

- **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 last month 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

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. These classes are open to everyone in the Dublin 3 area.

- **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 last month 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

- **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.
- **Couch To 5k:** A new jogging and running programme for beginners and improvers will start in Fr. Collin's Park in mid-October. The DCSWP Sports Officer plans to have 2 separate groups each Tuesday night to accommodate different ages and fitness levels. There will also be the opportunity to take part in the Remembrance Run in the Phoenix Park in November. Further 'Couch to 5k's' are planned for Darndale Park & Priorswood Park.
- **Schools Swimming, Coolock Pool (Northside Shopping Centre):** In partnership with Swim Ireland, local DCSWP Sports Officers will deliver weekly swimming lessons to 40-50 children from the Darndale & Coolock areas.
- **Swimming & Water Safety:** In partnership with the HSE, the local DCSWP Sports Officer currently delivers a weekly swimming and water safety lesson to young men aged 18-25 years who are part of a community development team from Kilbarrack.

All water activities form part of a full-time health related fitness programme which will give them the opportunity to progress and become lifeguards and swimming teachers in 2018.

- **School's Basketball Coaching & Blitz:** Six North-Dublin schools (4th, 5th, 6th class) will take part in a Beginner's Basketball Initiative, to include two separate Blitz Days for boys and girls in November. Blitz days to be held in DCC Community Sports Halls in Darndale & Poppintree.
- **Raheny Way Walking Route:** In partnership with Raheny Tidy Towns we are almost ready to map and publish three community walking routes which when combined will make up the 'Raheny Way'. This is an ongoing project which should become part of Irish Heart Foundation's Slí Na Sláinte Programme and Dublin City Walking Trails Guide.
- **Fit 4 Class - Primary Schools:** In partnership with Athletics Ireland, each primary school will receive a free multi-sports kit and games book suitable for delivering a wide range of fun physical activity sessions and games. One north central school will be chosen to take part in a citywide fitness testing programme as part of ongoing research into children's fitness levels.
- **Active Schools Flag**
The local DCSWP Sports Officer is working with OLI School & St. Francis School in Darndale to help them 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.
- A 6-week **THRIVE Programme** commenced with Donnycarney Community Employment Scheme participants, also on Tuesday October 10th.
- A further **THRIVE Programme** is currently taking place with a mental health group from **Kilmore Health Centre** on Thursday afternoons from 3pm – 4pm at Kilmore West Community Centre.
- An 8-week **Forever Fit** (Older Adults Stretching & Meditation Programme) is continuing at St. John's Older Adults Centre in Donnycarney every Thursday from 10.30am – 11.30am.
- The **Older Adult's Aqua Aerobics and Drop-in Swimming Programme** continues at Northside Swimming Pool in Coolock on Tuesday's from 3pm – 4pm. Contact the local DCSWP Sports Officer, Niall McDonald, for more details.

- **Circuit Training** (fun & games) is taking place with adults from the Clonsaugh Spina Bifida Group every Friday from 1pm – 2pm in Kilmore West Recreation Centre.
- **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 until the Christmas break.

Boxing Development Officer Update

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

Rugby Development Officer Update

- 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.
- A Rugby Development Blitz for 1st year students will be rolled out at the following schools:

*St Paul's College, Raheny
St. Davids CBS, Artane
Mount Temple, Clontarf
Chanel College, Coolock*

This will take place every few weeks in an effort to develop & promote rugby.

- **Clontarf Bulls** kicked off their 2nd season in September 2017. This team caters for local boys and girls with intellectual additional needs. Every child involved has shown ability to play rugby regardless of Autism Spectrum Disorder, Down Syndrome or other reasons that they require a little extra help. Many of their brothers and sisters play rugby, now these boys and girls have their own team!

The team is being led by a group of rugby coaches (including our own Leinster Rugby/DCSWP Development Officer) and volunteers with a particular interest in promoting the abilities of these children. The coaching group draws on active players, ex-players, teachers, special needs assistants, and academics focusing on people with special needs.

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.

Cricket

- Our Cricket Development Officer is liaising with DCSWP Sports Officers in the area to plan programmes for the coming months.
- School coaching visits will re-commence in the following schools in late September (times tbc):
 - *Northbay Educate Together, Kilbarrack (Tuesdays 11am – 12.30pm)*
 - *St. David's CBS, Artane (Tuesdays 1.35pm – 3pm)*
- Provincial cricket sessions started 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 North Central Area involved in these sessions. Players are between 10 and 18 years of age.

Contact details

Shauna McIntyre, Manager, Dublin City Sport & Wellbeing Partnership:

shauna.mcintyre@dublincity.ie

Antonia Martin, DCSWP Programmes & Services Development Manager:

antonia.martin@dublincity.ie

Jason Brady, Sports Officer: jason.brady@dublincity.ie

Niall McDonald, Sports Officer: niall.mcdonald@dublincity.ie

John Sweeney, Sports Officer: john.sweeney@dublincity.ie

Daniel Russell, Sports Officer: daniel.russell@dublincity.ie

Derek Ahern, Sports Officer: derek.ahern@dublincity.ie

Jimmy Mowlds, FAI Soccer: jimmy.mowlds@fai.ie

Ray McCabe, Rugby: ray.mccabe@leinsterrugby.ie

Fintan McAllister, Cricket: fintan.mcallister@cricketleinster.ie

Noel Burke, Boxing: noelkarenburke@gmail.com

Report by

Alan Morrin

Dublin City Sport & Wellbeing Partnership