

Newsletter – Winter 2022

Newsletter No.25



*To all of you in Cill Dara
Housing Association,*

*Wishing you a very Merry
Christmas & a Happy New
year!*

From all the staff at CDHA

Youth Employment Programme – Finding Your Feet

Cill Dara Housing Association have partnered with The Social Inclusion & Community Activation Programme (SICAP) which is part of the County Kildare Leader Partnership to assist our young people from 18 – 25 years of age.

This programme helps to improve their CV, job search and interview skills. Participants will also be linked in with potential employers, training and apprenticeships that suit them.

If there is any young people in your house who would be interested in this programme, please contact Paul Brady on 087 777 7463 or contact Mary Byrne in SICAP on 086 061 3618.



County Kildare
LEADER PARTNERSHIP



Home Safety for the Festive Season

Christmas is a time for celebration and also a time that we are home a lot more so please ensure to take extra care by ensuring electrical sockets aren't overloaded, candles aren't left unattended and Christmas trees are placed properly & steady in their stands.

For more tips on staying safe at home this festive season, [click here](https://www.aviva.ie/insurance/home-articles/christmas-fire-safety-tips/) or go to <https://www.aviva.ie/insurance/home-articles/christmas-fire-safety-tips/>

Kildare Town Women's Shed

Cill Dara Housing Association collaborated with several local and regional agencies to start a 'Conversation Café' which aimed for local member of the community to have a say about issues effecting them, over a hot cup of tea or coffee. This has now morphed into, Kildare Town Women's Shed.

The group meet every Tuesday at 11am at Bishopsland Community Centre, with around 14 participants weekly. Tenants from CDHA are the nuclei of the group.



Drop by our website & Facebook page!

Cill Dara Housing Association have recently re-vamped our website and social media presence. You can now pay your rent online by simply going to <http://cilldarahousing.ie/product/pay-rent/>

Please visit our Facebook page @CillDaraHA and our website www.cilldarahousing.ie and feel free to let us know what you think! Paul Brady is always available for comments on 087 777 7463.

Advice on Reducing Energy Bills

With energy bills rising, here are some links on how to keep yours manageable:

- www.switcher.ie
- www.selectra.ie/energy/guides/energy-saving
- www.seai.ie/home-energy/energy-saving-tips
- www.seai.ie/reduceyouruse/



Dolly Parton's Imagination Library Update

CDHA have partnered with the Dolly Parton Imagination Library to provide free books monthly to children of CDHA tenants aged from 0 to 5 years.

We presently have 10 children in this age group and they receive a story book monthly, appropriate to their age.

The first set of books arrived in early November and parents and guardians of these children were immediately contacting CDHA to show their gratitude.

If you have a child that age and you have not been contacted yet, please give Paul Brady a shout on 087 777 7463, or the office.



No Email? No Worries!

CDHA have recently started sending our newsletter via email but have noticed that quite a few of our tenants don't have email addresses. Due to this, we have asked Older Voices Kildare (OVK) if they can help us get you online. The team in OVK would be delighted to run a course which shows you how to use an email, use a tablet/smartphone and search the internet for shopping or local events etc.

This could be really helpful if you are interested in getting to know the Internet & Google better but are unsure of how to start. Contact Paul, on 087 777 7463 if you would like to give the course a try or if you know anybody who would be interested. OVK regularly work with people who would like to be better online so will keep the learning at your own pace and for what you need.

Contact Us

Address: Unit 16A, Kildare Business Park, Melitta Road, Kildare, R51N765
 Email: info@cilldarahousing.ie / Web: www.cilldarahousing.ie
 Phone: 045 531 622 / Out of Hours: 087 645 1015

Closed on Monday 26th, Tuesday 27th December & Monday 2nd January
Our emergency repairs line, 087 674 1015 remains open on these days.

Local and National Support Services

Financial Support

COMPANY	CONTACT
<u>MABS (Money Advice & Budgeting Centre)</u> , Newbridge, Co. Kildare	045 123 456
<u>St. Vincent de Paul</u> , All areas.	01 855 0022
Community Welfare Officer, INTREO, Newbridge, Co. Kildare	045 491 500

Family Support

COMPANY	CONTACT
<u>Teach Dara Family Resource Centre & Food Bank</u> , Kildare, Co. Kildare	045 522 128 087 947 4783
<u>Teach Tearmainn, Domestic Violence Centre</u> , Kildare, Co. Kildare	045 527 584
<u>Your Local G.P.</u> - Go to <u>HSE.ie</u> to find your local practice	

Community Groups

COMPANY	CONTACT
Kildare Town Community Garden, 1223 Campion Crescent, Kildare, Co. Kildare	Sheila 087 676 1014
Kildare Town Men's Shed, 1223 Campion Crescent, Kildare, Co. Kildare	Drop in Tuesday's 10:30am - 12noon
Kildare Tidy Towns, Kildare Town	Mary 087 293 4467

National Helplines

COMPANY	CONTACT
<u>Citizens Information</u>	0818 078 300
<u>Women's Aid</u>	1800 341 900
<u>The Samaritans</u>	116 123
<u>Threshold</u>	1800 454 454