

libraries.
fingal.ie



Fómhar/Geimhreadh i Leabharlanna Fhine Gall 2020

Go leor le feiceáil ... go leor le déanamh

Autumn/Winter in Fingal Libraries 2020

So much to see ... so much to do!



Céard atá ar siúl i Leabharlanna Fhine Gall!
What's on in Fingal Libraries!

fingal.ie



Beidh na cainteanna, ceardlanna agus seirbhísí seo curtha ar fáil saor in aisce ar líne ag Leabharlanna Fhine Gall, chun sibh a spreagadh, agus chun tacaíocht a thabhairt daoibh i 2020.

Check out the free talks, workshops and services available online at Fingal Libraries that can inspire, motivate and support you in 2020

Éire Shláintiúil Healthy Ireland 04	Féile Leabhar na bPáistí Children's Book Festival 07	Seachtain Chóid Code Week 09
Oíche Shamhna Halloween 10	Seachtain na hEolaíochta Science Week 11	Ionad Eolas Europe Direct 13
Cúrsaí Oibre Work Matters 14	rSheirbhísí eServices 15	Nollaig Christmas 19

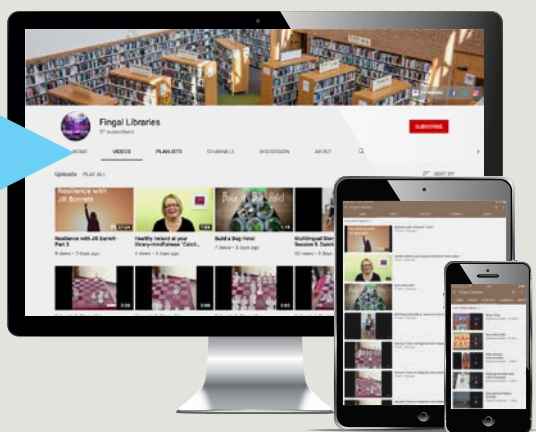
Fingal Libraries Online

During Covid 19 sometimes the doors of our libraries may not be open, however you will find on these occasions our services have moved online. The content online includes yoga workshops, story times, coding classes, art workshops and more.

Events for our younger members continue, even if they have moved to the virtual space. Look out for our Children's Book Festival content and all our usual fun events such as art workshops, STEM events and story time.

Wellbeing events will also take place across the library schedule including virtual workshops on how to conquer worry and anxiety, deep relaxation, mindfulness, resilience and family wellbeing during a crisis.

Don't forget to check out our Fingal libraries YouTube channel!



The Cocooning Library

Read everything on your bookshelf? Looking for some new reading material to while away the hours? Cocooning? Well Fingal libraries are happy to help. If you or someone you know is cocooning and would like a fresh supply of library books, talking books or DVDs . . .

contact us now at **01 890 5000**
or **cocooning.library@fingal.ie**



Healthy Ireland at your Library

The **Healthy Ireland at Your Library** service
is available in all local libraries across the country



Éire Sláintiúil ag an leabharlann

Fingal Libraries are delivering the nationwide Healthy Ireland at your Library which establishes your local Fingal Library as a valuable source within the community for health information. The initiative aims to create a society where everyone can enjoy mental and physical health, and where wellbeing is valued and supported.

The service is available FREE of charge and addresses 6 key areas: Healthy Childhood, Healthy Eating and Active Living, Wellbeing and Mental Health, Positive Ageing, Alcohol and Tobacco Free.

Healthy Ireland at your Library provides the following resources, services and support:

- A comprehensive collection of books on health and wellbeing
- Online Health Information such as e-Books, e-Audiobooks, e-Magazines, online courses
- Health Information – guidance on access to a range of health information
- Free talks, discussions and workshops relating to various health and wellbeing topics can be found online

Call into your local Fingal Library today and benefit from this new initiative. Watch out for the Healthy Ireland at your Library banners and book displays. Explore the enhanced book collection, discover the range of online services and attend one of the FREE Healthy Ireland at your Library events which are being run across Fingal Libraries.

For further information go to www.fingal.ie/fingallibraries



Eachtraí Éire Shláintiúil I Leabharlanna Fhine Gall/Healthy Ireland Events in Fingal Libraries





These events will be available on our YouTube channel and across our social media platforms

Boost your Immune System with Kundalini Yoga – Jen Murphy

Kundalini yoga is like wellness on tap. Turn on the tap for even 3-minutes a day and you can destress your nervous system, expand your lung capacity, and strengthen your immune system. Known as the “mother of all yoga’s”, Kundalini is said to work 16 times faster than other forms of yoga, as it enhances your physical, mental and spiritual wellbeing.



What to expect in this class:

-  Relaxation
-  Pranayama - breathing exercises
-  Physical workout
-  Meditation

“After . . . becoming introduced to the technology of Kundalini Yoga, every part of me has become awakened. I’m clearer, stronger, more conscious, and more creative than ever.” ALICIA KEYS

Contentment in Life – Michael Ryan

In this short video Michael Ryan outlines the top tips for bringing contentment of our lives.

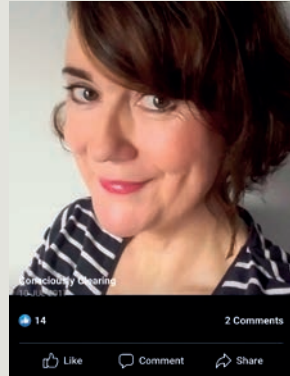
Healthy Habits for Healthy Minds – Michael Ryan

In this short video Michael Ryan outlines the best habits for ensuring we maintain a healthy and positive mindset.



Managing Anxiety - 3 Part Workshop – Fiona Hall

This workshop is presented by Fiona Hall MIACP, Counsellor and Psychotherapist. The Covid pandemic has affected everyone in terms of mental health and wellbeing. We are spending longer periods of time alone, away from others and are unable to live our lives as we had previously. Each workshops will focus on one theme, building on the previous video and will provide practical advice on how to manage your anxiety, thought patterns and wellbeing.



Workshop 1
Managing Anxiety and Identifying Triggers

Workshop 2
Self Isolation and Self-Regulation

Workshop 3
Building Resilience

Decluttering – Creating a Calm Home During Covid – Fiona Hall

This workshop is presented by Fiona Hall MIACP, Counsellor, Psychotherapist and owner of Consciously Clearing decluttering. This workshop will provide practical tips on where to start, what to tackle and guide you through the emotional blocks that may get in your way. Since so many of us are now working from home, studying at home and generally spending a lot more time at home, it is so important for our mental health and wellbeing that we keep our home environment as calm and organised as possible.

World Mental Health Day – Orlaith O’Sullivan Video for Teens - 3 Ways to Take Care of your Anxiety

From a feeling of worry to full-blown panic, anxiety is part of our daily lives. So how can we take care of it? In this short video, mindfulness teacher Orlaith O’Sullivan gives you three easy ways to help manage your anxiety. With practice, these exercises help us to feel more steady and calm, even in difficult moments. Orlaith O’Sullivan teaches mindfulness and cultivating happiness internationally. She works with children, teens and families. Orlaith loves using creative and fun approaches to mindfulness practice. Her course ‘Cultivating Happiness’ was the first of its kind in Ireland.

For more information on her work, see <https://www.orlaithosullivan.com/>

Féile Leabhar na bPáistí Fingal Children's Book Festival 2020

Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



AVAILABLE TO VIEW ON
FINGAL LIBRARIES
YOUTUBE CHANNEL

The Tell-Tale Collection – Maeve Devoy

Maeve A. Devoy will delve into her own journalistic roots, to explore the many ways that journalism can embellish the stories we tell. From interviews to research, the children will find a whole new outlook on creative writing, before they set off to discover things they never knew about themselves, as they embark upon telling their own story.

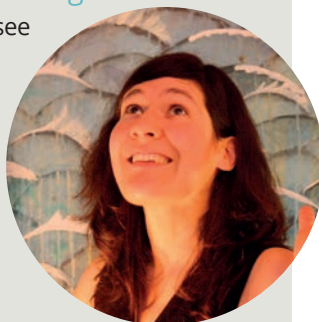
Maeve Devoy is the author of The Tell-Tale Collection. She travels all over Ireland interviewing ordinary people and collecting their stories, while hosting creative writing workshops for children. Her second collection of stories is due to be released in Autumn.

Who's afraid of the Big Bad Wolf? – Fiona Dowling

What do you think of when you think of a wolf? Do you see a dangerous creature with sharp teeth and a ferocious appetite? Do you see beautiful noble animal with silvery fur? Or maybe just a big kind of dog?

In this storytelling session you will encounter different kinds of wolves: some scary and some funny, some shy and some brave, some kind and some selfish. With a selection of her favourite wolf-stories and songs from a variety of cultures Fiona will endeavour to make you laugh, think, dream, tremble (just a little!) and open wide your wolf imagination.

Suitable for children aged 6+.



Rod Smith presents:

"This is no time to travel - so let's travel in time instead..."

Join Rod Smith, author of 11 books, including the time-travelling "Hands on History" novels as he discusses:

What is Time Travel? . . . Is it possible? . . . What might happen if you could travel back in time? . . . Could you travel into the future? . . . If you could change one moment in history, what would it be?



Féile Leabhar na bPáistí Fingal Children's Book Festival 2020

Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



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YOUTUBE CHANNEL

Furry Friends and Ferocious Fiends – Favourite Animals Big and Small – Alan Nolan

Join author and illustrator Alan Nolan as he talks about favourite animals from children's books, and introduces you to a host of crazy critters, big and small, from his latest book **Sam Hannigan and the Last Dodo** as well as his brand-new book **Animal Crackers** with Sarah Webb. Learn loads of interesting animal facts, learn how to draw a giant budgie, and play along with Alan's ultra-exciting, eco-friendly game show **Alive, Extinct or Just Plain Stinky!**



Alan Nolan is the author and illustrator of Fintan's Fifteen, Conor's Caveman and the Sam Hannigan series for the O'Brien Press. His latest book Animal Crackers: Fantastic Facts About Your Favourite Animals (with Sarah Webb) is out now! Alan lives in Bray, County Wicklow with his wife, three sons and a cat called Chewie.



**Check out Children's
Books Ireland YouTube
Channel & Website
for lots of reading
resources**



Youtube: www.youtube.com/channel/UCrSA79e05ZARNF20SdaRwjg/videos

Website: www.childrensbooksireland.ie/resources/



EU Code Week 10th–25th October

“EU Code Week is a grassroots initiative which last year brought together 4.2 million people in Europe and beyond. The idea is to **make programming more visible, to show young, adults and elderly how you bring ideas to life with code**, to demystify these skills and bring motivated people together to learn.”

Creative Computer Classes (CCC Skerries) – Sabine McKenna **Saturday 10th October**

Parent and Child Food-themed day coding event.

Booking at cccSkerries.com/fingal

A First Taste of Coding with Sabine McKenna

Learn how to bring your ideas to life with code! Create a simple catch game using the online drag-and-drop coding platform Scratch.

Class Outline

- 10.00am: The videos are released: How to use Scratch, and how to create the project (between three and four videos in total).
- 11.00am on the chosen day: Zoom in for help and / or inspiration! 60 min
- Any questions emailed to me by 3.00pm will be answered by emails or even a quick zoom call, depending on what is possible.
- 4.00pm on the chosen day: Final Zoom call showcasing projects created during the day.

Academy of Code Zoom

Saturday 24th October

for 11-13 year olds from 12.00pm-1.00pm

The class content will cater for students of various coding skill levels.

Booking at <https://www.eventbrite.ie/e/academy-of-code-week-extravaganza-online-event-tickets-122671141687>

“The Academy of Code is Ireland's top coding school for kids and teens. In this introductory workshop students will be introduced to the basics of Scratch, one of the most popular educational coding languages in the world. Students will bring characters to life while being introduced to the basic ideas at the heart of coding - and having a lot of fun while they're at it!”





AVAILABLE TO VIEW ON
FINGAL LIBRARIES
YOUTUBE CHANNEL

OÍCHE SHAMHNA HALLOWEEN

Halloween Crafts

with Orlaith O'Sullivan

This fun crafty session will explore what we find spooky, bringing our fears into the light so that we can help take good care of our worries. Bring any craft supplies that you enjoy using: paper, glitter, markers, feathers - whatever you want!

Suitable for 7-12 year olds.

Halloween Storytime

with Orlaith O'Sullivan

This Storytime will be spooky AND will help us to connect with our hearts so that we can feel safe and loved.

Suitable for 7-12 year olds.

Science Week

8th–15th November



Clár Éire Ildánach
Creative Ireland
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2017–2022



Coding – Learn the beginnings of computer science in this one-day introduction to Scratch Workshop and create a Science Mini Game with Sabine McKenna

Saturday 14 November, 10.00am - 5.00pm

// blended online workshop with two live Zoom sessions //

Get an introduction into the free online drag-and-drop programming platform Scratch and learn how to bring your ideas to life with code, using concepts like wait until, if-then/else and forever.

No previous experience with Scratch required! Aimed at those in 4th, 5th, or 6th class **and a parent (especially for the Zoom calls)**, this workshop will be run by Sabine McKenna of creative computing classes Skerries (cccSkerries).

10.00am: There will be short instructional videos available online on the day

11.00am – 12 noon: Zoom call for help and / or inspiration; throughout the day, until 3.00pm. Sabine is at her computer to answer emails and give support.

4.00pm: Final zoom call showcasing your work (and last chance for asking any questions directly).

Details and registration will be on
cccskerries.com/fingal from Saturday 31 October

Academy of Code Learn to Code for 8 – 10 years

November 8 (Session 1: 3.00 – 4.00pm and Session 2: 4.15 – 5.15pm)

Learn to code with Ireland's top coding school, the Academy of Code! Students in this fun one hour introductory class will be introduced to the wonderful world of coding, and take their first steps on the road to mastering this important skill. This class will be delivered through Scratch, a visual coding language designed specifically for young students learning to code, and is open to total beginners and those with limited coding experience. All you need to join is a PC/Mac, ideally with a webcam and headphones. **Register on the links below.**



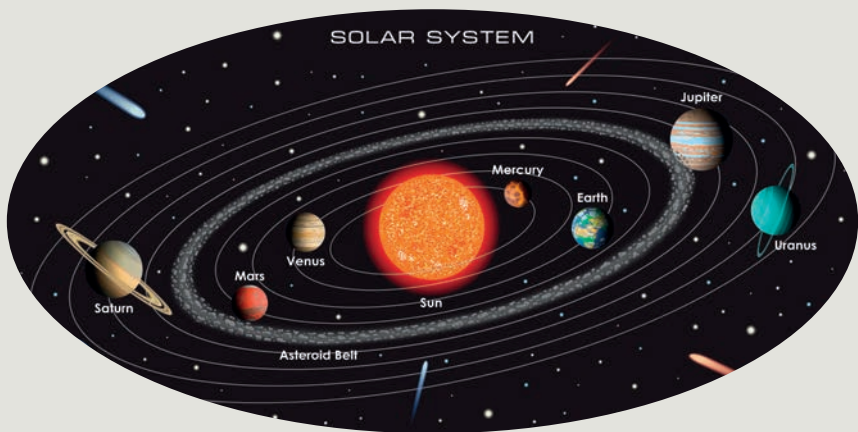
<https://www.eventbrite.ie/e/academy-of-code-science-week-coding-fun-for-8-10-year-olds-session-1-tickets-123173971665>

<https://www.eventbrite.ie/e/academy-of-code-science-week-coding-fun-for-8-10-year-olds-session-2-tickets-123176152187>



Science Video

Introduces students to science, what science is and how science affects our daily lives. During the video a variety of hands-on interactive science investigations will be presented to explore science topics from kitchen science to forces: as acid and basis tests of things we can find in our kitchen and instructions to make a flying parachute.



Space Video

Covers the topic of space, investigating the universe, origins of the solar system, the planets and moons of our solar system and looking at space exploration. The video also features a range of activities, such as a guided investigation on meteor impacts, exploring the scale of the solar system, instructions for making a rocket, a Mars rover and constellation viewer that children can do after the workshop using materials they have at home.

Waste Video

Introduces the topic of waste, how much we produce, and what we do with it, describes the differences between reducing, reusing, and recycling, and discusses attitudes towards waste. Some ideas of how to get creative and do craft reusing waste materials that participants will do using materials at home are also showcased.



Europe Direct Annual Soapbox Competition

Week beginning 2nd November

The theme for the Soapbox Competition “Everyone wants to get back to the pre-Covid way of life”. This year, the soapbox will be run using an online format. For the regional competition, participants will send in a pre-recorded video of their soapbox speech. The national final will be held live in an online format.

European Green Deal Conference

Week beginning 2nd November

This online conference will feature a number of speakers who will discuss the implications for Ireland of the European Green Deal. Topics such as agriculture, financing the deal, biodiversity and ensuring a just transition will be covered. The public will be given the chance to submit questions to the speaker in advance of the conference.



**For more information please contact
europedirect@fingal.ie**



**Work
Matters**
at the
Library

Comhairle Contae
Fhine Gall
Fingal County
Council



Cursaí Oibre / Work Matters

Jill Barret, Accredited Personal, Executive and Leadership Coach hosts three videos which aim to help and guide you in your job search and provide some life coaching skills along the way.

The first video is entitled *Create a Winning CV*. In this short video Jill gives you her top tips on putting together a CV that will impress any potential recruiter and bring you one step closer to landing any job you apply for. Jill covers vital aspects including content, layout, skills, providing evidence of achievements and making your application stand out against the competition.

<https://youtu.be/LmHXAPSSebQ>

Create a
Winning CV

Be a STARR
interviewee

In her second video, Jill covers key tips to get you to and through your next interview. She covers topics such as preparation, doing your homework about the company or organization you are interviewing for; how to master the S.T.A.R.R. interview technique which helps you anticipate questions and prepare your answers accordingly. Finally, Jill shows you how to be aware of your red flags; questions that may throw you off balance and how to prepare for different scenarios.

https://youtu.be/wd9__eh3ea4

In her third video entitled '*Change Your Thinking, Change Your Life*' Jill focuses on the benefits of changing your negative thinking patterns and how your life can improve as a result. She focuses on such aspects as mindfulness, breathing and positivity. Jill guides you through relaxation techniques and helps to steer you away from unhealthy thought patterns towards more solution focused thinking.

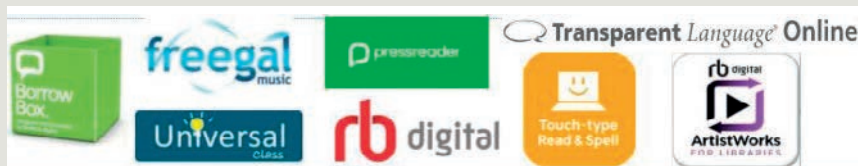
<https://youtu.be/uWsKu2WyxTo>

Change your
thinking, change
your life

rSheirbhísí / eServices

Fingal Libraries offers a huge range of online e-Services – all FREE – with your library card. You can download eBooks/ audiobooks, digital magazines, newspapers or take online classes and courses.

Visit the Fingal Library page at www.fingal.ie to register for our e-Services. Download the FREE Fingal Library app from your app store to manage your own account. For further assistance contact your local branch or email: Library.Eservices@fingal.ie



Ríomhleabhair ó BorrowBox / eBooks & eAudiobooks from BorrowBox

BorrowBox offers thousands of adult and junior eBooks and eAudiobooks. Register on our e-Services page and download the BorrowBox app from your app store.

Irisleabhair le RB Digital / eMagazines with RB Digital

Hundreds of up to date free digital emagazines are available through RB Digital. Simply download the RB Digital app from your app store and register in-app.

Transparent Languages with RB Digital

Transparent Languages offers free classes in over 100 languages. Download the RB Digital app from your app store and register in-app.

Touch-Type read and spell (TTRS)

Improve literacy and typing skills with TTRS. Suitable for all, particularly those with learning difficulties. Email: library.eservices@fingal.ie to register.

Páipéar Nuachtáin agus Irisleabhair ó PressReader / Newspapers and Magazines from PressReader

PressReader offers a huge range of over 7,000 up to date digital newspapers and magazines from all over the world.

Universal Class

There are over 500 FREE courses to choose from with Universal Class – ranging from computer skills to yoga. Universal Class offers an excellent opportunity to learn something new at your own pace.

Artist Works

Artist Works for Libraries offers a wide range of art and music classes, ranging from complete beginners to advanced levels with world-class instructors.

Freegal

Freegal music is an ad-free music streaming and downloading service that is provided to you completely free of charge by Fingal Libraries. Simply log-in to the app or the website using your library card and PIN.

Seisiúin Eolais ar R-Sheirbhísí i do leabharlann! / E-Services info sessions in your library!

Unsure of where to start with e-Services? We are here to help! We are holding a number of e-Services information sessions to get you started throughout our branches. Check your local branch for details.







	October	November
Malahide	Monday 12th	Monday 16th
Swords	Wednesday 7th	Tuesday 10th
Blanchardstown	Wednesday 7th	Tuesday 10th
Balbriggan	Wednesday 14th	Thursday 19th
Howth	Wednesday 14th	Wednesday 18th
Garristown	Thursday 22nd	Thursday 19th
Donabate	Wednesday 14th	Wednesday 18th
Skerries	Wednesday 14th	Wednesday 11th
Rush	Tuesday 6th	Tuesday 3rd
Baldoye	Tuesday 20th	Wednesday 18th

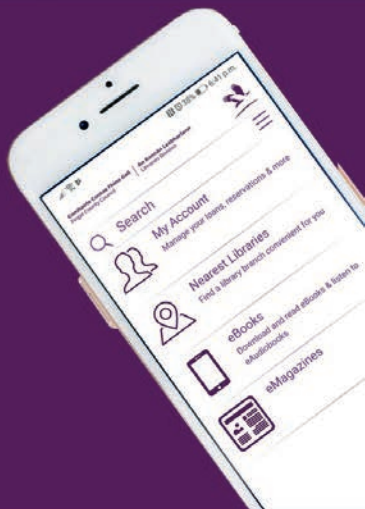




Fingal Libraries App

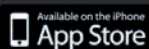
Your quick and convenient way to:

-  Search the library catalogue
-  Access and manage your library account
-  Locate your nearest branch and its opening hours
-  View a list of upcoming events
-  Download eBooks, eAudiobooks and eMagazines
-  Access a wealth of online resources



Available for **Android**
& **IOS** devices

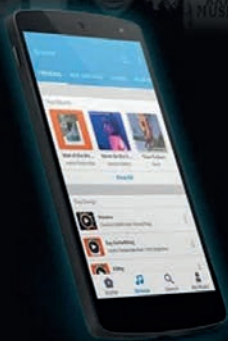
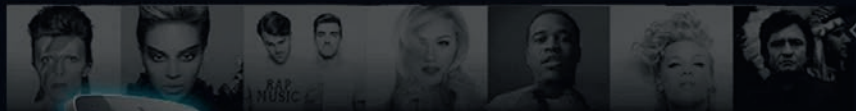
Download the app



libraries.
fingal.ie



Available FREE through
Fingal Libraries



15 MILLION + SONGS
40,000 MUSIC VIDEOS

Unlimited Streaming
5 track weekly download



Download app - Choose Fingal as location - Enter library card details - Browse, Listen, Download, Enjoy!

Register online
<http://bit.ly/FreegalMusicFingal>
or download the app



libraries.
fingal.ie



Transparent Language Online

Your complete language-learning solution

110+ Language offerings

English materials for speakers of 30+ languages



Available on the
RBdigital app

rb digital

Available on the iPhone
App Store

GET IT ON
Google Play

Available on
kindle fire

Register online

<https://bit.ly/RBLanguagesFingal>

or download the app

libraries.
fingal.ie



**Touch-type
Read & Spell**

Available FREE through
Fingal Libraries

Touch-type, Read & Spell (TTRS)

An award-winning, multi-sensory course that teaches typing, reading and spelling



TTRS is a multi-sensory online course assisting students of all ages to learn at their own pace in the library or at home

Useful for those with literacy difficulties, dyslexia, dyspraxia, ASD, ADHD, working memory & processing weakness

Featuring:

Modular design | **Phonics & repetition** | **Multi-sensory approach**

Register at your local Fingal Library or
email: library.eservices@fingal.ie

libraries.
fingal.ie



AVAILABLE TO VIEW ON
FINGAL LIBRARIES
YOUTUBE CHANNEL

Nollaig Shona

Merry Christmas

Christmas Crafts

with Aoife Munn

Learn how to make your own **Scandinavian style wreath** in this easy to follow video. This is made mostly from natural materials and will look incredible on the door or as a centrepiece for your table.

This **Christmas crafts video** will get the kids in the house all Christmas ready and excited. From festive bunting to Christmas wreath and much more this video will encourage everyone to get creative. All crafts are created with easily accessible materials.

Family Time at Your Library

Watch out for free events and activities for families during the month of December. These will take place online this year. Families can also access the large collections of children's books, eBooks and eAudiobooks. Please contact your local library for details.



Cá bhfuil mo leabharlann is cóngaraí? Where is my nearest library?

Balbriggan	01 870 4401	balbrigganlibrary@fingal.ie
Baldoyle	01 890 6793	baldoylelibrary@fingal.ie
Blanchardstown	01 890 5560	blanchlibrary@fingal.ie
Donabate	01 890 5609	donabate.library@fingal.ie
Garristown	01 835 5020	garristownlibrary@fingal.ie
Howth	01 890 5026	Howth.library@fingal.ie
Malahide	01 870 4430	malahidelibrary@fingal.ie
Rush	01 870 8414	rushlibrary@fingal.ie
Skerries	01 890 5671	skerrieslibrary.library@fingal.ie
Swords	01 890 5582	swordslibrary@fingal.ie
Mobile Library Service	01 890 6719	mobile.libraries@fingal.ie
Housebound Library Service	01 860 4290 1850 211466 (Freephone)	housebound.library@fingal.ie
Local Studies and Archives	01 890 4486	Local.Studies@fingal.ie

Tá Leabharlanna Fhine Gall ar na Meáin Shóisialta
Fingal Libraries are on Social Media

