywestleisureclub.com

Terms & Conditions Apply. Offer Expires Tuesday 30th September 2014.

Fit4less
by énergie

the smart affordable gym

Belgard Square West,
Cookstown Road,
Tallaght, Dublin 24.
Tel: 01 5517242
www.F4L.com

just **€24.99**
per month

✓ 12 mins from Rathcoole across
from the Square Shopping Centre

✓ Free Parking

✓ Cardio, resistance, free weights,
functional & stretch equipment

✓ Jam-packed Class Schedule



Fit4lessD24



Fit4less Tallaght

TERMS AND CONDITIONS APPLY

PRESENT THIS ADVERT AND RECEIVE A
FREE TRIAL IN FIT4LESS TALLAGHT!

Need any odd jobs done? Handyman Available

Plumber, plasterer, painter, carpenter, gardener
Computer repair & tune up.



Contact Tricia

Rathcoole Community Centre

01-4586134/5



MORNING/EVENING & WEEKEND CLASSES
MENS/ LADIES ONLY & MIXED LEVELS
SUITABLE FOR ALL FITNESS LEVELS



BOOTCAMP
SUPER SCULPT
SPINNING
BOXFIT
XPUMP
RUNFIT
STRENGTH & CONDITIONING



GET FIT - LOSE WEIGHT - TONE UP
PAY AS YOU GO AND COURSE OPTIONS
AVAILABLE



SUPERFIT IRELAND BASED IN RATHCOOLE BOYS FC.

WWW.SUPERFITIRELAND.COM DAVE 085 8386539 PHIL 0879655423



Bridge Classes for Beginners

Duration: 10 weeks

Commencing: Wednesday 8th October

Time: 7.30pm—9.30pm

Venue: Rathcoole Community Centre

Contact Details

Bridie 086 8887287

Mary 087 1213094

Margaret 087266 3892



Hair

Styling

Length:	Short	Medium	Long	T-Bar	€25
Wash Cut & Blowdry	€25	€30	€35	Conditioning Treatments	€5
Wash & Blowdry	€15	€20	€25	*Price of colouring does not include styling.	
GHD or Wanded Curls			€20	• Bridal and Party Packages Available.	
Upstyle from:			€25	• Gift Vouchers Available.	
Perms from:			€45	• We provide weekly clinics of Anti Wrinkle Injections, Laser Hair Removal and Permanent Make-up Artist. All highly qualified.	
Pre Bonded Hair Extensions				Opening Hours	
- price on consultation.				Tuesday/Wednesday, 10am - 5pm.	
Gents Wash & Cut			€10	Thursday, 10am - Late.	
Kids Wash, Cut & Blowdry			€15	Friday, 10am - 6pm.	
Kids Dry Cut			€8	Sat, 10am - 5pm.	
				Closed, Sunday/Monday.	

Colouring

Masking	€15
Full Head Tint and Highlights	€40
Full Head Tint - Roots Only	€25
Virgin Head Tint Application	€50
Full Head Tint Bleach	€35
Balyage	€60
*€10 extra, for extra long hair.	

Meche -

Full Head	€55*
Half Head	€35

Phone: 085 132 2644
Call or Text.

L'ORÉAL
PARIS

Waxperts

MOROCCANOIL

Pearlys
Professional Nail Styling
www.pearlys.co.uk

3 Main Street, Rathcoole, Co. Dublin.
- Upstairs above Copper Kettle.

Find us on Facebook



Beauty

Hands & Feet

Full set of Gels	€30
Refills	€25
Rebalance/Colour Change	€30
One Nail Repair	€5
Manicure	€25
Quick Fix Manicure	€18
File & Polish	€10
Gel Polish	€15
Callus Pedicure	€35
Quick Fix Pedi	€25
Nail Art on consultation.	

Waxing with Waxperts Wax

Underarm	€12
Full Leg	€25
Half Leg	€20
Full Leg & Basic Bikini	€30
Half Leg & Basic Bikini	€25
Basic Bikini	€12
Californian (extended bikini)	€30
Brazilian (landing strip)	€35
Hollywood (all off)	€35

Facial Hair Removal

Thread or Wax:	
Lip or Chin	€5
Lip & Chin	€8
Side of Face	€10
Brows	€7
All of the Face	€25

Tinting

Brows	€5
Lashes	€8
Eye Trio	€18
Ilah Brows	€25

Spray Tan

Full Body	€15
Half Body	€10

Pearlys Teeth Whitening

Laser Light:	
1 Gum Shield	€60
2 Gum Shield	€99
Self Treatment Trays	€99

Lashes

Occasional	€20
Mink Semi Permanent Lashes:	
Full Set	€55
Refill	€40
Makeup Application from:	€25

Phone: 085 132 2644
for an appointment.

L'ORÉAL
PARIS

Waxperts

MOROCCANOIL

Pearlys
Professional Nail Styling
www.pearlys.co.uk

3 Main Street, Rathcoole, Co. Dublin.
- Upstairs above Copper Kettle.

Find us on Facebook



Elaine Kerin
Chartered Physiotherapy



Elaine Kerin MISCAP,
Aoife Murphy MISCAP & Avril Kerin MISCAP
TREATING All Sports injuries; Back, Neck Injuries and Pain,
Dry Needling, Sports Massage, Orthotics etc.

DO YOU THINK YOUR CHILD HAS FLAT FEET?
DO THEY SUFFER FROM FOOT, KNEE OR HIP PAIN?
YOUR CHILD MAY REQUIRE AN ORTHOTIC IN THEIR SHOES!
GET THEIR BACK TO SCHOOL SHOES CHECKED AND MODIFIED. 10% off if mention this advert.

CHIROPODY CLINIC (Thursdays)
Amanda Gillespie MICPO

Phone: 01 4587139 for appointment

SEE WEB SITE WWW.kerinphysio.ie



GloHealth



100%
IRISH
OWNED

WHEELIE BINS
SKIPS
ON-THE-SPOT COLLECTIONS



Glenowlen, Church Road, Saggart, Co. Dublin
Email: enquiries@advancedwaste.ie

CALL (01) 401 1928
www.advancedwaste.ie

Ballet - more than dance...

...elegance, confidence,
friendship and fun

- ◆ Fully Academy qualified teacher
- ◆ From 3 year olds to advanced level*
- ◆ Official Royal Academy Syllabus

*subject to demand



CLASSES RESUME
SEPTEMBER

Rathcoole Community Centre, Main Street



Wanna dance on Broadway or the
West End? Take the first step with

Modern Theatre Dance

Ballet and Modern Theatre Dance

Term length: 10 weeks

Tiny tots (10 x 30 mins): €75

Juniors (10 x 45 mins): €80

Seniors (10 x 60mins): €90

Discount for students who take both
ballet and Modern Theatre Dance classes



For further information telephone 087 2377186

Email: info@tanyamichelledance.com ◆ Web: www.tanyamichelledance.com

BALLYFERMOT ◆ CELBRIDGE ◆ CLONDALKIN ◆ RATHCOOLE

RENIC KITCHENS

6 BEDROOMS

SPECIALISING IN KITCHENS, WARDROBES & CUSTOM-MADE FURNITURE

Renic Kitchens & Bedrooms, Manor Kilbride

Sept / Oct Special.

15% off all Kitchens & Bedrooms ordered in Sept / Oct

Including Free Sink and Taps

Have your Kitchen transformed with a change of Doors and Worktops

Add extra Units at a fraction of the cost!

Avail of a Free Professional Oven Clean with every Doors or Worktops
Replacement.

Call Cathal on 087 - 2902692 / 01 - 4582877

Find Us on Facebook or visit www.renickitchens.com

superfit **XPUMP**
MON 7PM SPIN/XPUMP COMBO - WED 7PM XPUMP
& SAT 10AM BOOTCAMP
ONLY €100
WWW.SUPERFITIRELAND.COM
DAVE 085 8386539
PHIL 087 9655423

Paddy's

Window Cleaning & Decoration

Window Cleaning — Gutters Cleared & Cleaned

Interior & Exterior Decorating — No Job Too Small-Free Quotes

Insist On The Best

Call Pat on:

Mob: 085 733 8945 / Tel: 01 458 3874

Community Employment Project Jobs Vacancies

Are you aged over 25, unemployed for the past 12 months or more and in receipt of a Social Welfare Benefit? If so, you could be eligible to work on our Community Employment Project based in Rathcoole Community Centre.

To work on Community Employment you must go to your local DSP Employment office or any Obair/LESN office to register your interest for positions that come available on Community Employment. The officer in the office will be able to establish if you are eligible for CE Participation

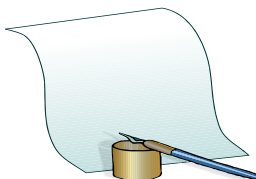
Are you interested in starting up a small café in the local area? We may be able to facilitate you.

For more information contact Tricia on 4586134/5.



HAVE YOU GOT A STORY TO SHARE?

Life is not always easy, and often involves hardship, struggle and disappointment. However the high points make it worthwhile. It's always good to hear other people's stories. If you have an interesting or inspiring story to share with other readers send an email to newsletter@rathcoole.info or contact Tricia in the Community Centre on 01 4586134/5.



Dates for your Diary

Christmas Fair November 22nd 12pm to 5pm

Christmas Fair November 23rd 11am to 5pm

LIST OF OFFICERS AND COMMITTEE MEMBERS 2014

Chairperson	Terry Ivory
Vice Chairperson	Vincent Dempsey
Treasurer	Neville Graver
Assistant Treasurer	Christy McDonnell
PRO	Marie Smyth
Company Secretary	Neville Graver
General Secretary	Bernadette Doyne
Assistant Secretary	Bernadette McIntyre
Centre Development Officer	Sean Reid
Harry O'Reilly	Committee Member
Committee Member	Dick Butler
Committee Member	James Connell
Directors	Francina O'Neill
Director	Stephanie Donnelly



Little Fingers

Montessori and Pre-school

ECCE Scheme Places Available

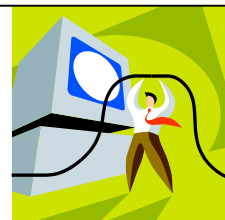
Do you want your child to be independent, confident and emotionally prepared for primary school?

Samantha Nugent, mother of two and founder of **Little Fingers Montessori and Preschool** has over 20 years of teaching experience and holds a Level 7 Montessori qualification. Her class sizes are limited to 11 children to ensure individual attention for your child.

For more information contact Samantha on 087 6591898, at littlefingers.nugent@gmail.com or Find us on Facebook



Little Fingers, 23 Broadfield Court, Broadfield Manor, Rathcoole



Community IT Training Centre



Community Centre, Main Street, Rathcoole, Co. Dublin

FREE COMPUTER TRAINING

EVENING CLASSES

€20 administration charge

4 X 2HR CLASSES

Various days and times available

Modules include

Basic Internet Skills
Career Planning
Computer Safety & Security

Call Jennifer for further Info:

Ph: 4586134
4586135
4580238

Day	Time	Activity	Location
Monday	8.00am-6.00pm	Irish Pre school and After School	Crèche /John Nolan Room
	9.15am-12.15pm	Little Rascals Pre-School	Coolamber Room
	10.00am-1.00pm	Thatch Bridge Club	Main Hall
	2.00pm-3.00pm	Active Retired Meeting (1st Monday of the Month)	John Nolan Room
	3.00pm-4.00pm	Speech & Drama	Coolamber Room
	5.00pm-6.00pm	Irish Dancing	Main Hall
	7.00pm-8.30pm	Karate (Kieran)	Sports Hall
	7.30pm-8.30pm	Zumba Classes (Fiona)	Main Hall
	8.30pm-9.30pm	Krav-Maga (Karl)	Sports Hall
Tuesday	8.00am-6.00pm	Irish Pre School and After School	Crèche /John Nolan Room
	9.15am-12.15pm	Little Rascals Pre-School	Coolamber Room
	9.10am-2.40pm	Scoil Chronain	Sports Hall
	5.00pm-9.00pm	Dancity Ireland	Main Hall
	5.45pm-7.15pm	Weight Watchers	Coolamber Room
	6.15pm-7.15pm	Fit Camp (Danny)	Sports Hall
	7.00pm-8.30pm	Karate (Martin)	Sports Hall
	8.00pm-10.00pm	Community Council Meeting (Every 2nd week)	John Nolan Room
Wednesday	8.00am-6.00pm	Irish Pre School and After School	Crèche /John Nolan Room
	9.15am-12.15pm	Little Rascals Pre-School	Coolamber Room
	9.30am- 10.30am	Pilates (Sarah)	Main Hall
	10.00am-1.00pm	Active Retired (Every 2nd Week)	Sports Hall
	10.30am-1.00pm	Men's Club	Main Hall
	2.00pm-4.00pm	Speech & Drama	Coolamber Room
	4.00pm-5.30pm	Baton Twirling	Sports Hall
	4.00pm-7.00pm	Irish Dancing	Main Hall
	5.00pm-7.45pm	Karate (Louie)	Main Hall
	7.15pm-8.15pm	Hip-Hop Dance	Sports Hall
	8.00pm-10.00pm	Bowls	Sports Hall
Thursday	8.00am - 6.00pm	Irish Pre School and After School	Crèche /John Nolan Room
	9.15am - 12.15pm	Little Rascals Pre-School	Main Hall
	9.45am - 11.00am	Claphandies	Coolamber Room
	9.10am - 2.40pm	Scoil Chronain	Sports hall
	6.15pm -7.15pm	Fit Camp (Danny)	Sports Hall
	6.45pm - 7.45pm	Pilates (Sarah)	Coolamber Room
	7.00pm -8.00pm	Yoga	Crèche/John Nolan Room
	7.00pm -11.00pm	Bridge Club	Main Hall
	8.00pm -9.00pm	Zumba (Sarah)	Sports Hall
Friday	8.00am - 6.00pm	Irish Pre School and After School	Crèche /John Nolan Room
	9.15am - 12.15pm	Little Rascals Pre-School	Coolamber Room
	12.00pm - 1.00pm	Frances Fitzgerald (1st Friday of the month)	TBA
	1.45pm - 2.45pm	Karate (Kieran)	Sports Hall
	2.30pm - 5.15pm	School Of Dance (Tanya)	Main Hall
	5.30pm - 6.00pm	Angelina Ballerina Dance	Coolamber Room
	6.00pm -7.00pm	Karate (Kieran)	Sports Hall
Saturday	11.00am-1.00pm	Baton Twirling	Sports Hall
	11.00am-3.00pm	Project Maths Grinds Rathcoole	Room 2
Sunday	10.30am-1.00pm	Church Service (Eze)	Old Library
	2.00pm-5.00pm	Baton Twirling	Sports Hall

RASPBERRY HILL DETOX

You could lose up to

9 LBS 9 INCHES 9 DAYS

GENTLE DETOX

WITH LONG TERM SOLUTIONS



ONLY IF YOU ARE SERIOUS!



Call Angella 083 456 1932 www.raspberryhilldetox.com



END DIETS FOREVER

95% SUCCESS RATE

DO YOU WANT TO LOSE WEIGHT?

DO YOU OVEREAT, EAT THE WRONG KIND OF FOOD OR DON'T DO ENOUGH EXERCISE?

Benefits

- Look and feel good
- Enjoy extra energy
- Increase your confidence
- Wear clothes you want to wear



DO YOU WANT TO QUIT SMOKING?

HYPNOSIS IS THE MOST EFFECTIVE METHOD OF QUITTING SMOKING AND REMAINING FREE.

Benefits

- Better health • No weight gain
- Enjoy extra energy
- Save thousands



QUIT SMOKING | LOSE WEIGHT | PANIC ATTACKS | FEARS / PHOBIAS | DEPRESSION | IBS | PAIN CONTROL | INSOMNIA | ASTHMA | PUBLIC SPEAKING

Book your appointment today!

Call : 083 456 1932 www.irishhypnosis.ie



MENTAL HEALTH WORKSHOPS

UNDERSTANDING YOUTH MENTAL HEALTH

This one day interactive workshop is aimed at anyone who works or volunteers with young people (aged 12-25 years). The workshop will cover the following topics:

- Mental health and the factors that influence its development
- Key issues impacting on the mental health of young people
- The warning signs of mental health difficulties
- Help seeking patterns amongst young people



Time to party your way into shape with Zumba® Fitness – the Latin-inspired dance fitness programme!

Zumba® Fitness is exercise in disguise – it's easy, effective & fun! Great for all round fitness & toning – burn up to 1000 calories an hour!!

Open to all adults, regardless of fitness or dance level.

Beginners are welcome any time so why don't you come along & try it? Your first class is **FREE**, what have you got to lose?!

Or if you've tried it before elsewhere & weren't sure, remember, no two Zumba® Fitness classes are the same so come try out my class for **FREE**, I promise you will love it!

Day & Time: Every Monday, 7.30pm-8.30pm

Location: Rathcoole Community Centre

Cost: € pay as you go OR €30 pre-pay for 5 classes (save €10!)

Contact: Fiona Harold, licenced Zumba Instructor

087-4138385

*Please bring water & a towel – you are gonna sweat ☺



If you are 12-25, struggling with how you feel and want to talk, Jigsaw can help. Jigsaw is a safe place where young people can get help that is free and confidential. We provide one to one support and information about mental health and wellbeing to help you feel better and get back on track.

Jigsaw Clondalkin provides a service to those living in Clondalkin as well as the Rathcoole and Newcastle area. We are located on the Neilstown Road in Clondalkin.

It's easy to make an appointment, please just contact us at 01-5380087 or email clondalkin@jigsaw.ie.

You can also find us on Facebook as Jigsaw Clondalkin or on Twitter: @Jigclondalkin.

We need your help
collecting old mobile
phones



Fones4Life

In exchange for lifesaving
Defibrillators
Training
AED Storage



Heartsafety
Fones4Life

Website: www.fones4life.ie

Phone +353 1 4578719

COLLECTING FOR
THE FOUR DISTRICTS DAY CARE CENTRE
DROP OFF YOUR PHONES AT
FOUR DISTRICTS DAY CARE CENTRE OR
RATHCOOLE COMMUNITY CENTRE

Loose Weight, Increase Energy On Our 3 Day Trial



Great Introduction to **Herbalife** Healthy
Nutrition

Call Sandra @ 0857473932



ESR | **TAILLIFT
SPECIALISTS**



ESR Unit 517 Grants Rise
Greenogue Industrial Estate
Rathcoole Co. Dublin

Tel: 045 900 920
Fax: 045 900 921
Mobile: 086 356 5277

Email: info@esrtailiftspecialists.ie Web: www.esrtailiftspecialists.ie

LITTLE RASCALS

Paula
086 105 7214



Jenny
086 105 7163

Rathcoole Community Centre

- Enrolling now for September 2014.
- Avail of free ECCE place.
- Look us up on FACEBOOK.
 - you will find everything you need to know about us there.
- Our email address is littleascalsrathcoole@gmail.com



Teach na Leanaí



Naíonra
9.00am – 12.00pm
FREE ECCE PLACES

BEFORE & AFTER SCHOOL SERVICE

**HOME WORK CLUB &
READING, GAMES & MUCH MORE**

From Junior Infants Children up to 6th class
8am- drop to school
Pick up from school – 6pm
5 days a week

Contact: Máire Breathnach 087 – 2459928

Ionad Poibhli, Ráth Cúil, Átha Cliath
Rathcoole Community Centre

ROOMS FOR HIRE

AT RATHCOOLE COMMUNITY CENTRE WE HAVE ROOMS FOR HIRE AT REASONABLE RATES

Whether it's parties, classes, meetings or training, why not give us a call and we will be happy to discuss how we can meet your requirements?

Contact Tricia O'Halloran on: 014586134/5

Halls, offices and meeting rooms available for hire.



IT Room



DANCE STUDIO WITH
MIRRORED WALLS

The Fashion Boutique

Shop is Open
Monday - Saturday
09:30 - 18:00

You'll find us on Facebook

The Fashion Boutique

Unit 2 Eaton House
Rathcoole
Co. Dublin

Calling All Residents' Associations !

We are compiling a list of Residents' Associations in the Rathcoole area. If you have an established Association in your area please contact us in the Community Centre on 01-4586134 /5



Dublin Oven Clean

Professional Domestic Oven Cleaning



Before

After

Friendly professional staff,
All technicians fully trained,
No fumes, No odours,
No harmful chemical,
Bio degradable,
Eco friendly oven cleaning solutions,
Irish owned and operated.



Eco friendly professional
oven cleaning service.

M: 087 761 5533

E: info@dublinovenclean.ie

W: www.dublinovenclean.ie



Call Today For Free Quotation



BASED IN
RATHCOOLE BOYS
F.C.



BOOT CAMP



MONDAY 9.45AM - TUESDAY 7AM - WEDNESDAY 9.45AM - THURSDAY 7AM

SATURDAY 10AM



8 WEEK COURSE
2 MIDWEEK CLASSES
& SATURDAY CLASS
ONLY
€100

WWW.SUPERFITIRELAND.COM DAVE 085 8386539 PHIL 087 9655423

Soil and earth available to take away free of charge.
If anyone is interested, please contact: Tricia in
Rathcoole Community Centre on 01-4586134/5



**Main Street Rathcoole
Co. Dublin**

01- 4588 088 01- 4588 104

Combo 1 €6.80

3 in 1 Small Tray
½ Portion Chicken Balls
+ Curry Sauce
+ Prawn Crackers
+ Can of Coke

Save
€3.30

Combo 3 €13.80

Chicken or Beef Curry
+ Fried Rice & Chips
+ ½ Portion Chicken Balls
+ Curry Sauce
+ Prawn Crackers
+ Large Coke

Save
€4.50

Combo 5 €8.20

½ Portion Chicken Balls
+ 2 Rolls
+ 8 x Curry Triangles
+ Curry Sauce
+ Chips
+ Can of Coke

Save
€4.30

Combo 7 €6.80

2 x Chicken Cheese Roll
+ 2 Chicken Balls
+ Chips
+ Curry Sauce + Prawn Crackers
+ Prawn Crackers
+ Prawn Crackers

Save
€3.40

Combo 2 €10.00

9 Chicken Balls & Chips
+ 2 Rolls
+ Curry Sauce
+ Prawn Crackers
+ Can of Coke

Save
€3.30

Combo 4 €10.00

+ Salt & Chilli Chicken (Large)
+ Fried Rice & Chips
+ Curry Sauce
+ Prawn Crackers

Save
€3.00

Combo 6 €7.00

+ Salt & Chilli Chips (Small)
+ ½ Portion Chicken Balls
+ Curry Sauce
+ Prawn Crackers
+ Can of Coke

Save
€3.80

Combo 8 €13.80

+ Spicy Wings (Large)
+ Chips
+ Curry Sauce
+ 5 x Chicken Balls
+ 2 Rolls
+ Large Coke

Save
€3.70

NEW

1. Spice Bag €5
2. Spice Bag, Small Curry Sauce + Coke €6
3. Large Spice Bag €6
4. Spicy Chicken Balls (7) €5
5. Spicy Chips €3.20 (Large €4.50)
6. Spicy Chips + 5 Chicken Balls €5
7. Spice Bag + 3 Chicken Balls €6
8. Spice Bag, 3 Chicken Balls, Curry Sauce + Coke €7

NEW