



Brockagh Resource Centre
 Laragh, Glendalough, Co. Wicklow.
 Phone: 0404-45600 / 45611 Fax: 0404-45664
 Email: brockaghresourcecentre@eircom.net
 Website: www.brockaghresourcecentre.ie

Brockagh Centre Bulletin

Spring 2015

Hello 2015 -Here's to a New Year and another chance to get it right! The Brockagh Centre has been buzzing over the last couple of months (and not just to the sound of kangos and diggers). We are in the throes of our extension being built and we are looking forward to our new and improved Brockagh Centre where we hope to be able to offer more facilities to our near and wider community. If anyone has any ideas on what you would like to see happening in the centre or would like to run courses in our new build.

We are still managing to keep everything going while the builders are here and we are currently humming along to the tunes of Honk, The Ugly Duckling as we

listen while Roundwood Variety Group prepare for their performance which will take place from Thursday 29th January until Sunday 1st February. Don't miss out it sounds fantastic (details in main Newsletter).

O p e r a t i o n Transformation is back here at the Brockagh Centre so over the next few weeks we hope to motivate and encourage each other to do a bit more and maybe to eat a little bit less. There are lots of classes and activities to help out with the moving a bit more - Bootcamp, Tae Kwon Do, Badminton, Yoga, Dancercise. We are looking for volunteers to help out so get in touch.

We still have some 2014 places available on the Get Yourself on Line course - ideal for those who are nervous about going on-line. The course covers internet searches, booking, banking on line and lots more.

We are also offering the New ECDL. The 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, improved and updated modules including Computer Essentials and Online Collaboration (social media, etc.). More details on the back page. We also offer one to one tuition at very reasonable rates.

So here's to a great New Year



Brockagh Resource Centre

Issue 10

Spring 2015

Inside this issue:

Spring 2015	1
Regular Events	1
Young People & Children's Activities	2
Health , Fitness, Fun	3
Other Classes	4
Laragh IT	4



Regular Events

- ◆ Next Car Boot Sale 8th Feb then 1st Sunday of every month until Sunday 1st November. Vans must be booked in.
- ◆ Citizen's Information 1st Tuesday month 10am to 12 noon . No app necessary
- ◆ Mobile Library every 2nd Thursday—from 12noon to 12.50pm. 1st 10mins at Brockagh then outside Lynhams
- ◆ 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 (none 27th Jan)

New Year Thoughts

"Hope smiles from the threshold of the year to come, Whispering 'it will be happier'..." -

Alfred Tennyson

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.

Drama 4.30-5.30pm
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)

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	3.15- 4pm
Grade 1	4 - 4.45pm
Grade 2	4.45 - 5.45pm
Grade 3 & 4	5.45-6.45pm

Call Kate 086 8256775



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.

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.

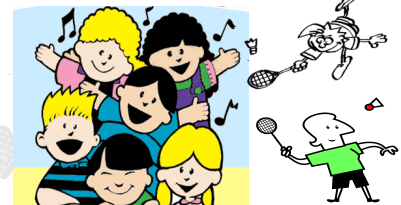
Junior Badminton focuses on children's development, having fun, improving fitness levels and social interaction.

4th-6th class Tuesday 7-8pm

1st-6th year Thursday-7-8pm

New members welcome

Call Finian 086 2476822



Wonder Years Childcare

"Nurturing their sense of Wonder"

Montessori, Pre-School Toddler Group, Breakfast & After School Club. 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 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

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 & Thurs from 8pm for seniors

Call Finian 086 2476822



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—Yoga

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 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

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.

Monday evenings 8.15-9pm

Contact Paul on 087 2484570



Dancercise

Enjoy a great work-out while dancing to party music. Music used ranges from Pop to Latin, South American, Latin, Jazz, Bollywood, Lyrical, Tap, Country and Western, Flamenco and World and is bursting with rhythm and energy.

More than just an exercise class, coordinating and learning the dance exercise routines is stimulating for the mind too,

You can work at a level suitable for you even if you've never danced before. Dance your way to fitness with Adam.

Wed 7-8pm

Contact Adam 083 3057949

(in Lynhams until 4th Feb then returns to Brockagh)



Brockagh Resource Centre

Laragh,
Glendalough
Co. Wicklow

Phone: 0404 45600 Fax: 0404 45664
e-mail: brockaghresourcecentre@eircom.net
www.brockaghresourcecentre.ie



**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

Created in 1996, the ECDL syllabus has been revised many times. 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 to make it more relevant

The New European Computer Driving Licence is the internationally recognised qualification that enables learners to demonstrate their competence in computer skills. 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. Sample Modules

ECDL Computer Essentials

Essential concepts and skills relating to the use of devices, file creation and management, networks and data security.

ECDL Online Essentials

Essential concepts and skills relating to web browsing, effective information search, online communication and e-mail.

ECDL Word Processing

Use a word processing application to create everyday letters and documents.

ECDL Spreadsheets

Use a spreadsheet to produce accurate work.

Using Database

Demonstrate competence in using this application.

Presentation

Demonstrate competence in using presentation software.

IT Security

Understand the main concepts underlying the secure use of ICT in daily life, use relevant techniques and applications to maintain a secure network connection, use the Internet safely and securely, and manage data and information appropriately. - **Candidates starting ECDL can now view it as a lifelong progression path that they can return to at any time.**

<http://www.ecdl.com/>



An Roinn Coimíre Sóisialaí
Department of Social Protection
www.welfare.ie



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

Laragh IT Courses 2015

- ◆ Absolute Beginners
- ◆ Improvers/Intermediate
- ◆ ECDL
- ◆ Get Yourself Online
- ◆ Internet & Email
- ◆ Social Media
- ◆ Intro to Photo Editing
- ◆ Equal Skills
- ◆ 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.

Go on make that call!

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

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

