

# Coolock Hub

## Newsletter Nov 2019

### Our Story so far...



For many, many years Coolock hub resided in just one small room in the Coolock Development Centre. This room was used for everything from arts and crafts activities, eating area, storage of personal belongings, literacy, music groups etc. As you can see from the picture below it was very cramped, and not very nice.



### All about Coolock Hub:

We are a community based Dayservice for young adults. We are based in Coolock Development Centre. Our young people come from all over the local area, Coolock, Kilmore, Clarehall, East Wall, Santry, Ballymun, Raheny.

There are currently 12 young people who attend our service regularly. Our Hub has 4 full time staff and 2 part time staff.

We are involved in lots of different community based activities and courses throughout the local area, we also run some QQI courses and activities ourselves .

**Education** – Plunket College, CDETB Finglas, Northside Partnership, STTC and In-house QQI.

**Employment** – Supported Employment in Spar, Clontarf and Metro services.

**Paid Employment** – DC Tyres, Whitehall and Chambers Pharmacy, Ballymun.

**Work Experience** – Centra, Kilmore.

**Volunteering** – SVP, Coolock.

### Our new and improved Hub

Prior to 2018, Coolock Hub was based in one small room in the Coolock Development Centre. After a successful complaints process by all the young people in the Hub, lots of changes occurred for the better ☺ In 2018 we gained two new rooms, and with the help of money received from the Dublin Community Spirit Awards and our fundraising efforts we were able to kit out our new and improved Hub.

We now have our own music/chill out room, lockers, activity room and kitchen area for everyone to use. All of which have been kitted out by our fundraising efforts over the last few years ☺

In May 2017 during a Hub meeting the Service Users present made a complaint about the room and facilities provided for them in Coolock Hub. This complaint proceeded through the complaints process and as a result two new rooms were acquired for Coolock Hub. These two new rooms gave the Hub much needed extra space where we were able to provide a chill out space/music room and also commence in house QQI courses and IT skills. Also through our fundraising efforts and Community Spirit Award funding we were able to purchase new lockers, a kitchen area and furnish our new rooms.

Furthermore, in October 2019, Coolock Hub has acquired another room downstairs in Coolock Development which will be used for IT skills, in-house QQI, mindfulness programmes and also Arts & Crafts. Our fundraising efforts will go towards kitting out the new room, laptops and equipment are needed.

*Here are a few pictures of our New and improved Coolock Hub*







# Coolock Hub Awards 2019

For the last two years we have held an awards ceremony in Coolock Hub to celebrate all of our amazing achievements over the year. This year's Hub Awards were again held in Coolock Hub. We celebrated on Friday the 6th September with a ceremony and party.

It was another great year in the Hub with lots of new people winning Awards, some for the first time. The voting was thick and fast over the weeks leading up to the Awards.

All the staff are very proud of the hard work and achievements of all the young adults in Coolock Hub.

Here's to another successful year next year!!

**Our winners were as follows, as seen in attached photo:**

**Niall McGillicuddy:** 1st Extraordinary effort, 1st Friendship Award.

**Dean Cobbe:** 1st Most likely to win X-Factor, Runner up in 'Good' Listener Award, Friendship Award and Most Stylish award.

**Gary Rainsford:** 1st Most Stylish Award, Runner Up in Best Attendance Award.

**Claire Maguire:** 1st Best Attendance Award, Runner Up in Best Helper Award.

**Lorcan Barry:** 1st Star of 2018-2019 Award, 1st Funniest Laugh Award.

**Caitriona Shannon:** Runner Up Stay of 2018-2019, Most Stylish Award and, Most Likely to win X-Factor

**Niamh Nolan:** 1st Best Helper Award, 1st 'Good' Listening Award, Runner Up in Extraordinary Effort Award.

**John Redmond:** Runner Up Most Likely to win X-Factor, Funniest Laugh Award.



# Coolock Hubs Fundraising Efforts 2018- Present

- *Easter Hamper Raffle in Northside Shopping Centre. 29<sup>th</sup> March 2018. We raised €2,044*
- *Charity Darts Night c/o Horse & Hound Darts Team. 29<sup>th</sup> June 2018. We raised €1,264.*
- *Charity Darts Night c/o Ger Scully. 9<sup>th</sup> March 2019. €1,300 was raised.*
- *Upcoming event.. Christmas Hamper Raffle in Northside on the 18<sup>th</sup> December 2019.*

Here is a selection of pictures from both our Charity Darts Nights



Here is a picture of our success board with all the money we raised.



## Summer 2019

We enjoyed lots of Fun activities during the Summer months. Coolock Hub went on two Holiday Trips in July; Kilkenny and Carrick-on-Shannon. We also had a full and varied Summer Programme with outings to the Zoo, the natural history museum, day trips to Howth, Malahide, St. Ann's Park and Bray. We also did some activities such as Jumpzone, sports Day in St Ann's Park. A day trip to experience the All Ireland Fleadh in Drogheda was great fun, it was our second year attending this event and everyone had a great time. Here are a few pictures from our Summer ☺



### Dublin ZOO

Here is a few pictures of our Day out in Dublin Zoo during the Summer. We all loved the African Plains, but everyone agreed that sea lions were the funniest. We enjoyed a lunch out in the cafe with all the Meerkats. It was a really lovely Day.

### Drogheda Fleadh 2019

We got the train up to Drogheda from Connolly Station. We spent the day listening to all the traditional music and acts playing on the street. It was great fun. It was so good that Lorcan and Gary got up to dance and entertain the crowds. ☺ This was our 2<sup>nd</sup> year at the Fleadh, we are looking forward to the Fleadh in Mullingar next year.







### Carrick on Shannon, July 2019

Niall, Claire, Caitriona and Niamh enjoyed a two night stay in Cryans Hotel, Carrick on Shannon.

We got the train down from Connolly station. During our stay we were treated like royalty by the Hotel staff and everyone we met. We enjoyed a cruise down the river Shannon on the Moon River where we listened to music and had a drink.

We visited Lough Key Forest Park, we went on the tree top historic trail. We made wishes for the year ahead on the 'Wishing Chair', and we had a lovely meal in the cafe.

We also got to sample some of the night life in Carrick on Shannon. It was Niall's first time away on holiday with the Hub and he got to enjoy his first ever Mocktail with his friends in the Barrelstore Pub.

The guys look forward to planning next year's adventure.



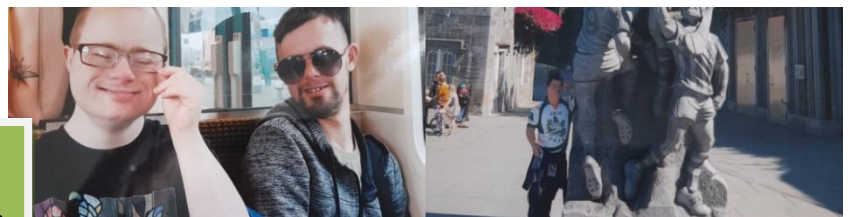
### Kilkenny, July 2019

Dean, Eric, John and Gary went to The New Park Hotel in Kilkenny.

It was Dean's first time to come on holidays with Coolock Hub. He had a super time, we all did.

We got the train from Heuston station. The weather was fabulous. The hotel was amazing. We went on a fairy trail, saw all the animals on the farm and we defo got our monies worth in the spa! Check us out living our best lives in the Jacuzzi (there was a hot tub outside too). We had a super night in Langtons, the music was super and the dancing was even better!

All in all a great time was had by all the gang, we are looking forward to next year's adventures already.





Dean



Lorcan

**New Faces in Coolock Hub  
since our last newsletter:**

**Service Users:**

***Dean Cobbe, Lorcan Barry, Blaine  
MCAuley and Sean Mac o'Meara.***

**Staff:**

**Paula Devlin, Ciara McDonnell and  
Ciara Cunningham**



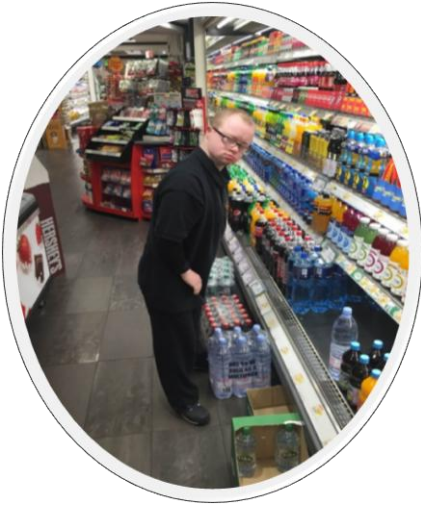
Sean



Blaine



## *Employment in Coolock Hub*



Hi my name is John Redmond. I have paid supported employment in Spar in Clontarf. I go there every Wednesday morning. I do whatever work the manager asks me to do; stocking the shelves, checking dates, cleaning. I started getting paid a few months ago and I am delighted as I have worked in the shop for a good few years 😊

Hi my name is Gary Rainsford. I enjoyed a few weeks paid supported employment in Metro Auto Services, Swords. I did any job the staff asked me to do. I got paid for my work and was very happy.

I just had an interview for a new paid job which starts in a few weeks. I am delighted and can't wait. My new job will be one day a week in Elite Healthcare, Kinsealy.



Hi, my name is Claire Maguire. I have had paid employment in Chambers Pharmacy in Ballymun for a few years now. I go there independently every Thursday morning from 10-11. I enjoy my work there and love to chat with the other staff and customers that come in. I do lots of different jobs, the till, helping customers, putting away stock and sometimes cleaning.

**In Coolock Hub our aim is that anyone who wishes to gain Employment will be given all the support and encouragement they need on an individual basis to achieve this. We offer support in the following areas; volunteering, supported employment and paid employment.**

**Our aim is that our young adults, who wish to work, are fully paid employees and an asset to any company who wish to take them on. At present we have 1 person volunteering with SVP, 2 people in paid employment, and two people in paid supported employment. Paula Devlin is our contact staff member for employment within Coolock Hub.**



# Education in Coolock Hub

We take Education very seriously in Coolock Hub and we have developed great links in the community with Plunket College and CDET B Finglas, Barry Rd. Our young adults have successfully completed or continue to study the following courses; Art, Woodwork, Drama, IT Skills, Communication, Advocacy, Intercultural Awareness, Literacy & numeracy etc. We have participated in courses provided by the Northside Partnership, ie. Healthy Food Made Easy. Some of our young people are also studying modules within St. Michaels House at QQI Level 2 both in-house and in the STTC. Best of luck everyone for 2020 😊



**Plunket College Graduation 2019**  
It was a proud day for our young adults, families and staff to see Caitriona, Niamh, Claire, Dean and Eric graduate. They completed the following courses; Woodwork, Art, Drama and General Learning.  
Niamh and Caitriona received a QQ1 Level 3 Major Award for all their hard work over the last few years. This was an amazing achievement, we are all so proud.



*Pictured: Niamh Nolan, Caitriona Shannon, Claire Maguire, Dean Cobbe and Eric McCann.*

## Fun stuff:

Here is a Word search with lots of words that explain what we do in Coolock Hub. Best of Luck everyone 😊

# Coolock Hub Wordsearch

A K V F X F K S V Z D Z C O M  
D O S F P Q C P N P J F P H I  
V R I N B N O I T A C U D E N  
O V Q K G C M H A Y O Q A W D  
C K U A P I H S D N E I R F F  
A I N D E P E N D E N T P S U  
C A M E M P L O Y M E N T E L  
Y W E L L B E I N G H C T I N  
G N I N I A R T L E V A R T E  
B D I H Y K F A Z C G S O I S  
V P X A D A K L F P C L P V S  
E S I C R E X E U F D V P I M  
R O K C P T I R N T L R U T M  
N Y L A U D I V I D N I S C B  
M U S I C O M M U N I T Y A T

ACTIVITIES  
ADVOCACY  
ART  
COMMUNITY  
CRAFT  
EDUCATION  
EMPLOYMENT  
EXERCISE  
FRIENDSHIP  
FUN  
INDEPENDENT  
INDIVIDUAL  
MINDFULNESS  
MUSIC  
RELATIONSHIPS  
SUPPORT  
TRAVELTRAINING  
WELLBEING