

- **Beat the Street**

Beat the Street is an innovative walking and cycling initiative designed to get young people and communities moving by turning a town/city into a giant game. Last year 865 schools across the UK and Northern Ireland were involved in the programme which saw more than 300,000 people participating. From 13th September to 1st November 2017 Beat the Street is coming to Dublin and will be rolled out in 51 schools, primarily across Dublin South Central & South East Areas but also extending across the Liffey into the Central Area.

The aim of the programme is to inspire people to make small changes to improve their physical activity levels and health by encouraging walking or cycling as a way of getting from place to place e.g. to and from school. Beat Boxes will be placed throughout these areas that enable participants to tap with cards or fobs in order to score points and win prizes. The further the distance travelled the more points accumulated. Prizes include All Ireland Hurling and Football tickets, World Cup Qualifier Moldova vs. Ireland Soccer tickets, vouchers for lifestyle sports up to €500 and other prizes such as signed sports memorabilia.

Beat the Street's fun competitive element not only allows schools to compete against each other – it also encourages the whole family and neighbourhood to get involved meaning parents, grandparents, siblings, friends, streets etc... can form teams, climb to the top of a leader board and be crowned winner of the competition. Cards/fobs for the programme will be available to the general public from early September 2017 in Dublin City Council libraries and Sport & Fitness Centres – specific locations are listed on www.beatthestreet.me/dublin.

This initiative is being delivered by Intelligent Health (the creators of Beat the Street) on behalf of the Dublin City Sport & Wellbeing Partnership, Dublin City Council, Healthy Ireland, the Dormant Accounts Fund and Sport Ireland. For more information on Beat the Street, the Dublin City Engagement Manager, Helena McColgan can be contacted by email at helena.mccolgan@intelligenthealth.co.uk or by phone on 0044 7825 630 544.

- **Great Dublin Bike Ride / Bike for Life**

This fantastic event, supported by DCSWP, takes place on Sunday 24th September and comprises of a 60k or 100k cycle around North Dublin, finishing to great fanfare in Smithfield Square. It is open to cyclists of all abilities and any of our Sports Officers who are delivering a Bike for Life Course in their area will have the opportunity to obtain free registrations for the participants involved.

Bike for Life Courses involve group training sessions focusing on increasing cycling fitness & confidence/safety on the bike. Courses currently underway for people in the Central Area include:

Thursday evenings @ 6.30pm (Phoenix Park)

Wednesday evenings @ 6pm (Ballybough Sports & Community Centre)

- **Older Adults Sports Day**

DCSWP's annual Older Adult Sports Day will take place on Wednesday, September 27th, in Trinity College. Sports Officers from across the city will bring groups along to the event, who in turn will compete in various activities in a fun & positive environment.

- **Older Adults Chair Aerobics**

A **free** physical activity programme aimed at older adults in a community setting. This class combines a series of aerobic, strength, balance & flexibility components to ensure older adults keep active no matter what their age. A 12-week programme will run in Sean O'Casey Centre, St. Mary's Road, Eastwall, on Thursday afternoons at 2.30pm. This programme is delivered by our HSE Health Promotion & Improvement Officer, David Phelan. For further details or to sign up please contact David on 01-2227734/087-6525001 or david.phelan6@mail.dcu.ie

- **Men on the Move**

This is a FREE physical activity programme aimed at adult men of all ages who have been inactive for a sustained period and want to get back to exercising and improving their fitness levels. It involves regular exercise sessions made up of a combination of aerobic, strength & flexibility components. DCSWP Sports Officer, Derek Ahern, is delivering a 'Box-Fit Circuit Class' on Saturday mornings at 10.30am in Ballybough Sports & Community Centre under the *Men on the Move* banner. Classes can accommodate all fitness levels.

FAI/DCSWP Football Development Officer's Update

- **Walking Football** for older adults takes place every Tuesday from 11am – 12.30pm in Cabra Parkside Community Sports Complex, catering for a number of participants from the Central Area
- **School Coaching Sessions** will commence later this month with St. Joseph's Girls Secondary School. St. Laurence O'Toole's School will re-commence their sessions in Sheriff Street Recreation Centre each Wednesday from 10am – 12pm.
- **Drop in Futsal** continues every Tuesday from 3.30pm to 5pm in Aughrim Street Sports Centre for boys & girls aged 6 – 9 years from the local area and beyond
- **Club Development:** A Player Development Workshop will be held in Phoenix FC Clubhouse on Monday 18th September for local coaches in the Central & North West Areas.

Boxing

- The AIBA/DCSWP Boxing Development Officer for the area has now commenced the rollout of the 'Startbox Bronze' programme in both Primary & Secondary (TY level) schools in the area.

General

- What: **Fitness & Wellbeing Classes**
Who: **CDET Foundations Project**
Where: Belvedere College
Dates: 18th, 25th September and 2nd, 9th, 16th October
Time: 4pm - 5pm
- What: **Recovery Through Fitness**
Who: **Chrysalis Community Drug Project (Stoneybatter)**
Where: Aughrim Street Sports Hall
Dates: 14th, 21st, 28th September and 5th, 12th October
Time: 10am - 12pm
- What: **Yoga**
Who: **HSE Mental Health Referrals**
Where: Ballybough Sports & Community Centre
Dates: 14th, 21st, 28th September and 5th, 12th October
Time: 12 - 1pm
- What: **Chair Aerobics**
Who: **Older Adults**
Where: Lourdes Day Care Centre, Sean McDermott St.
Date: 13th, 20th, 27th September and 4th, 11th October
Time: 11.30am – 12.30pm

Where: ILAC Centre
Date: 15th, 22nd, 29th September and 6th, 13th October
Time: 12pm – 1pm
- What: **Tai Chi**
Who: **Older Adults**
Where: ILAC Centre
Date: 15th, 22nd, 29th September and 6th, 13th
Time: 1pm – 2pm
- What: **Lower Limb Rehabilitation Class**
Who: **People who are recovering from injuries**
Where: Ballybough Sports & Community Centre
Date: 15th, 22nd, 29th September and 6th, 13th
Time: 10 - 12pm

- The local DCSWP Sports Officer is also planning to commence an ***After-School Sports Drop-In*** in Dominick Street and ***Swim Aerobics/Beginner Swimming Lessons*** (in conjunction with Swim Ireland) in Sean MacDermott St Pool over the coming weeks. Dates & times tbc.

Ballybough Community Centre

- Starting back this month, free 'learn to speak English' classes to take place Monday to Thursday from 10am - 12pm
- Art & Crafts classes started back on September 11th
- Ballybough wins the overall Community Excellence Award with the Public Sector Magazine
- Gym prices and full timetable available online www.ballyboughcommunitycentre.ie

Rowing

- **Get Going ... Get Rowing**
This initiative, jointly supported by DCSWP, Sport Ireland, Healthy Ireland, Active School Flag & Trinity College, has been successfully rolled out for a number of years by Rowing Ireland's Leinster Women's Development Officer, Michelle Carpenter. This is a 4/6 week school's programme for girls (second level). Rowing Ireland provide rowing machines and a community coach to the schools.

A Transition Year Programme gives students the opportunity to get on the first step of the coaching ladder and enables them to be involved in a youth leadership role, working in a fun and interactive environment with younger students and hence, bringing value to the school.

- **Olympic Values Education Programme (accompanies above programme)**
Students will be taught values such as fair play, respect, dignity etc... through rowing. Get Going ... Get Rowing will be the first programme in Ireland to roll this out.
- **Taster Sessions**
As part of European Week of Sport (Sept 23rd – 30th), a number of 'on the water' taster sessions will be delivered at various locations. These sessions will be open to anyone of any age who wishes to try their hand at rowing.

Rugby Development Officer Update

- Our Leinster Rugby Development Officer has now re-commenced Primary & Secondary School Programmes in the Central Area. The Primary Programme consists of weekly tag rugby sessions and is aimed at 4th, 5th & 6th class pupils. Sessions will run until mid October.

The Secondary Programmes (targeting both boys & girls schools) will commence with tag sessions for TY students, eventually leading to full contact 7 or 10-a-side matches. This transition will occur once participants have familiarised themselves with the rules, skills & tackling technique etc... required to be able to play the game in a safe manner.

Cricket

- Our Cricket Development Officer is liaising with DCSWP Sports Officers in the area to plan programmes for the period September to Christmas.
- School coaching visits will re-commence in late September
- Provincial cricket sessions start back in early October on Friday nights from 5pm - 9.30pm in North County Cricket Club, where we have a number of players from the Central Area involved in these sessions. Players are between 10 and 18 years of age.

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