

- **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 running for people in the North Central Area include:

- 3 courses currently underway in partnership with Naomh Barróg GAA Club, Kilbarrack

- **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.

- **Men on the Move**

This is a FREE physical activity programme aimed at adult men who have been inactive for a sustained period and want to get back to exercising and improving their fitness levels. It involves twice weekly exercise sessions made up of a combination of aerobic, strength & flexibility components.

The 12-week programme commenced on Sept 12th and takes place in Glin Road Sports Complex, Coolock, D17 on Tuesday & Friday mornings at 11am. This programme is a joint initiative between the HSE Health Promotion & Improvement Officer, David Phelan, and the local DCSWP Sports Officer, Jason Brady. For further details or to sign up please contact David on 01-2227734/087-6525001 or david.phelan6@mail.dcu.ie

- **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 commenced on Sept 7th and takes place in Carelton Hall (Marino Community Centre), 53 Shelmartin Avenue, Clontarf, D3, 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

- **Kilbarrack Costal Community Development Project:** Weekly Swimming & Water Safety lessons will start soon in Coolock Pool in partnership with KCCP. Participants are being prepared for the IWS Pool Lifeguard exams in 2018.

- **Go For Life – Physical Activity Leadership Workshop:** PAL Leader Training Programme will take place in Kilmore West Recreation Centre in October & November. Open to senior citizens who would like to lead community exercise and games for older adults.
- **Belmayne & Clongriffin Youth Services:** Multiple Sea Swimming & Pier Jumping Sessions with teenage boys and girls are planned in partnership with the local youth services for September & October.
- **Walking Football Day, National Sports Campus, 27th September:** All Men’s Shed Groups in North Central Dublin are invited to take part in this free football event for over 50’s.
- **Couch To 5k Parkrun:** A new jogging and running programme for beginners and improvers will start in Father Collins Park in late September. Further ‘Couch to Parkrun’ programmes are planned for Darndale Park and also for students in OLI School, Priorswood.
- **Older Adults Aqua Aerobics** takes place at Northside Pool every Tuesday from 3 - 4pm.
- **Donnycarney/Beaumont Meditation & Stretching Group** takes place at Older Adults Centre, St, John’s Court, every Thursday from 10.30am - 11.30am.
- **Bootcamp with Clonshaugh Spina Bifida Group** commences at Kilmore West Community Recreation Centre on Friday, September 22nd from 1pm - 2pm.
- **After-School Multi Sports Activities with Kilmore Youth Project** commenced at Kilmore West Community Recreation Centre on September 12th from 2.30pm - 3.30pm with boys & girls from 5th & 6th classes. The programme will continue on Tuesdays, Wednesdays and Thursdays from September to the Christmas break.

After-School Sports Drop-ins are also taking place in Priorswood Park on Mondays from 2.30pm – 4pm and in Memorial Park, Bonnybrook, on Tuesdays from 2.30pm – 4pm. Both of these programmes cater for mixed groups, aged 10 – 13.

- **Active Schools Flag**
The local DCSWP Sports Officer is working with OLI School & St. Francis School in Darndale to provide swimming lessons in conjunction with Swim Ireland (Coolock pool 9.30am – 11.30am on Fridays). A ‘Fit for Class’ Athletics Programme will also be delivered in these schools as they look to achieve the Active Schools Flag.
- **THRIVE (Referral Programme for people with mental health difficulties)**
 - *Thrive Fitness:* 2 groups currently using Darndale Gym daily; in conjunction with the HSE and Suaimhneas Clubhouse
 - *Thrive Walking:* 1 group doing a weekly walking programme on Thursday mornings at 9am in Darndale Park; in conjunction with Suaimhneas Clubhouse
 - *Thrive Swimming:* 3 groups participating in a weekly swimming session in Coolock Pool each Tuesday for 8 weeks; in conjunction with the HSE and Suaimhneas Clubhouse
- **Walking Football Ayrfield**
This initiative by the local FAI/DCSWP Football Development Officer targets older adults & Men’s Sheds from the wider 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 at 2.30pm in Ayrfield Community Centre.

- **Primary School Futsal Competition**

The local FAI/DCSWP Football Development Officer will hold a competition on October 12th in Darndale Recreation Centre for 3rd & 4th class boys & girls from local schools.

Boxing Development Officer Update

- 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.

Rugby Development Officer Update

- The local Leinster Rugby/DCSWP Development Officer has commenced engaging with local schools (mainly second level, some primary) to deliver some tag sessions with a view to progressing to full contact over time.
- There will be a push on promoting girls rugby in the area with a view to setting up a girls team in the Clontarf area.
- The Leinster Rugby/DCSWP Development Officer will meet with local DCSWP Sports Officers to discuss the setting up of a new pop-up club in Darndale.

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.

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 the following schools in late September (times tbc):

- *St. Francis School, Priorswood*
 - *Our Lady Immaculate NS, Darndale*
 - *Northbay Educate Together, Kilbarrack*
 - *St. David's CBS, Artane*
- 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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