

HEALTH - HOPE - HAPPINESS

CUISLE CENTRE

JANUARY 2018

FREE BOOK OFFER!



FREE

Health Assessments

Tuesdays 11am to 4pm

Seniors Club

Last Thursday of the month, 2.30pm to 4pm

Vegetarian Cookery Class

Every 2 weeks on a Wednesday 7.15pm to 8.45pm

(Check website or facebook for dates)

Ranelagh Community Prayer Meeting

Every 2 weeks on a Wednesday 7pm to 8pm

(Check website or facebook for dates)

Welcome to the Cuisle Centre

The Cuisle Centre provides a wide range of services and courses designed to support whole-person health in its many dimensions – physical, mental, spiritual and social. The Cuisle Centre offers classes to help you make healthy lifestyle choices, outdoor programs, group activities for adults and children, and one to one counselling services.



About Our Name

Cuisle is Irish, meaning “pulse”. Our centre is located in the heart of Ranelagh and we strive to be the pulse of our community by reaching out in service.

Our Team

Services at the Cuisle Centre are provided by Dublin based health-care professionals and other volunteers with diverse skills. Many of our providers are members of the Ranelagh Seventh-day Adventist Church which hosts the Cuisle Centre and provides pastoral support. Seventh-day Adventists have a long tradition of promoting healthy living and a desire to follow Christ's example of ministering to people's needs.

Drop-in to the Cuisle Centre

Tuesdays 11am to 4pm

Books for Sale

Browse through our selection of books and magazines. These are on sale during our different activities and programs.

SERVICES

Health Assessments

Tuesdays 11am to 4pm (can change depending on volunteers)

Ever wonder how old your body is according to your habits and not your birthday? Receive a health check to get a picture of what areas you should focus on to optimize your health. Healthcare workers and lifestyle counsellors will share the tools and support you. These are free sessions. Text or ring **085 849 7877** or email info@cuislecentre.ie to arrange your free health assessment.

Personal Counselling

Nave Ndhlovu is a qualified counsellor and psychotherapist. Nave provides individual and group counselling at the Cuisle Centre by appointment.

To book at appointment call **085 849 17877** or email info@cuislecentre.ie

Fee: €20 for 1 hour consultation



Pastoral Counselling

Would you like to learn more about God and His purpose for your life? The Dublin pastoral team are ready to guide you on this journey. If you would like to discuss spiritual and personal matters individually or as a group contact **Adam Keough**: adam@adventist.ie or **089 211 1507**

Premarital Counselling

A wedding is one of life's most significant celebrations. It merits all the careful thought and planning usually invested in it's preparations. We highly recommend all couples go through premarital counselling. **Adam Keough**, a licensed minister, provides premarital counselling services to couples. To arrange an appointment, contact: adam@adventist.ie or **089 211 1507**

REGULAR CLASSES



Knit & Knatter Knitting & Crochet group

Every other Monday 10.30am to 12pm
(check website or facebook page for dates)

Join the Knit and Knatter group to share and learn knitting and crochet skills in a friendly environment. Or come along for a natter and cuppa. Crafters of all levels and ages welcome.

Vegetarian Cookery Class

Every 2 weeks on a Wednesday 7.15pm to 8.45pm

(Check website or facebook for dates)

Simple and nutritious dishes are demonstrated at our popular vegetarian cookery class. Our team of experienced cooks prepare the dishes step by step. Enjoy presentations from every corner of the world, with presenters demonstrating vegetarian or vegan from their home countries. Everyone gets a chance to sample the meals and socialise after the class. This class is free but we do accept donations.



Seniors Club

Last Thursday of the month, 2.30pm to 4pm

We have a range of activities intended to enrich the lives of senior citizens in the community.

We welcome anyone 55 years and older to come along. Meet others and share experiences while enjoying a hot drink, cake and some healthy snacks.

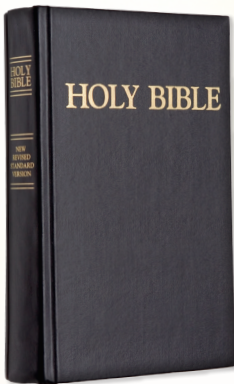




Ranelagh Community Prayer Service

Every 2 weeks on a Wednesday 7pm to 8pm
(Check website or facebook for dates)

Unite in prayer for each other, the Ranelagh community and for the world around us. You can also text or email prayer requests to **085 849 7877** or **info@cuislecentre.ie**



FREE BIBLE!

We have a copy waiting for you.

Go to: www.freebible.ie

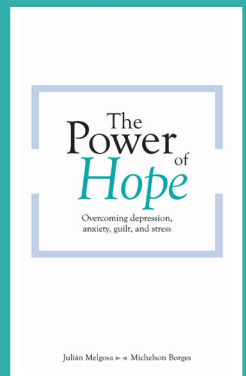
and follow the simple instructions there.

Published by the International Bible Society this 882 page New International Version of the Bible measures 22cm high by 14cm wide by 3cm thick. The print size makes for easy reading and the hard covers will ensure that it has a long life.

FREE BOOK OFFER!

Take Charge of Your Health describes true stories of individuals struggling with illness who became dynamos by simplifying their diet, using natural remedies and exercising. Through these powerfully motivating stories learn the rules for securing vibrant health, shed bitterness and find new peace of mind. Claim your free book in person, by emailing info@cuislecentre.ie or calling 085 849 7877.

Offer limited to the first 20 requests.



www.cuislecentre.ie



47a Ranelagh Road, Dublin 6

SEASONAL PROGRAMS

Fitness Class

Instructor: Nomsa Gusha-Zinyemba,
Health Ministries Sponsor

Looking to get fitter, healthier and lose a bit of weight. Come along and enjoy our fitness class. Check website or facebook page for details.

Text **085 849 7877** or email **info@cuislecentre.ie** if you are interested in our fitness class and would like to be added to a mailing list.



Ranelagh Ramblers

Regular hikers are organized at locations in Dublin and the nearby counties. We welcome walkers of all abilities and ages.

Register at **info@cuislecentre.ie** or **085 849 7877** to receive info of the next hike



Depression, the Way Out?

Depression is the most common mood disorder worldwide. It knows no cultural, social or economic barriers and is largely misunderstood. We use The Nedley Depression Recovery Program which has successfully helped thousands not only identify and correct the underlying causes of depression, but also improve overall mental performance.

The course is presented as a combination of lectures and facilitated group discussion. This course is for anyone who suffers from depression or anxiety and those who would like to better understand and help friends and family. Register at **info@cuislecentre.ie** or **085 849 7877** to receive info about the Program.



Home Visits

If you would ever like someone from the Cuisle Centre to come and visit you at home, please do let us know. We also offer a free handyman service. Call us on 085 849 7877.

Build a healthy self esteem

Self-esteem is a way of thinking, feeling and acting that implies that you accept, respect, trust and believe in yourself. How you feel about yourself can influence how you live your life, how you respond in various relationships, and how well you do in school and work. Discover the key steps to a healthy self-esteem on this free interactive workshop.

Register at info@cuislecentre.ie or **085 849 7877** to receive details about this workshop.



Stop Smoking Workshops

Would you like to give up smoking but are finding it a challenge?

“Tobacco use is the leading cause of preventable death in Ireland with almost 6,000 smokers dying each year from tobacco related diseases. Smoking related

deaths are mainly due to cancers, chronic obstructive pulmonary diseases (COPD) and heart disease. Cigarettes contain over 4000 toxic chemicals, many of which are proven to cause cancer. Smoking harms nearly every organ of the body, causing many different illnesses and diseases. If you are a long-term smoker, on average, your life expectancy is about 10 years less than a non-smoker. The younger you are when you start smoking, the more likely you are to smoke for longer and to die early from smoking”. HSE website.

We will be running a Stop Smoking program at different times throughout the year, if you are interested in this program register at info@cuislecentre.ie or **085 849 7877**

Holiday Bible Club for kids

When? 2nd-6th July

Where? Cuisle Centre, 47a Ranelagh Road

Who is invited? Children 4-12 years of age.

Cost? €5 per day



Join Daniel-torn from his home and forced into the king's service. Explore exotic sights and smells in a Babylonian bazaar! Kids and adults will find that they're not much different from Daniel and his friends, who kept their faith in a faithless culture. If you are interested in this program contact info@cuislecentre.ie or **085 849 7877**.
