

- **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. Launched on 13<sup>th</sup> September and running until 1<sup>st</sup> November, Beat the Street is currently 'live' in Dublin and has been rolled out in 51 schools, primarily across Dublin South Central & South East Areas but also crossing 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 are 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 in Dublin City Council libraries and Sport & Fitness Centres – specific locations are listed on [www.beatthestreet.me/dublin](http://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](mailto:helena.mccolgan@intelligenthealth.co.uk) or by phone on 0044 7825 630 544.

- A free family event is set to be held in Mountjoy Park on Sunday, October 1. Called '**The Last Picnic**' the event is being organised by DCC for the local people of the north inner city, visitors to the city and the wider public. The Last Picnic has something for all the family as it hosts a variety of activities. People are encouraged to bring along their own picnic on the day, and there will also be some food vendors on site. There will be a range of sports activities for young teenagers including football in an inflatable arena, boxing, rock climbing, fencing and basketball.

- **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 has commenced 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](mailto: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 and will feature Irish Elite Senior Champion Emmet Brennan.

- **Swimming Lessons**

The local DCSWP Sports Officer, in partnership with the Swim Ireland Participation Officer, are delivering swimming lessons for young people in the area every Wednesday from 4pm – 6pm in Sean McDermott Street Swimming Pool. This initiative will run until late November and is open to local community groups, youth services & after-school services.

### **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
- A football session for young people associated with **Stoneybatter Youth Service** takes place every Wednesday in Aughrim Street Sports Centre from 3pm – 4.30pm.
- **School Coaching Sessions** will commence later this month with St. Joseph's Girls Secondary School on Thursdays from 10.30am – 12.30pm. Further girl's schools sessions take place on Wednesday mornings in St. Laurence O'Toole Recreation Centre, Sheriff Street, for a couple of the local girl's schools.
- **Social Inclusion Sessions**, where foreign nationals are encouraged to come and play football alongside locals, take place on Monday afternoons in Ballybough Community Centre and Wednesday afternoons in Sheriff Street Recreation Centre.
- **Late Night Leagues** are back! 4-week run to commence in early November (dates & times tbc)

- **Drop in Futsal** continues every Tuesday from 3.30pm to 5pm in Aughtim Street Sports Centre for boys & girls aged 6 – 9 years from the local area and beyond
- **Club Development:** A Safeguarding 1 Course will be held in Phoenix FC Clubhouse on Tuesday 24<sup>th</sup> October 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  
When: Tuesdays throughout October & November  
Time: 4pm - 5pm
- What: **Couch to 5K**  
Who: **Mount Carmel Secondary School**  
Where: Dublin 1  
When: Fridays throughout October & November  
Time: 10am – 11.30pm
- What: **Recovery Through Fitness**  
Who: **Chrysalis Community Drug Project (Stoneybatter)**  
Where: Aughtim Street Sports Hall  
Dates: 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> October and 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> November  
Time: 10am - 12pm
- What: **Yoga**  
Who: **HSE Mental Health Referrals**  
Where: Ballybough Sports & Community Centre  
Dates: 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> October and 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> November  
Time: 12 - 1pm
- What: **Chair Aerobics**  
Who: **Older Adults**  
Where: Lourdes Day Care Centre, Sean McDermott St.  
Date: 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> October  
Time: 11.30am – 12.30pm and 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> November

Where: ILAC Centre

Date: 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> October and 3<sup>rd</sup>, 10<sup>th</sup> November

Time: 12pm – 1pm

- What: **Tai Chi**  
Who: **Older Adults**  
Where: ILAC Centre  
Date: 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> October and 3<sup>rd</sup>, 10<sup>th</sup> November  
Time: 1pm – 2pm
- What: **Lower Limb Rehabilitation Class**  
Who: **People who are recovering from injuries**  
Where: Ballybough Sports & Community Centre  
Date: 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> October and 3<sup>rd</sup>, 10<sup>th</sup> November  
Time: 10 - 12pm
- The local DCSWP Sports Officer is also planning to commence an ***After-School Sports Drop-In*** in Dominick Street and ***Bradóg Women's Fitness Ambassador Programme*** over the coming weeks. Dates & times tbc.

### **Ballybough Community Centre**

- Free 'learn to speak English' classes to take place Monday to Thursday from 10am - 12pm
- Art & Crafts classes started back last month
- Ballybough wins the overall Community Excellence Award with the Public Sector Magazine
- Gym prices and full timetable available online [www.ballyboughcommunitycentre.ie](http://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.

### **Rugby Development Officer Update**

- After the success of the Women's Rugby World Cup the local Leinster Rugby/DCSWP Development Officer is currently delivering tag rugby sessions in two girls schools while encouraging anyone who shows enthusiasm/talent for the sport to join the local club.

### **Cricket**

- Our Cricket Development Officer is liaising with DCSWP Sports Officers in the area to plan programmes for the coming months.
- School Visits - School coaching visits commence in the area in the following schools in mid October:

Larkin College – Fridays (1.30pm - 2.50pm)

Mount Carmel Girls Secondary School – Thursdays (2.10pm - 3.30pm)

O'Connell Boys School - TBC

Stanhope Street School – Mondays & Thursdays (10.50pm - 12.10pm)

- The annual Dublin City U12 and U14 Cricket Camp will be taking place on the 1<sup>st</sup> and 2<sup>nd</sup> of November in North County Cricket Club from 10am - 4.30pm, where we have participants from all the Dublin City areas.
- 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.

## **Contact details**

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## **Report by**

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