

- **Gaelic 4 Girls**

This newly re-launched programme for young girls of primary school age commenced on Thursday 9th November in Aughrim Street Sportshall and will run for 5 weeks (5pm – 6pm). A similar programme will run in the Sheriff St area in St. Laurence O’Toole Recreation Centre (4.30pm – 5.30pm; same dates). This is a joint initiative between DCSWP, the Ladies Gaelic Football Association and D.I.T. Grangegorman.

- **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 and will run until mid December. 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 and feature Irish Elite Senior Champion Emmet Brennan.

- **Swimming Lessons**

The local DCSWP Sports Officer, in partnership with the Swim Ireland Participation Officer, is 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** continue with St. Joseph's Girls Secondary School on Thursdays from 10.30am – 12.30pm and O'Connell's Boys School also on Thursdays from 2.30pm – 3.45pm. Sessions have also just commenced with St. Gabriel's National School.
- **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.
- A **Young Mother's Programme** is currently running in Rutland Place School on Friday mornings from 9am to 10.15am.
- **Late Night Leagues** are back! Sessions are running every Friday in a number of venues in the Central Area throughout November with the Citywide Finals taking place on Friday, December 8th, in Irishtown Stadium (supported by the FAI, DCSWP & An Garda Síochána). Please contact the FAI/DCSWP Development officer for more details.
- **The Noel O'Reilly League** is currently up and running once more, with 6 youth groups from the Central Area currently playing matches every Wednesday afternoon at the DCC sport & recreation facilities in East Wall, Sheriff Street and Ballybough.
- **Primary School Futsal Finals** take place on November 21st & 22nd at the National Sports Campus, Abbotstown, where there will be schools from the Central Area involved.
- **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 Safeguarding 1 Course will be held in Phoenix FC Clubhouse, Ashtown, on Friday 24th November for local coaches in the Central & North West Areas.

A PDP 1 Course will also be delivered in mid November (date tbc) to participants on the Chrysalis '*Kickstart to Recovery*' Course.

Boxing

- The AIBA/DCSWP Boxing Development Officer for the area has now commenced the rollout of the 'Startbox Gold' programme in both Primary & Secondary (TY level) schools in the area. Schools include St. Paul's Brunswick St, St. Mary's N.S. Dorset St & Central Model N.S. Gardiner Street.
The Gold Sessions are exclusively for students who have shown a talent and enthusiasm for the sport throughout the Bronze & Silver phases.

They will have the chance to train at the High Performance Gym in the National Stadium and then take part in the Showcase Finals in early December.

General

- What: **Women's Fitness Group**
Who: **Open to All**
Where: Aughrim Street Sportshall
When: 17th, 24th November & 1st, 8th, 15th December
Time: 10am – 11.30pm
- What: **St. Michan's Walking Group**
Who: **Open to All**
Where: St. Michan's House
When: 16th, 23rd, 30th November & 7th, 14th December
Time: 6pm – 7pm
- What: **Couch to 5K**
Who: **Mount Carmel Secondary School**
Where: Dublin 1
When: 17th, 24th November & 1st, 8th December
Time: 10am – 11.30pm
- What: **Recovery Through Fitness**
Who: **Chrysalis Community Drug Project (Stoneybatter)**
Where: Aughrim Street Sports Hall
Dates: 15th, 22nd, 29th November & 6th, 13th December
Time: 10am - 12pm
- What: **Yoga**
Who: **HSE Mental Health Referrals**
Where: Ballybough Sports & Community Centre
Dates: 16th, 23rd, 30th November & 7th, 14th December
Time: 12 - 1pm
- What: **Chair Aerobics**
Who: **Older Adults**
Where: ILAC Centre
Date: 17th, 24th November & 1st, 8th, 15th December
Time: 12pm – 1pm
- What: **Tai Chi**
Who: **Older Adults**
Where: ILAC Centre
Date: 17th, 24th November & 1st, 8th, 15th December
Time: 1pm – 2pm

- **What: Lower Limb Rehabilitation Class**
Who: **People who are recovering from injuries**
Where: Ballybough Sports & Community Centre
Date: 17th, 24th November & 1st, 8th, 15th December
Time: 10 - 12pm
- The local DCSWP Sports Officers are currently delivering an **After-School Sports Drop-In** in Ballybough Community Centre on Wednesdays from 3.30pm – 4.30pm (in partnership with Ballybough Youth Service), Dominick Street on Wednesdays from 3pm – 4pm and St. Michan’s House on Fridays from 2.30pm – 4pm.

Ballybough Community Centre

- 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.

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. To this end, a ‘Northside Active’ Day will take place over the coming weeks (date tbc), whereby primary schools throughout the Central & North Central Areas will be invited to participate in tag rugby taster sessions.

- The annual Metro Blitz (Primary Schools) is scheduled to take place on Monday, November 20th at 10am in Irishtown Stadium (date tbc). Over 400 school children from across the city will attend.

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 - Mondays (11.30am - 1pm) & Fridays (10am - 11.30am)

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

- Provincial cricket sessions continue 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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