

# What's On

---

**dlr Lexicon & dlr Libraries**

---

**January-March 2018**



# Events at a glance

**S** = Events for schools

Booking essential for many events. See page numbers for further details. Those with an asterisk refer to events listed on separate leaflets where

further details can be found. All events free unless otherwise stated on the relevant page numbers.

January				
<b>9</b>	6.00pm	Getting started with Raspberry Pi & Arduino (for adults)	<i>Lexlcon Lab</i>	<b>P13</b>
<b>10</b>	10.00am & 11.15am	No such thing as a silly question with Createschool.ie	<i>Lexlcon Lab</i>	<b>P9</b>
<b>10</b>	6.15pm	Art of colour & composition through paint: workshop for adults	<i>Project Room, Level 3</i>	<b>P5</b>
<b>11</b>	2.00pm	From first to final draft: creative writing with Gerard Beirne	<i>Room 2, Level 5</i>	<b>P9</b>
<b>13</b>	8.00pm	A Tale of the Expected (theatre event)	<i>Studio</i>	<b>P9</b>
<b>16</b>	5.45pm & 6.50pm	<b>New!</b> Virtual Reality workshops for adults	<i>Lexlcon Lab</i>	<b>P13</b>
<b>17</b>	10.00am	Yoga & mindfulness for adults with Autism with Tanja Thomas	<i>Room 4, Level 5</i>	<b>P10</b>
<b>17</b>	6.15pm	Explore line & texture with print: workshop for adults	<i>Project Room, Level 3</i>	<b>P5</b>
<b>19</b>	10.15am & 11.30am	Reader in Residence with Julianne Mooney	<i>Children's Library, Level 4</i>	<b>P12</b>
<b>20</b>	10.30am	Experimental drawing & still life	<i>Project Room, Level 3</i>	<b>P5</b>
<b>Until 21</b>		Arrival – dlr Open Exhibition	<i>Municipal Gallery</i>	<b>P4</b>
<b>22</b>	6.00pm	Introduction to 3D printing with Ryan Paetzold (for adults)	<i>Lexlcon Lab</i>	<b>P13</b>
<b>23</b>	6.00pm	Creating your own website with Jake Rowan Byrne (for adults)	<i>Lexlcon Lab</i>	<b>P13</b>
<b>23</b>	10.00am	Volcano Island: workshop for families	<i>Project Room, Level 3</i>	<b>P5</b>
<b>23</b>	10.00am	Early years educators: workshop	<i>Project Room, Level 3</i>	<b>P5</b>
<b>24</b>	10.00am	Baby Book Club with Library Staff	<i>Children's Library, Level 4</i>	<b>P11</b>
<b>25</b>	1.00pm	Nick Roth: performance & discussion	<i>Children's Library, Level 4</i>	<b>P7</b>
<b>29</b>	6.00pm	3D printing: Let's get technical! with Ryan Paetzold (for adults)	<i>Lexlcon Lab</i>	<b>P13</b>
<b>30</b>	4.30pm	<b>New!</b> Gaming Club with Library Staff	<i>Lexlcon Lab</i>	<b>P13</b>



**Healthy Ireland** From January to March, dlr Libraries will be holding a number of events, workshops and talks promoting the Healthy Ireland initiative.



**Positive Parenting** During March, dlr Libraries are celebrating Positive Parenting with a selection of talks.

# Events at a glance

## Key to colour coding of sections

**dlr Lexicon Exhibitions**

**dlr Lexicon Residencies**

**dlr Lexicon Events**

**dlr Lexicon Lab**

**dlr Branch Libraries' Events**

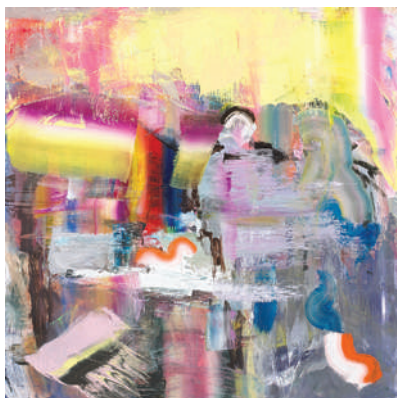
## February

<b>2</b>	3.30pm	Children's book club with Kim Harte	<i>Room 1, Level 3</i>	<b>P11</b>
<b>5</b>	11.00am	Mindful Chair Yoga with Sally Dunne (First of 6 sessions)	<i>Lexlcon Lab</i>	<b>P9</b>
<b>6</b>	10.30am	Tea & Teach digital academy with Bank of Ireland	<i>Lexlcon Lab</i>	<b>P10</b>
<b>9</b>	10.00am & 11.15am	Tai Chi for Arthritis with Marion O'Connor & Barbara Mullan (First of 6 sessions)	<i>Lexlcon Lab</i>	<b>P9</b>
<b>10</b>	10.30am	Family Day*	<i>Various venues</i>	<b>P12</b>
<b>15</b>	3.30pm	<b>New!</b> Lego Club with Library Staff	<i>Room 1, Level 3</i>	<b>P11</b>
<b>20</b>	6.00pm	Drop in maker evening with Jake Rowan Byrne	<i>Lexlcon Lab</i>	<b>P13</b>
<b>23</b>	5.30pm	Public Age Project: Screening and Q&A	<i>Studio</i>	<b>P5</b>
<b>Until 28</b>		Holotropix: Return to wholeness (exhibition)	<i>Level 3</i>	<b>P6</b>

## March

<b>1</b>	10.00am & 11.15am	Celebrate World Book Day with storyteller Jack Lynch <b>S</b>	<i>Children's Library, Level 4</i>	<b>P12</b>
<b>6</b>	7.00pm	Managing screens at home with Unplug	<i>Children's Library, Level 4</i>	<b>P10</b>
<b>7</b>	10.30am & 11.15am	Make comics workshops with Aidan Courtney: Seachtain na Gaeilge event <b>S</b>	<i>Children's Library, Level 4</i>	<b>P12</b>
<b>7</b>	7.00pm	Self-esteem, confidence & resilience: talk with Dr. Mary O'Kane	<i>Studio</i>	<b>P10</b>
<b>13</b>	7.30pm	Bumps, babies & beyond: talk with Dr. Yvonne Quinn	<i>Studio</i>	<b>P10</b>
<b>Until 25</b>		Double Vision – Diana & Shirley Copperwhite (exhibition)	<i>Municipal Gallery</i>	<b>P4</b>
<b>Until 31</b>		Humans of Dublin (exhibition)	<i>Level 3</i>	<b>P6</b>
<b>Until 31</b>		12 Worlds: Contemporary Czech children's book illustrators	<i>Level 4</i>	<b>P6</b>
<b>Until 31</b>		Maid of Erin: Political cartoons by John Fergus O'Hea (exhibition)	<i>Level 5</i>	<b>P6</b>

# dlr Lexlcon Exhibitions



**FAR LEFT:** *Fake New World* (2015) Diana Copperwhite, Private collection, photo courtesy of the Kevin Kavanagh Gallery and the artist.

**LEFT:** *Layers* (2017) Shirley Copperwhite

## Municipal Gallery Exhibition Programme Level 3:

The exhibition programme is managed by dlr Arts Office

### Arrival – dlr Open Exhibition Until 21 January 2018

This biennial open submission exhibition features a range of work by artists connected to the Dún Laoghaire-Rathdown area and is a chance to see the wide range of work being created. The 2017 exhibition is selected by Gemma Tipton, journalist and writer, and the theme this year is Arrival. "Arrival always implies a journey, but it doesn't have to be physical. It can be arrival at an idea, or an insight, something finished, something understood. It's about that moment when you suddenly just know you've got there – wherever "there" may be. Making art can be an arrival. So too can looking at it."

### Double Vision – Diana Copperwhite and Shirley Copperwhite 3 February – 25 March 2018

This exhibition will feature the work of sisters Diana and Shirley Copperwhite and will be the first time that they have exhibited together. Diana is a painter with a practice that includes wall drawings, installation and painting. Recent shows include *The Last Picture Show*, Thomas Jaeckel Gallery, New York 2017 and *Crooked Orbit* at Kevin Kavanagh Gallery Dublin 2017. Shirley Copperwhite is a designer with over thirty years' experience. She has worked with companies in Germany, Canada and the UK where her designs have been used on fabric and textiles. For full details of the exhibition programme, including how to book the many free events and activities go to [www.dlrcoco.ie/arts](http://www.dlrcoco.ie/arts)

### Municipal Gallery Learning Programme

To book go to [www.eventbrite.ie](http://www.eventbrite.ie) and search for dlr Lexlcon Gallery

### Dementia Friendly Gallery Tours

**Mon 8 Jan, 11.30am-1pm**  
**Tues 16 Jan, 2.30-4pm**

Would you like to try something different with your loved one living with dementia? Facilitators, trained to support people with dementia, will explore and discuss a selection of artworks in these tours. There will also be time to enjoy a cup of tea and chat at the end of the tour. Each tour looks at different artworks so you are welcome to attend both. The person living with dementia must be accompanied by a family member or carer. To book please ring **(01) 236 2759**

---

## Paint, Print, Draw!

Come join us and explore something new and fun in a relaxing environment. These adult workshops in three key artforms are suitable for all levels.

## The art of colour and composition through paint

**Project Room, Level 3**  
**Wednesday 10 January,**  
**6.15-8.15pm**

Join artist Mairéad O' hEocha as she discusses colour and composition within her own work and sets about a workshop in the practical application of these elements through acrylic paint. Some experience in painting recommended but not essential.



## Explore line and texture with print

**Project Room, Level 3**  
**Wednesday 17 January,**  
**6.15-8.15pm**

Reflecting on the use of print throughout the exhibition, artist Emma Finucane will provide an opportunity to take inspiration from the artworks to look at texture, line and colour through experimentation with different print-making techniques including dry point.

---

## Experimental Drawing + Still Life

**Project Room, Level 3**  
**Sat 20 Jan, 10.30am-4.30pm**

Kiera O'Toole will guide you through an exploration of the notion of Arrival within an image. Still life drawing is a great way to expand your drawing and observational skills. Explore the still life in a relaxed and supported environment, through wet and dry media.

---

## Open Studios

**Adults: Every Friday,**  
**11.00am-1.00pm**  
**Kids: 2nd Tuesday of each**  
**month, 11.00am-1.00pm**  
**2nd Saturday of each month,**  
**2.30-4.30pm**

Drop-in, no booking required. Come along and try out our new Open Studios for adults and kids. Make use of our free space with artists on hand to help and encourage your artistic projects! Materials are provided so you can try out lots of different things.

---

## Volcano Island Family Workshop

**Project Room, Level 3**  
**Sat 23 Jan, 10-11.00am**  
**Ages 3-4 yrs**

Volcano Island was written by children attending Mounttown Community Childcare Facility and illustrated by Helen Barry during the 5 month Caterpillar artist-in-residence programme. Helen will give a guided story-tour of

Volcano Island, followed by an interactive movement workshop with 'Spine' an interactive and movement workshop.

---

## Calling all Early Years Educators!

### Observation and workshop session.

**Sat 23 Jan, 10.00-12.30pm**  
Early years educators are invited to observe both the workshop the guided story-tour of Volcano Island and Spine workshop. Following the observation time early years educators are invited to participate in a hands-on workshop exploring different art techniques and approaches to working creatively with children in their early years setting.

---

## Other events

---

### Public Age Project: Screening and Q&A

**Studio, dlr Lexicon**  
**Friday 23 February, 5.30pm**

The Public Age project sought to reveal how important well-designed public space is to health, well-being and positive ageing in Dún Laoghaire-Rathdown.

The Decorators and artist Joe Coveney researched and developed the concept of The Meeting House – a mobile structure that toured the County in 2017 hosting shared public conversations between diverse groups.

To book go to [www.eventbrite.com](http://www.eventbrite.com) and search for Public Age.

## Level 3

### Humans of Dublin

8 January-31 March

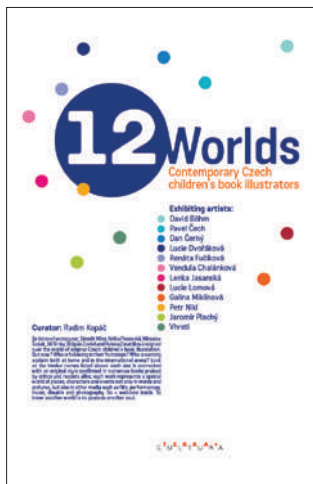
Peter Varga was working in a Dublin café when he decided to follow his passion and dedicate himself to photography. Inspired by the success of *Humans of New York* he began to walk the streets of Dublin interviewing and photographing those he met along the way, uncovering powerful stories hiding in plain sight as we rush about our busy lives, too busy to notice. So began the social media phenomenon that is *Humans of Dublin*.

### Holotropix: Return to Wholeness

8 January-28 February



For First Fortnight 2018, we are pleased to host Colin Shaw's sculptures. Similar to Carl Jung's mandala, a symbol for our best or highest self, Holotropix represent the self and the potential for growth, healing and transformation. It can represent the individual's journey of recovery from trauma, addiction and mental health issues to integration and wholeness. It can be transposed to our communities, societies and the human condition as a whole.



## Level 4

### 12 Worlds: Contemporary Czech children's book illustrators

15 January-31 March

Czech children's book illustration has a long and illustrious history. Who are the major names creating waves at home and abroad now? The 12 artists featured in this exhibition are: David Böhm, Pavel Čech, Dan Černý, Lucie Dvořáková, Renáta Fučíková, Vendula Chalánková, Lenka Jasanská, Lucie Lomová, Galina Miklinová, Petr Nikl, Jaromír Plachý, Vhrsti. The exhibition is produced by 'Terra Cultura' for the Czech Foreign Ministry, curated by Radim Kopáč, courtesy of Czech Embassy in Dublin.



## Level 5

### Maid of Erin, a display of political cartoons by John Fergus O'Hea from the Weekly Freeman, 1887-1889

The later part of the nineteenth-century saw the emergence of new mass movements in Irish social and political life. Taking a selection of illustrations by John Fergus O'Hea in particular, from the Local Studies Collection, this display explores the highly politicised imagery used to influence opinion in a period of increasing national awareness.

photo Tony Carraigher



## Writer in Residence

**James Phelan** is the writer in residence at dlr Lexlcon in Dún Laoghaire. The residency will focus on theme of the future and there will be lots of opportunities for the public to get involved. Throughout the residency he is also working on a science fiction thriller.

James has a wealth of screenwriting experience and won the IFTA for best TV drama script for *Wrecking the Rising* in April and was also behind RTE's hit legal drama *Striking Out*.

photo Richie Tyrnald



## Musicians in Residence

**Nick Roth** – above – is a saxophonist, composer, producer and educator. He is the artistic director of the Yurodny Ensemble, a founding member of the Water Project, and a partner at Diatribe Records, Ireland's leading independent label for new sounds.

### Nick Roth

#### Children's Library, Level 4 Thursday 25 January, 1.00pm

Saxophonist and composer Nick Roth marks the conclusion of his residency at dlr Lexlcon with a solo performance, presentation and discussion around the projects: Wake, Wend and Wave. An informal performance suitable for all. No booking required.

photo Brian O'Neill



As part of the Mountains to Sea dlr Book Festival 2018, there will be a performance of T.S. Eliot's poem *The Wasteland* with a specially commissioned score by Musician in residence Nick Roth and directed by Adrian Dunbar. See separate Festival brochure or visit [www.mountaintosea.ie](http://www.mountaintosea.ie) for further details.

## International Women's Day 2018

Sunday 11 March



### International Women's Day

As a pre-cursor to our Mountains to Sea dlr Book Festival 2018, dlr Libraries & Arts will help celebrate International Women's Day on Sunday 11th March. The theme 'Stranger than Fiction' will resonate throughout events on the day, with discussion on everything from human rights to economic opportunity. Contributors will include Dawn Foster, Maggie O'Kane and many more.

See separate Festival brochure or visit [www.mountainstosea.ie](http://www.mountainstosea.ie) for further details.

## Mountains to Sea dlr Book Festival 2018

Wednesday 21 to  
Sunday 25 March

Mountains  
to Sea  
dlr Book  
Festival

This year's Festival encompasses the varied themes of Cities & Stories, The Lyric Note, Present Tense and Be Bold! We'd like you to be intrigued, emboldened, enthused, challenged and inspired. Amongst our very

special guests this year are Ali Smith, James Kelman, Robert Pinsky, Alice McDermott, Elizabeth Day, Gail Honeyman, Jon McGregor and the internationally renowned human rights activist, feminist and author Dr Angela Davis. See separate Festival brochure or visit [www.mountainstosea.ie](http://www.mountainstosea.ie) for further details.

### Regular Events for Adults

#### Coffee Morning as Gaeilge

Café. Tuesdays  
11.00am-12.00pm



Informal conversational Irish language sessions. All welcome.

#### Fáilte Isteach English classes

Café. Mondays 5.45-7.45pm  
from 8 January

English conversational classes aimed at migrants working and living in Ireland.

email:

[failteisteachdunlaoghaires@gmail.com](mailto:failteisteachdunlaoghaires@gmail.com) and Tel: 046 955 7766

### Courses and Talks for Adults

#### UCD Adult Education Courses

Enrol online at [www.ucd.ie/all](http://www.ucd.ie/all) or phone 01 716 7123 or email [adult.education@ucd.ie](mailto:adult.education@ucd.ie) for further information.

#### From Prohibition to Pearl Harbour – The United States 1920-1941 with tutor Michael Doran

Studio Theatre, Level 1  
Tuesdays 11.00am-1.00pm  
[8 weeks].  
Jan 30, Feb 6, 13, 20, 27  
& Mar 6, 13, 20.

#### Reading the Renaissance: Love, Power and Politics with tutor Dr Colin Lahive

Studio Theatre, Level 1  
Wednesdays 11.00-1.00pm  
[8 weeks] Jan 31, Feb 7, 14,  
21, 28 & Mar 7, 14, 28.

#### More Philosophical Fragments with tutor Dr. Patrick Quinn

Room 3, Level 5  
Wednesdays 10am-12pm  
[8 weeks]. Jan 31, Feb 7, 14,  
21, 28 & Mar 7, 14, 21.

#### An End and a Beginning with tutor Paul Rouse

Studio Theatre, Level 1  
Fridays 11.00am-1.00pm  
[4 weeks]. Apr 6, 13, 20, 27



To book for the following events, please phone **280 1147** or email [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) unless otherwise stated.

---

**From first draft to final draft: creative writing with Gerard Beirne**

**Room 2, Level 5**  
**Thursdays Jan 11, 18, 25**  
**& Feb 1, 2.00-3.30pm**  
**Booking essential. Max 12**  
**Must be able to attend all 4 sessions**

This creative writing workshop, suitable for all levels and genres, teaches drafting strategies (from first to final draft) and challenges writers to reflect on how effectively they have been revising their work. They also show how to prepare the finished work for submission to magazines, agents and publishers for the best chance of success. Gerard Beirne holds an MFA in Creative Writing (EWU, USA) and has been teaching writing for 25 years.

---

**Mindful chair yoga with Sally Dunne**

**Lexicon Lab, Level 3**  
**Mondays Feb 5, 12, 19, 26 & Mar 5, 12, 11.00am-12.15pm**  
**Age 60+. Max 12**  
Booking essential via [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie)



Participants must be able to attend all 6 classes

'Stretch, Release, Relax.'

Join us for gentle, mindful yoga,

seated in a chair. The emphasis in the class is on adapted Yoga poses, done in an attentive, mindful way. Each class starts with a centering and closes with a deep relaxation. Please wear loose, comfortable clothing and bring a rug for warmth during the relaxation. Yoga mats and supports available for use. Suitable for beginners. Also suitable for people returning to exercise after illness or injury.

---

**Tai Chi for arthritis with osteopath Marion O'Connor and physiotherapist Barbara Mullan**

**Lexicon Lab, Level 3**  
**Fridays Feb 9, 16, 23, Mar 2, 9, 16.**  
**10.00-11.00am & 11.15am-12.15pm**  
**Max 12. Ages 60+.**



Participants must be able to attend all 6 sessions. Suitable for beginners. To book, please email [marionoconnor358@gmail.com](mailto:marionoconnor358@gmail.com) or phone **086 844 1359**.

---

**No such thing as a silly question with Createschool.ie**

**Lexicon Lab, Level 3**  
**Wed 10,17,24, 31 Jan & Wed 7, 14, 21, 28 Mar**  
**10.00-11.00am**  
**(Android devices)**  
**11.15am-12.15pm**  
**(Apple devices)**  
**Booking essential. Max 12**  
Bookings for 1 session only

per person by emailing [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) or phone **280 1147**. No Such Thing as a Silly Question is designed to ensure that you can make the most of your digital tablet in a relaxed and informal setting. Each week we will focus on various topics such as how to send and receive e-mails, how to use the online library services and much more. The group sizes are small and the workshop is delivered by the experienced and friendly Createschool team.

---

**A Tale of the Expected Studio Theatre**

**Sat 13 Jan, 8.00pm**

Booking via [Eventbrite.ie](https://www.eventbrite.ie) or phone **087 283 0587**  
Down at Heel Productions present *A Tale of the Expected*, a bittersweet comedy by Martina Reilly. Martina is the author of the bestselling novels *Things I Want You to Know* and the *Impact Long-listed Something Borrowed*. *A Tale of the Expected* is a sister play to her well-received *Breathing Lessons*.

Lana is eighteen and pregnant. The father is Roman, aka, Mr Party Central and his family run the local chipper. Lana is determined to have the baby while the thoughts of becoming a Dad make Roman ill. In fact, the only thing he and Lana have in common is that they both love to watch re-runs of *Deal or No Deal*. It's not the most promising start...

## Tea & Teach digital academy with Bank of Ireland

**Lexicon Lab, Level 3**

**Tuesdays 6, 13, 20, 27 Feb**

**10.30am-12.00pm**

**Booking essential. Max 12**

Bookings for 1 session only

per person by emailing

[dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) or

phone **280 1147**.

These sessions are a fun and simple way for you to learn about the online world – Google and email, making the most of your smartphone, social media, and online banking. Feel free to bring along your own devices or we can provide laptops. Rachael Foster from BOI provides the skills and the tea!

## Positive Parenting events



During March, dlr Libraries are celebrating Positive Parenting with a selection of talks.

## Managing Screens at Home with Unplug

**Children's Library, Level 4**

**Tues 6 Mar, 7.00-8.00pm**

**All welcome**



What do parents need to know to create a healthy digital lifestyle for their children? How can parents reduce screen time without causing friction at home? Develop simple and effective technology boundaries to enable better connection and



communication.

UnPlug's mission is that people take control of their technology instead of their technology controlling them. If used mindfully, technology has extraordinary benefits. For more information on available programmes please go to [www.unplughq.com](http://www.unplughq.com).

## Self Esteem, Confidence and Resilience: a talk with Dr Mary O'Kane

**Studio Theatre, Level 1**

**Wed 7 Mar, 7.00-8.30pm**

**All welcome**



These three aspects of development are key in preparing children for so many aspects of their lives. Building these strong supports in childhood can help children to negotiate emotional difficulties later in life. In this seminar, Dr Mary O'Kane offers practical advice on how to support children in these important areas.

Dr Mary O'Kane is a Lecturer in Early Childhood Education with Maynooth University, teaching on Degree and Masters level

courses. She is also an Associate Lecturer in Psychology with the Open University. Mary is a regular contributor on the Alison Curtis show on Today FM and on Ireland AM speaking about both parenting and early childhood education issues.

## Bumps, babies and beyond: Building bonds and supporting well-being in families transitioning to parenthood

**Studio Theatre, Level 1**

**Tues 13 Mar, 7.30-8.30pm**

**All welcome**



Hosted by Dr. Yvonne Quinn, Senior Clinical Psychologist, HSE Primary Care Psychology Service. The arrival of a new baby, whether it's the first or third, brings big changes for parents and families and is often a time of mixed emotions. This talk explores how to navigate this period and what helps families to stay well during this time of great change.

## Yoga and mindfulness for adults with autism with Tanja Thomas of Yo Yo Yoga

**Room 4, Level 5**

**Wed 17, 24, 31 Jan, 7, 14, 21 Feb**  
**10.00-11.00am**



## Regular Events for Children

To book for the following events, please phone **280 1147** or email [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) unless otherwise stated.

### New!

#### **Lego Club with Library staff**

**Lexlcon Lab, Level 3**

**Thursdays from 15 Feb**

**3.30-4.45pm. Ages 7-10yrs**

Booking essential by emailing [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) or phone **280 1147**. Max 15 Lego provided.



#### **Storytime with Library Staff**

**Children's Library, Level 4**

**Tuesdays, 3.30-4.00pm**

**Ages 3-6yrs. All welcome**

#### **Baby Book Club with Library Staff**

**Children's Library, Level 4**

**Wed 24 Jan, 28 Feb & 28 Mar  
10.00-11.00am**

Explore books, song and rhyme with your baby or young child. All welcome.

Yvonne Quinn, Senior Clinical Psychologist with HSE will join mums at the group to chat about mum and baby well-being on Wed 28 Feb.

#### **Baby Book Club: facilitated sessions**

#### **Fun by Music**

**with Sofia Arteaga.**

**Lexlcon Lab, Level 3**

**Wed 10 Jan, 10.00-11.00am**

Babies, children, parents, minders get to play a wonderful collection of different instruments from all around the world with Sofia of Fun by Music. Come and play music with us!



#### **Grá Mór (Big Love)**

**with artist Helen Barry**

**Lexlcon Lab, Level 3**

**Wed 14 Feb, 10.00-11.00am**

This early years workshop explores the tale of a colourful collection of animals and creatures. Together we will create our own characters to join our strange and wonderful family through storytelling, actions, colour, sticking and lots of imagination.

#### **Bróga Nua:**

**Áine Ni Shúilleabháin**

**Wed 14 March, 10.00-11.00am**



You do not need to be an Irish speaker to enjoy this interactive

workshop. Áine has a particular interest in introducing Irish in a fun way through rhyme and song. Come along and discover how to use simple games, songs and action rhymes to encourage young children to enjoy and learn Irish.

#### **Children's book club**

**with Kim Harte**

**Room 1, Level 3**

**1st Friday, 3.30-4.30pm**

**Ages 9yrs+. Max 15.**

**9 Feb** - *The White Giraffe* by Lauren St. John

**2 Mar** - *The Mysterious Benedict Society* by Trenton Lee Stewart  
No April meeting.

To book, parents should email Kim at

[lexiconchildrensbookclub@gmail.com](mailto:lexiconchildrensbookclub@gmail.com)

#### **Grúpa Spraoi sa Lexlcon:**

**Imeachtaí do pháistí trí**

**Ghaeilge**

**Dé Sathairn 13 Eanáir:**

**2.30-4.00pm**

**Dé Sathairn 10 Feabhra**

i rith an lae

**Dé Sathairn 10 Márta**

**2.30-4.00pm**

Tá fáilte roimh chách. Áirithintí agus tuilleadh eolais ag [noirin@glornangael.ie](mailto:noirin@glornangael.ie)

Arna eagrú ag Grúpa Spraoi Tuismitheoirí agus Leanaí Ghlór na nGael, Deisceart Átha Cliath. Beidh na himeachtaí go léir ar siúl trí mheán na Gaeilge agus saor in aisce.



## dlr Lexlcon Family Day

**Sat 10 Feb, 10.30am-4.00pm**

Watch out for our separate flier in January with full details of yet another action-packed programme, our first Family Day for 2018! We can tell you it's going to be an exciting celebration for the Chinese New Year with a special Irish twist with our Grúpa Spraoi out in full force. More details very soon! No booking required, first come, first served for all events.



## Reader in Residence programme

**with Julianne Mooney**

**Children's Library, Level 4**

**Fridays 19,26 Jan**

**and 2, 9 Feb**

**10.15-11.15am and**

**11.30am-12.30pm**

Booking essential by emailing [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) or phone **280 1147**.

The Reader in Residence Programme is aimed at primary school children and the idea is to promote the enjoyment of reading and instill a passion for books. The programme takes children out of the school environment and into the library, where they learn how to search and borrow books that capture their imagination. Sessions include readings, arts and crafts, creative writing and time to familiarize the children with the library layout and processes, reinforcing the importance of the library within the community.



## Celebrate World Book Day with stories!

**Thursday 1 March**

**Children's Library, Level 4**

**Local classes at 10-11am and 11.15am-12.15pm**

**Ages 7-10yrs**

Booking essential by emailing [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) or phone **280 1147**.

Special sessions with well-known storyteller Jack Lynch. Children are invited to dress up as their favourite book character.

## Make Comics

**with Aidan Courtney**

**Children's Library, Level 4**

**Weds 7 March. Class visits**

**10.30am-11.30am and**

**11.45am-12.45pm**

Booking essential by emailing [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) or phone **280 1147**. Aidan Courtney will be doing workshops to show how to draw cartoons step-by-step for Seachtain na Gaeilge 2018. Beidh Aidan Courtney ag déanamh ceardlanna chun taispeáint conas cartúin a tharraingt céim ar chéim do Sheachtain na Gaeilge 2018.

**All workshops are free but booking essential on [www.eventbrite.ie](http://www.eventbrite.ie) unless otherwise stated.**

## Lexicon Lab for Kids

**Gaming Club with Library staff**

**Tuesday 30 Jan, 13 & 27 Feb, 13 March, 4.30-6.00pm**

**Strictly Ages 9-12, Max 12**

In this new gaming club kids can play with and against each other on PlayStation 4 and Xbox One consoles on our massive 80 inch HD screens. The kids will try out different games each session and the emphasis will be on fun and interaction.

Contact dlr Lexicon Library on **01 280 1147** or [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) to book a place.

**3D Printing workshops for schools with Ryan Paetzold**  
**Wed 24 Jan, 21 Feb & 21 Mar**  
**10.00-11.00am and 11.30am to 12.30pm. 2 one-hour sessions each morning**  
**3rd class upwards**

A quick introduction to 3D printing where you get to design, model up your very own keytag and print it up in 3D.

**Note:** keytags will be available for collection at an agreed date after the session. Teachers should contact dlr Lexicon Library on **01 280 1147** or [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) to book a place.

## Lexicon Lab for Adults

**Getting started with Raspberry Pi & Arduino with Dr Jake Rowan Byrne**

**Tuesday 9 Jan, 6 March & 27 March, 6.00-8.00pm, Max 16**

Ever wanted to try your hand at programming a robot, controlling your house from your phone or simply flashing some lights? This workshop will give you a taste of how inputs and outputs on small computers such as the Raspberry Pi and Arduino can be used to create smart solutions to everyday problems.

**VR (virtual reality) workshops with [www.futureshock.ie](http://www.futureshock.ie)**

**Tues 16 Jan & 6 Feb, Wed 28 Feb & 21 March**  
**5.45 and 6.50pm. 2 one-hour sessions each evening.**  
**Max 10. Strictly Adults only**

Enter the virtual world and enjoy mind-bending experiences that cater for all tastes! For the adrenaline junkies out there, try your hands at scaling the peaks of Mt. Everest or exploring the depths of the ocean. For the creative geniuses, experience your passion for Arts like never before with Google Tilt Brush, where you can create 3D masterpieces to your exact touch.

**Creating your own website with Dr Jake Rowan Byrne**  
**Tuesday 23 Jan & 20 March**  
**6.00-8.00pm. Max 16**  
If you're interested in setting up

a personal blog or portfolio or getting your business online, this workshop is designed to get you started. You'll be introduced to several free tools that make it easy to set up and manage your own website.

**Introduction to 3D printing with Ryan Paetzold**  
**Mon 22 Jan, 12 Feb & 5 March**  
**6.00-8.00pm. Max 16**

This workshop will give you a basic introduction and get you started with your first 3D printed object. For those with little to no experience with 3D printing and Computer Added Design software.

**3D printing – Let's get technical with Ryan Paetzold**  
**Mon 29 Jan, 26 Feb & 12 Mar**  
**6.00-8.00pm. Max 16**

This workshop builds on the basic introduction workshop [running on alternate Monday evenings] and introduces more technical tools for 3D modelling.

**Drop in Maker evening with Dr Jake Rowan Byrne**  
**Tuesday 20 Feb, 6.00-8.00pm**  
**Max 16. No booking required**

Have an idea but need some help figuring out where to get started or what creative technologies might help bring the idea to life? Drop in to the Lexicon Lab and meet other "makers" who are keen to help out. For updates, see [www.meetup.com/lexicon](http://www.meetup.com/lexicon)

# dlr Branch Libraries' Events

## Blackrock Library

T 288 8117

E blackrocklib@dlrcoco.ie

## Events for adults

### Mindfulness for emotional and mental well-being with Angelika Renger

Frídáys 12 & 26 Jan  
10.30-11.30am



Our current busy way of life increases the personal and professional pressures on each person. Without effective managing skills and support, those pressures quickly become overwhelming and seemingly unmanageable. Over a prolonged period this can have a detrimental effect on the emotional, mental and physical health. Mindfulness teaches skills that are especially helpful for navigating every day challenges as they arise.

### Carnegie Cinema Club

Film screening at 6.00pm sharp followed by post-film discussion. €5 per screening

### Thurs 11 Jan: Mary and Max

Two very different people connect across the world when they accidentally become pen-pals. A tender and funny look at mental illness and social disadvantage.

### Thurs 8 Feb: Conceiving Ada

*(celebrating International Day of Women and Girls in Science)*



A modern scientist finds a way of communicating across time with the Victorian pioneer Ada Lovelace, inventor of the computer.

### Thurs 8 March: Wendy and Lucy

A dog and her penniless owner travel across the USA hoping to get a job. An off-beat portrait of two pals, and a portrait of economic recession.

### Creative Writing course with Leo Cullen Mondays 19, 26 Feb, 5, 12 Mar 10.30am-12.30pm

### Booking essential

A start up six-week writing course for those who want to write, and for those who've started and have lost the spark. Study the texts of accomplished, well-known writers. The texts will be used as prompts, as launch pads for your own writing. We will explore the different genres: fiction, poetry, memoir or journaling, to ascertain which style works best for you.



### Valentine's Special: Art and Love in the Twentieth Century with Leah Reynolds Tuesday 13 Feb 6.45-7.45pm All welcome

This talk will discuss the theme of love in Art of the twentieth century and the various forms of its expression.

### The middle years: Guiding your teens through life & literature with Lorraine Levis Tuesday 13 Mar, 6.45-7.45pm Booking required



Working through the lens of literature for young people, Lorraine will discuss how to navigate the turbulent world of modern pre-teen life. The hour-long talk is aimed at parents and carers who are looking for an insight into the lives of today's young people and who are concerned about bridging the gap between childhood and young adulthood.

# dlr Branch Libraries' Events

## Events for children



### **Baby Book Club with Sara Keating** 1st Wed. 3 Jan, 7 Feb & 7 Mar 10.00-10.45am

Explore books, rhyme and craft with your baby or young child. Yvonne Quinn, Senior Clinical Psychologist with HSE will join mums at the group to think together about mum and baby well-being on 7 Feb at 10.00am.

### **Parent & toddler group** All other Wednesdays 10.00am-12.00pm

All welcome

### **Storytime with library staff** Thursdays 3.00-3.30pm

All welcome

### **Junior bookclub with Eimear Hegarty** 3rd Thursday of month 6.15-7.15pm, Ages 10-12yrs Booking required.

#### **New members welcome**

**18 Jan** *Arthur Quinn and the World Serpent* by Alan Early  
**15 Feb** *The Wolves of Willoughby Chase* by Joan Aiken  
**15 Mar** *The Summer of Lily and Esme* by John Quinn

### **Reader in Residence programme with Julianne Mooney** Fridays Mar 2, 9, 16 & 23 11.45am-12.45pm For local schools

The Reader in Residence Programme is aimed at primary school children to instil a passion for books and promote the enjoyment of reading. The programme takes children out of the school environment and into the Library, where they learn how to search and borrow books that capture their imagination.

### **Exhibition** Remembered: A Bray Man in the great War February & March

Curated by dlr staff member  
Séan Downes

## Cabinteely Library

T 285 5363  
E [cabinteelylib@dlrcoco.ie](mailto:cabinteelylib@dlrcoco.ie)

## Events for adults

### **Mandala Art: Feel your stresses melt away with artist Patricia Fitzgerald** Friday 19 Jan, 2.30-4.30pm. Max 12. Booking essential



A journey of self-compassion and awareness through the ancient art form of Mandala. During this two-hour workshop you will learn a little of the philosophy behind Mandala; you will be led on a guided meditation journey and will colour and engage with your own mandala with a new-found awareness of this powerful healing process.



### **Make your own photo album: Bookbinding with Read that Image** Wed 7 Feb, 2.00-5.00pm Max 6. Booking essential

A 3hr bookbinding workshop during which participants will create a unique hand-bound photo album using Japanese stab-binding and hand-stamping. A truly original workshop created for Cabinteely Library.

# dlr Branch Libraries' Events

**A talk on positive body image with Stella O'Malley**  
**Tues 13 Mar, 6.30-7.30pm**  
**Suitable for adults & teens.**  
**Booking required**



Creating a positive body image starts with how we

relate to ourselves. When we have a hard time feeling positive about our bodies, we are likely to experience insecurity in our social lives - anywhere from a low hum of anxiety to a crippling self-consciousness. If your mind dislikes your body perhaps now is the time to take control and reconcile the mind and body.

**Cardmaking classes with Katie Perry**  
**Wed 28 Feb, 21 Mar**  
**3.30-4.30pm**

Cabinteely local, Katie Perry, has been an artist at Artisan's Studio since 2014.

[See page 17 for details.](#)

## Adult Book Club

**Last Thursday, 25 Jan,**  
**22 Feb & 29 Mar, 6.45pm**

**Classics Book Club**  
**Tuesdays 9 Jan, 13 Feb**  
**& 20 Mar, 6.30pm**

## Events for children

**Baby Book Club with library staff**  
**Wednesdays, 10.00-10.45am**  
**All welcome.**

Explore books, song and rhyme with your baby or young child. Yvonne Quinn, Senior Clinical Psychologist with HSE will join mums at the group to think together about mum and baby well-being on 14 Feb.

**Fun by Music with Sofia Arteaga**  
**Wed 24 Jan**  
**10.00-11.00am**

Babies, children, parents, minders get to play a wonderful collection of different instruments from all around the world with Sofia of Fun by Music. Come and play music with us!



**Who stole my goose? Creative Storytelling for families and children with artist Helen Barry**  
**Wed 7 Mar, 10.00 - 11.00am**

'Who Stole My Goose' is for families who would like to know about playing with the alphabet, rhyming and storytelling. This workshop will give parents and children new fun ways to create characters and adventures using games, text and the visual arts.



**Naturally Wild with Dale Treadwell**  
**Fri 16 Feb, 3.00-4.00pm**  
**All ages, all welcome**

RTEJr's nature guy Dale Treadwell will be bringing his Bugs, Butterflies, Bees, Bats, and Birds presentation and activities to Cabinteely Library. Including readings of his two books *Harry the hedgehog... will you be my friend?* and *Robby the Christmas robin... is not in a Christmas mood!*

**Lego Play with Bricks4Kidz**  
**Tues 27 Mar, 3.00-5.00pm**  
**Max 20.**

Now that Spring is here, let's celebrate the new flowers, baby animals and Easter with interactive Bricks 4 Kidz Lego Club making awesome Lego Technic Models. Come and have an 'eggciting' time - all you need to create these 'cracking' memories are our bricks and your imagination.



## STEM Saturday

**Jan 13, 27, Feb 10, 24  
& Mar 10, 11am-12.30pm**  
**All welcome, no booking  
necessary**

Come and build with us! Open ended free play sessions with Magformers for kids aged 4-8 yrs (and their grown ups!). Wooden blocks are available for younger children.

## Cardmaking classes with Katie Perry

**Thurs 15 Feb, 3.30-4.30pm**  
**Ages 6-8yrs**  
**Max 8. Booking required**

Cabinteely local, Katie Perry, has been an artist at Artisan's Studio since 2014.

Artisan's is a supported art studio for people with intellectual disabilities in Glenageary, where artists are supported to hone their crafts' skills and produce quality goods for sale in Artisan's, local shops, markets and galleries. Katie is a prolific crafter, working with a variety of paper types. Creating pretty, whimsical collages and appliqué images for her greeting cards, Katie employs the use of a die cutting machine to develop cutouts of flowers, butterflies, dogs and birds that adorn her cards.

## Dalkey Library

**T** 285 5277  
**E** dalkeylib@dlrcoco.ie

## Events for adults

### Staying healthy throughout your life

**Mon 15 Jan, 10.30-11.30am**  
**All welcome. No booking  
required**



A talk with Denise Comerford, retired Cardiac Nurse

Specialist and Health Promotion Manager SVUH, to launch the Healthy Ireland at your Library initiative at Dalkey Library.

### The Pedalling Pensioner: why you should keep pedalling throughout your life.

**Mon 5 Feb, 11.00am-12.00pm**  
**All welcome**



A motivational talk with Eugene O'Leary. Need motivation to

keep you going during these cold days? Eugene is a mere 75-year old who just happens to hike, walk and cycle all over the world while raising money for charity. This illustrated talk will inspire you to keep pedalling through the winter and for the rest of your life.

**Mandala art: feel your  
stresses melt away with  
artist Patricia Fitzgerald**  
**Wed 7 Mar 10.30am-12.30pm**  
**Max 15. Booking essential**



A journey of self-compassion and awareness through the ancient art form of Mandala. During this two-hour workshop you will learn a little of the philosophy behind Mandala; you will be led on a guided meditation journey and will colour and engage with your own mandala with a new-found awareness of this powerful healing process.

### Mindfulness for emotional and mental well-being with Angelika Renger



**Wed 14 Mar, 10.30am-12.30pm**  
**Max 15. Booking essential**



There is no getting by without encountering some challenges and difficulties at some stage in everyone's life. Mindfulness teaches skills that are especially helpful for navigating every day challenges as they arise.

# dlr Branch Libraries' Events



## Celebrate World Book Day with stories!

**Thurs 1 Mar, 3.00-4.00pm**  
**Ages 7-10yrs, all welcome**

Special storytelling session with well-known storyteller Jack Lynch. Children are invited to attend dressed up as a book character.

## Exhibitions

### Dalkey Tidy Towns

#### January

An exhibition of the work & achievements of Dalkey Tidy Towns in our community.

### Love letters in the window

#### February

Express yourself and tell us who you love. From 6 February we'll be gathering Valentine messages to put in the front window of Dalkey Library. Special heart-shaped notepaper available in the library and, of course, our Love Letters Post Box. Follow the library love story on dlr libraries social media under the #LibraryLovers hashtag.



### Stressed Out Teenagers?



Look out for Dalkey Library's pre-exam de-stressor in mid-

March.

*[Hint: this de-stressor may have 4 legs that needs petting and attention!]*

## Events for children

### Baby book club with Sara Keating

**Fridays 12 Jan, 9 Feb & 9 Mar**  
**10.00-11.00am**

Explore books, rhyme and craft with your baby or young child. Yvonne Quinn, Senior Clinical Psychologist with HSE will join mums at the group to think together about mum and baby well-being on 9 Feb.

### Storytime with Emer from Vroom-Town

**Fri 26 Jan, 23 Feb**  
**10.30-11.30am**

Join award-winning author, Emer Conlon, for storytime from one of her wonderful Vroom-Town books – followed by a jigsaw-making session where the children can make large format jigsaws of two of the Vroom-Town characters. Fun guaranteed!

### Toddler Time at the library

**Fridays, 10.15-10.45am**  
**Ages 3-5yrs**

Let's play! Join us for an open-play session with our Duplo bricks. Wear green on 16 March for a special St. Patrick's Toddler Time.

### Weekly storytime with library staff

**Wednesdays, 2.15-2.45pm**  
**Ages 4-6yrs**

## Deansgrange Library

T 285 0860

E deansgrangelib@dlrcoco.ie

### Events for adults

#### Creative writing course with Lucinda Jacob

Wednesdays 10, 17, 24, 31

Jan, 14, 21 & 28 Feb

6.30-8.00pm

#### Booking essential

Do you want to write? Do you need something to get you started or some encouragement to keep going? If so these workshops are for you. Over seven weeks we will explore memoir, story and poetry through brief writing exercises and we will write, read and talk about writing in an enjoyable and friendly atmosphere. Look out for two visiting speakers, including Jennifer Johnston.

#### Mindful chair yoga with Sally Dunne

Wednesdays 7, 14, 21

& 28 Mar

2.30-3.45pm

#### Booking required. Max 12

This 4-week course is open to all, no matter whether you've done yoga before or not. The emphasis in the class is on adapted Yoga poses, done in an attentive, mindful way. Each class starts with a centring and closes with a deep relaxation. It is advisable that students attend



all four classes. Please wear loose, comfortable clothing and bring a rug for warmth during the relaxation. Yoga mats and supports available for use.

#### Computers & Internet for near beginners with Sabine Mc Kenna [3-week course]

Wednesdays Jan 24, 31

& Feb 7, 10.30am-12.00pm

#### Booking required. Max 6

**Week 1** – General keyboard skills and using Gmail. Bring your mobile phone with you.

**Week 2** – Social Media: Setting up a Facebook account and adjusting the settings for those who already have one.

**Week 3** – Google Search & Google Maps: Participants' interests not covered above will be met as far as possible. This is very much a hands-on course, in a small group.

#### Tea & teach digital academy with Digital Arrows BOI

Tuesdays 20, 27 Feb & 6 Mar  
6.30-8.00pm

#### Booking required. Max 10

A little bit of everything: Google & email; making the most of your smartphone; social media and online banking. If you are new to computers, smartphones and the Internet, Bank of Ireland's Digital Arrows can help build your confidence with all things online with these free, fun sessions!

### Events for children

#### Baby book club with Sara Keating

Tuesdays 30 Jan, 27 Feb  
& 20 Mar

Yvonne Quinn, Senior Clinical Psychologist with HSE will join mums at the group to think together about mum and baby well-being on 27 Feb.

#### Winter fun with Lego bricks Bricks 4 Kidz workshop

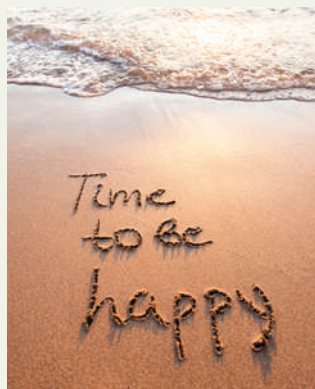
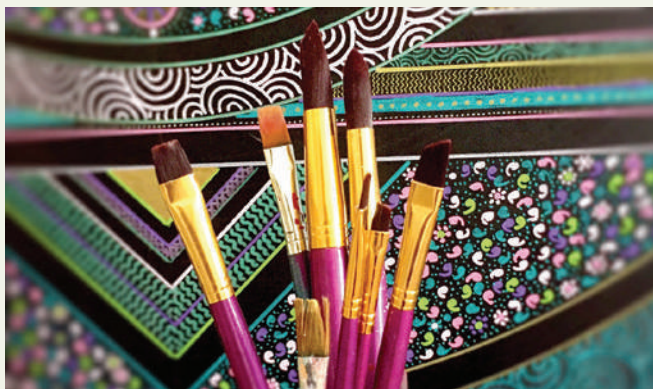
Sat 27 Jan, 2.30-4.30pm

#### Max 20

Don't get left out in the cold! Bring the winter fun indoors with interactive Bricks 4 Kidz Lego Club making awesome Lego Technic Models. No snow? No problem – all you need to create these winter memories are our bricks and your imagination!



# dlr Branch Libraries' Events



## Dundrum Library

T 298 5000

E [dundrumlib@dlrcoco.ie](mailto:dundrumlib@dlrcoco.ie)

## Events for adults

### Mandala art: feel your stresses melt away

Wednesdays 17 & 24 Jan

6.00-8.00pm

Max 15. Booking essential



[Participants must be available to attend both sessions]

Join Dublin artist Patricia Fitzgerald as she takes you on a journey of self-compassion and awareness through the ancient art form of mandala. During this two-hour workshop you will learn a little of the philosophy behind mandala; you will be led on a guided meditation journey and will colour and engage with your own mandala with a new-found awareness of this powerful healing process. Places are limited, so early booking is advised.



### St. Brigid's Day cross-making workshop

Thurs 1 February

3.00-4.00pm

Booking essential

Celebrate St. Brigid's Day by learning how to weave your very own St. Brigid's Cross! All materials will be provided.

### Happiness and well-being workshop with

Patricia Allen-Garrett

Thursday 15 February

6.00-8.00pm. All welcome

The impact happiness can have on our well-being is huge and in this talk we will explore:

- Why be happy?
- What happiness & the happiness ratio are
- How your style can impact on your happiness levels
- Increasing happiness using our thoughts
- Some quick 'happiness wins'
- Increasing our emotional happiness

## Events for children



**Baby book club  
with library staff  
Begins Monday 8 January  
11am-12pm  
Rekurs fortnightly**

All welcome  
Explore books, song and rhyme with your baby or young child. Yvonne Quinn, Senior Clinical Psychologist with HSE will join mums at the group to think together about mum and baby well-being on Monday 5 Feb 11am

**Parent and toddler group  
Mondays 10.30am**

All welcome

**Fun by Music  
with Sofia Arteaga  
Thursdays 8, 15, 22, 29 March  
11am-11.45am. All welcome**

Babies, children, parents, minders get to play a wonderful collection of different instruments from all around the world with Sofia of Fun by Music. Come and play music with us!

**St. Valentine's Day  
arts and crafts  
Thursday 15 February  
3.30pm-4.30pm, Ages 6+  
Booking essential.**

**St. Patrick's Day arts and crafts  
Wed March 14  
3.30pm-4.30pm. Ages 6+  
Booking essential.**

**Reader in Residence  
programme  
with Julianne Mooney  
Fridays March 2, 9, 16, 23  
10.15-11.15am**

The Reader in Residence Programme is aimed at primary school children and the idea is to promote the enjoyment of reading and instill a passion for books. The programme takes children out of the school environment and into the library, where they learn how to search and borrow books that capture their imagination.

**Seachtain na Gaeilge: Make  
Comics with Aidan Courtney  
Tuesday 6 Mar. Class visits  
10.30-11.30am and  
11.45am-12.45pm**

Aidan Courtney will be doing workshops to show how to draw cartoons step-by-step for Seachtain na Gaeilge 2018. Beidh Aidan Courtney ag déanamh ceardlanna chun taispeáint conas cartúin a tharraingt céim ar céim do Sheachtain na Gaeilge 2018.



## Exhibition

**Soul: an exhibition by  
Patricia Fitzgerald  
Fri 5 Jan until end Feb  
[www.healingcreations.ie](http://www.healingcreations.ie)**

This is an exhibition of collage work by Dublin artist Patricia Fitzgerald. Some of the works are based on the vivid dreams of the artist and others come as a result of writing thoughts or poetry beneath the work and seeing what unfolds. Each piece tells a story... and each viewer brings to the work their own story, their own interpretation. Meaning and messages occur in that magical third space between the viewer and the art work.

# dlr Branch Libraries' Events

## Shankill Library

T 282 3081

E shankilllib@dlrcoco.ie

## Events for adults



### Exploring bibliotherapy: can you read yourself better? with Stella O'Malley

**Tues 16 Jan, 6.30-7.30pm**

**Booking essential**



Using literature to support your mental health has been proven in clinical trials to be effective. This talk explores the different types of books - both fiction and non-fiction - that nurture well-being and also explores how we can use books to live a happier and more satisfying life. As the author John Green said, 'Great books help you understand and they help you to feel understood.'

### Happiness and well-being talk with

**Patricia Allen-Garrett**

**Thurs 8 Feb, 6.30-7.45pm**



**Booking essential**

The impact happiness can have on our well-being is huge and in this talk we will explore:

- Why be happy?
- What happiness & the happiness ratio are
- How your style can impact on your happiness levels
- Increasing happiness through using our thoughts
- Some quick 'happiness wins'

### Communicating with our children with Dr Mary O'Kane

**Thurs 15 Mar, 6.15-7.45pm**

**Booking essential**



In all aspects of parenting open lines of communication with our children are vital, from preschool children through to our teenagers making the transition to adulthood. In this session Dr Mary O'Kane offers practical advice for parents on how to communicate in a positive and proactive manner.

## Events for children

### Weekly parent and toddler group

**Mondays 10.30am-11.30am**

**8 Jan, 5 Feb, 5 March**

**Booking essential.**

### Yoga for babies, toddlers and minders

**8 Jan, 5 Feb, 5 March**



Aoife from Yo Yo Yoga will bring wonderful yoga for toddlers to

Shankill parent and toddler group.

**Monday 12 Feb, 10.30am**

**All welcome**

Yvonne Quinn, Senior Clinical Psychologist with HSE will join mums at the group in Shankill Library to think together about mum and baby well-being.

### Bugs, butterflies, bees, bats and birds with Dale Treadwell

**Wed 14 March, 3.00-4.00pm**

**Max 20. Booking essential.**

RTEJr's nature guy will be bringing his biodiversity presentation and activities to Shankill Library. Including readings of his two books *Harry the hedgehog... will you be my friend?* and *Robby the Christmas robin... is not in a Christmas mood!*

## Stillorgan Library

T 288 9655

E stillorganlib@dlrcoco.ie

## Events for adults

### Creative writing course with Leo Cullen

Thursdays 18, 25 Jan, 1, 8 Feb. 10.30am-12.30pm

#### Booking essential

A start up six week writing course for those who want to write, also those who've started and have lost the spark. We will explore the different genres: fiction, poetry, memoir or journaling, to ascertain which style works best for you. "Begin," said Johann Wolfgang von Goethe, "and the mind grows heated."

### Mindfulness for emotional and mental well-being with Angelika Renger

Thursdays 18 & 25 Jan, 6-7pm



Mindfulness teaches skills that are especially

helpful for navigating every day challenges as they arise. Regular practice strengthens and calms the brain's effective regulatory system and the ability to skillfully respond rather than mindlessly react to situations. Angelika has had a personal practice of Mindfulness and Yoga for more than 25 years, experiencing the benefits in her own life on a daily basis.

### Gardening for health and well-being with Aoife Munn Thursday 1 Feb, 6.30-7.30pm All welcome



Gardening has many benefits for mental health and this talk

will ensure you improve your well-being and get tips to get everyone gardening from kids to grandparents.

### Creating a sensory garden with Aoife Munn

Thurs 1 March 6.30-7.30pm

All welcome



Learn how to design a sensory garden and find all the best

plants to create a garden to engage and delight.

## Events for children

### Baby book club with Sara Keating

Last Thurs of month at 10.30am, 25 Jan, 22 Feb, \*22 March

(\*week prior to mid term)

Explore books, rhyme and craft with your baby or young child. Yvonne Quinn, Senior Clinical Psychologist with HSE will join mums at the group to think together about mum and baby well-being on Thursday 22 Feb at 10.30am. All welcome.

### Fun and engaging class visits for local school children with author and illustrator Alan Nolan.

Mondays 8, 15, 22, 29 Jan  
10.00-11.00am

### Easter crafts for kids with Susie Maloney

Wed 28 Mar, 3.00-4.00pm  
Ages 6-9yrs

Max 12, booking essential

Bunnies and Easter eggs workshop. Hop along and make Easter decorations through mixed media crafts and print.



### Seachtain na Gaeilge event with Áine Ní Shúilleabháin

Thurs 15 March  
10.00-11.00am  
& 11.15am-12.15pm

Age 6-9yrs. Local schools

You do not need to be an Irish speaker to enjoy this interactive workshop. Research has shown that frequent recitation and singing of rhymes, in any language, promotes children's linguistic, cognitive, social, and emotional development. Children play with the short texts of rhymes and discover the mechanics of the Irish language.

Tours of dlr Lexicon can be arranged for groups or individuals.  
Please email [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie) in advance.

### **dlr Lexicon**

Haigh Terrace, Moran Park  
Dún Laoghaire, Co. Dublin

**T** 01 280 1147

**E** [dlrlexiconlib@dlrcoco.ie](mailto:dlrlexiconlib@dlrcoco.ie)

**W** [libraries.dlrcoco.ie](http://libraries.dlrcoco.ie)

**dlr Libraries** are active on social media! Follow us for news, updates, events, and fun!



Libraries.dlr



dlrlibraries



@dlr\_libraries

For Venue Hire Bookings,  
call **01 236 2768** or email  
[lexiconfacilities@dlrcoco.ie](mailto:lexiconfacilities@dlrcoco.ie)  
[www.venuehire.dlrllexicon.ie](http://www.venuehire.dlrllexicon.ie)

### **Opening Hours**

*Monday–Thursday*

9.30am–8.00pm

*Friday, Saturday*

9.30am–5.00pm

*Sunday*

12.00noon–4.00pm

### **Municipal Gallery**

*Monday–Thursday*

10.00am–8.00pm

*Friday, Saturday*

10.00am–5.00pm

*Sunday*

12.00noon–4.00pm

### **Brambles Café**

on Moran Park Level 1 is open

Mon–Sat 8.30am–5.00pm

Late opening Thurs 8.30am–7.00pm

Sun 10.00am–5.00pm

### **Parking at dlr Lexicon**

Entrance is off Queen's Road

Opening Hours 7.00am–11.00pm.

Hourly rate €2.40

All day parking €6.00

### **Irish Design Gallery**

open Mon–Sat 10.00am–6.00pm

and Sun 11.00am–6.00pm.

Further details available at

[www.irishdesigngallery.ie](http://www.irishdesigngallery.ie)

**Stay in touch!** Sign up on our homepage to receive dlr libraries news and events delivered straight to your inbox each fortnight. You can unsubscribe at any time.

### **Branch Libraries**

#### **Blackrock Library**

**T 01 288 8117**

#### **Cabinteely Library**

**T 01 285 5363**

#### **Dalkey Library**

**T 01 285 5277**

#### **Deansgrange Library**

**T 01 285 0860**

#### **dlr Lexicon**

**T 01 280 1147**

#### **Dundrum Library**

**T 01 298 5000**

#### **Shankill Library**

**T 01 282 3081**

#### **Stillorgan Library**

**T 01 288 9655**