

Community hub being put to good use

THE new community hub in Finglas West at St Kevin's School is already being put to good use by holistic support organization, Sankalpa.

The new hub is designed to create a badly needed community space for the area. The hub will be used for youth groups, breakfast clubs, adult education and senior citizen activities.

Sankalpa, which works with people who are seeking support for addiction problems, is one of the first community groups to use the hub. It provides classes in Therapeutic and Social Horticulture, facilitated by Sinead Drew.

Sankalpa has also secured an allotment space beside the hub, where each week a group of nine local people in recovery from addiction plough a new furrow.

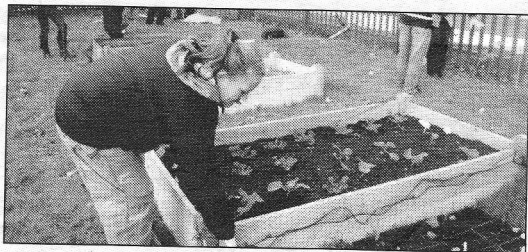
"The new allotment and gardening project gives its participants an opportunity to give something back to the community," said manager of Sankalpa, Dr Tom O'Brien.

It's hoped some of the produce from the allotment will be given to local elderly residents.

Group facilitator Sinead Drew, believes there's much to be learned from gardening.

"Horticultural therapy helps clients to discover that through therapeutic and leisure activities, their potential to grow, learn and change, and thereby achieve a more satisfying, qualitative way of life," she said.

"We hope to see more allotments in Ireland in the coming years."



● **GREEN FINGERS:** The new community hub allotment is being put to good use