



Brockagh Centre Bulletin

Autumn 2014

Goodbye Summer Hello Autumn

While we will all miss the glorious Summer we enjoyed this year we can look forward to cosy evenings, warm snuggly jumpers, and fires, a kaleidoscope of Autumn colour and crisp leaves.

While it may seem that summer is a quiet time here in the Brockagh Centre in fact we have been very busy—3 children's Summer Camps— Disney, Elevation Dance and Healy's Martial Arts. Our Car Boot days were busy and we held our annual Doggies Day Out fun dog show, this year in aid of Ash. We continued hosting Outdoor Training with numerous local, Dublin and national organisations. Once again The Vikings came calling to use the Brockagh Centre as a base for a few days while filming in the area. It was amazing how

many people wanted to volunteer for the Brockagh Centre that week.

We were also busy getting ready for our new neighbours and wish to welcome Wonder Years to the Brockagh Centre. At Wonder Years Valerie Duffy and her team are offering a full time childcare service, Montessori, toddler group, breakfast & after school club. We wish them the very best of luck in their new venture.

Now as we are on our way to routine again it is time to do some planning—all your favourite activities are back again. Please let us know if there are other activities you want to see here and we will do our best. We hope to have some new classes in jewellery-making and basket weaving soon.

We are delighted to announce that we will be offering the New ECDL here at the Brockagh Centre from September. ECDL is the European Driving Licence for computers and is a bench mark which is recognised world-wide. The New ECDL is more flexible and offers a number of new and improved modules including Image Editing and Online Collaboration (social media, etc.). More details on the back page.

We hope that funding will be secured to offer a new Benefit 4—Get Yourself Online (semi-funded Government course) later in the year as it proved to be very popular this year.

So here's to a nice mild winter with plenty of opportunity for doing new things.

Brockagh Resource Centre

Issue 9

Autumn 2014

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Regular Events

- ◆ Our Car Boot Sale continues on the 1st Sunday of every month until Sunday 2nd November. Vans must be booked in.
- ◆ Christmas Gift Markets — Sundays 7th & 14th Dec
- ◆ Citizen's Information 1st & 3rd Tuesday month 10am to 12 noon. No app necessary
- ◆ Mobile Library every 2nd Thursday—new time from 12noon to 12.50pm.
- ◆ Closed AA meetings every Monday night 8.30pm
- ◆ VEC Adult Guidance - 1st Monday of month 11am til 1pm. For more information or to make an appointment contact Irene Hayden on 086-8061569.
- ◆ Tuesday night Dance Night every Tuesday night- Wicklow Man from 9.30pm
- ◆ Kinesiology & Nutritional Clinic Last Thursday of month 12-7pm. App only— 087 2195931

Autumn Thoughts

"Life starts all over again in the crisp of the Fall."

F. Scott Fitzgerald

Young People's Activities

Drama & Musical Theatre Classes

Drama modules encourage creativity and imagination incorporating improvisation, mime, script work, vocal training and acting skills. The Musical Theatre aspect of classes combine elements of drama, singing and dance creating versatile and charismatic performers.

Tuesday afternoons from Tues 16th Sept (registration Wed 10th Sept 5pm)

Junior Drama 4.15-5.00pm
Senior Drama 5.00-6.00pm

Call Kate 086 8256775

Computer Classes

Children's computer classes take place on Thursday afternoons from 3.30 p.m. Project based classes.

Places are limited

Call Michelle (0404) 45600 for information or to book place.



Tae Kwon Do

Tae Kwon Do is a total learning activity. Lessons are tailored to your child's age and skill level. Your child begins by practicing basic patterns and forms, kicking, blocking, striking, and punching. These fundamental skills increase your child's physical coordination, flexibility, balance, and mental acumen. As well as self-discipline and self-esteem

Monday Evenings 7 -8 p.m.
(General Class) 8th September

Friday Evenings

Panther (3-7yrs) 6.15-6.45pm
Junior (7-14yrs) 6.45-7.15 p.m.
7.15-8.15pm
(General Class)

Contact Paul on 087 2484570



Elevation Dance School -

Modern Theatre and Street Jazz
Jazz & Modern Theatre classes for children & teens focus on technique & discipline from the ISTD syllabi. Skills are combined to create routines inspired by Broadway & West End shows & commercial street jazz, all performed in the annual end of year production. Classes train students to be versatile in dance, focus on jazz style and lyrical expression while encouraging fun and fitness in a non-competitive, relaxed atmosphere.

Wednesday

Tots/Primary 3.00- 3.45pm
Grade 1 3.45-4.30pm
Grade 2 4.30-5.30pm
Grade 3 5.30-6.30pm
Silver/Grade 4-5 6.30-7.30pm

Call Kate 086 8256775

Registration 10th Sept 5pm - Starts 17th Sept



Happy Days

Happy Days drop-in for pre-school children and their carers takes place on Wednesday mornings. This group can provide a stepping stone for children preparing to go to playgroup.

Children are able to play independently with other children, while still having the security of their parents/carers close by. This can be a great help in building a child's confidence.

Happy Days is about adults and children coming together to have fun and to support one another. All welcome. **Starts 10th Sept**

Wed Morning 10.30am-12.30pm

Call (0404) 45600



Don't forget that the hall in the Brockagh Centre can be hired for children's parties. There is room for a bouncy castle and children have space to run around.

Call (0404) 45600 for details.



Junior Badminton

Badminton is a hugely popular sport worldwide. It is easy to learn and quickly develops into an energetic sport, requiring high levels of power, agility, stamina, technique and tactical awareness. Playing *badminton* is an excellent way for *children* to stay active.

Junior Badminton focuses on children's development, having fun, improving fitness levels and social interaction.

4th-6th class Tuesday 7-8pm

1st-6th year Thursday-time tbc.

New members welcome

Call Finian 086 2476822

Starts 15th Sept



Wonder Years Childcare

"Nurturing their sense of Wonder"

Montessori, Pre-School Toddler Group, Breakfast & After School Cub. We offer competitively priced private childcare along with National Childcare Funded Programmes. We believe every child is a unique individual and all children learn in different ways, the needs of the child will be met through the Montessori Method of Education and their creativity and imagination will be encouraged through free play, messy play and arts and crafts.

Parents are provided with regular updates, photos and a portfolio of artwork.

Full-time opening hours 7.30 a.m.

- 6.30 p.m. Please contact Valerie Duffy Manager on 085 7064990 or email

wonderyearswicklow@gmail.com.

Health, Fitness & Fun

For the More Mature!

Go For Life

Go for Life, gentle exercise sessions for the more mature take place in the Brockagh Centre from 11am on Tuesday mornings. Learn easy routines that get you healthier and moving and enjoy a cuppa and a chat afterwards. A great social morning! Also monthly lunches.

**Tuesday Mornings from 16th Sept
11am-12.15 Bernadette (0404)
45600**

eXtra eXercise

It's a breeze to ease back into shape with eXtra eXercise. Enjoy invigorating exercise routines to the beat of familiar 60's music. Have fun with lively music and simple moves. Low to Mid Level intensity -No floor-mat exercises, running or jumping.

**Friday Mornings 11-12noon.
Call Valerie on 087 631 9667**

Social Dancing

Don't forget that dancing is also a great way to get & keep fit.

**Dancing with the Wicklow Man
every Tuesday night 9.30pm**



Badminton

Badminton is the fastest racket sport in the world along with being a great way of staying active and fit throughout the year, while providing a fun social network also.

Why don't you pick up a racket and start? New members are always welcome.

**Play takes place every Tues from
8pm and Thurs times tbc for
seniors**

Call Finian 086 2476822

Starts 15th Sept



Yogatree Yoga

Try Yogatree Yoga - it is suitable for all ages and abilities from **beginners** to improvers to those recovering from injury or have health challenges. If you've always wondered about yoga, try this class this Autumn. Yoga is most helpful to recovery, recuperation, relaxation and de-stressing, whether you are young and older. Enjoy your body and it's abilities, be stronger and more relaxed. and enjoy the friendly social atmosphere of Yogatree classes.

Wednesday Evenings

Starts 1st October 7-8.30pm

Yogatree (0404) 40000



Tae Kwon Do

Tae Kwon-Do is a martial arts / sports that can be practiced by everyone; male, female, young and old. Try Tae Kwon-Do if you want to get fit, improve your lifestyle, meet new people, learn a valuable self defence system all in a friendly and welcoming atmosphere under the guidance of a Qualified Instructor.

There is no age limit on starting Tae Kwon-Do. You will be guided at a pace that is suitable to you.

Enhance self-esteem by heightening your physical and mental powers. **Strengthen your mind and body** through increased physical co-ordination and mental discipline.

Build confidence by encouraging you to succeed and to take control of your life.

Develop discipline by thoroughly training your body and mind in the tenets and techniques of Tae kwon do.

**Monday Evenings 7 -8 p.m (from 8th
Sept)**

**Friday Evenings 7.15-8.15 p.m
Contact Paul on 087 2484570**

Bootcamp Fitness

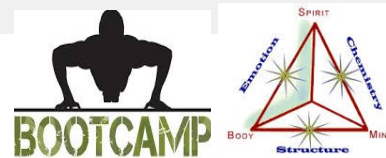
Our Bootcamp classes are for both male and female and will be a mixture of cardio, circuit, core work, kettlebells and boxercise (punching a pad). The classes are for beginner level fitness at first & will increase in difficulty slightly every few months as the class progresses.

You will have tons more energy from training. As you progress fitness tests are optional and when you move up a level you get a different coloured tee-shirt. The black tee-shirt is the ultimate goal.

Starts 8th Sept

Monday evenings 8.15-9pm

Contact Paul on 087 2484570



Nutritional and Educational Kinesiology

Kinesiology for children and adults uses muscle bio-feedback testing to test common food sensitivities (dairy, gluten, wheat, sugar, eggs, tomatoes, etc) and also detects and corrects mineral and nutritional imbalances in the body. Common complaints treated are sleeping problems, digestive problems, tiredness, skin conditions, anxiety, concentration problems and many more conditions in children and adults with learning difficulties (AD/HD, Dyslexia, Asperger's Syndrome).

Booking Essential

Last Thurs of month 12-7pm

**Contact Rosaleen on
087 2195931**

www.rosaleendurkin.com

Brockagh Resource Centre

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Glendalough
Co. Wicklow

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Promoting & Encouraging Business
& Community Development in
County Wicklow

The Brockagh Resource Centre is a modern, multi-purpose resource centre, offering a wide range of facilities and services to suit both the corporate and public sectors

Conferencing Facilities

- ◆ Conference Room ◆ Training Room
- ◆ Main Hall & Stage Presentations
- ◆ Small Meeting Room ◆ Catering
- ◆ Car Park

Business Services

- ◆ Printing ◆ Faxing ◆ Laminating
- ◆ Typing ◆ Brochures ◆ Copying ◆ CVs
- ◆ Business Cards ◆ Posters/Flyers

Internet Access

New ECDL

Since it was created in 1996, the ECDL syllabus has been revised many times. 17 years later, New ECDL is another overhaul of the programme. Some modules have been combined and revised along with technology changes, and brand new modules have been created.

The **New European Computer Driving Licence** is the internationally recognised qualification designed specifically for those who wish to gain a benchmark qualification in computing using the most up to date Microsoft applications. The course will enable learners to become more efficient and confident in their current job, develop their IT skills, and enhance their career prospects. Candidates starting the New ECDL can now view it as a lifelong progression path that they can return to at any time.

So what's so new about New ECDL?

Put simply: Choice and Flexibility, **More Choice:** A choice of at least 11 ECDL modules instead of 7 (all 11 modules will not be available initially), **Greater Flexibility:** The three year limit on completing ECDL has been removed. Candidates essentially register once and they have a skills card for life. This means in years to come they can add additional ECDL modules to their skills card.

The New ECDL consists of two categories of modules:

Base Modules - the building blocks for digital literacy, describing essential skills and knowledge.

Standard Modules allow individuals to build their digital competence, depending on their needs.

Base Modules - Computer Essentials (new), Online Essentials (new), Word Processing, Spread Sheets

Standard Modules - Using Databases, Presentation, Image Editing (new), IT Security (new) and Online Collaboration (new). Some modules will be phased in.

The New ECDL Standard Certificate is 4 Base Modules + 3 Standard Modules.

So Stay Relevant - Technology has changed so should you. **Enjoy the choice** - There's never been a greater range of modules to choose from. **Keep learning** - There's no time limit - an ECDL Profile is for life. **Meet the global standard**

Join the 13 million people worldwide who have chosen ECDL

Check out www.ics.ie or call Michelle at (0404) 45600. Flexible payment options.



The Brockagh Resource Centre is supported by Community Services Programme & Dept Social Protection

Laragh IT

Courses 2014

- ◆ Absolute Beginners
- ◆ Improvers/Intermediate
- ◆ New ECDL
- ◆ Get Yourself Online
- ◆ Internet & Email
- ◆ ICS Equal Skills
- ◆ Social Media
- ◆ Intro to Photo Editing
- ◆ Customised courses & One to one



Computer Classes

Take the plunge and put your name down for a computer class. Laragh IT caters for everyone - from those who break out in a sweat if they have to turn on a computer to those who wish to improve their skills, to improve job opportunities and for self satisfaction. And our classes are small so everyone gets that special treatment.

Don't forget IT vouchers are available - a perfect gift for someone you know.

Call Laragh IT on 0404 45600 or e-mail laraghit@eircom.net

New ICS Equal Skills

Provides complete beginners with a fun, informal and uncomplicated introduction to computers & the internet. Irish Computer Society Certificate on completion.

10wk x 2 hr course - Call Janette on

Adult Art Classes

Class focuses on painting and drawing, and is suitable for artists of all levels of experience. In the class we work with a variety of materials and learn techniques and skills specific to each. Each artist is then encouraged to make use of those skills and techniques to develop their own personal artistic style. Classes are informal and friendly.

Wednesday Mornings 11 -
12.30pm

Call Almha on
086 3897732

New class 10th Sept

