

PHFA

Poppintree Health For All is an interagency group which aims to highlight and promote the importance of good health and well being for all those living and working in Poppintree, Ballymun.



Poppintree Health For All

This year's health & wellbeing week is packed full of opportunity. The week has been designed to encourage and support everyone living and/or working in Poppintree to come together to explore a variety of health topics and see what we need to do to become healthier. See the timetable of events inside for details.

Thanks to:

- Poppintree Youth Project
- Dublin City Council
- HSE Health Promotion and Improvement
- Poppintree - Aisling Project
- Poppintree Early Education Centre
- St Joseph's National School
- St Margaret's Travellers Community Association
- Ballymun Youth Block

Poppintree Health For All

c/o Poppintree Youth Project
Balbutcher Lane, Ballymun, Dublin 11
D11E7WR

01 862 4580



Poppintree Health For All



2022

POPPINTREE HEALTH FOR ALL PRESENTS: Health & Wellbeing Week

Monday Nov 14th – Friday Nov 18th

What's going on

For who?

Monday, November 14th	
Moody Monday 10 -2pm <i>St. Josephs School</i>	St Josephs: Pupils
PYP Pampering sessions 11 -2pm <i>Poppintree Youth Project</i>	Wider community Call to book 0858504259
Wellbeing Walk 4-5pm <i>Poppintree Community Centre</i>	Aisling Project young people
Love in the Wild – Production by Lisa Walsh (14yrs+) 6pm <i>Axis Ballymun</i>	Wider community Call to book ticket 0858504259
Tuesday, November 15th	
Treat Yo Self Tuesday 10– 12pm <i>St. Josephs School</i>	St Josephs Pupils and Parents
Fitness Test 11 – 1 pm <i>St. Margarets Community Centre</i>	St Margarets Traveller Community Association
Pooch Walk 12 - 2pm <i>Poppintreee Park (Marewood gate/Pond)</i>	Wider community All Welcome!
Sports taster sessions & Metric Games 3-6pm <i>Poppintreee Youth Project & Community Centre</i>	Wider community All Welcome!
Emotions and Resilience sessions 5 - 6pm <i>Aisling Project</i>	Aisling Project Young People
Mindfulness - Sound Baths 6 - 8pm <i>Poppintreee Youth Project</i>	PYP Young People

What's going on

For who?

Wednesday, November 16th	
Wellness Wednesday (Coffee morning, Pilates) 9 – 11am <i>St. Josephs School (parents room)</i>	Wider community
Head for the Hills 3 – 7pm <i>Poppintree Youth Project</i>	PYP Young People
Mindful Arts and Crafts 4 – 5pm <i>Aisling Project</i>	Aisling Project Young People
Bring me Back Alive: Production by Patricia Mc Cann (14yrs+) 8pm <i>St. Josephs School (Cairn Ct entrance)</i>	Wider community All Welcome!
Thursday, November 17th	
Kids Zumba 10 – 11pm <i>St. Josephs School</i>	St Josephs Pupils and Parents
DCC Community Walk/ St Josephs Terrific Thursdays Walkers Club 10.30 - 12pm <i>Poppintree Park</i>	Wider community All Welcome!
PYP Self care sessions 3 – 6pm <i>Poppintree Youth Project</i>	PYP Young People
Mindfulness Scavenger Hunt and Champions of the week 4 – 6pm <i>Aisling Project</i>	Aisling Project Young People
PYP Bingo POCO 5 – 9pm <i>Poppintree Youth Project</i>	All Young People
Friday, November 18th	
Feelings Friday 10 – 11am <i>Poppintree Community Centre</i>	St Josephs Pupils and Parents
International Mens Day Celebration 10– 1pm <i>Ballymun Child & Family Resource Centre</i>	All Men Welcome
PYP Self care sessions 3 – 6pm <i>Poppintree Youth Project</i>	PYP Young People
PYP Music / Comedy gig 7 - 9pm <i>Poppintree Youth Project</i>	Wider Community All Welcome!

For further details call
01 862 4580



Get involved!

Come and try something new. Get your questions and queries answered. Meet your old and new neighbours. Discuss your Health & Wellbeing.