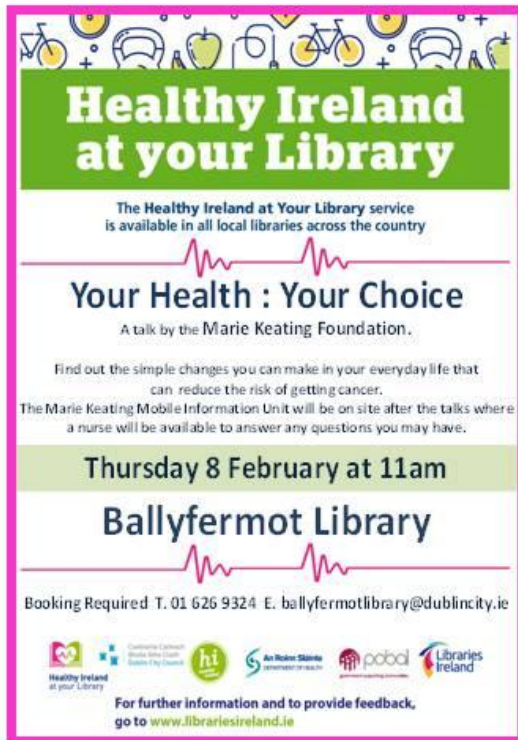


Healthy Ireland Events



Healthy Ireland at your Library

The Healthy Ireland at Your Library service is available in all local libraries across the country

Your Health : Your Choice
A talk by the Marie Keating Foundation.

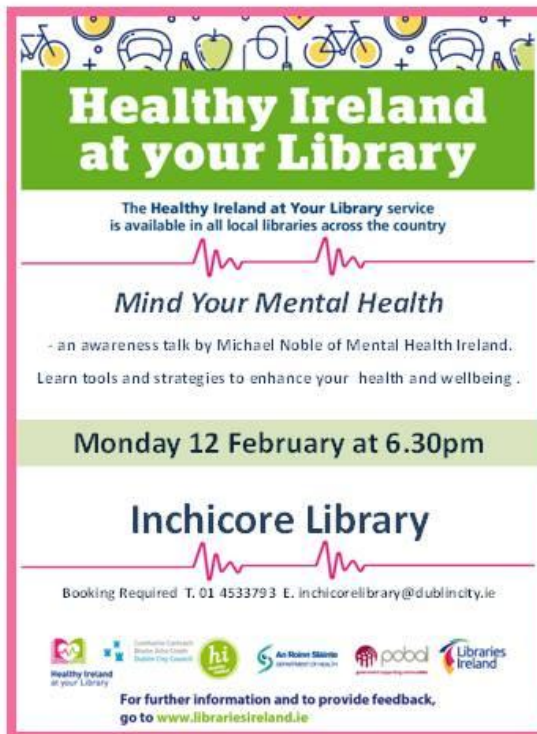
Find out the simple changes you can make in your everyday life that can reduce the risk of getting cancer. The Marie Keating Mobile Information Unit will be on site after the talks where a nurse will be available to answer any questions you may have.

Thursday 8 February at 11am

Ballyfermot Library

Booking Required T. 01 626 9324 E. ballyfermotlibrary@dublincity.ie

For further information and to provide feedback, go to www.librariesireland.ie



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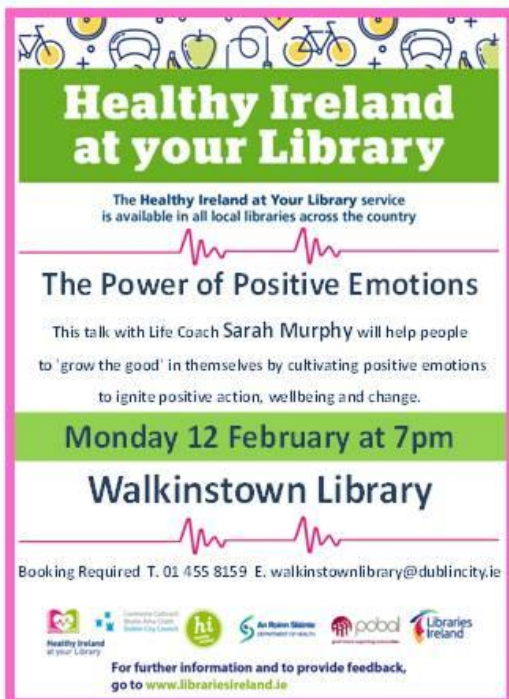
Mind Your Mental Health
- an awareness talk by Michael Noble of Mental Health Ireland.
Learn tools and strategies to enhance your health and wellbeing.

Monday 12 February at 6.30pm

Inchicore Library

Booking Required T. 01 4533793 E. inchicorelibrary@dublincity.ie

For further information and to provide feedback, go to www.librariesireland.ie



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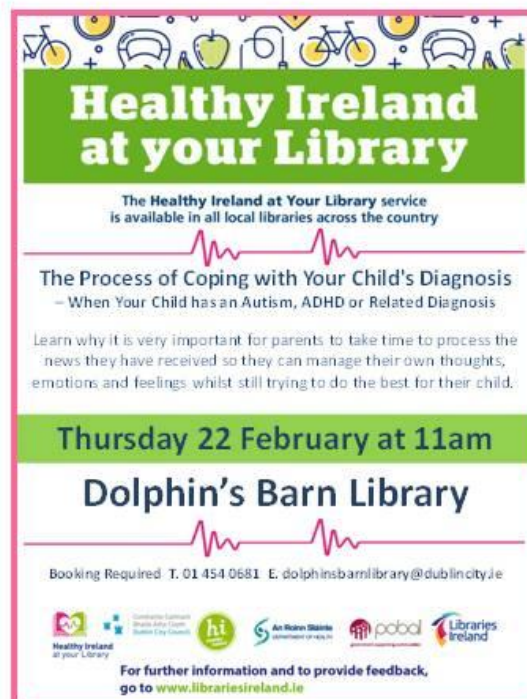
The Power of Positive Emotions
This talk with Life Coach Sarah Murphy will help people to 'grow the good' in themselves by cultivating positive emotions to ignite positive action, wellbeing and change.

Monday 12 February at 7pm

Walkinstown Library

Booking Required T. 01 455 8159 E. walkinstownlibrary@dublincity.ie

For further information and to provide feedback, go to www.librariesireland.ie



Healthy Ireland at your Library

The Healthy Ireland at Your Library service is available in all local libraries across the country

The Process of Coping with Your Child's Diagnosis
– When Your Child has an Autism, ADHD or Related Diagnosis
Learn why it is very important for parents to take time to process the news they have received so they can manage their own thoughts, emotions and feelings whilst still trying to do the best for their child.

Thursday 22 February at 11am

Dolphin's Barn Library

Booking Required T. 01 454 0681 E. dolphinsbarnlibrary@dublincity.ie

For further information and to provide feedback, go to www.librariesireland.ie

Library Events for February 2018 – South Central Area

Ballyfermot Library

Non Regular or Regular Events	Event Category	Event Title	Suitable Audience	Date and Time
Regular	Exhibition	1916 Street Banners & Art Exhibition	All	Ongoing
Non-Regular	Author Visit	Visit by Erika Mc Gann – citywide Reading	Children – class visits	Monday 19 th 10.00am
Non-Regular	Computer Course	Digital Skills course	Adult	5 week course started on 19 th Jan – Fridays 10.00 – 12.30
Non-Regular	Memorial	COPD Memorial service	COPD group and families	Thursday 1 st 2pm-4pm
Non- Regular	Health	Meeting of Programme for Healthy eating and weight management (PHEW)	Open to all but booking essential	Mondays 5 th , 12 th & 19 th (final 3 of six sessions)
Non-Regular	Film	D10 Be Well film show	Adults	Thurs 8 th 10.30am
Regular	Irish Language group	Ciorcal Comhrá	All	Tuesdays 6.00 – 7.30pm
Non- Regular	Health	Type 2 Diabetes workshop	All	Wed 7 th , 14 th , 21 st , 28 th 10.00 – 12.30
Regular	Adult education	Ballyfermot University of the 3 rd Age	Closed to last year's Communiversy group	Wednesdays 10.00- 12.30
Regular	Adult Education	Communiversy	Adult	Tuesdays 10.00 – 12.30
Regular	Workshop	“Smashing Barriers” Ballyfermot/Chapelizod	Closed	Thursdays 10.30am- 1.00pm
Regular	Computer Class	WALK computer classes	Closed to members of WALK	Tuesdays & Wednesdays 2pm – 4pm
Regular	Cookery Course	“Healthy food made easy”	Adult	Tuesdays 10.00am - 12.30pm

Library Events for February 2018 – South Central Area

Non Regular or Regular Events	Event Category	Event Title	Suitable Audience	Date and Time
Regular		WALK – Walkinstown Adult Learning group	Closed	Wednesdays 2.15pm – 5pm
Regular		WALK – Walkinstown Adult Learning group	Closed	Mondays 1.30pm – 4.00pm
Regular	Meeting	Ballyfermot Heritage Group	All	Thursday 7 th @ 6.30pm
Regular	Meeting	COPD info session		Last Thursday of month 2.00pm – 4.00pm
Regular	Toddler Group	‘Baby Bounce’ Story telling for toddlers	Children	Tuesdays @ 11am
Regular	Facilitated Group	Monday Afternoon Book Club	Adult	2 nd Monday of month @ 2.30pm
Regular	Facilitated Groups or organisations	Junior Writers Group	Children	Thursdays at 6.00pm
Regular	Facilitated Group	West Dublin Widow’s C.A.R.E.	Adult	2 nd and Last Friday of each Month - at 11.00am
Regular	Facilitated Groups or Organisations	Creative Writers Group	Adult	Wednesday 13th at 6.00pm
Regular	Book Club	Junior Book Club	Children 10yrs – 12yrs	Thursday 28 th @ 3.30pm
Regular	Facilitated Groups or Organisations	St. John of God, Walkinstown, Book Club	Adult	Mondays & Thursdays 10.30am – 1.00pm

Library Events for February 2018 – South Central Area

Dolphin's Barn

Regular or Non Regular	Type of Event	Event Title	Audience	Date and Time
Non Regular	Talk as Part of Healthy Ireland	The Process of Coping with Your Child's Diagnosis - When Your Child has an Autism,	Adult	Thursday 15 February at 11am
Regular	Book Club	Grand Canal Book Club	Adult	2 nd Monday of the month at 7pm
Regular	Book Club	Beyond the Pale	Adult	External Book Club
Regular	Book Club	Margaret Mason	Adult	External Book Club
Regular	Book Club	Dolphins Barn Book Club	Adult	Last Thursday of the month at 11am
Regular	Book Club	Afternoon Book Club	Adult	3 rd Wednesday of the month
Regular	Book Club	Page Turners	Adult	External Book Club – Meets every 6 weeks

Library Events for February 2018 – South Central Area

Inchicore Library

Regular/Non Regular	Type of Event	Event Title	Adult / Child / Family	Date and Time
Non Regular	Exhibition	Great Book of Kilmainham	Adult	ongoing
Non Regular	Book Display	International Dublin Literary Award 2017	Adult	ongoing until June
Non Regular	Exhibition	Dublin's Culture Connects		February
Non Regular	Book Display	Children City Wide	Children	
Non Regular	Author Visit	Citywide Reading Erika McCann	Children	Tues 6 th February @ 12pm (booked out)
Non Regular	Talk	Healthy Ireland – Mind your Health	Adult	Mon 12 th @ 6.30pm
Non Regular	Workshop (music)	Booping Babies	Under 4	Thurs @ 10.30-11am for 5 weeks
Non Regular	Talk	Healthy Ireland – An Introduction to a balanced diet for maintaining good health	Adult	Mon 26 th @ 6.30pm
Regular	Book Display	New Adult Book Display	Adult	FEB
Regular	Miscellaneous	Notice Board Display	Adult	FEB
Regular	Facilitated Group	Knitting Circle	Adult	Thursdays from 3 – 4pm
Regular	Book Club	The Monday Book Club reading 'the Hen Who Dreamed She Could Fly' by Sun-Mi Hwang	Adult	First Monday of Month 6 th February @ 6.30pm
Regular	Book Club	Wednesday Book Club	Adult	Last Wed of Month 22 nd February @ 6.30pm
Regular	Miscellaneous	Film Showing	Adult	Wed 14 th @ 6.00pm
Regular	Book Display	New children's Book Display	Children	
Regular	Exhibition	Children's Art Competition Display	Children	
Regular	Workshop	Colouring	Children	During the month
Regular	Workshop	Story Time	Children	Tuesdays at 2.45 – 3.15pm

Library Events for February 2018 – South Central Area

Walkinstown Library

Non Regular or Regular Events	Event Category	Event Title	Audience	Date and Time
Non Regular	Talks as part of Healthy Ireland	Power of Positive Emotion	Adult	Monday 12 February at 7pm
		Communiversity		Due to start end of January until June Thursdays 10-1p.m.
Regular	Facilitated Groups and Organisations	Knitting Circle	Adult	Wednesday's 6pm-8pm
Regular	Facilitated Groups and Organisations	GIY(Grow-it-yourself)	Adult	3 rd Monday of the month from 6.30pm-7.45
Regular	Facilitated Groups and Organisations	Adult Readers' Group	Adult	2 nd Thurs. @ 3.30pm
Regular	Facilitated Groups and Organisations	Crochet Group	Adult	Saturdays @11am
Regular	Conversation Exchange	Ciorcal Comhra (Irish language exchange)	Adult	Mondays 6pm-7pm
Regular	Mother and Toddler Group	Mother and Toddler group	Children	Tuesdays 11am-12.30pm
Regular	Book Club	Children's Book Club	Children	4th Monday of the month @ 4pm