



COMMUNITY NEWSLETTER

SPRING 2016

NEW EMPLOYMENT OFFICE IN BALBRIGGAN



December 2015 saw the opening of the new SICAP employment office in Balbriggan. The aim of this office is to offer a range of services, all of which are free, to anyone who is unemployed and looking to get back to work.

These services include one-to-one guidance counselling and advice, assistance in searching for the right job, CV updates and preparation, help filling out applications and interview preparation. Also on offer are free back to employment training programmes.

This is a free and confidential service and will be beneficial to anyone looking for some support as they develop an action plan for getting back to work.

ANNUAL PROGRESS REPORT

In 2015, Blanchardstown Area Partnership provided educational and labour market training supports to 1,216 individuals across Fingal. The vast majority of them were unemployed and other SICAP target groups such as lone parents, people with disabilities and New Communities.

379 persons received educational supports, 269 labour market interventions and 638 assistance in relation to self-employment measures. 179 new businesses were set up as a result and an additional 92 employed.

Elsewhere 63 community organisations and groups also received supports from the organisation. This ranged from supporting groups access grant funding, putting in place anti-discrimination measures and profiling communities.

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HEALTH FAIRS ACROSS FINGAL IN 2016

In the coming months in venues across Fingal, there will be Health and Wellbeing events held in Swords, Blanchardstown and Balbriggan. Free Health Checks, information and Advice available



DUBLIN 15 HEALTH FAIR
5th MAY 2016
BLANCHARDSTOWN S.C.
9.30am to 5pm



Coimhéis, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government



The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative

EMPLOYMENT TRAINING COURSES AVAILABLE ACROSS FINGAL



**INTERVIEW
IN PROGRESS**

CAREER BOOT CAMP

Career Boot Camp is a concise, fast-paced training course, suited to job-ready clients. Designed to increase confidence of job-seekers who may have an abundance of experience and/or qualifications, but poor job-seeking skills. Participants need a basic CV and the ability to ask lots of questions and engage in discussions.

THREE HALF-DAY SESSIONS



FUTURE OPTIONS

Slower-paced course, encouraging those who have been unemployed for a number of years, to make that first step and engage with training and employment services. The course provides advice, personal development, IT skills and guidance. On completion, participants should have increased confidence and a clear career plan.

EIGHT WEEKS - THREE SESSIONS PER WEEK



IT LEVEL 3 & SOCIAL MEDIA COURSES

We currently offer two IT courses, the first - an introductory IT Level 3 course, equipping job-seekers with the skills to confidently use MS Office, as well as fill in and send online applications and CVs. The 2nd is a Social Media course which demonstrates the benefit of using online networking as a job-seeking tool.

CALL BARBARA 01 826 2342 FOR DETAILS



POWER OF POSITIVITY

Practical workshop based on cognitive psychology, examining how our mind works, the power of positive thoughts & application to job-seeking. Unsuccessful job-seeking can cause a significant decrease in confidence and depression. This workshop seeks to prevent this, using rejection by employers to improve job-seeking.

ONE FULL-DAY SESSION

FOR MORE INFO, CALL BARBARA: 01 826 2342

UPCOMING ENTERPRISE WORKSHOPS IN FINGAL

ENTERPRISE INFORMATION SESSIONS

18/21 MAR

BLANCHARDSTOWN

7/8 APR

BLANCHARDSTOWN

22/23 MAR

SWORDS

22/27 APR

SWORDS

START YOUR OWN BUSINESS COURSES

8 - 10 MAR

BLANCHARDSTOWN

12 - 14 APR

BLANCHARDSTOWN

27 - 29 APR

SWORDS

ALL COURSES RUN FROM 9.30am until 1pm

FINANCE CLINICS

11 APR

BLANCHARDSTOWN

11 APR

SWORDS

BLANCHARDSTOWN SESSIONS from 9.30am - 12.30pm

SWORDS SESSIONS from 2.00pm - 4.00pm

TO BOOK YOUR PLACE ON AN ENTERPRISE COURSE, CALL 01 820 9550

FÁILTE ISTEACH CLASSES TAKING PLACE IN DUBLIN 15 AND SWORDS



Fáilte Isteach involves local people who volunteer to facilitate conversation English with people who have come to live in Ireland from many different countries. The aim of the programme is to provide basic language support in a practical, welcoming and inclusive way.

IF YOU WOULD TO IMPROVE YOUR CONVERSATION ENGLISH OR VOLUNTEER A FACILITATOR, CONTACT US...

BLANCHARDSTOWN

DILLON HOUSE
106 PORTERS ROAD
COOLMINE BUSINESS PARK
CLONSILLA
DUBLIN 15
CALL MONICA LAWLESS
085 179 8866
mlawless@bap.ie

TYRRELSTOWN

TYRRELSTOWN
COMMUNITY CENTRE
TYRRELSTOWN
DUBLIN 15
CALL RAFE COSTIGAN
087 220 3944
rafe.costigan@fingal.ie

SWORDS

FOR MORE INFORMATION
ON DATES AND VENUES
CALL MONICA SHANNON
087 930 4535
mshannon@bap.ie

ESOL COURSES - ENGLISH FOR SPEAKERS OF OTHER LANGUAGES



ESOL courses for Beginner, Pre-Intermediate and Intermediate Levels are available in Swords, Balbriggan and Blanchardstown. The courses aims to provide participants with the knowledge, skills and competence to communicate and interact at an introductory level in English, socially and in simple, work-related tasks.

Providing the highest standard of training, these courses will allow each person to receive as much information as possible, which will assist participants onto vocational training courses, labour market training or employment.

FOR MORE INFORMATION ON DATES AND VENUES OF ESOL COURSES
CONTACT MONICA LAWLESS OR CIARÁN DALTON AT 085 179 8866
OR EMAIL MLAWLESS@BAP.IE / CDALTON@BAP.IE

INFORMATION SESSIONS & ENTERPRISE TRAINING

4 MAR	DIY BOOKKEEPING - BITE SIZE SERIES	BLANCHARDSTOWN
11 MAR	MARKETING ON A SHOE-STRING	SWORDS
14 MAR	DEVELOP A PRICING STRATEGY	BLANCHARDSTOWN
1 APR	TAXATION FOR SELF-EMPLOYED	SWORDS
5 APR	IMPROVE YOUR FACEBOOK PAGE FOR BUSINESS	BLANCHARDSTOWN
15 APR	MOMPREENEURS - PART I	BLANCHARDSTOWN
22 APR	MOMPREENEURS - PART II	BLANCHARDSTOWN
22 APR	SIMPLE IDEAS FOR A GREAT WEBSITE	SWORDS
6 MAY	DIY BOOKKEEPING - BITE SIZE SERIES	SWORDS
13 MAY	MAKE THE CONNECTION - GET THE SALES	SWORDS

ALL COURSES RUN FROM 9.30am until 1pm

FOR MORE INFO ON COURSE DATES, VISIT WWW.BAP.IE/ENTERPRISE

PARENTING - THE MOST IMPORTANT JOB YOU WILL EVER DO!

EARLY YEARS PARENTS PLUS PROGRAMME

FOR PARENTS OF CHILDREN
AGED 1 TO 6

CHILDREN'S PROGRAMME

FOR PARENTS OF CHILDREN
AGED 6 TO 11

ADOLESCENT PROGRAMME

FOR PARENTS OF ADOLESCENTS
AGED 11 TO 16



Would you like the opportunity to come together with other parents in your area to share ideas and learn new techniques in a relaxed, friendly and fun environment?

We are excited at BAP to be able to provide you with the opportunity to take part in the Parents Plus Programmes at locations across Fingal.

PRACTICAL & POSITIVE EVIDENCE-BASED PARENTING PROGRAMMES DESIGNED TO

- ◆ SUPPORT AND EMPOWER PARENTS
- ◆ TO CREATE SATISFYING AND ENJOYABLE RELATIONSHIPS
- ◆ TO MANAGE AND SOLVE DISCIPLINE PROBLEMS
- ◆ TO HELP CHILDREN AND YOUNG PEOPLE GROW UP TO REACH THEIR FULL POTENTIAL

FOR FURTHER INFORMATION ON WHEN
THE NEXT COURSE IS TAKING PLACE

CONTACT
PAULINE MANGAN
087 419 0777
pmangan@bap.ie

ALTERNATIVELY, CALL NUALA KANE ON 01 829 5048 FOR COURSE INFO

10 WEEK HORTICULTURE COURSE



**STARTING 5th APRIL 2016
RUNS FOR TEN WEEKS**

Do you like to spend time outdoors?
Interested in growing your own food?
Would you like to meet new people?

Corduff Community Garden would like to invite you to join our team of volunteers and help us make Corduff a little bit greener this season. You will get a chance to plant, grow and harvest a wide range of fruit and vegetables, acquire new skills through our free training and meet like-minded people.

We welcome beginners as well as experienced gardeners of all ages. We learn by sharing skills and experiences with each other and always have a lot of fun getting our hands dirty in the garden. As part of the activities in the garden, a horticulture course is being held from 5th April 2016, for ten weeks.

**The course is free to participants if interested contact
Monica Shannon at 087 930 4535**

If you would like to get involved in the garden, please send an email to
corduffcg@gmail.com

CARE AND REPAIR



**SERVICES AVAILABLE
IN DUBLIN 15**

Facilitating the requirements of older people within the community, we operate throughout Dublin 15 and continue to provide the service Monday-Friday.

All staff members live within the area and are Garda vetted as we are conscious of concerns people have with allowing strangers into their homes.

The client will be expected to cover the cost of materials, but the actual fitting / repair service will be provided free of charge. The programme is not intended to replace the need for specialist/skilled tradespersons.

To avail of Care and Repair service, contact
Parkside Office at 01 826 2342

FOR MORE INFO ON COMMUNITY SERVICES, CONTACT 01 826 2342

TÚS COMMUNITY WORK PLACEMENT PROGRAMME - CASE STUDY



Rebekah first came to the Tús offices in Blanchardstown in July 2014. Like many other people she'd been frustrated by the job-seeking process and was becoming more and more disillusioned with each passing day. "I'd only managed two interviews in the previous ten months, I didn't hear back from the first and the other was a bit of a joke" Rebekah said.

Prior to job seeking Rebekah had been in college and had also done some crèche and coffee dock work- "It was all just work experience, nothing paid or permanent". After that she kept busy by up-skilling and did an ECDL course and a web design course which fascinated her. On receiving the Tús invitation letter, Rebekah wasn't overly excited. "I hadn't heard much about Tús and what little I did hear was quite negative but I wanted to come in and see what was on offer as I *needed* to do something".

Rebekah met with one of our Tús team leaders – Graham Doyle, who advised her that Tús would be a good move for her. Rebekah was nervous about coming in to see Graham but she later said "Early on in the meeting I was put at ease. Nobody was forcing anything on me and my skills were going to be put to use". Graham arranged an interview with the Jigsaw project that had a placement for a receptionist/administrator.

While the placement was a receptionist/administrator role, Jigsaw deal with vulnerable young people so Rebekah would have to learn new skills for the role. She would be trusted with confidential information and her discretion would be relied upon. Rebekah was very positive about the interview and answered all questions with confidence. Soon afterwards the Jigsaw project got back to Graham offering Rebekah a placement.

Rebekah's placement at Jigsaw began in August of 2014. She quickly adapted to the challenges presented to her in the role. "I was thrown in at the deep end as one of the staff left but it was a great way to learn" she said. She earned the trust of all the staff at Jigsaw and excelled in her office duties. Rebekah responded well to the tasks being given to her and found fantastic support from the people at Jigsaw.



As she progressed in her placement and grew in confidence, Rebekah started job seeking again. She also decided to build on her knowledge of web design and Tús were able to offer her some financial support in order for her to attend a course at the Institute of Business and Technology. Rebekah was delighted with the help. "It's very hard to scramble together funds when you're on little more than a social welfare payment, so I was really pleased with the financial support from Tús" she said.

Her job seeking paid off too and having applied for a job in April she was contacted by Safety Solutions in July. She did her interview on a Thursday morning and they offered her a job that same afternoon. On leaving Tús to take up her new role she said "Tús is one of the best things to ever happen to me. I know I would not have my job if I didn't have the experience that I received on my placement". Rebekah is just one of many people who have benefitted greatly from a Tús placement and is currently enjoying full time employment at Safety Solutions.

IF YOU WOULD LIKE MORE INFORMATION ABOUT TÚS AND ARE ON A JOBSEKERS ALLOWANCE PAYMENT FOR MORE THAN ONE YEAR AND ARE FROM DUBLIN 15, PLEASE CONTACT THE TÚS TEAM

01 826 2342

BLANCHARDSTOWN LOCAL EMPLOYMENT SERVICE



Blanchardstown Local Employment Services registered over 2,000 local unemployed people with its services during 2015 and assisted over 500 to secure employment. Over 800 went on to participate on further education or training or activation programmes. Our clients are not only those on the Live Register but all local people who find themselves out of work.



IF YOU ARE LIVING IN DUBLIN 15, UNEMPLOYED, AND WOULD APPRECIATE SOME ASSISTANCE, CONTACT
DILLON HOUSE: 01 820 6379 PARKSIDE: 01 826 2342

01 820 9550 / INFO@BAP.IE / 1800 100 019 / WWW.BAP.IE

WE CAN QUIT

Stamp out the habit for 2016

Women across Fingal - this is for you!



Want to quit smoking?

Want to be healthier, happier (and a bit richer?)

Want help and support to do this?

Come join our **FREE 12 week programme** for women to help **YOU** quit smoking

For more information contact
Susan Fox at 01 829 5049
email sfox@bap.ie



HEALTHY FOOD MADE EASY

Courses now running across Fingal

Learn how to cook healthy food on a budget

You'll learn great tips and cook and eat tasty food every week.
The course takes place over six sessions of 2.5 hours and cost €5 in total.

What recent participants of HFME had to say

"I have learned to plan my meals and shop accordingly. I now walk three or four times a week and I am much healthier"

"I loved taking part in cooking of the meals. Also got great suggestions about where to get the best value when buying the ingredients."

If you would like to have HFME running for your group or school contact : [Roisin Devoy \(01\) 820 9550](mailto:Roisin.Devoy@bap.ie) or email rdevoy@bap.ie



Diabetic RetinaScreen offers free annual diabetic retinopathy screening to people with Type 1 or Type 2 diabetes aged 12 years and over. Diabetic retinopathy is a common complication of diabetes and can lead to worsening in vision. Diabetic RetinaScreen aims to reduce the risk of sight loss among people with diabetes by the early detection and treatment of retinopathy. When caught early, treatment is effective at reducing or preventing damage to sight.



An tSeirbhís Náisiúnta Scagthástála
National Screening Service



BowelScreen offers regular free bowel screening to men and women aged 60 to 69. Bowel screening involves a quick, easy-to-use home test every two years while in the age-range. Screening aims to find bowel cancer at an early stage when it is easier to treat. Bowel cancer is the second most common cancer among men and women in Ireland. It is so important to take part when invited and the programme particularly encourages men to take up their invitations.

OUR OFFICES/TRAINING LOCATIONS

DILLON HOUSE



106 Porters Road
Coolmine
Business Park
Clonsilla
Dublin 15

THE BeAT CENTRE



Unit 12
Stephenstown
Industrial Estate
Balbriggan
Co.Dublin

PARKSIDE



Unit 2, 2nd Floor
Parkside
Main Street
Mulhuddart
Dublin 15

RIASC CENTRE



TRAINING
CENTRE
Feltrim Road
Swords
Co.Dublin