

- **GAGA Day**

GAGA (Getting All Girls Active) is a new initiative from DCSWP that targets teenage girls in an effort to encourage and support them to take up a new activity (the drop-off rate from structured sport & activity among this demographic has historically been high).

GAGA Day will take place on Wednesday, December 13th and all DCSWP Sports Officers citywide will launch their respective GAGA programmes and generally promote the initiative on this day.

- **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 takes place in Glin Road Sports Complex, Coolock, D17 on Tuesday & Friday mornings at 11am and will run until early December. 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 is ongoing 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

- **Couch To 5k:** A weekly jogging and running programme for beginners and improvers takes place every Tuesday and Thursday in Fr. Collins Park. The group has 21 adult members and we plan to take part in a parkrun in late December. Further Couch to 5k programmes are currently ongoing in Priorswood Park (Tuesday & Thursday mornings) and Darndale Park (Wednesday mornings).

- **Schools Swimming, Coolock Pool (Northside Shopping Centre):** In partnership with Swim Ireland, local DCSWP Sports Officers are currently delivering 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.
- **Pentathlon Ireland, Laser Run Programme:** Secondary schools in North Dublin will be offered the opportunity to take in a Pentathlon Ireland running and laser shooting programme in December. Further details to follow.
- **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.
- A **Primary School Cross Country Event** for schools in the North Central Area will take place on Tuesday December 5th in St. Anne's Park. Please contact DCSWP Sports Officer Niall McDonald for more information.
- **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. The sessions aim to improve participants' confidence, fitness & general wellbeing.
Thrive Swimming: every Tuesday from 2pm – 3pm in Coolock Pool (in partnership with Swim Ireland Participation Officer, currently 15 participants)
- **Darndale Rowing Programme:** This 6-week programme takes place in the Dublin Municipal Rowing Centre and gives young people from Darndale the chance to try a brand new activity.
- **Traveller Swimming:** Every Wednesday afternoon in Coolock Pool at 2pm. This programme teaches young traveller men the basics of swimming and general water confidence.
- **Recovery through Sport:** This programme helps people with addiction issues to become aware of the concept of health & wellbeing via educational talks and activities such as yoga & boxing. The programme has been running for 3 years now and has been a great success in assisting people to deal with their addiction.
- **EBD Programme:** This is a pilot programme in OLI School, Priorswood. The initiative targets kids aged 8 to 12 years of age with behavioural problems and/or emotional issues. The mindfulness/yoga based programme helps to teach these young kids how to control their moods and behavior.

- A **Multi Sport THRIVE Programme** is continuing with the Donnycarney Community Employment Scheme. This programme is for former drug users who have stabilised. Activities include badminton, basketball, hockey and football. The sessions take place at Donnycarney Community Hall on Tuesdays at 12.30pm.
- **Clonshaugh Spina Bifidia Group:** The local DCSWP Sports Officer is facilitating the delivery of activities for group in Kilmore Community Centre each Friday from 1pm - 2pm. Activities include boxing drills, an obstacle course & relay races.
- **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 **Chair Aerobics** Programme for older adults (specifically with arthritis issues) continues every Friday in Killester Parish Centre from 11.30am – 12.30pm.
- 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.
- **After-School Multi Sports Activities** with boys & girls from St. Francis Junior School, Priorswood & Sphere 17 Regional Youth Service continues every Monday from 2.30pm - 4pm. The programme introduces young people to the fundamentals of sport in a fun way & will continue until the Christmas break.
- The DCSWP Sports Officer covering the Raheny area has assisted Raheny United F.C. & Raheny GAA in accessing funding for special projects.

Boxing Development Officer Update

- The DCSWP/IABA Boxing Development Officer for the area has now commenced the rollout of the 'Startbox Gold' programme in schools throughout the North Central Area. Schools include Chanel College, Coolock (TY Students) & Our Lady Immaculate N.S., Darndale.

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.

- Holy Trinity National School, Donaghmede, will participate in an Olympic Education Sports Programme in late November.

Rugby Development Officer Update

- Second level Girls
 - Girl's TY Coaching Programme set up with St. Mary's Holy Faith, Killester. This sees the participants learn about the game of tag rugby and how to coach it.
 - Dominican College on Griffith Avenue has commenced tag/full contact rugby training.
 - Mount Temple, Clontarf, have set up a girl's 1st year team (tag rugby).
 - Metro Tier 2 'Blitz Day' for all of the above schools and more will take place before Christmas.
 - DCSWP/Leinster Rugby Development Officer will be working with these teams and supporting the teachers on a weekly basis until Christmas.
- Second level Boys
 - Working with Chanel College, Coolock & St. David's CBS, Artane to ready the 1st year students and under 15's for games in the DCC Cup in the New Year.
 - A first year blitz between several local schools in the North Central Area will also take place before Christmas
- Primary
 - The DCSWP/Leinster Rugby Development Officer will be working with the following schools throughout November & December in an effort to develop & promote rugby:

Belgrove Junior & Senior Schools, Clontarf

Howth Road National School

St. Brigid's Boys National School, Killester

- A 'Northside Active' Day will take place on December 13th in Clontarf Sports Pitches whereby primary schools throughout the Central & North Central Areas will be invited to participate in tag rugby taster sessions.
- The annual Citywide Metro Blitz (Primary Schools) is scheduled to take place on Monday, November 20th at 10am in Irishtown Stadium. Over 400 school children from across the city will attend.
- **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 are currently ongoing in the following schools:
 - *St. John of God GNS, Kilmore (Day & time tbc)*
 - *St. David's CBS, Artane (Tuesdays 1.35pm – 3pm)*
- 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 North Central Area involved in these sessions. Players are between 10 and 18 years of age.

Contact details

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