



Brockagh Resource Centre
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Brockagh Centre Bulletin

Autumn 2015

Goodbye Summer Hello Autumn

What Summer you may well ask. While not the best Summer there were a few days when we all felt the better of feeling the warmth of the sun on our faces. All too soon the evenings are getting darker and Summer draws to a close while we are still ever-hopeful of an Indian Summer. With the start of the school year Autumn also brings its own autumnal beginning with new possibilities and opportunities.

This Autumn we are looking forward to our new extension which we expect to be finished over the next couple of months and we hope to have new offices back on the 'sunny side'. The new extension will open up many new opportunities for the Brockagh Centre and already from the outside it

looks like it has always been there.

There are a few new things this Autumn - Almha Roche our local Artist is starting her kids We Love Art classes on Monday afternoons. This class allows children to experiment with their art and have fun. We will also have a new Fit 2 Fight class on Monday evenings with Paul Healy at 8.15pm. This 45 minute class will make you sweat as you do the prep of top athletes (no contact). We are also delighted to welcome Gymboree back to the centre.

While some of our regular classes took a break during the summer Paul Healy's Tae Kwon Do and Adam's Dancercise kept going throughout. Adam's class is proving very popular with ladies - of all ages. It is

even cool enough for teenagers to be seen there with their moms. Our car boot sales and outdoor training workshops continued too and we celebrated our first ever St James' Day Festival with Camino Ways. Our annual Doggies Day Out fun Dog Show raised much needed funds for Ash Animal Sanctuary. Our local Active Retirement Group shared snatches of their life stories with us for our photo project (yes we have all the goss!) Unfortunately no Vikings this year but once our car park is restored we are sure they will make an appearance.

Other good news! The ever-popular Get Yourself Online classes will continue until December so get your names in asap - suitable for beginners & improvers and for over 65s - they are free.

Brockagh Resource Centre

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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.
- ◆ Glendalough Christmas Markets —dates to be announced soon
- ◆ Citizen's Information 1st 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
- ◆ KWETB 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
- ◆ Community Garden Fri mornings



Autumn Thoughts

"Autumn carries more gold in its pocket than all the other seasons."

Jim Bishop

Young People's Activities



Gymboree Play & Music Classes returns to The Brockagh Centre for a 6 wk session on Thursday mornings from 10-11am! Suitable for all babies, toddlers and pre-school children from 6mths - 4yrs. Teach your child a love of music through play in a fun and friendly environment! Places are limited so pre-booking is essential. **Thursday Morning 10-11am from 17th Sept**
Contact Rachel on 086 8330212



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 a pre-school group. 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-12pm

Call (0404) 45600

Back 16th Sept



Wonder Years Childcare offers full time childcare service for children aged 2 - 10 years old from 7.30am to 6.30pm all year round. Valerie Duffy (Manager/Owner) **083 4407662** or email wonderyearswicklow@gmail.com
 See more info on back page.

we  art

We Love Art classes are for primary school age children, and are taught by artist and qualified art teacher Almha Roche. Classes are small (max. 10 kids) and divided by age group. Group 1 age 4-6 (JI & SI), group 2 age 7-9 (1st -3rd class), group 3 age 10-12 (4th-6th class).

Skills and techniques covering a wide range of art and craft forms are taught. The emphasis is on the children being creative and making their own decisions about their work; having fun, experimenting with materials, with exciting and varied results.

Monday Afternoons 14th Sept

Phone/ text: Almha 086 3897732

Email: weloveartcrafts@gmail.com

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

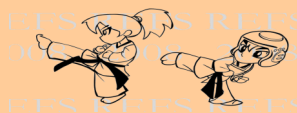
Junior (7-14yrs) 6.45-7.15 p.m.

7.15-8.15pm

(General Class)

Contact Paul on 087 2484570

Fri class back 4th Sept



Elevation School of Performing Arts Dance Classes

Classes available in Modern Jazz, Contemporary and Hip Hop with all teachers qualified through the ISTD, ID Dance or BTEC. High energy classes are taught in a relaxed atmosphere to help improve balance, flexibility & technique as well as improving social skills, body awareness and confidence with students being given the opportunity to express their own individuality and creativity in a fun and safe environment. Elevation also has it's own highly successful competition Dance Team for Advanced dancers.

Wednesday Afternoons

Class times to be confirmed

Call Kate 086 8256775

Registration Fri 4th Sept - 3.30-4.15pm)

starts Wed 9th Sept



Drama Classes

Drama classes focus on technique derived from the Irish Board of Speech and Drama giving students the option to take exams and work through grading.

Drama modules incorporate improvisation, mime, script work, vocal training and acting skills as well as preparation for the annual end of year show.

Tuesday afternoons from Tues 8th Sept (registration Fri 4th Sept 3.30-4.15pm)

Junior Badminton

Badminton 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. **Starts 15th Sept**
4th-6th (primary) class Tuesday 7-8pm

1st-6th year (secondary) Thursday-7-8pm. New members welcome

Call Finian 086 2476822

Health, Fitness & Fun



Fit2Fight is an 8 week fight camp which will take you through all the workouts that a real combat athlete performs in preparation for a fight.

Exercises such as; Bag work, Pad work, Skipping, Medicine Ball drills, Plyometrics, Abdominal conditioning, Sand bag drills, Kettlebell drills, Battle ropes, Push/pull sleds and more!

All these exercises in just a 45 minute workout! You will get into the best shape of your life guaranteed! There will also be a generic diet plan and home workout plan for you to follow between classes including the road work that a fighter will perform each morning to get in shape for a fight. Fit2Fight is a non contact class!! You won't be sparring, getting hit or hitting anyone. This class is open to male and female clients!

Monday evenings 8.15-9pm Starts 7th Sept



Yogatree Yoga

Try Yogatree Yoga - it is suitable for all ages and abilities from beginners to improvers to advanced. The yoga class takes place from 7-8.30pm on Wednesdays. 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 or older. Enjoy your body and it's abilities, be stronger and more relaxed. and enjoy the friendly social atmosphere of Yogatree classes.

Wednesday Evening from 16th Sept 7-8.30 pm Yogatree (0404) 40000



Badminton

Badminton is fun, fun, fun. This the fastest racket sport in the world. Play singles to build up fitness and doubles to have more fun!

A great way to develop your reflexes, agility, speed, fitness. A great cardiovascular workout due to all the running, jumping, stretching and striking during a game. It is also a great social sport where between games you can mingle and socialise.

Why don't you pick up a racket and start? New members are always welcome. **Starts 15th Sept**

Play takes place every Tues & Thurs from 8pm for seniors

Call Finian 086 2476822



For the More Mature!

Go For Life

Go for Life is about getting more older people, more active, more often. Join us for a variety of gentle exercise sessions at 11am on Tuesday mornings. Learn easy routines that get you healthier, moving and laughing and enjoy a cuppa and a chat afterwards. A great social morning! We are also a member of Active Retirement Ireland with many other activities throughout the year including monthly lunches, outings and trips, lots more.

Tuesday Mornings from 8th Sept

11am-12.15 Bernadette (0404) 45600

Tae Kwon Do

Taekwondo strengthens your body and improves your health through physical exercise and conditioning. Isometric and dynamic tension exercises will allow you to gain better muscle tone and more strength. A gradual building process of safe and easy stretching techniques will enhance flexibility, while breathing and concentration exercises lead to sharper reflexes and senses.

The discipline of Taekwondo leads to increase energy, better health and fitness, greater coordination, and higher self-esteem. These qualities are vital to a happier, longer life.

**Monday Evenings 7 -8 p.m
Friday Evenings 7.15-8.15 p.m
Contact Paul on 087 2484570**



Tuesday Night Social Dance Night

Dance the night away to music from the Wicklow Man every Tuesday night from 10pm until late. A great way to get exercise while having fun and a fabulous social evening.

Call (0404) 45600

Dancercise

Enjoy a great work-out while dancing to party music. Music used ranges from Pop to Latin, South American, 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



Stress Management

Learn how to understand the types and sources of stress; short term and long term, internal and external and being able to identify your stressors, is an important part of stress management. You can't eliminate stress but you can learn how to manage it. Join Tanya one evening per week for six weeks to learn how.

Contact Tanya on 086 4033349 for information or to register your interest.

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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

Laragh IT Courses 2015



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

Computer Classes

We have a wide variety of classes on offer - for the recreational user to those who wish to improve their skills for the work environment. The New ECDL offers learners a variety of new modules that will benefit them on a professional and personal basis. New ECDL has something to offer everyone.

Go on make that call!

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



Get Yourself Online (BenefIT 4)

The Get Yourself Online Course is designed to provide basic IT training to those who may have little or no experience of computers. It will provide confidence and develop skills in using the internet for a variety of activities. Cost €20 for 4 x 2hr classes. This course is **Free** to those over 65.

- ◆ Basic use of the computer
- ◆ How to send and reply to emails
- ◆ Learn how to conduct a simple on-line transaction
- ◆ Understand some of the basic features of on-line banking
- ◆ Use government services on-line
- ◆ On-line shopping

There is also a follow-on course for those who wish to take your new knowledge an confidence a step further.

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

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Don't forget that the hall in the Brockagh Centre can be hired for children's parties and other occasions.

Call (0404) 45600 for further details.



Wonder Years Childcare offers full time childcare service for children aged 2 - 10 years old from 7.30am to 6.30pm all year round. Free Pre-school Ecce & Montessori Class, Toddler Class, Breakfast Club & After School Club (school pick up Glendalough & Roundwood).

Competitively priced private childcare along with National Programmes, such as CETS and ASCC. Our qualified team of educators have a genuine love of children and education and are trained in First Aid and are Garda Vetted. Children's creativity and imagination is encouraged with free play, messy play, arts & crafts and much more. Bright and child centred indoor and outdoor areas beside the Brockagh Centre provide a fun and positive learning environment. We provide regular updates, photos and a portfolio of children's work. Contact Valerie Duffy (Manager/Owner) to arrange a visit.

Full-time opening hours 7.30 a.m. - 6.30 p.m. Contact Valerie Duffy on 083 4407662 or email wonderyearswicklow@gmail.com.



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 16th Sept



County Wicklow Partnership



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



Department of Communications, Energy and Natural Resources
An Roinn Cumarsáide, Fuinnimh agus Acmhainní Nádirtha