

**Housing, Community & Emergency Services Department
South East Area Office**

**To the Chairperson and Members of the
South East Area Committee**

Community Development Section Report

Please find below a list of forthcoming Christmas events organised or supported by the Community Development Team of the South East Area Office/Dublin City Council:

Wednesday, 6th December at 2pm - Maxwell Court Christmas Party at Maxwell Court, Rathmines. Christmas get-together for older people with chat and refreshments.

Wednesday, 6th December at 2.30pm - Una Celebración de Navidad at Charlemont Court, Charlemont Mall. Christmas get-together for the Spanish language walking group with chat and refreshments.

Thursday, 7th December at 7pm - A Rathgar Village Christmas organised by Rathgar Traders and local churches, featuring a local choir and an appearance from Santa on his horse drawn sleigh.

Thursday, 7th December at 8pm - Rathgar Ladies' Club Christmas Party at St. Patrick's Hall, Church of the Three Patrons in Rathgar, with a live performance by singer, Angel Brennan.

Friday, 8th December at 2pm – Pearse Street Christmas Sing-along at St. Andrew's Resource Day Care Centre. Festive event for older people with refreshments and live music from the band, Pastimes. Event organised by St. Andrew's Resource Day Care Centre.

Friday, 8th December at 8pm – Beech Hill Court Christmas Party at Beech Hill Court Community Centre. Christmas meal and live entertainment for local older people. Invitation only.

Saturday, 9th December at from 10-4pm – Swan's Santa Christmas at Swan Leisure, Rathmines. Festive charity event organised by Swan Leisure with proceeds going to Rathmines Women's' Refuge and Inner City Helping Homeless. Special appearance by Santa Claus from 10-12pm.

Saturday, 9th December at 1pm – AMBI Christmas Party at St. Joseph's Parish Hall, Terenure. Family event organised by the Association of Brazilian Mothers in Ireland with music, festive treats and an appearance by Santa on his horse drawn sleigh.

Sunday, 10th December at 2pm - Havelock Square Christmas Party at Havelock Square in Sandymount. Festive event arranged by local residents with face painting and traditional Christmas fare.

Tuesday, 12th December at 12 noon - Verschoyle Court Social History Project Launch. Launch of CD & booklet which involved participants from the complex.

Tuesday, 12th December at 2pm - Verschoyle Court Christmas Party. An afternoon of song and dance for older people with live music from the duo, Pastimes.

Wednesday, 13th December at 12.30pm – Evergreen Club Christmas Dinner at the Evergreen Centre, Terenure. Festive meal for the centre's community groups with live musical performance too. Invitation only.

Thursday, 14th December at 10am – Terenure Parent & Toddler Group Christmas Party at the Evergreen Centre. Fun, games and face painting for young children with a special appearance by Santa Claus.

Friday, 15th December at 12 noon – Cóisir na Nollag at Charlemont Court, Charlemont Mall. Irish storytelling session for the Irish language walking group with chat and Christmas refreshments.

Friday, 15th December at 2pm - Terenure Christmas Tea Dance at the Evergreen Centre. Festive event for older people with live music from the band, Pastimes.

Friday, 15th December at 2.30pm - Un Petit Reunion De Noel at Charlemont Court, Charlemont Mall. Christmas get-together for the French language walking group with chat and refreshments.

Saturday, 16th December at 4pm – Christmas Carols at St. John the Evangelist Church, Sandymount.

Tuesday, 26th December at 12pm – The Wren Boys' Day in Sandymount Village. Family event with traditional music, poetry and dance.

Weekly Activities:

Every Monday from 2-3.30pm – **Maxwell Court Art Classes** at Maxwell Court, Rathmines.

Every Tuesday at 11am – **Dance for Life** dance classes for older people at the Evergreen Centre, Terenure.

Every Tuesday at 2pm – **Let's Walk & Talk** walking group, meeting outside the Barge Pub, Charlemont Street.

Every Wednesday at 11am – Chair Yoga for older people at Beech Hill Court, Donnybrook.

Every Wednesday at 2pm – **Let's Walk & Talk in Spanish** walking group, meeting at Kildare Place, Kildare Street.

Every Thursday at 10am – **Parent & Toddlers' Group** at the Evergreen Centre, Terenure.

Every Thursday at 2pm - **Let's Walk & Talk** walking group, meeting at Sandymount Green.

Every Thursday from 3-5pm – **Knitting classes** at Beech Hill Court, Donnybrook.

Every Friday at 11am - **Let's Walk & Talk as Gaeilge** walking group, meeting at Meeting House Square, Temple Bar.

Every Friday at 11am - **Let's Walk & Talk in French** walking group, meeting at Kildare Place, Kildare Street.

Every Saturday at 2pm - **Let's Walk & Talk** walking group, meeting at the car park of the Dropping Well Pub, Milltown.

The above weekly activities will be taking a break over Christmas so please check with each group for details.

The South East Area Community Team would like to take this opportunity to acknowledge and thank all the groups and volunteers involved in the above and to wish them all a very Happy Christmas.

**Housing, Community & Emergency Services Department
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Environmental Services Unit Report

Leaf Collection

Leaf collection is continuing throughout the south east area, and is nearing completion for this year. There was an increase in the number of groups, associations and particularly individuals working in their own areas involved in the leaf clearing initiative. The South East Area Office is providing bags and equipment and arranging for the removal of the collected bagged leaves.

Artwork

A total of 28 traffic light boxes have been completed throughout the south east area in 2017. Art work on a container on Sandymount Strand is unfortunately taking far longer than anticipated, due to wind conditions, the proximity to parked cars and the indented surface on the boxes themselves. Earlier trials with a different paint did not work out. However, on completion, the position as regards the rest of the containers will be reviewed in Spring 2018, when weather becomes suitable again for this type of outdoor art work.

**Housing, Community & Emergency Services Department
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**To the Chairperson and Members of the
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Housing Projects and Local Area Improvements

Grand Canal Sub Group

The latest meeting of the Grand Canal Sub-committee was held on 11th October 2017. 21st April 2018 identified as potential date for Canals Action Day. Waterways Ireland is developing a new Dublin Canals website to incorporate both canals in the city. Work is ongoing on a pilot Canal Warden scheme. The date of the next meeting of the Grand Canal Sub-committee has yet to be decided.

Rathgar Village Improvement Plan (VIP)

The finalised Rathgar Village Improvement Plan (VIP) was approved at the January 2015 South East Area Committee. The Part 8 was approved at the meeting of the City Council on 9th January 2017. Implementation works has commenced with re-alignment of the bring centre by Waste Management Section. Consultation was carried out with three local primary schools in relation to providing a nature play area in the woodland area. Tenders have now been returned and initial tree works have commenced and works to the nature play area will start in December 2017. Parks Services will make a short presentation on the consultation process at the January 2018 South East Area Committee.

Ranelagh Gardens Park

The Part 8 was approved by the City Council in July 2015. The playground has now been completed. Other elements of the Part 8, including a bird garden, planting, works to pond edging and island will be carried out in November and December 2017.

Ringsend Irishtown Local Environment Improvement Plan (LEIP)

The Ringsend Irishtown Local Environment Improvement Plan was adopted at the June South East Area Committee. Work will begin on preparation of a Part 8 planning application in relation to Library Square and Cambridge Road later in 2017/ 2018.

Terenure 2030

In 2016 six new lamp standards were provided in the village along with cycle parking and new litter bins. A further five new lamp standards have now been identified and the Public Lighting Section has placed an order for same, to be installed in early 2018.

Charlemont

French Mullen House is complete. The tenants of Tom Kelly Road have taken up occupation with the remaining tenants scheduled to move this week. Practical completion on Phase II (external paving and the community centre fit-out) has been achieved.

Crampton Buildings

The Law Department is completing the formalities for the new lease at Crampton Buildings together with the acquisition of the courtyard. We are working to resolve some issues with the wetroom in Unit 3.

GB Shaw House.

Following the Arts and Culture SPC meeting in November 2017 the Development Department advised that we have all the required documents to acquire the lease from the National Tourism Development Authority. We need to clarify with the Law Department and potentially with the property owner that there is nothing in the lease which would prevent us from carrying out any of the proposed works or from putting the building to the intended use.

To the Chairperson and Members of the
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Dublin City Sport and Wellbeing Partnership (DCSWP) Report

- The **Lord Mayor's 5 Alive Challenge** is back for 2018! The initiative is a partnership programme between Dublin City Sport & Wellbeing Partnership and the Lord Mayor's Office. The challenge is in its 6th year and has encouraged hundreds of people to take up regular exercise over the past 5 years.

In 2018 we are going back to our roots and are looking for people who are interested in taking up jogging or those who have started and need some encouragement to keep it going. For 2018, we have also introduced mentors - people who have completed the challenge in previous years and who will run with slower joggers / walkers and encourage them around the course.

The challenge is to complete 5 Dublin road races –
[Tom Brennan Memorial 5k New Year's Day Road Race](#) on 1st January
[AXA Raheny 5](#) on 28th January
[BHAA Garda Cross Country 2 Mile / 4 Mile](#) on 3rd February
[MSB St. Patrick's Festival 5k Race and Family Fun Run](#) on 18th March
[BHAA Dublin City Council](#) 10k race on 7th April

If for some reason someone can't complete one of these races, they can substitute for one of the parkruns organised by [Parkrun Ireland](#). Priority will be given to first timers and we also ask that people who can complete a 5k in under 30 minutes do not register for the challenge and leave the spaces for those who need the support.

- **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 (finishes mid December) is currently running in St. Joseph's Parish Hall, Terenure Road East, on Tuesday evenings at 7pm and also in the Evergreen Centre, Terenure Road North, on Thursday evenings at 7pm. This programme is a joint initiative between the HSE Health Promotion & Improvement Officer, David Phelan, and the local DCSWP Sports Officer, Michelle Malone. For further details or to sign up please contact David on 01-2227734/087-6525001 or david.phelan6@mail.dcu.ie

- **Change for Life**
This is an 8-week programme which targets underactive adults. The aim of the programme is to establish a group that will support each other in participating in weekly fitness sessions organised by DCSWP Sport Officers. The 4 weekly sessions

will include activities such as boxfit, aerobics, step classes, walking, running etc. in addition to educational aspects.

It is hoped that the group, once established, will take part in citywide marquee events such as the Operation Transformation Walk on 6th Jan (and run on 17th Feb) & also an end of programme celebration event in the Mansion House at the end of March. The programme is planned to be delivered from Irishtown Stadium. Registration for the programme will be from Monday 11th December to Friday 15th December at the stadium.

- **Couch to 5K**

A *Couch to 5K* programme is ongoing in Ranelagh. The runs are open to the general public and set off from Ranelagh Village every Monday evening at 6pm. The group is hoping to participate in their first park run on Saturday, December 16th.

Couch to 5K programmes are a partnership between the DCSWP Sports Officer, local schools or organisations, Parkrun and Athletics Ireland.

A running group has commenced every Tuesday evening at 4.30pm with staff from St. Vincent's Hospital. The group have completed the *Couch to 5K* Programme and are now working on 5k – 10k.

- **GAGA (Getting All Girls Active)**

This is a 6-week sports programme for teenage girls from local schools. The programme content will be decided in consultation with the girls in an attempt to optimise participation. Suggested activities may include fencing, boxing, fun games, rugby, basketball, biking etc. There will be a citywide promotion of the programme on 13th December which will involve social media activation.

The following GAGA programmes are currently being delivered in the South East Area:

Zumba with 2nd year students from St. Louis High School, Rathmines, every Monday & Thursday.

- **Get Dublin Walking**

This is an initiative funded by the Department of Health which aims to achieve one of the key points of the Healthy Ireland Strategy. Get Dublin Walking consists of an 8-week programme which targets underactive adults to begin a walking programme as part of a group that meets on a weekly basis. It is envisaged that this group may begin with the Operation Transformation Walk on January 6th. Preparatory work is currently being undertaken by the DCSWP Sport Officer to identify a group of eligible participants within the D2 & D4 areas.

- **Dance for Life**

Dance classes for older adults take place at the Evergreen Centre in Terenure every Tuesday at 11am. Classes are €4 per session and a great way to meet new people and keep fit.

- **Forever Fit**

Chair fit classes continue every Thursday morning at 10.30am in the Enterprise Centre, Terenure and every Monday evening at 7pm in Mount Drummond Court, Harold's Cross. Classes are aimed at older adults in the area and generally run for 6 week blocks.

Two further Forever Fit programmes operate each week in the Ringsend / Irishtown area. The programme involves a range of physical activities for older adults. Activities include Go for Life Games, Tai Chi etc. The programmes are run as a partnership between the DCSWP Sport Officer and the Active Retirement Groups.

- **Thrive**

Thrive is a programme geared towards engaging people with mental health difficulties. This can range from people who suffer with anxiety or depression right through to people who may have suffered an acquired brain injury and need assistance in re-integrating into their communities from a personal independence, social & general wellbeing viewpoint.

The programme links with participants from Headway Ireland and introduces yoga over eight weeks so that participants can gain a basic understanding. Classes can contribute towards an improvement in the participants' mobility & range of motion and also help increase confidence levels.

- **Community Soccer Programme**

Access to Dublin City Council (DCC) Irishtown Stadium will be supported by the local DCSWP Sport Officer through links created with local stakeholders. Currently Ringsend Youth Service, Ringsend College and Roslyn House Rehab service are all being facilitated to use this fantastic DCC facility.

- **After School Programme**

An after-school sports programme will continue in December with St. Patrick's National School. The programme takes place on Thursday afternoons and encourages pupils to get more active and while supporting educational development.

Sport & Fitness Markievicz

- **Learn to Swim:** Children's swimming lessons are ongoing. Classes take place each Monday, Wednesday, Thursday & Friday at 3.15pm & 4.15pm. A swimming gala will be held on Wednesday, December 20th, from 3pm – 5pm for all the young people who participated in the swimming lessons.
- **Aquaphysical Classes:** Sports & Fitness Markievicz proudly announces the roll out of these classes, the first fitness centre in Ireland to do so! Classes take place on Tuesday lunchtimes & Wednesday evenings. Please contact the centre directly for more details.
- **Pilates:** New classes now taking place every Tuesday, Thursday & Friday. Please contact the centre directly for more details.

Football

- **Sprog Soccer:** This initiative for 4 – 8 year olds takes place every Friday morning in Sports & Fitness Irishtown (currently 60 participants) and every Wednesday at 9.30am in YMCA Aungier St (currently 80 participants).
- **Men's League:** Ongoing every Monday & Wednesday evenings from 6pm to 8pm in Ringsend Park.
- **Football for All:** This programme is aimed at young people with learning difficulties and / or physical disabilities and takes place in Irishtown Stadium on Fridays 5pm – 6pm. There are currently 15 participants.

- **Soccer Sisters:** The initial 6-week intro programme for girls from various primary schools is now drawing to a close and will re-commence in the New Year.

Rugby

- Our DCSWP/Leinster Rugby Development Officer is continuing to deliver primary & secondary school programmes in the South East Area. The Primary Programme consists of weekly tag rugby sessions and is aimed at 4th, 5th & 6th class pupils.

The secondary programmes (targeting both boys & girls schools) commence with tag sessions for transition year students, eventually leading to full contact 7 or 10-a-side matches. This transition will occur once participants have familiarised themselves with the rules, skills & tackling technique etc. required to be able to play the game in a safe manner.

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 rolling 4/6 week school's programme for girls (second level). Rowing Ireland provide rowing machines and a community coach to the schools.

A further 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. School's partaking in this include-

- *Presentation College, Terenure*
- *Our Lady's School, Templeogue Road, Terenure*
- *High School, Rathgar*

Boxing

- The DCSWP / Irish Amateur Boxing Association (IABA) Boxing Development Officers will visit many of the local schools in the South East Area with an Olympic presentation (including an actual Olympic medal & torch). This will take place during the two weeks leading up to the Christmas break.
- In January the Bronze Start-Box Programme will kick off once more with primary and transition year students. The bronze programme runs for 4 weeks and targets approx. 6 – 8 schools in the area.
- Weekly fitness sessions are ongoing for a teenage girls' group and a young men's group aged 18-25 years that currently engage with the local youth service. During the planning stages of the programme, participants decided that boxing would be the activity of choice. The facilities at St. Andrew's Resource Centre are used and

participants are able to benefit from the expertise of the DCSWP / IABA Boxing Development Officer.

The programme will run as a partnership between the DCSWP Sports Officer, St. Andrew's Resource Centre, local youth service and the IABA / DCSWP Boxing Development Officer. It is an aim of this programme that participants may progress to join the recently established 'Ringer' Boxing Club.

- The DCSWP / IABA Boxing Development Officer will continue to work with Roslyn Park College (promoting mental health) and the Spellman Centre (for people with addiction issues) in 2018.

Cricket Development Officer Report

- Our Cricket Development Officer is liaising with DCSWP Sports Officers in the area to plan programmes for the coming months.
- School coaching visits continue in Star of the Sea Boys' National School on Wednesdays and St. Matthew's National School, Sandymount, on Mondays.
- Our annual Dublin City U12, U14 & U17 Christmas and New Year Camps will be taking place on the 27th and 28th of December and the 3rd and 4th of January respectively in North County Cricket Club from 10am - 4.30pm. We will have participants from all over Dublin City, including the South East area.

Contact details:

Antonia Martin, DCSWP Programmes & Services Development Manager:

antonia.martin@dublincity.ie

Alan Morrin, Acting Senior Staff Officer, DCSWP: alan.morrin@dublincity.ie

Michelle Malone, Sports Officer: michelle.malone@dublincity.ie

Maz Reilly, Sports Officer: marielouise.reilly@dublincity.ie

Aideen O'Connor, Sports & Fitness Markievicz & Irishtown: aideen.oconnor@dublincity.ie

Football: jonathan.tormey@fai.ie

Rugby: ken.knaggs@leinsterrugby.ie

Boxing: michael.carruth@dublincity.ie

Cricket: fintan.mcallister@cricketleinster.ie

Report by:

Alan Morrin

Dublin City Sport & Wellbeing Partnership