



Rathcoole Newsletter

Issue 3

May/June 2017

***In this Issue: Bealtaine Festival Launch
"Take a walk on the wild side" feature
Daycare Centre Garden Fete 17th June***



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

**Phone: 01- 5045000 Fax: 01-4580238
Email: newsletter@rathcoole.info
Web : www.rathcoole.info**

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An Roinn Coimrís Sóisialaí
Department of Social Protection
www.welfare.ie


Comhairle Contae
Átha Cliath Theas
South Dublin County Council


LEADER Partnership
Rural LEADER Partnership
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"Staying in a better place"


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Rathcoole Community Centre

My name is Tricia O' Halloran I have been involved with the operations in the Community Centre for 11 years. I have been the manager over six years and while there are a number of challenges running a busy Community Centre such as this, I find it a wholly enjoyable task. At any one time there are always a number of activities taking place every day is different.



The Community Centre is the heart of the community, where people gather for group activities, social support, public information, meetings and a variety of other purposes. The Centre is situated off Main Street just behind Scoil Chrónáin and beside the Church of the Holy Family. We have numerous activities going on in the centre on a daily basis. We cater for all ages from babies to the elderly. The Centre opens Monday- Friday from 7.45am-10pm most nights except for Fridays when we close at 7.45pm. We also open some Saturdays/Sundays to cater for events taking place e.g. birthday parties, tournaments, competitions.

There are over 60 staff working in the Community Centre. Some are on a Community Employment scheme, TUS scheme, Pobal scheme and we also have a number of volunteers. Without all the hard work and dedication from the staff and volunteers we would not be able to maintain the centre to the highest standard it is. The Community Centre receives funding from the Department of Social Protection, Pobal, South Dublin County Council and Fingal Leader Partnership.

On a daily basis we would have several hundred people pass through the doors of the Community Centre for different activities. We have two pre-schools, dance groups, karate groups, bridge clubs, music, speech & drama, youth café, baton twirlers, toddler world, kangoo jumps, zumba and so much more. You will find a list of the activities inside our newsletter. We also can cater for small parties, meetings and special events. If you have any queries please do not hesitate to

contact us in the Community Centre. You can contact us on 01-5045000. We would be delighted to help if we can. The centre also provides services such as photocopying, scanning, faxing and computer use.

If you would like to run classes, volunteer, or would like to contribute in any way to the Community Centre please contact Tricia or one of our staff members on 01-5045000.



RATHCOOLE COMMUNITY CENTRE

ROOMS FOR HIRE AT REASONABLE RATES

For Parties, Classes, Meetings or Training.

For details

Contact Tricia O'Halloran

Phone: 01-5045000

Email: info@rathcoole.info



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Phone 01 4580911**

Web: www.maloneaccountants.ie

Email: info@maloneaccountants.ie



The Four Districts

Day Care Centre

Annual Garden Fete

Saturday 17th June

2017

1pm - 5pm

**Live
Music**

**The
Rams**

**Bonny Baby
Contest**

**Bouncy
Castle**

**Stalls
For
Everyone**

**Bottle Stall
Raffle
&
Lots More**

**BBQ
Ice Cream
Popcorn**

**Face
Painting**

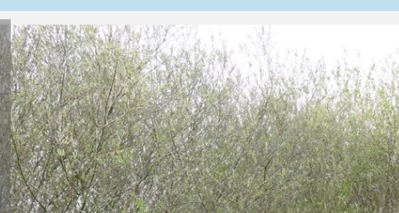
**Hook A
Duck**

**Animal
Farm**

Magician

Admission Free

We Look Forward To Your Support



Take a walk on the wild side



Four Districts Woodland Habitat



Feel like going a hike but don't want to take the car?

Feel like getting away from it all, but don't want to go far?

Well, 5 minutes from the community centre, 5 minutes from Avoca (if you live in Broadfield, 20minutes, sorry!), there is a little bit of heaven only a bit of the beaten track. Don your hiking boots, you will need them if has been raining. Throw on an old jacket, it is 'wilderness'. Enter Rathcoole Peoples Park by the 3 corner field entrance, go across the bridge, leave the path behind enter the outer field, turn right and head up along the river to the big rock and follow the trail into the wilderness or what we hope will be the 4 Districts Woodland Habitat.

There are small meadows and extensive woodland of willow, beech trees, hawthorn and other trees. Many wild flower from the lesser celadine and primroses in spring to wild rose, foxgloves and willow herbs in summer. It is inhabited by many small birds and of course our familiar rabbit and fox but also probably other creatures we never see! There is a stream which you traverse, the same one that flows through the Park.

There are well worn dirt tracks throughout and all in all it takes 45 minutes to circumnavigate the woodland. But you can also cut across the area at many points. Go have a look today.

The woodland is under the ownership of South Dublin County Council and is zoned residential in the County Development Plan. Rathcoole Community Council have applied to South Dublin Council for funding to do a feasibility study to develop the natural woodland as part of a regional amenity with Rathcoole People's Park that would be unique to this part of South County Dublin. Councillors have also been approached to support this endeavour. We will keep you updated with developments.

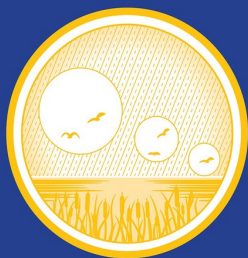
Next month: How this woodland could benefit the community.

If you wish to get involved in this project please contact Deirdre Healey on 087 2301193 or

Neville Graver on 086 8297939

**Congratulations to the girls & boys from the Holy Family N.S
& Scoil Chrònàin on making their 1st Holy Communion.
Photos supplied by county photos**





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Summer Camps 2017

**New Breakfast Club
from September 2017**

**New Afterschool Club
from September 2017**

Call now: 085 829 7885

Registered with early childhood Ireland (ECI)



At The Library, Rathcoole

Every Monday at 5.30pm and 7.30pm

Every Tuesday at 7.00pm

If you would like to explore a healthier lifestyle with a proven track record of results, in a relaxed and friendly atmosphere then feel free to pop in to either of our three groups and we can take the first step together.

For more information contact Lorraine on 0879380943



Community Employment Project

The Rathcoole Community Centre and the 4 Districts day Care Centre currently have Community Employment Project vacancies for the following roles:

- Care Assistants
- Housekeepers
- Bus Assistants
- Caretakers

Are you aged 25 or over and 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.

Consists of 19.5 hours per week at Community Employment rates.

This is a developmental opportunity, no experience necessary.

Accredited training will be provided to support your career.

If you are interested in any of these positions and you wish to discuss this further you can contact one of the CE supervisors by email on fasrcc@gmail.com or by phone on 01-4586134/ 01-4586135.

You can also drop your CV into us in the Rathcoole Community Centre.

Community Council opens fully fitted gym for exercise for over 50s

The community Council has opened a fully fitted gym with ten items of equipment to run exercise classes for the over 50s. Classes are open for males and females of all abilities and levels of fitness, from complete beginners to those with experience .

It is currently running classes at **10.00 am to 11.00 am** each Wednesday and people are instructed and coached by a fully qualified personal trainer. Fees are €6 for an hour-long course.

Sarah Jermyn, the Instructor will require you to complete a Par-Q-Medical Assessment Form when signing up. She can be contacted on **0861506416**



Please support this new venture in the Centre. This reinforces the Community Council's commitment to the health and welfare of members of the community.

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Bealtaine Festival 2017

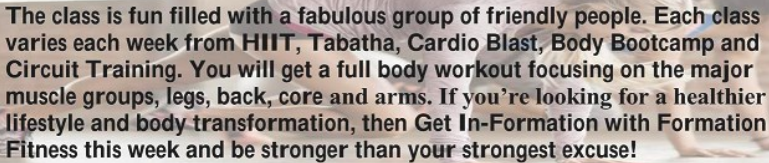
Mayor Guss O'Connell launched South Dublin County Council's annual Bealtaine Festival on 2nd May 2017 in the Louis Fitzgerald Hotel. There was a number of organisations in attendance with information stands for services available for older people in the county. Over 270 people attended the event and a great morning was had by all.

If you wish to participate in next year's Bealtaine Festival contact Community Services Department at 01 4149000.



Formation Fitness Classes
Scoil Bhride NS Hall Naas
Tuesday @7-7:45pm
St. Mary's NS Hall Saggart
Thursday @7-7:45pm
€5 PAYG

All welcome from beginners to advanced level



The class is fun filled with a fabulous group of friendly people. Each class varies each week from HIIT, Tabatha, Cardio Blast, Body Bootcamp and Circuit Training. You will get a full body workout focusing on the major muscle groups, legs, back, core and arms. If you're looking for a healthier lifestyle and body transformation, then Get In-Formation with Formation Fitness this week and be stronger than your strongest excuse!

Please contact Órla for further information or any queries;

Email: ok@formationfitness.ie

PM: <https://www.facebook.com/formationfitness.ie/>

TXT: 0879423677



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Contact us on 014587617/ 014587618

Newsletter Advertising

Would you like to advertise in our newsletter? Why not give us a call and we would be happy to go through advertising that suits your needs including issue dates and rates.

Contact us on 015045000 Email: newsletter@rathcoole.info

Rathcoole Boys Football Club

Rathcoole Boys Football Club is celebrating 40 years this year and the club has grown so much since started in 1977. We will be celebrating this milestone in style towards the end of the year with a Gala Night. Watch this space for further details once confirmed.

.....Soccer Sisters.....

Soccer Sisters is back on every Friday evening from 7-8pm for girls aged between 8-13. It was a huge success last week with 19 girls turning up. It's great to see all these girls interested in playing football. Well done to Eugene and Ian for organising.

Calendar of Events for next few months

May we will be running a fun morning in the carpark while raising some funds for the 3G pitch - we will be having a car wash conveyor belt and each team will be involved. Should be lots of fun for all the boys with them getting wetter than the cars.

July we are running a Golf outing on 14th in Citywest Championship Course. Golf with dinner will be €30 per person or €120 per team. More details to follow.

August will be the FAI Summer Camp and also our very successful and popular Street Leagues.

Clothes Collection for the month of April

A big thank you to all who did a clean out and dropped up bags to the club. All bags were collected on Saturday 6th and the truck was full to the rafters.

Volunteers Required

We are looking for some volunteers to help out in our club shop on Saturday and Sunday mornings. If interested it will only be a couple of hours every 4-6 weeks as we will do up a rota. Many hands make light work and we will all benefit from shop being opened when matches and training are on.

(We all need that cup of coffee to start the day).....

If you can spare a few hours every 4-6 weeks
please contact Colette on 086 6099931.



HOLY FAMILY NATIONAL SCHOOL

Holy Family N.S took part in the Cross Country Championship Finals in Corkagh Park. 65 schools with over 2,200 children competed. After weeks of training the children performed superbly on the day-achieving our best results ever!!!

It was a great day with all children giving their absolute best. Performances to note from the day include: **Gold Winners:** Michelle Muddiman 3rd class, Conor Quinn 3rd class, David Vickers 4th class, Hazel Jordan 5th class and Evan Donnelly 5th class **Silver Winners:** Daria Rosu 4th class Daniella Gruodyte 5th class, **Bronze Winner:** Anna Magliozzi 4th class



Well done to our camogie team they have been putting some great performances thanks to Ms. Hartnett & Ms. Barron





New Foróige Club!



Foróige youth cafe happens in Rathcoole Community Centre every Tuesday from 6-8pm. It is a drop in for young people 12+. We have pool tables, computers, cookers, Wi-Fi and sofas for teenagers to chill out on. It is youth friendly and is a safe space for you to come if it cold or raining outside. The youth cafe also organises trips on a regular basis. We would love to see more teenagers drop in for a cup of tea and something to eat. This is a great opportunity for Rathcoole and the local teens so please support us .

Contact Yvonne Anderson, Foróige Youth Officer Rathcoole on 0860205592 if you need more information.

Foróige Juniors 10-12 year olds. We are in the process of setting up a Foróige Juniors Club in Rathcoole. We are currently recruiting volunteers and young people for this. If you are over 18 and would like to help out one night a week or know someone between the age of 10-12 that would benefit please contact Yvonne Anderson, Foróige youth officer Rathcoole on 0860205592. Day and Time to be confirmed very short-ly.



www.foroige.ie



**FOR
EVERY
ONE**

Congratulations to the boys & girls from the Holy Family NS on making their Confirmation
We had a very busy morning in the centre with all the boys and girls getting ready here,
Hope you all had a great day



Photo by Snap It Events

CONGRATULATIONS

To the winner of our photography competition
Ross Kincaid with this photo **Balloons in Rathcoole**



Four Districts Day Care Centre - Free Open Day

Dear Residents of Rathcoole,

Many of you already know about the Health Centre beside the Garda Station because you may have used their services such as Public Health Nurses or the Dentist. But many of you may not be aware about another service in the same building, The Four Districts Day Care Centre. Our Centre is providing a great service to the senior citizens of Rathcoole, Saggart., Newcastle and Brittas. Why not come along and have a lovely cup of tea/coffee with freshly baked scones together with our current clients and friendly staff and all for free on the first day. Hopefully you will decide to stay for a high quality dinner and return to find more about us. Feel free to come any week day from 10.am

We are look forward to seeing you. **Contact us at 01-4580339**

Roasted Salmon And Vegetables Healthy Meal Option

In a large roasting dish roast cauliflower florets, new potatoes cut into small pieces, add red pepper and red onion for 40 minutes in a preheated oven 200C/ Fan 180C/ Gas Mark 6.

Half way through roasting the vegetables add salmon fillets each wrapped in a slice of Parma ham to roast vegetables.

Enjoy!





Rathcoole Community Centre Activity Sheet

May/June 2017

Monday To Friday

Teach na Leanáí Pre-school and After School	8.00am - 6.00pm	Crèche /John Nolan Room
Happy Feet Pre-School	9.15am - 12.15pm	Coolamber Room

Monday

Thatch Bridge Club	10.00am - 1.00pm	Main Hall
Speech And Drama (Anna Walker)	3.00pm - 4.00pm	Coolamber Room
Slimming World	5.30pm - 7.30pm	Library
Irish Dancing (Anne)	6.00pm - 7.00pm	Main Hall
Zumba Classes (Fiona)	7.30pm - 8.30pm	Main Hall
Krav Maga	8.30pm - 9.30pm	Sports Hall
Kangoo Jumps	8.45pm - 9.45pm	Main Hall

Tuesday

Scoil Chrónaín	9.10am - 2.40pm	Sports Hall
Mother & Toddler Group	10.00am - 12.00pm	Main Hall
Active Retired Meeting (1st Tuesday of every month)	2.00pm - 3.00pm	Board Room
Dance City Ireland	5.30pm - 8.00pm	Main Hall
Youth Café	6.00pm - 8.00pm	Canteen
Slimming World	7.00pm - 8.30pm	Library
Karate (Martin)	6.30pm - 8.00pm	Sports Hall
Community Council Meeting (Every 2nd week)	8.00pm - 10.00pm	Board Room
Badminton	8.15pm - 10.15pm	Sports Hall

Wednesday

Toddlers World	10.00am - 11.15am	Classroom 2/Main Hall
Active Retired (every 2nd week)	10.00am - 1.00pm	Main Hall
Men's Club	11.00am - 1.00pm	Library
Scoil Chrónain	1.00pm - 2.00pm	Sports Hall
Speech and Drama	2.00pm - 4.00pm	Coolamber Room
Music Generation	3.00pm - 7.00pm	New Building + Canteen
Karate (Louie)	6.30pm - 7.30pm	Sports Hall
Kangoo Jumps	8.00pm - 9.00pm	Main Hall
Bowls	8.00pm - 10.00pm	Sports Hall

Thursday

Scoil Chrónain	9.10am - 2.40pm	Sports Hall
Karate (Martin)	6.00pm - 7.30pm	Sports Hall
Bridge Club	7.00pm - 11.00pm	Main Hall
Badminton	8.00pm - 10.00pm	Sports Hall

Friday

Frances Fitzgerald Clinic (1st Friday of the month)	12.00am - 1.00pm	Room 2
Scoil Chrónain	1.00pm - 2.00pm	Sports Hall
School of Dance (Tanya)	2.00pm - 7.30 pm	Main Hall

Saturday

Baton Twirling	11.00am - 1.00pm	Sports Hall
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Sunday

Baton Twirling	2.00pm - 5.00pm	Sports Hall
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Please Note: This is a list of all activities in Rathcoole Community Centre at the time of print. New activities do come on board throughout the year and you can check this out by visiting us here at the Centre or call us on:

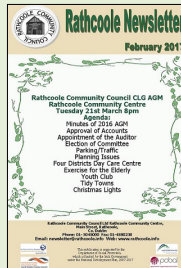
01 5045000

The Newsletter Team

We hope our readers are enjoying receiving our 'New Full Colour Newsletter'. The newsletter is compiled and edited in the Rathcoole Community Centre. We would love to hear from you if you have something of interest that you would like to be published in our newsletter.

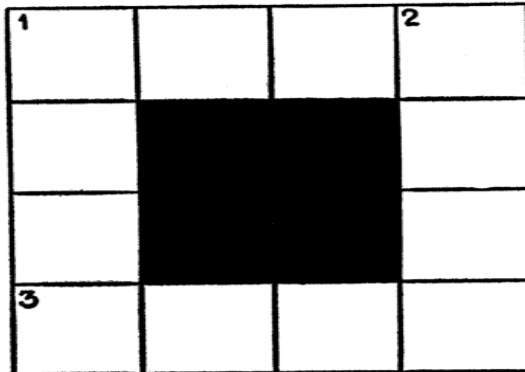
You can contact us at: newsletter@rathcoole.info or call us on 01-5045000.

Find us on Facebook 

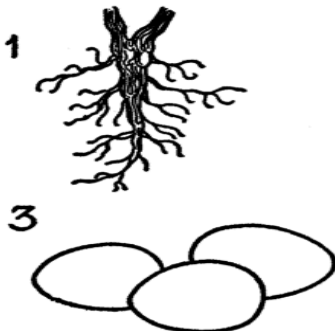


While we wish to support all our advertisers Rathcoole Community Council cannot accept responsibility for the content of adverts placed in the newsletter. Potential customers should satisfy any queries they might have before purchasing from, or contracting with advertisers.

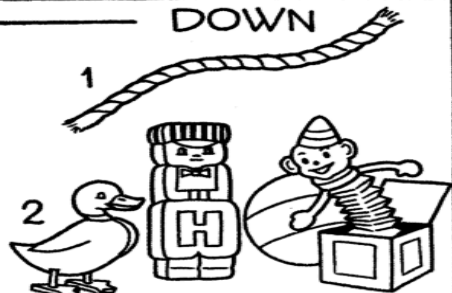
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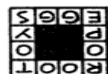
ACROSS



DOWN



ANSWER



Teach na Leanai
IONAD POBAIL, RÁTH CÚIL

Naíonra
9.00r.n - 12.00 l.n Dé Luain – Dé hAoine

Saorbhláin Réamhscolaíochta
(FREE ECCE PLACES)
BEFORE & AFTER SCHOOL SERVICES
7.45am – 6.00pm

**School drop off
& pick up!!**

Fón:
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Ríomhphost:
m.breathnach@yahoo.com

Ionad Pobail Rath Cúil, Co. Bhaile Átha Cliath




Rathcoole Community Centre



Services Available

Photocopying services; A4, A3, colour, and black & white are available in Rathcoole Community Centre. We also do Laminating, Scanning, Faxing.

Are you frustrated because your laptop or desktop has let you down,! we also have computer facilities here in the Community Centre.

Contact 01-5045000



Full Service Creche from 6 months
ECCE Preschool and Montessori
Before and Afterschool Club
Summer and holiday camps(school aged)

Kelly at 0851571132 or 4011942
Blackthorn Hill, "Sonas", Rathcoole Community Centre Rathcoole
happyfeetelc@gmail.com

MANDARIN HOUSE

Main Street Rathcoole Co. Dublin

01- 4588 088 01- 4588 104 / 085-1857028



Combo Meals Special

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

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 €11.00

- + 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

Special Spicy Bag

- S1. Spicy Bag.....€5.00.....(Large)€6.50
- S2. Spicy Bag, Small Curry Sauce & Coke.....€6.50
- S3. Spicy Chips.....€3.50
- S4. Spicy Bag with 3 chicken Balls.....€6.50
(Add €1.00 for Small Tub Curry Sauce and Can of Coke)
- S5. Mix Spicy Bag.....€6.50
(Shredded chicken & Shredded Beef)
- S6. Spicy Chicken Balls (7).....€5.50
- S7 Spicy Chicken Balls (5).....€5.50

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5.30pm - 12.30am

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