

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

19TH JUNE 2017

- **Green Scene** is a new initiative aimed at getting more people active through better use of our parks & green spaces in Dublin City. DCSWP Sports Officers will work with partners to organize new, interesting & enjoyable games, activities and coaching sessions. It is also hoped to bring sporting celebrities on board to promote the initiative via the tagline 'seen on the green'
- **Kilbarrack Community Sports Day**
This event, in partnership with Kilbarrack Community Development Project, will take place on July 12th or 13th (tbc) and will be primarily aimed at children aged 10 and under.
- **Belmayne & Clongriffin Youth Services:** The DCSWP Sports Officer has organised Kayak lessons on 6th & 13th July for teen age groups. Swimming and sports hall games on 3rd, 7th, 10th & 14th July in Trinity Sports Centre for all age groups. We expect approx. 40 children to take part throughout the week.
- **Ambassadors Football Academy 22nd – 24th June:** Community Soccer Coaching Programme for children in North Dublin to be held in Fr. Collins Park and Trinity Sports & Leisure Centre. Costs to participants will be kept to a minimum.
- **Sea Swimming & Pier Jumping:** Local youth services and summer projects in Belmayne, Clongriffin, Donaghmede & Kilbarrack have been invited to come along and take part in FREE sea swimming and pier jumping sessions in Wicklow Harbour throughout the Summer. Wet suits, buoyancy aids and instruction all provided by DCSWP Sports Officer.
- **Cycle Leader Training:** A number of DCSWP Sports Officers have combined resources to facilitate a Cycle Leader Training Course on June 28th/29th in the Municipal Rowing Centre, Islandbridge, D8. 4-5 adults from the North Central Area are expected to attend this training and subsequently lead a 6-week 'Bike for Life' programme prior to the great Dublin Bike Ride in September. Updates to follow.
- **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 (until end of June).
- **The Dales Physical Health & Wellbeing Programme (Darndale)**
This is a 12 week programme for individuals suffering from addiction issues. The sessions take place every Tuesday and consist of 6 weeks of yoga and 6 weeks of boxercise. 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.

- **Walking Programmes**

Two walking programmes are currently ongoing at Memorial Park, Coolock (Tuesday mornings at 9.30am) and Priorswood Park, Darndale (Thursday mornings at 9.30am). These initiatives attract up to 40 men & women and are run in conjunction with DCC Community Section and the HSE.

- **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.

Boxing Development Officer Update

- **Aviva Stadium Tours & Boxing Taster Session:**

All 5th & 6th class pupils and Transition Year students throughout the Dublin City area, including many from the North Central Area, who took part in the Startbox Programme have been invited to take part in free tours of the Aviva stadium throughout June & July (which will be guided by DCSWP/IABA Boxing Officers). Students will also experience a short coaching session and view some famous Irish, International & Olympic boxing memorabilia (this will be coupled with interesting & informative stories/anecdotes to inspire and educate the students!).

Cricket Development Officer Update

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

Howth Road National School (Clontarf Road)
Northbay Educate Together (Kilbarrack)

Once the Schools Programme is complete we will link with the DCSWP Sports Officers to assist in any projects during the Summer period.

- We have a number of players from the North Central Area (both male & female) involved in the provincial teams during this period at U11, U13, U15, U17 & U19 level. Players taking part will undertake intensive practice sessions and cricket tours.

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Report by

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