

## NORTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

17<sup>TH</sup> JULY 2017

- **Green Scene** is a new summertime 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.

Complimenting The Green Scene will be the following:

**Seen on the Green** – Efforts will be made to entice well known sporting personalities to attend activities. We will promote these through a ‘Seen on the Green’ segment on social media and other relevant media channels. This will help build the profile of the programme and assist with securing future sponsorship.

**The Green Machine** – Awards/prizes will be presented to participants attending the highest number of sessions.

Green Scene activities taking place in the North Central Area this Summer include:

- **A Sports Day** to take place in **Darndale Park** in mid August (date TBC)
- **Grass Sports Programme:** Fr. Collins Park will host 12 outdoor sports sessions (3 per week) in Volleyball, Ultimate Frisbee & Cricket throughout the month of August. Children and parents will get the opportunity to receive expert coaching in each sport and play modified games (exact dates and times TBC)
- **Cycle Leader Training:** Naomh Barróg GAA/Cycle Club, Kilbarrack, will take part in the Cycle Leader Training Course on July 20<sup>th</sup>/21<sup>st</sup> with Cycling Ireland. A second ride leader course will also be delivered for all Sports Officers in the Municipal Rowing Centre, Dublin 8.
- **Bike for Life Programme:** On completion of the Ride Leader Training, Naomh Barróg plan to deliver the Bike for Life programme and give local people the opportunity to develop cycling skills from couch to 50km. This is a lead in programme for the Great Dublin Bike Ride in September.
- **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.
- **Walking Football Ayrfield**  
This joint initiative between the local DCSWP Sports Officer & the local Football Development Officer targets older adults in the area and provides them with the opportunity to take part in some gentle, fun, exercise with a social aspect. The sessions take place every Tuesday morning in Ayrfield Community Centre.

- **The Dales Physical Health & Wellbeing Programme (Darndale)**  
This is a rolling 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.
- **Darndale/Belcamp Summer Camp:** This weekly multi-activity camp is for young people aged between 6 and 13. The camps will run for 5 weeks overall.

#### **Boxing Development Officer Update**

- **Aviva Stadium Tours & Boxing Taster Session:**  
All 5<sup>th</sup> & 6<sup>th</sup> 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**

- Liaising with DCSWP Sport Officers to organise the running of summer projects for the area e.g. summer camps, family fun days etc...
- We have a number of players involved in the provincial teams (U11, U13, U15, U17, and U19), both male and female, from 9 - 18 years of age who have training sessions and cricket tours during this period. These sessions take place on a weekly basis at different venues in the Dublin City area. Although all the venues may not be in the area, a lot of the participants will be from the North Central Area. These events include:
  - Dublin City Summer Camp, 17<sup>th</sup> - 19<sup>th</sup> July from 10am - 4pm in the Phoenix Park
  - Dublin City U17 match in YMCA cricket grounds on the 24<sup>th</sup> July from 11am - 5pm
  - Dublin City girls camp from 31<sup>st</sup> July – 2<sup>nd</sup> August from 10am-4pm (venue tbc)
  - Boys U11 training session on Friday 11<sup>th</sup> August from 10.30am - 1pm in YMCA cricket grounds
  - Boys U11 interprovincial match in Pembroke CC on the 14<sup>th</sup> of August from 11am - 4pm

## **Contact details**

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## **Report by**

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