

Celebrate Life Week 2011

Celebrate Life Week (CLW) took place from the 18th - 22nd April 2011 with the message of promoting positive mental and physical health in stressful and challenging times. The week kicked off with Near FM broadcasting from the Village Centre playing some chilled out tunes and chatting with local community members and workers.

17 various local organisations put a lot of effort into providing nearly 30 different, informative, fun, relaxing and entertaining activities for the week.

Among them was the New Life Centre and church, where a number of beautiful and reflective services and meditation were provided. The Darndale Belcamp Village Centre was also a busy hub with health promoting activities for all ages. There was definitely an air of festivity with the Easter Bonnet competition and the tea dance, which was very popular. Members of the public also enjoyed the alternative therapies, beauty and massage treats, and there were talks on “beating the blues” and “recession buster” ideas.

Local children delivered the health promotion message through chalk art pieces, pottery and showcased their talents in our “Darndale’s got Talent” show. Well done to all the participants and congratulations to Cameron Hempenstall. We’ve got plenty of the “X- Factor” right here.

Health checks in Donaghmede Shopping Centre and Northside Shopping Centre proved to be as popular as always, with the public appreciating the efforts of our health promotion, education, blood pressure checks and mental health awareness.

ASIST training ran again in Sphere 17 Regional Youth Facility and was, as ever, very well received and appreciated by participants.

‘Healthy Come Dine with Me’ proved to be a lunch time hit with young people from Sphere 17 RYS, New Life Centre and Darndale Community Training Centre. Well done to those for the hard work, time and commitment, and congratulations to the winners - New Life Centre. Watch this space for a replay!! On the theme of food, *‘Healthy Food Made Easy’* was also a popular activity when hosted by TravAct for the Priorswood community.

People in the community got an opportunity to avail of expert advice in relation to coping with the impact of the recession, as the Northside Citizen’s Information Centre held an information session on managing financial stress.

The week also involved a local football blitz, the usual sports and fitness activities, and was rounded off with our annual Party in the park where Cadburys kindly provided their spots v stripes activities. What was shaping up to be a great occasion was unfortunately cut short with a heavy downfall of rain, but despite this, locals enjoyed some games and picnic delights.

Feedback from the week shows that small local initiatives like Celebrate Life Week are a worthwhile endeavor and the informative and fun activities raise positive awareness of mental and physical health issues within the community. Over 700 people engaged in the week, and with such important health promotion outcomes achieved through shared effort, CLW exemplifies a welcome and meaningful community initiative.

So big thanks to all who made the week happen:

Alternative Therapies facilitators
ASIST Trainers and Kevin O'Hagan NYCI
Bonnybrook Youthreach
Bronwyn at Printcom.ie
Cadburys Ireland
Caroline Anderson Yoga
Cian at Cream Graphics
Councillor Larry O'Toole
Darndale Belcamp Village Centre
Darndale CTC
Donaghmede Shopping Centre and Northside Shopping Centre
Doras Bui
Dublin 17 SCP
Dublin City Council
Korky the Clown
Larissa Atkinson
Near FM
Northside Citizen's Information Service
Our Lady Immaculate School
Pat the Potter
Pobal and the DAF
The Dales Centre
The New Life Centre
The Northside Partnership
TravAct

All others who got involved in the week

And the staff of Sphere 17 RYS, especially our Youth Health Coordinator Marion Mulvanny, for all their hard work!