

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

15TH MAY 2017

- **Belmayne & Clongriffin Community Family Fun Day, Sunday 21st May**
Fr. Collins Park will be the venue for a community family day being delivered by the NCA Office and DCSWP Sports Officer. Parents and children will be able to take part in fun and adapted games of volleyball, rugby, archery and athletics in addition to a host of other fun games & activities throughout the day.
- **Men's Health Week: June 12th- 17th**
In partnership with staff from the DCC Community Development Team, the DCSWP Sports Officer will be providing a number of information sessions on the health related benefits of exercise and physical activity in the NCA Civics Offices on Tuesday June 13th. He will also be providing a "Beginners Swimming" session for men in Trinity Sports & Leisure Centre (date & time TBC).
- **1st Year Activity Club**
The club continues where students attending 1st year in Ard Scoil La Salle in Kilbarrack participate in this programme on Wednesday afternoons after school. The young people are encouraged to create their own programme of activities, behavioural contracts, goal setting and manage a budget for this 8-week programme. Activities include football, hall games, sporting trips etc...
- **Belmayne/Clongriffin Couch to Parkrun**
Residents from the area are invited to take part in a weekly structured supervised training programme to take beginners and non runners and build their capacity to jog/run in their local 5km Parkrun. Participants are given training plans and hints & tips to achieve this goal.
- **Walking Football Programme**
Weekly sessions of walking football offered to Men's shed and men's groups in a pilot project with the FAI Community Officer and DCSWP Sports Officer. Donaghmede Men's Shed fortnightly sessions continue.
- **Artane Walking Programme**
This is a weekly programme of walks in conjunction with the HSE Health Promotion Improvement Officer and Artane Day Care Centre. Participants will travel in the DCSWP Mini-Bus to St Anne's Park.
- **After-School Sports Drop-ins**
These ongoing sessions are a partnership initiative between the DCSWP Sports Officer and Sphere 17 Regional Youth Service / Kilmore Youth Service. Young people have the opportunity to try their hand at sports such as cricket, Olympic handball, indoor tennis & basketball. The programmes run Mondays – Friday (not Thursday) from 2.30pm – 4pm for after-school groups in Darndale, Priorswood, Kilmore & Bonnybrook.

- **Swimming lessons with Swim Ireland & KCDP Afterschool Club**
Every Tuesday from 4-5pm 20 young people aged 5-8yrs from Kilbarrack CDP take part in a series of swimming lessons in Coolock Pool as part of a Swim Ireland Participation Initiative
- **The Dales Physical Health & Wellbeing Programme (Darndale)**
This is a 12 week programme for individuals suffering from addiction issues. The 2 hour sessions take place every Tuesday and consist of an hour of boxercise and an hour of yoga. The programme is run jointly by the DCSWP Sports Officer & The Dales Addiction Treatment Centre. The idea of the programme is to teach the participants that a change in lifestyle can assist them in tackling their addiction issues.
- **St. Francis Parents – Get Fit Class**
This weekly boxercise/yoga class is held in St. Francis School every Thursday at 9.15am for parents of school going children.
- **HSE Soccer**
This programme, in conjunction with the HSE, invites referred participants with mental health issues to play soccer in Kilmore Community Centre every Thursday at 3pm. Physical activity is used as a tool to help improve their overall wellbeing. This programme has been a great success and we are hoping to put together another 12-week run, focusing on more fitness based activities.
- **Traveller Groups:** The DCSWP Sports Officer for Darndale/Priorswood/Kilmore works extensively with Travact & Sphere 17 to educate traveller youths via sport. Presently, we have 6 young people who have passed their level 1 rock climbing cert and are in the process of completing the level 2 cert. All will progress to be certified rock climbing instructors.

The DCSWP Sports Officer has recognised the help the traveller groups need and has brought groups kayaking, pier jumping and mountain biking in Wicklow recently in an effort to help them integrate and see other things outside there area. This good work will continue.

- **Schools Swimming Programme:** 40 new pupils from OLI School Darndale are learning to swim on a 6-week programme aimed at giving them confidence in the water and progressing their swimming technique & water skills.

Football Development Officer Update

- **Kilbarrack After-Schools Programme** takes place every Wednesday from 3pm – 4pm in Greendale Hall (in partnership with Kilbarrack Utd).
- **Darndale Late Night League** continues on Friday nights until the end of May.
- **Kilmore Girl's** training every Tuesday & Thursday from 6pm – 7.30pm in the Oscar Traynor Centre.

Rugby Development Officer Update

- **Leinster Rugby Packs and Coaching:** In partnership with the DCSWP Sports Officer 2 schools in the area (OLI Darndale & St. Francis Junior School) received 2 ALDI tag rugby packs which included rugby balls, bibs & tag rugby belts. The Rugby Development Officer has committed to doing a 4 week coaching programme to help the kids get a better understanding of the game of rugby.
- **Community Sports Event – Father Collins Park**
This event will take place on the 21st May from 1pm to 4pm. The Rugby Development Officer will provide an introduction to tag rugby using fun games and drills.

Cricket Development Officer Update

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

Our Lady Immaculate (Darndale) - Thursdays from 10.30pm to 12pm
St. Francis (Priorswood) – Thursdays from 1pm to 2.30pm
Howth Road National School (Clontarf Road)
Northbay Educate Together (Kilbarrack)

- All schools mentioned above are still involved in the latter stages of the Leprechaun Cup (primary schools competition) where they compete on a weekly basis. Dates and times vary depending on schools availability.
- On the 29th of May there will be a mini cricket blitz between Northbay ET, Howth Road NS and Springdale NS from 11.00am - 2.30pm (venue TBC)

Boxing Development Officer Update

- **Aviva Stadium Tours & Boxing Taster Session:** All 5th & 6th class pupils attending primary school in Belmayne, Clongriffin, Donaghmede & Killbarrack have been invited to come along and take part in a free tour of the Aviva stadium which will be guided by DCC/IABA Boxing Officers. School children will also experience a short coaching session and view some famous Irish boxing belts & medals.

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