

- **Ballyfermot Sports & Fitness Centre: Two Easter Camps** will be held in the centre from 10th – 13th April and 18th -21st April.
The centre is registered for the **Fit4all week** from 8th to 14th of May, free access will be offered to all people with disabilities during this week.
Champions Day – 11th May. This is a Sports Day for people with disabilities and will be hosted at the centre
- **Ballyfermot Swimming & Water Sports** sessions continue each Monday from 5-6pm in Sports & Fitness Ballyfermot. A number of DCSWP Sport Officers are involved. The programme is open to referrals from the local welfare officer. The Monday pool sessions have been running since March 2016 and cover swim technique/fitness, water safety, snorkeling & sea swimming outings in the Summer. Participants must have a good baseline standard of swimming as the training is of a high intensity.
Opportunities are available for those interested to progress onto a Pool Lifeguard Course and achieve certification in this area. This may, in turn, open up employment prospects for them. However, the focus of the programme is to use the experience of successful candidates within the group in a peer to peer leadership model in order to sustain success.
- **Men's Shed - Ballyfermot Resource Centre Bicycle Programme**
This programme takes place each Tuesday from 1.30pm - 4pm in Ballyfermot Resource Centre. DCSWP Sport Officers will be working with participants of the Ballyfermot Men's Shed around cycling, bicycle maintenance and active living. Anyone interested in joining the Men's Shed in Ballyfermot please contact Matt on 0860718444.
- **School Rowing Ballyfermot**
In September, St. Louise De Marillac NS & St. Raphael's NS will begin a year long rowing programme with Dublin City Council Staff in the Dublin Municipal Rowing Centre, Islandbridge. They will be joining other local schools (Mary Queen of Angels & Caritas College), who have enjoyed use of the facility and participation in the sport for almost ten years. If anyone has interest in getting their local groups or individuals involved in rowing, please contact DCSWP Sport Officer Gareth Herbert.
- **St. John of Gods Mixed Sports Session**
A mixed activity programme for attendees of St. John of Gods with physical and intellectual disabilities .The programme is delivered in Ballyfermot Sports and Fitness on Mondays from 11am to 12.30pm.
- **Ballyfermot Ladies Cycling Group**
This is an open programme for anyone interested in cycling and achieving a good level of fitness in a relaxed environment. Meet at Ballyfermot Sports & Fitness on Fridays at 10.30am. The aim is primarily to get participants comfortable and confident on the bike and safely cycling in groups. The medium term goal is to build up to a long cycle of 40km during the Easter break.

- **The Liberties Club (Youth Justice Project)**

The local DCSWP Sport Officer will be assisting youth workers from The Liberties Club to provide a soccer drop-in every Monday night from 8-10pm in St. Catherine's Sports Centre. This acts as a form of outreach to young people in the area and the hope is that they will join the club and get involved in activities on an ongoing basis.

- **TUSLA Programme South City Family Support Services**

The DCSWP Sport Officer is working with the South City Family Support Services TUSLA to help build resilience for a group of young people aged 8 to 12 years of age, allowing them to find their voice. The group will be taking part in a 12-week Water Confidence/Snorkeling programme taking place in Crumlin Swimming Pool on Tuesday afternoons from 3-4pm. The Programme will run from January to April. During the Easter holidays the group will take part in a waterpark outing.

- **Teen Gym - Introductory Programme**

The DCSWP Sport Officer, with the support of the St. Catherine's Gym staff, has organised another rolling four week block of Teen Gym sessions for new participants. This introductory programme is held on Saturday afternoons after the gym is closed to the public. The teens are given exclusive access to equipment and instructor supervision.

Once teens have completed these four weeks they may then use the gym after school on weekdays and up to 6pm daily during the school holidays. We constantly have new teens signing up for this programme and we have also retained a large number of teens who have progressed from Teen Gym to a full gym membership.

The cost of Teen Gym is €2 per session and is open to any teen from the age of 13 – 16 years. Teen Gym also operates every Wednesday & Thursday in Clogher Road Sports Hall (St. Kevin's College).

- The DCSWP Sport Officer is working with the City Motor Sport School to provide access to fitness activities to young people aiming to achieve their Junior Certificate. Friday mornings – St. Catherine's Sport Centre – **Gym Fitness Programme.**

- **Fountain Youth Project/Foróige DAN Youth Justice Project Easter Holiday Programmes**

The DCSWP Sport Officer will be assisting the two projects with their school mid-term activities. This will consist of multi-sport activities.

- **Foróige DAN Youth Justice Project - Snorkeling Programme**

The DCSWP Sport Officer is facilitating and assisting the project by delivering an introductory pool snorkelling programme on Tuesday evenings from 5pm – 6pm in Crumlin Swimming Pool. The young people need to log 5 open water snorkeling sessions, with their initial session being planned for the Easter mid-term break. The group will be working towards the Irish Underwater Council's 'FUNdamentals' certification.

- **Liberties Community Training Centre Programme (CDETb)**

The DCSWP Sport Officer continues to work with approx 50 young people aged 16 to 21 years to achieve a range of certificates. The young people are currently working towards FETAC Level 3/4 certification covering four distinct areas being Sport & Leisure, Hospitality & Tourism, Woodwork and Metalwork. To help keep the group active and achieve the relevant skills they will be taking part in gym sessions and outdoor activities. The Sport Officer will also assist in getting students

certification in First Aid and Safeguarding. The current crop of students are expected to graduate in July.

- **SICCDA Life-skills Health & Lifestyle Programme**

The DCSWP Sport Officer will be working with a group of 12 adults on a year long life-skills FETAC Level 3/4 Programme. To help with keeping the group active they will be taking part in gym sessions in addition to outdoor trail walks.

- **Club Support**

The local DCSWP Sport Officer supports and works with the coaches from *St. Catherine's Boxing Club & Tae Kwon-Do Club* who both train on various evenings in St. Catherine's Sports Centre and are always willing to take on new members. Likewise with *Liberty Saints Rugby Club U13's & 17's* who train on Tuesday & Thursday nights in Liberty Park on Basin Lane.

- **Safeguarding Training:** The DCSWP Sport Officer will be facilitating a Safeguarding 2 & 3 course during the month of May for local community clubs, volunteers and coaches. Dates and locations to be confirmed.

- **Bluebell Change For Life** – Three fitness classes are provided as part of this programme - Zumba on Mondays from 7-8pm, Walking/Jogging on Wednesdays from 6-7pm and Step Aerobics on Thursdays from 7-8pm. All classes take place in Bluebell Community Centre. This programme is open to all adults in the local community.

- **Fatima Change For Life** – Three fitness classes are provided as part of this programme – Step Aerobics on Mondays from 6-7pm, Walking/Jogging on Wednesdays from 6-7pm and Circuit Training on Thursdays from 6-7pm. All classes take place in the F2 Centre. This programme is open to all adults in the local community.

- **Activities for Over 55's**

Aqua Aerobics, every Wednesday from 11am – 12pm in Guinness Pool

Chair Aerobics, every Thursday from 10.30am – 11.30am in Donore Avenue Community Centre

Indoor Bowls, every Friday from 12pm – 1pm in Donore Avenue Community Centre

Go for Life Games, every Tuesday from 10.30am – 11.30am in Walkinstown Social Services Centre

- **Parents Get Active** – this consists of a Zumba session for parents every Wednesday from 9am to 10am in Scoil Mhuire, Inchicore.

- **Afterschool Programme:** This is held in Scoil Iosagan every Wednesday from 2.30pm – 3.30pm and is aimed at boys under 10 years of age.

- **GYMtastics** – this initiative, aimed at 8 – 11 year olds with varying degrees of abilities, takes place every Wednesday from 4.30pm – 5.30pm in the F2 Centre, Fatima.

- **Fencing Programme** with boys & girls from St. Patrick's Choir School on Friday's from 1pm to 2.30pm. This will teach students the basics of Olympic Fencing. A similar **Archery Programme** takes place in the school every Thursday (both ongoing).

- **Learn to Swim Sessions: Fatima/Dolphin House** – Thursdays 5pm – 6pm Crumlin Pool. Weekly until 18th May.

- **Learn to Swim:** Eight week programme delivered in Crumlin Swimming Pool for 12-16 year olds every Wednesday 7-8pm.
- **Great Ireland Run Group** – The local DCSWP Sport Officer is delivering a running programme to teenagers from the Bluebell area on Monday evenings from 6pm to 7pm.
- **Go For Life Games** – The DCSWP Sport Officer delivers training on Tuesday mornings in Walkinstown Community Centre from 10am to 11.30am.
- The local DCSWP Sport Officer facilitates a **Teen Girl's Fitness Programme** in St. John Bosco's on Wednesday evenings from 5pm to 6pm.
- The local DCSWP Sport Officer is currently delivering a **Mountain Biking Course** to a learning disability group in Scoil Eoin on Thursday mornings.
- **Addiction Response Crumlin (4 Programmes)**
 Wednesdays: 11am to 1pm, Urban Gym Drimnagh – Recovered Group
 Thursday: 11am to 1pm, Urban Gym Drimnagh – Recovery Via Sport Group 2
 Fridays: 11am to 12pm, Clogher Rd – Women's Group
 Fridays: 11am to 1pm, Clogher Rd – Addiction Response Men

Football Development Officers Update

- **Coach Education Course: Kick Start 1** - Friday 28th April 9am – 5pm Inchicore College
- **Coach Education Course: Kick Start 2** – Monday 8th May 9am – 5pm Inchicore College
- **Late Night League:** This programme will start on Friday 5th May 6pm – 8pm and will run for four Fridays. It is aimed at 11-12 year old and 13-15 year old. It is a combined initiative with local youth support groups and the local Garda JLO.
- **Intercultural After-School Club:** This integration programme is a joint initiative between Cherry Orchard FC, local schools and the local community in Ballyfermot. It takes place on Thursday's from 12.30pm – 1.30pm in Elmdale Park and from 4.30pm – 5.30pm in **Sports & Fitness Ballyfermot**.
- **Dublin Primary 5 aside Finals:** Mourne Road School, Drimnagh have qualified to take part in the finals on Thursday 27th April.
- **Finale of Crumlin National C Licence:** This will take place with 16 coaches on 2nd, 3rd & 4th May in Pearse College.
- **Football Drop-in** every Monday from 5pm to 6pm in Ballyfermot Sports & Fitness for 5 – 7 year olds (skill development) and every Thursday from 5pm to 6pm in Inchicore Sports Centre for teens (social, diversion, skill development).
- **Sprog Soccer** takes place every Monday from 4pm to 5pm in St. Catherine's Sports Centre for 4 – 8 year olds.
- **Men's Homeless Street League** resumes each Friday from 11am – 1pm in St. Catherine's Sports Centre.

- **Girl's Football Drop-in** every Monday from 5pm to 6pm in St. Catherine's Sports Centre for 6 – 11 year olds.
- **School Football Sessions** will run in St. Catherine's Sports Centre every Monday & Tuesday morning for local schools in the area.
- **Walking Football** for the Active Retirement over 65's – Clogher Road Sports Centre every Friday from 1pm – 2pm (ongoing).
- **New 'MyClub' Show Racism the Red Card Programme** with Mourne Road School every Tuesday from 9am - 11am in the school grounds.
- **'Breakfast Football'** takes place at Our Lady of Lourdes School, Inchicore, every Friday from 8am – 9am. This involves the local Football Development Officer working with the School Completion Officer to encourage children to attend school and to be on time.

Cricket Development Officer Update

- School Visits- We will be delivering school yard sessions in the South Central Area to the following schools:

Drimnagh Castle BNS (Thursdays 11.00am - 12.30pm)
Scoil Colm (Thursdays 1.00pm - 2.30pm)
- From the first week of April, Leprechaun Cup (Primary Schools Competition) games will begin between all Dublin City schools (days and times vary between each school depending on availability etc...)
- The Cricket Development Officer is working closely to develop the newly formed Chapelizod Cricket Club. Coaching Sessions are being held with this group in St. Catherine's Park, Lucan on Friday evenings from 6.30pm – 8.30pm.
- The Cricket Development Officer will be working closely with DCSWP Sport Officers in the area to organize the running of cricket programmes over the coming months.

Rugby Development Officer Update

- **Primary Schools:** Continued recruitment of girls for Terenure College RFC's Mini Girls Section through engagement with primary schools in the South Central Area.
- **Secondary Schools:** Drimnagh Castle: Coaching support for full contact boys' rugby teams competing in DCC Cup U15 blitzes and U18 competition.
- **Leinster DCC Schools Competition:** Competition for secondary schools in the DCC area to help prepare them for Junior (U16) and Senior (U19) competitions next year. Please contact the Rugby Development Officer for more information.

Contacts:

Antonia Martin, Dublin City Sport & Wellbeing Partnership, Manager: antonia.martin@dublincity.ie

Martin McDonagh, Manager, Sports & Fitness Ballyfermot & Inchicore Sports Centre:
martin.mcdonagh@dublincity.ie

Cormac Healy, Manager, St. Catherine's Sports Centre & Clogher Road Sports Centre:
cormac.healy@dublincity.ie

Mitch Whitty, Sport Officer: mitchell.whitty@dublincity.ie

Catherine Flood, Sport Officer: catherine.flood@dublincity.ie

Will Morris, Sport Officer: william.morris@dublincity.ie

Sharon Kelly, Sport Officer: sharon.kelly@dublincity.ie

Gareth Herbert, Sport Officer: gareth.herbert@dublincity.ie

Derek Ahern, Sport Officer: derek.ahern@dublincity.ie

Michael Moore, Soccer: michael.moore@fai.ie

Marc Kenny, Soccer: marc.kenny@fai.ie

David Rake, Soccer: david.rake@fai.ie

Jonathan Tormey, Soccer: jonathan.tormey@fai.ie

Ed Griffin, Boxing: shandygriffin@hotmail.com

Fintan McAllister, Cricket: fintan.mcallister@cricketleinster.ie

Aoife Thompson, Rugby: aoife.thompson@leinsterrugby.ie

Report by

Alan Morrin

Dublin City Sport & Wellbeing Partnership