

Summer '10 Bulletin Ballymun Whitehall Area





New Volunteer outreach service in **Ballymun**

A new drop-in service supported by Ballymun Whitehall Area Partnership and delivered by Dublin City North Volunteer Centre will commence on Monday 21st May from 2pm – 5pm. The service which will be based in the Partnership offices in the Ballymun Town Centre will take place the third Monday of every month.

The service aims to promote and support volunteering in Ballymun, Whitehall and Ballygall.

For more information contact Manus or Catriona at 01-8423612 or Una Day (Volunteering Ireland) on 01-872 2622.

Ballymun awarded **Positive Ageing Week** Town

Ballymun was selected by Age Action as one of the ten towns in Ireland to host events as part of Positive Ageing Week (24th September to 2nd October). The week celebrates the positive aspects of ageing and is an opportunity to highlight the invaluable contribution older people have made and continue to make within their community. The local steering committee will be organising a series of events and activities in Ballymun, Whitehall and Santry. If your group is interested in getting involved or hosting a local event please contact Catriona or Manus in Ballymun Whitehall Area Partnership at 01-8423612.

INFORMATION MORNING



Get all your questions answered on:

- Social Welfare Benefits
 Getting a Job
- Debt Advice
- Legal Issues
- Childcare

- Accessing training
- Migrant Advice
- lots more

10.00am - 1.00pm, Thursday 24th June 2010 **Ballymun Civic Centre**

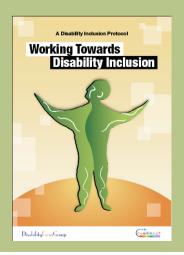
For further information contact Catriona Maguire or Manus Bree Ballymun Whitehall Area Partnership - 01 842 3612

Citywide Protocol Launched in Ballymun

Working Towards Disability Inclusion was launched last month in the Axis Centre, Ballymun by Martin Kavanagh the Director of Community & Enterprise in Dublin City Council. The audience which included people from across the city heard from Alex Sproule chairperson of the local disability group, Brian Malone (Disability Focus Group) and Fiona Gallagher who carried out the research behind the Protocol.

This Disability Inclusion Protocol was developed by the Disability Focus Group of the Dublin City Community Forum. It is aimed at management, front line staff, and volunteers in all organisations, agencies, clubs and community groups; and is a guide for local organisations to ensure greater involvement of people with disabilities within their community.

For more information about the Disability Inclusion Protocol contact Ballymun Active Disability Interest Group at Tel: 086-4003668 or Email: badig.info@gmail.com



News on Community Facilities in Ballymun

Ballymun Community Facilities Forum was established in 2007 to develop an overall plan to meet the accommodation needs of community and voluntary activity in Ballymun and in doing so contribute to the overall development and sustainability of community and voluntary activity in the area. The Forum has members from Dublin City Council, Ballymun Regeneration Ltd and the voluntary and community sectors in Ballymun - including Ballymun Whitehall Area Partnership and Ballymun Community Organisations Network as well as an independent chair.

Information relating to forum meetings and activities can be access at www.ballymun.org/bcff_home.html

Activities in Santry

Weekly timetable at Santry Community Resource Centre

- » Salsa Classes Thursday
- 8-9 pm Beginners
- 9-10 pm Advance
- » Tai Chi Tuesdays
- 8-9pm
- » Kick Boxing
 Men Only Tuesday 7-8pm

Women only Thursday 7-8pm

- » Line Dancing Mondays 8-10pm
- Yoga Wednesdays7.30-8.30 Beginners
- 8.45-9.45 Advanced
- » Active Retired Groups Tuesday 2pm & Friday 9.45am
- » Exercise to MusicWednesday 3pm Bowls
- » Tuesday 12pm Flower Arranging For further information on all classes or to hire room for conferences phone Caroline on 01-8422319 or Email santrycrc@eircom.net

Ballymun Tidy Towns Summer Competition



The Ballymun Tidy Towns Committee is pleased to announce that the local Tidy Towns Competitions are once again taking place this summer.

- » Best Garden Competition One overall Ballymun winner plus five neighbourhood winners will be selected from all gardens entered into this hugely successful Ballymun competition. A special additional award will be given to the garden that makes a special contribution to encouraging biological diversity (Nature).
- » Best Kept Area Competition Get together with your friends and neighbours to improve your area and enter in the Best Kept Area competition to win great prizes.

For more information or to enter yourself or another person contact Jonathan Ekwe (Ballymun Tidy Towns Administrator),(01) 222 5608 jonathan.ekwe@dublincity.ie

All entries to be received before 30th June. Judging will take place before 31st July and the Prize ceremony will take place in Civic Centre in September 2010

New Online Training Database

The Ballymun Trainers Network is a group of training providers in the local area who have come together to:

- » Promote lifelong learning in Ballymun
- » Inform potential learners of training opportunities available in Ballymun
- » Provide peer support in training related matters to its members
- » Enhance communication between its members
- » Enhance communication between training providers and the community in Ballymun and surrounding areas.

The Network has recently set up the Ballymun Trainers Network Database

to enable learners and training providers to work together more effectively. The Database is a useful for tool for organisations looking to promote their training courses.

The Trainers Network site can be accessed by visiting www.ballymun. org and clicking on the Ballymun Trainers Network link.

If you are a training provider and would like to add your organisation to this database, contact Elizabeth Tierney at elizabeth@ballymun.org or Tel: 01-8423612.

Intercultural Group seeking new members

The Ballymun Intercultural Group (BIG) is a network of community groups and individuals living and working in Ballymun which aims to raise awareness of intercultural issues locally and to promote the integration of the new communities in Ballymun.

The group is always open to new members and individuals. For information or support contact BIG at 8423612 or email BIG@ Ballymun.org

Upcoming courses at Ballymun Women's Resource Centre

The Ballymun Women's Resource Centre will be delivering the following courses in the near future in a friendly community atmosphere for women looking to get back into training, education and employment.

- » FETAC Level 3 / Level 5 Courses
- Computer Applications
- » Preparation for work
- » Work Experience
- » Living in α Diverse Society
- » Communication Skills
- » Customer Service
- » Retail Sales
- » Microsoft Database

To register an interest in any of the above courses contact Mandy at 8421731 between 9am and 1pm each day or email at amurphy@bwrc.info

Safer Ballymun

The next Safer Ballymun meeting will be held on Monday 21st June at 3.00 PM in the Council Chambers, 1st Floor, Ballymun Civic Centre.

Everyone working and living in Ballymun is welcome to attend.

For further information contact Elise Finnigan, Coordinator of Safer Ballymun Tel: 01- 2227870

Enrolling for courses in CAFTA

CAFTA has been in Ballymun working along side the Local Community now for over 20 years, we are based in the Axis Building Main Street Ballymun.

We have worked with many Residents of Ballymun whether it was with our Housing Transition/ Post Transition Programmes our Parenting Courses or our Home & Self Management course. We also deliver an NCI (National College of Ireland) accredited course Family & Community Support (Fetac level 5) these courses are all funded by BRL. During the academic year September to May we also deliver a NUI Maynooth Community Development course. All our courses are delivered with the learner at the centre, and we aim to strengthen the knowledge and skills of each participant.

Courses Starting in September

» Parenting Teens Course

Tuesday 14th September 2010 (9 weeks, 1 morning a week)

» Positive Parenting Course

Thursday 16th September (11 weeks, 1 morning a week)

» 123 Magic Parenting Course

November (4 weeks, 1 morning α week)

» Home & Self Management Course

4th September (7 weeks, 2 mornings α week)

We offer €10 towards childcare for all the above courses

Family & Community Support Course (Fetac Level 5 NCI accredited)

September (20 weeks, 1 evening a week also involves doing a project & a short presentation)

If you are interested in any of the above course contact CAFTA at 8832134/8832168 or just pop into Axis and ask to speak to a CAFTA member of staff.

Success for 37 Young People!

37 young people from Ballymun recently completed training in either Retail Sales & Customer Care, or Health & Related Fitness. The courses were organised and managed through a partnership between Ballymun Job Centre. RAPID and FÁS.

They provided participants with stronger vocational skills, self-confidence and study skills to equip them for further education and employment. The students completed their training in April 2010, and so far 12 have applied for Further Education places, 4 have secured employment, and the remaining participants are currently working with guidance staff from Ballymun Job Centre to identify progression routes.

This initiative has demonstrated that agencies working together can make a real difference to the future career prospects of young people.

For further information on training in Ballymun Jobs Centre contact Gordon Muego at 01-8667000.

Register for summer arts project

'The Dream Factory' is an exciting summer arts project for children and young people aged 5 – 20. This project will take place from the 19th - 30th July 2010. To register your interest in 'The Dream Factory' call axis on (01) 883 2100. Prices start from €40. Limited places available, advanced booking advised. Some scholarships available.

» Art or Drama

For 5 - 8 yrs (10am - 12.30pm) For 9 - 12 yrs (2pm - 4.30pm)



For further information on the FAI Summer Schools contact FAI development officer Jamie Wilson by email Jamie.wilson@fai.ie or text on 086-0472135

» Singing

For 13 - 20 yrs (3.30pm - 5.30pm Dates: 19th – 30th July

Booking & Information: 01-883 2100 or www.axis-ballymun.ie

Nature Photo Competition

To celebrate the 2010 International Year of Biodiversity Global Action Pan (GAP) are hosting a calendar competition and we would like you to join in! The theme is Biodiversity and Nature. Take a photo and be in with a chance to win one of 3 digital cameras! To enter you must be under 21 and live in Ballymun. The top 12 photos will be put into a calendar for 2011. Deadline for entry is the 31st of October 2010. Photos must be emailed to: info@ globalactionplan.ie or posted to Global Action Plan. 27 Shanaan Rd, Ballymun, with name, address, age, contact number or school and a caption or short explanation of why you took the photo and what it meant to you.

For more information ring Aoife on 01-8625846.

Ballymun Community Advisory Group

In 2008 the Community Development Working Group of Ballymun Partnership established a 'Community Advisory Group' to advise the Partnership on community issues and to nominate community directors onto the Board of the Partnership. The local community and voluntary sector was contacted by the Ballymun Partnership to nominate members to the Community Advisory Group from each of the following sectors: Youth; Social Enterprise, Economic Development and Employment; Education and Training; Drug and Alcohol Services; Ballymun Community Organisations Network; Childcare; Health and Well Being; Sports and Leisure; Ballymun Neighbourhood Council and Resident Associations.

In August 2009 this process was extended to community and residents groups in the Whitehall

and Santry Area. In all over 35 local community and voluntary organisations engaged in the nomination and selection process. Since the Community Advisory Group has been established the following eight community directors have been nominated to the Board of the Ballymun Whitehall Area Partnership:

- » Anne Marie Hughes, BYAP;
- » Paddy Haughey, BCON;
- » Mick Creedon, BJC;
- » Frank Rock, Men's Centre:
- » Amanda Murphy, Women's Resource Centre;
- Caroline Boyle, Childcare Providers Network;
- » Bernadette Carberry, Larkhill Active Retired Assoc;
- » Ian Croft, Santry Community Forum.

The Community Advisory Group meets on a monthly basis and all minutes and information relating to the group can be accessed at www.ballymun.org/caq home.html

coffee morning for residents and neighbours in Marewood Court, Sillogue Road on **Tuesday 6th July at 11am**. As part the morning the Community Gardai will be available to meet and discuss any issues with older members of the community.

For more information contact Liz Thompson 01-8578030 or Community Gardai 01-6664420.

J.U.S.T. – Jesuit University Support and Training.

J.U.S.T. offers learning support and training for people from Ballymun planning to go on to 3rd level Education and for those in 3rd level education

Participating students are organised into sub-groups and each sub-group is assigned to a tutor from the JUST project team. Individual sessions and group sessions for members of each sub-group are organised by tutors according to student's need. All sessions are held in the Ballymun Job Centre LEC premises, Ballymun Town Centre.

This is a Free service and is for the people of Ballymun.

J.U.S.T. c/o Ballymun Job Centre, Unit 36 Ballymun , Dublin 11 PH.: (01) 8622695 / Mobile: 087 925 42 83 or E-mail: admin@ justballymun.org

Sign up for summer 'multi-sports' camp

SPORTS Across Ireland's annual summer multi-sports camp is August 16-20th at the Trinity Comprehensive Sports Grounds. Choice of rugby, football and/or basketball for 6-15 year olds. Competitions and great prizes everyday. Come for some fun in a safe environment, meet new friends and develop in the sport of your choice from great coaches. For any non-sporty girls, we have a fun crafts & dance camp!

The Camp time is from 12-5pm with a break from 2-3pm. Costs of camp is €3 for 2 hour session, €5 per day, or €20 for the week (family discounts given as well).

Sign up forms can be picked up in Poppintree Community Centre or Email: (coachdan@sportsacrossireland.org). For more information contact Coach Dan @ 0863814226.

Coffee Morning and drop-in at Marewood Court

Cluid Housing will host its monthly

Incredible Years in Ballymun - Parents and Group Leaders celebrate the completion of a 12 week Incredible Years Basic Parent Programme in The Reco. For information on programmes starting in September contact Elaine/Breege 01-624564.



English Language Programme at the Ballymun Jobs Centre

Ballymun Job Centre is one of the partners involved in an EU Leonardo da Vinci project that runs from October 2009– October 2011. Talk-IT is a flexible English Language Programme tailored to respond to the needs of businesses that want to support employees who do not have English as their first language.

The key project outcome is an English language Programme for IT workers in European countries. The programme aims to enhance English communication and improve workplace learning and performance, and the competitiveness of their employing organisation.

If you would like to know more about Talk-IT see www.talk-it.eu or contact Anne McCluskey / Ian Clifford, Ballymun Job Centre, 01-8667000.

Seminar looking at marriage breakdown

Ballymun Community Law Centre presents a seminar on Family Law

"Addressing the issues following marriage breakdown" - Kevin Liston, family law expert

Wednesday, 23rd June 2010 10am - 1pm, Council Chamber, Civic offices, Ballymun.

Film Club for Over 55's

The Pictures Film Club is supported by Dublin City Council's Arts Office and axis, in association with access Cinema.

Dustin Hoffman - Summer Season at the Pictures Film Club

Last Chance Harvey - Monday 28th June @ 2.30pm

The Graduate -Monday 26th July @2.30pm

Stranger than Fiction – Monday 30th August @2.30pm



Rith runs through Ballymun!!

Did you know that Ballymun has one of the largest Irish speaking communities in Ireland?! This year Seachtain na Gaeilge was celebrated in style by the Ballymun community with a week long calendar of events coordinated by the Community Development Section-Dublin City Council, Glor na Gael and the Axis.

As part of the celebration the local schools took part in "Rith. 2010" by completing 3km of the largest relay in Ireland and helped the baton along its journey. The baton was specially designed and given to a different runner / group at the end of each kilometre. Rith 2010 continued for 9 days, across Ulster, Leinster, Munster & Connaught. The official baton carried a message of support for the Irish language that was written by President Mary McAleese.

A big thank you to all the schools and members of the community that helped on the day!

You can join the Pictures Film Club or renew your Annual Membership at the next film screening. Annual Membership €3/Plus €2 per film after. Non-members €4 per film

For further information please contact axis on (01) 8832100 or Ann Marie Lyons, North West Area Arts Officer, Dublin City Council. Tel: 01222 7305/ e-mail: annmarie.lyons@dublincity.ie

Urrús Training

Urrús provides training in relation to drug misuse. Most of our work is with adults, parents and professionals working in the area or with those who through their work encounter addiction issues. Urrús is running a series of courses and workshops over the coming months including:

- » Drug Awareness Information Day
- » Introduction to Addiction Studies
- » Community Addiction Studies Course© at FETAC Level 5.
- » Diploma in Community Drugs Work

For further information on any of the above please contact: - Gabrielle Gilligan, Urrús, Horizons Centre, Balcurris Road, Ballymun, Dublin 11. Phone: 01 8467980 Email: urrus@byap.ie

Environmental Champions!

Ever wanted to find out more about the environment? Want to learn how to convert an engine to use biofuel, build your own solar panel, make



Claremont Residents exibit in Local Library. For more information contact Teresa Gilgunn St. Clare's Activities co-ordinator St. 01-7044217.

an environmental video or create a living willow sculpture? Are the group you are working with aged between, 16-23 years old? The Environmental Champions is a programme for 16-23 year olds in Ballymun, who would like to learn something new or take some action on environmental issues. Participants will receive a certificate of completion.

For more information GAP on 01-8625846.

Environmental Projects in your Neighbourhood

GAP will be hosting a series of Community Action Days in each of the Neighbourhood Areas over the summer months. Events will include:

- Water Conservation Project in Shangan in June
- » Planting a Heritage orchard in Balcurris as part of Heritage Week (August)
- » Healthy Living event in Poppintree

as part of National Organic Week (September).

GAP will also be hosting a series of 'Big Sweep' events in each Neighbourhood area. The Big Sweep is an environmental initiative which encourages local residents to take responsibility of the own area through community clean-ups, planting projects and graffiti removal etc.

Please contact Vanessa for more information on 01-8625846

New Citizens Information service for the Ballymun area

Citizens Information C:

Dublin North West Citizens Information Service provides a Free Confidential Information, Advice and Advocacy Services on your Rights and Entitlements We are please to announce a new service for the Ballymun area:

Ballymun Civic Centre

Every Monday, Wednesday and Friday

9.30am – 1pm , No Appointment Necessary

Other locations:

Ballymun Library, Ballymun Road -Every Thursday and Friday morning 10.30am – 12.30pm

FLAC (Free Legal Advice) - Tuesday & Thursday 7pm – 8pm

CAVA (Free Financial Advice) - 1st & 3rd Tuesday of every month 7pm – 8pm

No Appointment Necessary

Lo-Call 1890 777 121 www.citizensinformation.ie

Local Legal Advice Clinics

If you have a legal problem, drop into your nearest legal advice

clinic for a free consultation with our community solicitor:



Times for all clinics are from 10am-12noon;

No appointment necessary

- » Local Employment Office 1st Tuesday of every month
- » Ballymun Library 2nd Tuesday of every month
- » Poppintree Sports Centre 3rd Tuesday of every month
- » 16 Balcurris Park East 4th Tuesday of every month

Please note BCLC does not deal with criminal law issues.

Local Childminding Advisory Service

The Childminding Advisory Service has had a busy Spring. The Quality Awareness Programme took place in April for childminders and potential childminders. This Programme gives participants valuable information on topics such as: 'Starting your own Business'; Hygiene, Health and Safety; Child Development; Play; Wellbeing, Food and Nutrition. In May a computer class for beginners was delivered by Lisa Donaldson.

For more information about other course and supports for childminders contact Sheila on 087.6814138

Over 500 people take part in first annual MUN-FUN –RUN

In fantastic weather conditions, over 500 runners, walkers and joggers limbered up to take to the streets of Ballymun to do their bit for both charity and their physical wellbeing in the first ever Annual 3km MUN-FUN- RUN.

The first male student competitor out of the arena was Shane O'Keefe, who picked up the top prize, followed by a close 2nd was Mark Williams of Youth Reach Ballymun and first girl back was Glenda Harper.

Everyone was delighted that the Fun Run, literally, ran as smoothly as it did and big thanks has to go out to An Garda Siocháná, Tininty Comperhensive fouth year Students, Paddy O' Reilly and Eric Bonass P.E teachers with Trinty Comprehensive, Supervalu, DCC sports and community officers and Youth Reach, It truly has been a team effort...

Well done to all Ballymun Primary schools and Community Groups that took part, we hope everyone enjoyed the day and we will see you all next year.

We hope to make The MUN-FUN-RUN an annual affair, getting bigger and bolder each year. If you would like further information on The MUN-FUN-RUN please contact Rosie King on 222 5617 or rosie. king@dublincity.ie

Save up to €500 per year on home energy bills!

The Warmer Homes Scheme provides the following:

- » Attic Insulation
- » Draught Proofing
- » Lagging Jackets
- y 4 x Energy Efficient Light bulbs
- » Energy Saving Advice

Who's eligible?

People in receipt of Fuel Allowance under the National Fuel Scheme (this is the main eligibility criteria) and also either old age pension, invalidity benefit or disability benefit.

A Warmer Homes Application Form can be downloaded from http://www.ballymun.org/dloads/warmer_homes_scheme_app_form.jpg or by contacting Manus Bree in Ballymun Whitehall Area Partnership Tel: 01 8423612 or Email: manus@ballmun.org and Andy Wilson (Environmental Project Officer) BRL Tel: 01 222 5757 or Email: andy.wilson@dublincity.ie.

Senior Alerts Scheme

The Scheme will provide grant support for equipment to enable older persons without sufficient means to continue to live securely in their

Trinity Comprehensive takes part in National competition

Trinity Comprehensive Transition year students Kim O'Leary and David Sanni competed in this years National Mock Trial competition with the support of their school, Ballymun Initiative for Third Level Edcucation (BITE), Ballymun Community law Centre and DCU. Before taking part in the competition a law club was held in the school for students, which included law classes, work experience and mock trial training.

This is Kim's report on their great day:

"On Saturday 15th May 2010 I attended the Mock Trials Competition in the Criminal Courts of Justice. I viewed an arson case in Courtroom 6 and the trial judge was Mr. Justice Paul Carney. Both defence and prosecution teams prepared an outstanding case.

I entered the individual competition, the categories were: Newspaper Reporter, Television Reporter and Sketch Artist, which was the category my classmate David Sanni entered.I was a Newspaper Reporter and I had to write a 330-word report and it had to include what the case was all about, who was in the courtroom and what the verdict was.

The new building is absolutely amazing and everyone was so nice and welcoming. I had never been in a court before so this was a first time experience, which I enjoyed very much. I would love to pursue a career in law. I got great enjoyment from this experience and would like to become a prosecution lawyer. Altogether the day was brilliant and I would compete again. It boosted my confidence for public speaking and broadened my mind for new career choices. "

Thanks to BITE's Michelle Murphy and BCLC's Sonya Keniry for bringing us to the mock trials and for all their support.

Courses & Services

homes with confidence, independence and peace of mind. Grant support will be available towards the purchase and installation of:

- » Personal monitored alert systems; and
- Other items to improve the safety and security of the home (including monitored smoke and carbon monoxide detectors, internal emergency lighting and external security lighting).

This is funded under the Department of Community, Equality & Gaeltacht Affairs. The Older Person's Network and Ballymun Whitehall Area Partnership will apply on behalf of individuals in Ballymun and Whitehall area.

Please contact the Ballymun Whitehall Area Partnership for more information on 01-842 3612 or email info@ ballymun.org or drop into the office in the shopping centre.

Thank you to our Intergenerational Volunteers

Ballymun Whitehall Area Partnership and Ballymun Older Persons Network would like to thank Pat, Ellen, Frances, Annie, Phyllis and Mary who have volunteered their time to the local history intergenerational project.

So far this year the six volunteers have visited over 250 children in 5 local schools. Where they spoke to the students about what school was like for them when they were growing up. Telling the classes about the games they played, the food they ate and what life was like when they were children. When the students had asked all their questions, they were each given a pack containing a local History Trails Map and a questionnaire. Accompanied by their volunteer and their teachers, the students went on a walk of Ballymun answering questions as they went. The project has been very successful since it began in 2009 and was thoroughly enjoyed by all who took part!

Without the commitment of the local volunteers and the support of the schools we couldn't have delivered the project to as many children as possible.

If you are over 55 and would like to become a volunteer please contact Elizabeth Tierney Tel: 01-8423612 or Email: elizabeth@ballymun.ora.

Heritage Week in Ballymun

Heritage Week 2010 will run from the 21st-29th of August. Each year communities throughout Ireland participate by organising local events. There is something to appeal to almost everyone and the main aim is to build awareness of our built, natural and cultural heritage thereby encouraging its conservation and preservation.

In Ballymun there will two events taking place as part of Heritage Week 2010.

A Butterfly walk in Santry Demesne on 25th August, Planting a fruit orchard (of a heritage variety) in the grounds of St. Joseph's Church.

Please contact Vanessa for more information on 01-8625846 or vanessa@ globalactionplan.ie

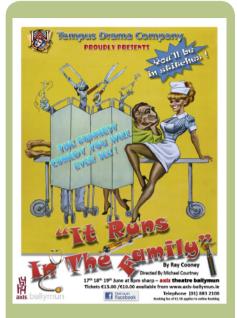
Friendly call service



This service offers a free telephone call five mornings per week to check that people are well and kept

informed of other services that are available to them. This service can also remind clients of Hospital and Doctor's appointments if they wish. If there is no response to the telephone call within a set period of time the Service can advise their contact person and if necessary call the emergency services.

For further information or to get an application form please contact Manus Bree at 01-842 3612 or drop in to the Ballymun Whitehall Area Partnership.



Summer at axis

After a great start to the 2010, we have an exciting summer of events planned for you. Our summer project 'The Dream Factory' returns to keep your little & not-so-little one's entertained with courses in Art, Drama & Singing. But what else can you expect? With Comedy, Music, Theatre & Film, there really is something for everyone.

It Runs In The Family

by Ray Cooney

An evening of delicious and uproarious fun for all.

Dates & Times: Thurs. 17th – Sat. 19th June @ 8pm

Tickets: €13/10

Find out more about all of axis' upcoming events or information on our dance, art, drama and music lessons/classes visit www.axis-ballymun.ie or call us on (01) 883 2100 and we can post you a copy of our Programme of Events.