

- **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.

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 included 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.

### **Older Adult Initiatives**

- **Aqua Aerobics** (over 55's) has resumed in Guinness Pool each Wednesday from 11am – 12pm.
- **Learn to Swim Classes** for over 55's are currently taking place every Monday at 10am in Herberton Leisure Centre, Rialto, Dublin 8. These sessions are rolled out in conjunction with Swim Ireland & Fatima Groups United.
- **Chair Aerobics/Yoga sessions** for an older adult group take place every Tuesday at 2pm in the Lorcan O'Toole Centre, Stanaway Park.
- An **Older Adults Fitness Class** takes place every Tuesday at 10.30am in the Assumption Primary School, Walkinstown.

- The DCSWP Sports Officer is assisting the organisers of the **Swinging 50s Dance Club** (based in Sport & Fitness Ballyfermot) to become a more sustainable club and assist them in finding new dance coaches and activities for their members. They are also very open to accepting any new members to join them on a Tuesday morning from 11am to 12pm.

### General

- **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. A 12-week programme has commenced in the F2 Centre, 3 Reuben Plaza, Rialto, Dublin 8, on Wednesdays at 12pm. 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)

- **St. John of God Sports Programme**

The DCSWP Sports Officer is working with the St. John of God Sports Co-ordinator to provide an ongoing sports programme for all participants in the St. John of God facilities during the period September to December. This programme takes place in Sports & Fitness Ballyfermot on Monday mornings from 11am to 12pm.

- **Ballyfermot Star Realt Nua - First Aid Certification**

The DCSWP Sports Officer will be facilitating a first aid courses for participants in Ballyfermot Star Realt Nua, which is a CDETB and QQI Training Centre. The adults will initially complete the PHECC Cardiac First Responder Community Course with the option of going on to complete the Occupational First Aid Course (FETAC Level 5). The training will take place over two dates in November (tbc).

- **Education & Training**

The DCSWP Sports Officer will be facilitating two Safeguarding 1 courses for local community organisations and clubs. A safeguarding 1 course will be taking place in Ballyfermot Sports & Fitness for local boxing clubs on Monday 23<sup>rd</sup> October. A further Safeguarding 1 course will be delivered for the participants and volunteers with the STAR Project (date to be confirmed). An open Safeguarding 2 Children's Officer course will take place on Monday 6<sup>th</sup> November and an open Safeguarding 3 Designated Liaison Persons course will take place on Monday 20<sup>th</sup> November, both courses are scheduled to take place in Ballyfermot Sports & Fitness from 6.30pm to 9.30pm.

- **Halloween Zombie Run**

The DCSWP Sports Officer will be working with the DCC Community Team who are organising a Halloween Zombie Run for young people aged 8 years and older in Markievicz Park, Ballyfermot on Halloween day at 12.30pm. Young people are being targeted from various youth clubs and projects to take part and to dress up on the day. Pre-registration will be required.

- **Cherry Orchard Integrated Youth - Halloween Residential**

The DCSWP Sports Officer is working with Cherry Orchard Integrated Youth CDYSB Project who are taking a targeted group of young men away for a two-night outdoor adventure programme over the Halloween mid-term break. The group will travel to Dungarvan in Co. Waterford to take on the Dungarvan to Waterford Greenway Cycle Challenge (approx. 60 kms).

They will stay over in Waterford and then the following day will take part in an introductory Surfing lesson on Tramore Beach. From there they will travel back to Oakwood house in Wicklow for a second night and will finish by taking on part of the Wicklow Way Walk.

- **Club Support**

The local DCSWP Sports Officer supports and works with the coaches from *St. Catherine's Boxing Club & Tae Kwon-Do Club* who both train on various evenings in St. Catherine's Sports Centre and are always willing to take on new members. Likewise with *Liberty Saints Rugby Club U13's & 17's* who train on Tuesday & Thursday nights in Liberty Park on Basin Lane.

- During the week of October 16<sup>th</sup> – 20<sup>th</sup>, a **'Body & Soul' Health & Wellbeing Programme** will be delivered for local **Men's Shed Groups**. The daily sessions will target men over 40 years old and will take place in St. Catherine's Sports Centre, Marrowbone Lane.
- A **Multi-Sports Programme** is currently ongoing in Donore Avenue Community Centre for young people in the area every Monday afternoon.
- The local DCSWP Sports Officer is partnering with **Warrenmount Girl's School** to roll out a **twice weekly fitness class** to a group of girls from the school (Tuesdays 12pm – 1pm & Fridays 9am – 10am). Activities include boxercise, spin bikes, dance & circuit training.
- A **Boot Camp** for young men going through addiction recovery takes place every Tuesday & Friday in Clogher Road Sports Centre and Lourdes Celtic Clubhouse, Old County Road, respectively, from 2pm – 3.30pm (in association with **Addiction Response Crumlin**).
- The DCSWP Sports Officer will be assisting in two **Fit for Life (Couch to 5K/Parkrun)** programmes taking place in the Ballyfermot area. Participants from Realt Nua (Ballyfermot Star) will be starting their programme on Monday 2<sup>nd</sup> October, running for 8 weeks. A second programme will run from Cherry Orchard Community Centre and will be organised by the local running club.
- **Fit for Life (Couch to 5K/Parkrun)** training is also underway every Friday from 4pm – 5pm for participants from **CLAY Youth Project** and every Wednesday from 6pm – 7pm in both Bluebell & Fatima. All participants will be offered free entry to the Remembrance Run in the Phoenix Park on Sunday, November 12<sup>th</sup>.
- **Fit for Class / Junior Weightlifting** sessions take place every Tuesday at 1pm in **St. Patrick's Primary Choir School**.
- The local DCSWP Sports Officer is delivering a week long series of activities to **Mourne Road School**, Drimnagh, as part of their **'Active Week'** initiative (Oct 23<sup>rd</sup> – 27<sup>th</sup>). Activities to include dancing, an organised hike, table tennis, sports hall athletics & a run-a-mile challenge.
- The DCSWP Sports Officer is assisting the WHAD (We Have a Dream) Crime Awareness & Probation Project with an **Outdoor Pursuits Programme**. This partnership programme between **WHAD, Kylemore College, Ballyfermot Outward Bounds Centre** and DCSWP sees young men taking part in a 4-week programme (commenced on Thursday 5<sup>th</sup> October).

### Sports & Fitness Ballyfermot – News/Info

- Halloween Kids Camps will take place in Sports & Fitness Ballyfermot from Tuesday 31<sup>st</sup> October to Friday 3<sup>rd</sup> November. Camps will be multi-activity and run from 10am – 3pm daily.

### Clogher Road Sports Centre – News/Info

- A new **Hot Yoga Class** commenced on Sept 18<sup>th</sup> and will take place every Monday & Wednesday evening from 7.30pm – 8.30pm. Open to anyone in the local area, male or female, this class will help improve posture, flexibility & core strength while also tackling stress.
- **Bokwa classes** take place on Monday & Thursday evenings. Bokwa is a cardio based blend of hip-hop and step aerobics that taps into South African-style dance and is fast gaining popularity everywhere!
- **Ladies Fitness Classes** are underway every Wednesday from 8pm – 9.30pm and every Thursday from 6.30pm – 7.30pm in Clogher Road Sports Centre (Sundrive Sprinters!). Contact DCSWP Sports Officer Will Morris for more details.

### St. Catherines Sports Centre, Marrowbone Lane – News/Info

- A new '**D8 Yoga Class**' takes place every Monday at 7pm.
- In an exciting development, **College of Dance**, the premier centre of excellence for dance training in Ireland has taken up a long term residency in St. Catherines. This will bring much life to the area and create a buzz around the facility, even during off-peak hours.
- Atomic Stage School are in the centre every Saturday from 10am – 5pm
- St. Catherine's Sports Centre hold an '**open gym**' session for residents of the **Fr. Peter McVerry Trust** Foyer every Friday morning
- New 'Flexi Stretch' Class starting soon

### Football Development Officers Update

- **Sprog Soccer** takes place every Monday from 4pm to 5pm in St. Catherine's Sports Centre for 4 – 8 year olds.
- **Men's Homeless Street League** takes place each Friday from 11am – 1pm in St. Catherine's Sports Centre.
- **FARE:** Since 2001, UEFA has forged a close partnership with the FARE network, which comprises groups and bodies working against intolerance and discrimination across the continent. FARE 'Action Weeks' (October 5<sup>th</sup> – 19<sup>th</sup>) aim to spread the 'Say No to Racism' message. As part of this the FAI/DCSWP Development Officers will be working with the FAI's Intercultural Department to deliver Classroom Sessions & football blitzes to 5<sup>th</sup> & 6<sup>th</sup> class students in national schools throughout the South Central Area.

- **Walking Football** for older adults takes place every Friday from 1pm – 2pm in Clogher Road Sports Centre.
- A **'My School Club'** initiative has commenced with students from Mourne Road Primary School every Wednesday morning from 9.30am – 11.30am (commenced October 11<sup>th</sup> and will run for 6 weeks).
- **Community Coach Development Sessions** are continually ongoing as the local FAI/DCSWP Football Development Officers endeavour to further educate local football coaches in all aspects of the game, from tactics to good general management, safeguarding & player welfare. One such session will take place in Pearse College on Monday, 23<sup>rd</sup> October (PDP1).

The FAI/DCSWP Development Officer will also deliver a National C Licence Course to over 30 coaches from the area at the Crumlin Utd facility from 31<sup>st</sup> October – 3<sup>rd</sup> November (9am – 6pm daily)

- **Late Night Leagues** will commence this November in three locations (Basin Lane Pitch, St. Catherine's Sports Centre & Inchicore Community Sports Centre). Dates & times tbc. This hugely successful diversion initiative is a partnership programme between the FAI, DCSWP and the Gardai.
- **Teen Football** takes place every Thursday from 5pm - 6pm in Inchicore Community Sports Centre. These sessions are aimed at teens who don't play for teams and also acts as a Garda Diversity Programme - working with local Garda, schools and specific youth community support groups.

### **Boxing**

- 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 South Central Area. More intense than the non-contact 'bronze' programme, young people will experience wearing a gumshield and headgear for the first time, while practicing giving and taking modified punches to the body only.
- In November we will commence our Gold Sessions for some of the more talented students, who will train at the High Performance Gym at the National Stadium, with a view to an exhibition bout against a well-matched opponent, in the Showcase Finals in December.

### **Rugby**

- **Secondary Schools:** The local DCSWP/Leinster Rugby Development Officer is currently linking in with St. Dominic's Girl's College in Ballyfermot to do both tag and full contact sessions, Synge Street Boys Secondary School (tag) and Our Lady of Mercy Co-ed Secondary School in Drimnagh (sessions as part of the school's Healthy Living Week at the end of October).
- **Primary Schools:** The local DCSWP/Leinster Rugby Development Officer is currently linking with 5<sup>th</sup> & 6<sup>th</sup> classes from St. James' Primary School, Dublin 8, to do modified rugby sessions.

## 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.

- **Phoenix Rowing Club:** A recreational rowing club for adults based in Dublin Municipal Rowing Centre. The club is purely aimed at getting people on the water to enjoy the activity and surrounding environs of the Memorial Gardens, Phoenix Park & River Liffey. No previous experience required and members can progress at their leisure to a level of their comfort and choosing.

- **Active Age Rowing** - Tuesdays and Fridays from 12.20pm - 1.30pm in Dublin City Municipal Rowing Centre, for new and on-going participants aged 55 and over. No previous experience required.

## Cricket Development Officer update

- Our Cricket Development Officer is liaising with DCSWP Sports Officers in the area to plan programmes for the coming months.

- **School coaching visits** are ongoing in the following schools:

- *Canal Way Educate Together, Dublin 8 (Tuesdays 10am – 12pm)*
- *Drimnagh Castle Boys Secondary School (Thursdays 1pm – 2.30pm)*
- *Drimnagh Castle Boys National School (Thursdays 11am – 12.30pm)*

- **Provincial cricket sessions** take place on Friday nights from 5pm - 9.30pm in North County Cricket Club, where we have a number of players from the South Central Area involved in these sessions. Players are between 10 and 18 years of age.

- Our 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 10.00am-16.30pm where we have participants from all Dublin City areas combined.

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Rugby: [TBC](#)

## **Report by**

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