



Rathcoole Newsletter

February 2015

**RATHCOOLE COMMUNITY COUNCIL
ARE HOLDING THEIR
ANNUAL GENERAL MEETING**

TUESDAY, 24TH MARCH 2015 AT 8.30PM

IN

RATHCOOLE COMMUNITY CENTRE

**The Agenda will include:
Approval of our Accounts
Re-appointment of the Auditor
Election of new Committee
Village Initiative
Other planning issues
Alternative 69 Bus Route
Four Districts Day Care Centre
Youth Club
Tidy Towns
Christmas Lights
Play Space**

**All motions should be sent to The Secretary at
Rathcoole Community Centre no later than
two weeks prior to the A.G.M.**

**We need you to attend to support and communicate your needs to us and what
you would like to input into our community.**

ALSO IN THIS ISSUE:

**PICTURES FROM CHRISTMAS FAIR, LIGHTS
AND SENIOR CITIZEN'S PARTY**

**COMMERCIALS HURLING RECEIVE EQUIPMENT FROM AIG
NEW LOCAL BUSINESS NETWORK ESTABLISHED
RATHCOOLE VILLAGE INITIATIVE**

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, 2007-2016.

SOUTH DUBLIN COUNTY COUNCIL SITE NOTICE

Planning and Development Act 2000 to 2011
Public Consultation Procedure under Part 8 of the Local Government
(Planning & Development) Regulations 2001 – 2013

Pursuant to the requirements of the above, Notice is hereby given of the proposal to construct the following scheme **by South Dublin County Council:**

Alterations and improvements to paving, kerbing, parking, trees, radii of road junctions, public lighting and bollards at the following:

Various locations along Main Street, including in front of the Church of Ireland, the Health Centre and the Garda Station, in front of the school and Bank of Ireland and at the village green in front of the Poitín Stil in, Rathcoole, County Dublin

Works to include:

- New paving and upgraded kerbing
- New trees, public lights and bollards
- Revised on street car-parking spaces and reduced radii junctions

Rathcoole Village is a zone of Archaeological Potential.

Plans and particulars of the proposed schemes will be available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy from during the period from 12th January 2015 to 23rd February 2015 at:

South Dublin County Council, County Hall, Tallaght, Dublin 24
(between the hours of 9:00am – 5:00pm Monday to Thursday and 9.00am - 4.30pm on Friday).

The plans and particulars can be viewed on South Dublin County Council's website – www.sdcc.ie

Written submissions or observations with respect to the proposed development, dealing with the proper planning and sustainable development of the area in which the developments would be situated, may be made in writing to arrive no later than **5pm on Monday 9th March 2015** to:

The County Architect, Architectural Services Department, South Dublin County Council, County Hall
Tallaght, Dublin 24

DATE SITE NOTICE ERECTED: 12th January 2015

Presentation of Equipment from AIG to Commercials Hurling Club, Rathcoole.



Commercials Hurling Club began life in 1886, just two years after the formation of the G.A.A. Commercials was formed by the many country bar and shop workers living and working in Dublin at the time. Their first grounds were in Dublin City. Like a lot of clubs at the time they trained in the Phoenix Park.

In the early 70's the Club was on the look out for an established grounds and looked at many areas and eventually they found the grounds out in Rathcoole which was owned by The Shields Family.

The club has gone from strength to strength and we now field juvenile teams boys and girls from Academy up to U16's . We have a Minor Team in both Hurling and Camogie and also have Junior and Intermediate Teams in the club.

Thanks to John Gillick, Marketing Manager from AIG for his kind donation of Hurls and Helmets to the club. With the numbers in the club expanding this donation couldn't have come at a better time. The club is well equipped with great pitches, hurling wall, ball alley and sports hall and we also have a subsided gym in the clubhouse.

New players are always welcome! Our Academy runs every Tuesday from 5pm. We cater for boys and girls from 4 years of age upwards. Hurls and Helmets supplied.

John Gillick (AIG) and Juvenile
Chairperson Jon Hughes

Contact Peter Elliott (GPO) on 0868572569
Deirdre Maher (Camogie Chairperson) 0863821560
Jon Hughes (Juvenile Chairperson) 0877611222



Rathcoole Christmas Fair

The Rathcoole Christmas Fair, in the Community Centre, 22nd & 23rd November 2014, was a great success with artisan gifts and festive favourites available to all comers. There was face painting and other activities for children with Mrs Claus, a raffle and wonderful items for sale. We would like to thank all the stall holders, visitors, staff and volunteers and to wish them a prosperous 2015.



Crowds Turn Out For Santa's Visit to Rathcoole



Santa arrived in Rathcoole on Saturday 29th of November to turn on the lights of the Christmas tree outside the Old Library and distribute gifts to waiting children.

Refreshments and entertainment were provided to parents and children alike by volunteers along with Staff from the Community Centre. Thanks to An Garda Síochána, volunteers, and the families who turned out to make it a wonderful night for all—and of course Santa, Mrs. Claus and their helpers!





Physio Pilates: Mat & Reformer Classes

10 years experience in Pilates 24 classes to choose from for all levels
 Small Classes, Excellent Results. Morning, Lunchtime, Evening & Sat Classes
 Suitable for Back Pain, Osteoporosis, Arthritis
 Reformer suitable for injuries and rehabilitation
 Physiotherapy sessions available before or after your class
 We offer one to one Mat and Reformer private sessions
 We offer packages if you want to attend Mat & Reformer Classes

January – February 2015 Pilates Timetable

MONDAY		TUESDAY		WEDNESDAY		
Time	Level	Time	Level	Time	Level	
10.15am	Improvers	1.00pm	Beginners 45 Mins	9.45am	Beginners Reformer	
11.30am	Beginners NEW		6.30pm	Beginners Reformer	11.00am	Pilates for Sixties PAYG
6.00pm	Beginners Back Pain		6.30pm	Improvers / Intermediate	11.00am	Beginners Reformer
7.15pm	Improvers				12.15pm	Beginners Reformer
8.30pm	Beginners Back Pain		7.45pm	Beginners Reformer	6.00pm	Beginners Back Pain
THURSDAY			7.45pm	Improvers / Intermediate		
10.00am	Int / Adv. Lucan Venue	Friday		6.00pm	Improvers / Intermediate	
1.00pm	Beginners 45 Mins	10.15am	Beginners Back Pain / Osteoporosis	7.15pm	Beginners Back Pain	
6.00pm	Prenatal 45 Mins			Saturday		
7.10pm	Improvers			11.00am	Prenatal	
Contact Louise with any queries on suitability Kingswood Cross, Naas Road D. 22 Tel: 0879376858 Email: lorphysio@gmail.com Web www.louiseourourkephysiotherapy.ie				12.15pm	Beginners Back Pain	

Contact Louise with any queries on suitability

Kingswood Cross, Naas Road D. 22 Tel: 0879376858

Email: lorphysio@gmail.com Web www.louiseorourkephysiotherapy.ie

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 Sat 8am - 2pm

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

Register your club for 20% discount.
 Covered by all major insurers



Senior Citizens Christmas Party

Rathcoole Community Council once again held a very successful party for the senior citizens. It was held on Saturday 13th December. Everyone had a great time with free food, drink and music. We

would like to thank all the local businesses who donated towards the party. Without their generosity the event would be impossible to run. Also our user groups, sponsors and advertisers for all their support in 2014, and to all the Centre Staff and volunteers who did a wonderful job on the night and for all their hard work in making the evening a success. We would also wish to thank the staff of Johnston Logistics for the fancy dress fund raiser they organised in October 2014 in aid of our Senior Citizens Party as well as all those who contributed to the funding of the party.



Johnson Logistics Fancy Dress Fund Raiser

Four Districts Update February 2015

It was a busy December in the Four Districts Day Care Centre. It started with a trip for shopping to Whitewater Shopping Centre in Newbridge on 2nd December, followed by a visit from The Newcastle RAMS as a pre-Christmas event on 15th December which included great music, singing, dancing and the craic. The year culminated with a successful Christmas Party held in the Day Care Centre on 23rd December for staff, directors, current members and previous volunteers. Thanks to the Rathcoole Holy Family Choir and Ruaraí Winston for providing entertainment on the day. A surprise visit by Santa was enjoyed by all.

A calendar of events for 2015 is currently being put together including various visits out plus Garden Fete in June with bonny baby and Kings/Queens competitions. Apart from the regular daily activities of cards, games, quizzes, exercises, arts and crafts, and banter we have reflexology on a Monday, group physiotherapy sessions on a Wednesday, hairdressing on a Thursday plus sing song with the piano.

The centre is open from 9.30am to 3.30pm and includes bus service, light refreshments and a two-course meal at lunchtime. If you want to become a volunteer or become a client contact Catherine on 01-4580339.





Full Service Creche Now Open at Blackthorn Hill

7:30am-6:00pm daily including school holidays

ECCE preschool placements September 2015

Children must be 3 years old by July 1st in order to avail of the free year
(places limited)

Parent, Toddler, and Baby Group

Mondays from 1:30-3:30, contact Megan at 0858131403 for details

"New" January 2015 Afternoon Playschool

Monday-Thursday 1:00-4:00 daily
Children aged 2 years-3 years welcome!

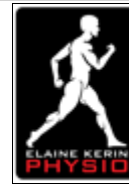
Before/After School Programme

7:30(breakfast)-school drop off
School collection (homework, dinner, and activities)-6:00
Holy Family National School and Scoil Chronain

"Coming Soon"

School Holiday and Summer Camps

Contact Kelly at 0851571132 or 4011942
"Sonas" & "Blackthorn" Rathcoole, Co. Dublin
happyfeetelc@gmail.com



Elaine Kerin
Chartered Physiotherapy



***Elaine Kerin
Chartered Physiotherapy
SAGGART, (opp. Dunnes)***

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

PHYSIOTHERAPY @ HOME
Is your mobility restricted? Avril can call to
your home.

CHIROPODY CLINIC (Thursdays)
Amanda Gillespie MICPO

Phone: 01 4587139 for appointment

SEE WEB SITE WWW.kerinphysio.ie





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!

Please bring water and a small towel

Sarah: 085 822 5522

www.facebook.com/ZumbaPartyAnimal

Need any odd jobs done?

Handyman Available

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

Contact Tricia

Rathcoole Community
Centre

01-4586134/5



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**ATTENTION LOCAL BUSINESSES, SELF
EMPLOYED AND ENTREPRENEURS!**

The Rathcoole Business Network is coming soon

Business networking is an effective low-cost marketing method for developing sales opportunities and contacts, based on referrals and introductions - either face-to-face at meetings and gatherings, or by other contact methods such as phone, email, and increasingly social and business networking websites.

The Rathcoole Business Network will aim to attract owners of local SME's in the local area to get together one morning a month for a breakfast meeting to share business opportunities and work for each other in these challenging times for small business.

One person from each profession or trade can join the group to ensure that we won't have competing businesses in the room. It is hoped that this will foster a positive, supportive attitude among members which will lead to local businesses accomplishing great things and growing their businesses in ways they could never achieve alone.

We will gladly welcome visitors to attend a meeting to see if this network would work for them. If you are interested in being part of this new network, contact BusinessNetwork@Rathcoole.info



BRITTAS MONTESSORI FREE ECCE PLACES ENROLLING NOW FOR SEPTEMBER 2015

WE ARE A SMALL FAMILY RUN BUSINESS, ESTABLISHED IN BRITTAS SINCE 2004. WITH OVER 19 YEARS EXPERIENCE IN TEACHING AND CARING FOR CHILDREN.
FREE ECCE PLACES AVAILABLE

**OUR MONTESSORI CLASS RUNS FROM 9.15 – 12.15
MONDAY TO FRIDAY.**

THE MAIN AIM OF OUR SERVICE IS TO PROVIDE QUALITY EARLY CHILDHOOD CARE AND EDUCATION TO EACH CHILD ATTENDING. THE MONTESSORI METHOD IS EXCELLENT IN PREPARING CHILDREN FOR 'BIG SCHOOL'.
GIVE YOUR CHILD A HEAD START.

**FOR MORE INFORMATION
CONTACT SHARON/SHIRLEY**

Tel: (01) 4583912
e-mail: brittasmontessori@live.com
Find us on Facebook

EARLY BOOKING IS ADVISABLE AS WE HAVE LIMITED PLACES



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: €8 pay as you go OR €30 pre-pay for 5 glasses (save €10!)

Contact: Fiona Harold

Licenced Zumba Instructor 087-4138385

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

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FOR MORE INFORMATION:

SHANE LYNCH 087 6668508 or LYNCHSPORTS@HOTMAIL.COM

PAT LYNCH 087 2449881 or MACLYNLTD@GMAIL.COM



Rathcoole Karate Club

Tuesday 7.30-9 pm

Thursday 5-6 Kids & 6-7.30 pm

Contact Martin Nulty 086 8519365.



Learn how to fix your own photos

Photoshop Photo Retouching Classes

Community IT
Rathcoole Community Centre
Main Street,
Rathcoole

To register your interest please
contact :

Caroline@ 0831072775 or

Sean @ 0876261965



Jobseeking?

JOIN US

RATHCOOLE JOBS CLUB



- Help with your CV
- Help with Cover Letters
- Interview Preparation



Wednesday Mornings
from 11am to 12pm

Starts Wednesday
March 25th



For Info Phone
Lorraine

085 764 7073

DAILY CLEANING



Our services include Carpet Cleaning, Window Cleaning and House Cleaning. We charge €14.50 per hour with a minimum of three hours. During the three hours, general housework will be carried out and if there is time left we can also include ironing.

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1 Bedroom	€30	Lounge	€40
2 Bedrooms	€50	Stairs and Landing	€25
3 Bedrooms	€80	Rugs	€20

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Front and back €25

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The Rathcoole Inn

Main Street, Rathcoole, Co. Dublin
Tel. (01) 4589204

Kevin and Carmel Hoyne of the Rathcoole Inn would like to thank the Rathcoole community for their support on the recent death of our son Tomás. Your cards and messages and your attendance at the funeral and our house was a great comfort to us.

*Thank you
Kevin Hoyne*



Situated just off the Dublin-Limerick Road (N7) at Rathcoole, this famous Inn has been serving the public since 1733. It is the oldest original two-storey thatched pub in Ireland.

www.rathcooleinn.ie



May Dowling R.I.P.

Her husband Pat, daughter Maria, son Stephen, mother Kay & family would like to thank you most sincerely for your kind expression of sympathy on our recent sad loss of May and for your generous donations for the Oncology ward, Tallaght Hospital

The Holy Sacrifice of the Mass
has been offered for your intentions

The Dowling Family



THE REDEEMED CHRISTIAN CHURCH OF GOD. JOSEPH'S PALACE DUBLIN

Tired of your usual weekend? Had enough of playing games with life and people? Come to the encounter, a coffee, music, and insight into God and answers to real life questions. Every Sunday @ 10:00am, Unit 66 Broomhill Road, Broomhill Business park, Tallaght, D24. Opp. Drivers Testing Centre.

For more information call: 0870675792.

Email: lesadona@yahoo.com

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

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 DSP officer in your local DSP office will be able to establish if you are eligible for CE participation.

**We need your help
collecting old mobile
phones**



**COLLECTING FOR
THE FOUR DISTRICTS DAY CARE CENTRE
DROP OFF YOUR PHONES AT
FOUR DISTRICTS DAY CARE CENTRE
RATHCOOLE COMMUNITY CENTRE
LISHEEN NURSING HOME**

LIST OF OFFICERS AND COMMITTEE MEMBERS 2014

Director	Stephanie Donnelly
Director	Francina O'Neill
Director	Harry O'Reilly
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
Committee Member	Dick Butler
Committee Member	James Connell

Now that the mocks are over it is time to get to work!



EVERY SATURDAY MORNING & AFTERNOON

RATHCOOLE COMMUNITY CENTRE - JUNIOR AND LEAVING CERT ALL LEVELS

FULL NOTES PROVIDED FROM EXPERIENCED PROJECT MATHS TUTOR.

MAXIMUM 6 PER CLASS TO ENSURE PERSONAL ATTENTION.

PLACES LIMITED

FOR INFORMATION CONTACT KEVIN

085-7274129

SOUTHDUBLINGRINDS@OUTLOOK.COM

11AM Junior Cert O&F	12PM Junior Cert H	1PM Leaving Cert O	2PM Leaving Cert H
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Get Ireland Online
A Digital Literacy Initiative from ICS Skills
www.getirelandonline.ie

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 Barbara for further Info:

Phone: 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
	3.00pm-4.00pm	Speech & Drama	Coolamber Room
	7.00pm-7.30pm	Robert Dowds (every 3rd Monday)	Room 2
	6.00pm-7.00pm	Irish Dancing (Ann)	Main Hall
	7.30pm-8.30pm	Zumba Classes (Fiona)	Main Hall
	8.30pm-9.30pm	Krav-Maga (Karl)	Sports Hall
	6.30pm-8.15pm	Dancity Ireland	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
	10.00am -12pm	Parent & Toddler Group	Main Hall
	2.00pm - 3.00pm	Active Retired (1st Tuesday of the Month)	Room 2
	5.00pm-9.00pm	Dancity Ireland	Main Hall
	5.45pm-7.15pm	Weight Watchers	Coolamber Room
	7.30pm-9.00pm	Karate (Martin)	Sports Hall
	8.00pm-10.00pm	Community Council Meeting (Every 2nd week)	Room 2
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
	10.00am-1.00pm	Active Retired (Every 2nd Week)	Sports Hall
	11.00am-1.00pm	Men's Club	Library
	1.15pm-3.15pm	Music Foundation	Library
	2.00pm-5.00pm	Speech & Drama	Coolamber room
	3.30pm-7.00pm	Irish Dancing (Brian)	Main Hall
	6.00pm-7.45pm	Karate (Louie)	Sports Hall
	7.15pm-8.15pm	Hip-Hop Dance	Main Hall
	7.30pm -9.30pm	Youth Club	Café
	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	Coolamber Room
	9.10am - 2.40pm	Scoil Chronain	Sports Hall
	11.45am -1.00pm	Claphandies	Main Hall
	6.00pm - 7.30pm	Karate (Martin)	Sports Hall
	7.00pm -11.00pm	Bridge Club	Main Hall
	7.30pm-9.00pm	Tai Chi	Coolamber Room
	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
	9.30am-12.30am	Scoil Chronain Music	Main Hall
	11.30am -12.30pm	Frances Fitzgerald (1st Friday of the month)	Room 2
	1.00pm - 2..00pm	Scoil Chronain	Sports Hall
	2.30pm - 5.15pm	School Of Dance (Tanya)	Main Hall
	5.30pm - 8.30pm	Irish Dancing (Brian)	Main Hall
Saturday	11.00am-1.00pm	Baton Twirling	Sports Hall
	11.00am-3.00pm	Project Maths Grinds Rathcoole	Room 2/John Nolan Room
Sunday	2.00pm-5.00pm	Baton Twirling	Sports Hall

COMMUNITY IT RATHCOOLE

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6 WEEK COURSE €70 STARTS THURSDAY

APRIL 9th 7pm — 9pm

Register your interest at the Rathcoole Community Centre

Phone 01 4586134

For further enquiries contact

Sean Reid: 087-626-1965 or Daniel 089-4635251.

Twinning / Jumelage



16 guests from the village of École-Valentin arrived in Dublin on Friday 27th April 2012

to take part in 5 days of twinning with host

families from Rathcoole. A Twinning of

towns is known in French as “Le Jumelage”. Whilst the first

exchanges took place in 1998 this was the 11th event in either

École-Valentin or Rathcoole. Rathcoole is the only village in the

South Dublin County still involved in twinning.

The French Ambassador in Dublin has been in touch with both

parties to resume this event for the 12th time.

It is now Rathcoole's turn to visit. Primarily accommodation is

made with hosts but other accommodation can be found at extra

cost. Dates have yet to be finalised, perhaps October this year or

April next year. The closest airport is Lyon and costs of flights and

transfers are estimated at €300 per person. If there is sufficient

interest we will put together a package.

If you are interested in being on the organising committee or taking

part in the visit please contact Neville Graver on 086 -8297939 or

Eamon Walsh on 085-7367291.

Why regular Health Screening is important and beneficial for you!

Health screening is a proactive approach to effective health and lifestyle management. This form of health screening is aimed at early identification of medical conditions which could cause ill health and even premature death. Such examples include heart disease and diabetes. Pharmacies can offer a range of health screening services but you need to speak to your GP if you would like to avail of a full comprehensive health check.

Blood Pressure Testing



Around 30-40% of people in Ireland have high blood pressure but many don't know it. If left untreated, high blood pressure increases your risk of heart attack, stroke, vascular disease and kidney failure. The only way of knowing there is a problem is to have your blood pressure measured.

All adults should have their blood pressure checked at least every five years. If you haven't had yours measured, or you don't know what your blood pressure reading is, ask your

Pharmacist or GP to check it for you.

You are said to have high blood pressure (medically known as hypertension) if readings on separate occasions consistently show your blood pressure to be 140/90mmHg or higher.

You can take effective steps to prevent high blood pressure by:

- losing weight if you need to
- exercising regularly
- eating a healthy diet
- cutting back if you drink a lot of alcohol
- stopping smoking
- cutting down on salt and caffeine

Blood Glucose Testing



Blood glucose testing is done by taking a very small finger-prick sample of blood which is put onto a strip and then into a machine which reads the level of glucose in the blood. High levels of glucose in the blood therefore could be an indication of diabetes or other conditions. It is recommended that glucose levels should be between 4-8mmol/L.

Diabetes is estimated to affect about 200,000 people in Ireland.

Normally, the amount of sugar in the blood is controlled by a hormone called insulin. Insulin is produced by the pancreas, a gland located behind the stomach. When food is digested and enters the bloodstream, insulin helps move any glucose out of the blood and into cells, where it is broken down to produce energy. In people with diabetes, the body is unable to break down glucose into energy. This is because there is either not enough insulin to move the glucose, or because the insulin that is there does not work properly.

Type 1 diabetes occurs when the body produces no insulin. It is often referred to as insulin-dependent diabetes. Type 2 diabetes occurs when not enough insulin is produced by the body for it to function properly, or when the body's cells do not react to insulin. This is called insulin resistance.

Cholesterol Testing



Heart disease, or cardiovascular disease (CVD) is the most common cause of death in Ireland, accounting for 36% of all deaths and 22% of deaths in those aged under 65. Having an excessively high level of lipids/cholesterol in your blood (hyperlipidaemia) can have a serious effect on your health as it increases your risk of having a heart attack or stroke. It is recommended that total cholesterol levels should be less than

5mmol/L.

The cholesterol test involves taking a small sample of blood (one large drop) from the fingertip which is then put into a machine which measures the cholesterol level within a few minutes. Your Pharmacist or GP will let you know your cholesterol test level and tell you what, if any, further action should be taken.

Saturated fats

One of the best ways to reduce your risk of CVD is to keep cholesterol level in your blood at a healthy level. You should try to avoid or cut down on the following foods, which are rich in saturated fat:

- fatty cuts of meat and meat products, such as sausages and pies
- butter and lard
- cream, soured cream, crème fraîche and ice cream
- cheese, particularly hard cheese
- cakes and biscuits
- chocolate
- coconut oil, coconut cream and palm oil

It is recommended that the average man should have no more than 30g saturated fat a day and the average woman should have no more than 20g saturated fat a day. To get an idea how much saturated food you are consuming, take a look at the food labels of the foods you are eating.

BMI Measurement



The BMI is one of the most accurate ways to determine whether or not an adult is overweight. Your Pharmacist, GP or Health Nurse can measure your weight and height to calculate your Body Mass Index and gauge the total body fat. They can also offer you lifestyle advice and recommend ways of reducing your chance of developing heart disease and diabetes.

A person with a BMI of 24 or less is considered to be an ideal weight. A person with a BMI of 25-29.9 is considered to be overweight. Individuals who fall into the BMI range of 25 to 34.9,

and have a waist size of over 40 inches for men and 35 inches for women, are considered to be at especially high risk for obesity-related health problems, such as diabetes, high blood pressure, and heart disease. A BMI over 40 indicates that a person is morbidly obese. This can increase a person's risk of death from any cause by 50%-150%.



This article is supplied by the pharmacy team at Saggart Pharmacy, 12 Slade Castle Court, Saggart, Co. Dublin. Saggart pharmacy offers a high standard of care for all customers and has a strong focus on patient health screening and providing advice. You can contact them on 01 4580346 for further details.





6th Anniversary of refusal of permission to build an incinerator in Rathcoole area

On 10th February 2009 An Bord Pleanála refused permission for a 365,000 tonne 'waste to energy' facility in Rathcoole. This followed a long planning process and huge community effort to stop the unwanted incineration project. Below are some comments made on the day:

"Today's announcement is a tremendous victory for the thousands of residents across west Dublin and beyond who campaigned against the plans, particularly the Rathcoole Against Incinerator Dioxins (RAID) campaign group. The group have done fantastic work throughout the campaign and because of this have incurred significant legal and campaigning costs."

"If this facility had got the go-ahead it would have had a serious impact on the local neighboring communities of Rathcoole, Saggart, Newcastle, Tallaght, Clondalkin and Lucan, and much of the greater Dublin area."

"The decision follows a long planning process which included three weeks of oral submissions in November. Key arguments made against the plan included an inadequate Environmental Impact Statement, non-adherence to Dublin Regional Waste Management Strategy and recent changes to Government policy on incineration."

"An Bord Pleanála accepted the arguments of the four local authorities and it also rejected the plans on traffic grounds after the National Roads Authority expressed safety and congestion fears for the N7. The board also said the incinerator stack in a quarry void would be too low for surrounding land and posed an unacceptable risk of pollution."

This just shows what a local community can achieve when it works together. This is only one of the many reasons the Community Council exists. Please work with us to continually improve our community. €150,000 were awarded to a number of parties, including €12,500 to RAID, Rathcoole Against Incinerator Dioxins campaign group, which remains unpaid by Energy Answers International.

Rathcoole Youth Club

The Youth Club continues to run for young people in the 12 to 15 years age group Wednesdays 7.30 to 9.30 pm. We have Xbox, PlayStation, Wi, pool table, free Wi-Fi and snacks. If you wish to help as a volunteer or know somebody who may wish to join please contact Neville Graver on 086 -8297939.



The 4 Districts St Patricks Day Parade

is looking for your group/club to take part in the annual



St. Patrick's Day Parade



on 17th March 2015

This year's theme is "The Joy of Dance"

Contact naomhmuireclg@eircom.net or Sharon Redmond 087 2304248 for an entry form and further information. Closing date is 7th March.

Looking forward to hearing from you!

Marriage of Patricia (Tricia) O'Halloran to Peter Kellett

The Community Council wish to congratulate our Centre Manager Tricia on her marriage to Peter Kellett on 31st January in the Louis Fitzgerald Hotel. We are sure that all who know Tricia will join with us in wishing them a long and happy life together.



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 Cuil, Atha 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 and Meeting Rooms available for Hire.



IT Room



DANCE STUDIO WITH
MIRRORED WALLS

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



JIGSAW YOUTH MENTAL HEALTH SERVICE TALLAGHT.

Support to Young People

Jigsaw Tallaght is a youth mental health service that works with 12-25 year olds from the Tallaght, Saggart, Rathcoole, Knocklyon, Rathfarnham and Templeogue area. We're a free and confidential service offering talks to young people, parents, volunteers and professionals.

We offer support to young people who are facing anything from everyday worries and stresses, up to more serious issues like panic or mild depression.

At Jigsaw we see mental health as being like your physical or dental health. We believe that we all need to take care of it daily to keep well, and in order to do that we need to build up good coping skills and healthy habits. That's why a lot of the work we do in Jigsaw focuses on setting goals and putting things into practice between sessions.

Generally we will meet with a young person for 1-6 sessions, during which time we work with them to set and achieve goals that are important to them and will hopefully help you with the problems that they are facing.

For those interested in learning more about Youth Mental Health we provide a range of talks and workshops in the community.

If you wish to receive further information on any aspect of the Jigsaw service please phone 014649350 or email tallaght@jigsaw.ie

MANDARIN HOUSE

**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