

- 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.

- **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 planned to be delivered in the Central Area:

- *Tag Rugby with various Girls National Schools from the Central & North Central areas on Wednesday 13th December in Clontarf Road Sports Pitches (joint initiative between DCSWP Sport Officer & DCSWP/Leinster Rugby Development Officer)*

- **Gaelic 4 Girls**

This newly re-launched programme for young girls of primary school age commenced in mid November in Aughrim Street Sportshall and will run until mid December (Thursdays; 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.

- **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.

Thrive programmes currently taking place in the Central Area include:

What: **Yoga**

Who: **HSE Mental Health Referrals**

Where: Ballybough Sports & Community Centre

Dates: 14th, 21st December & 11th, 18th January

Time: 12pm - 1pm

What: **Sports & Fitness**

Who: **Adult Mental Health Group**

Where: Ballybough Sports & Community Centre

Dates: 15th December & 12th, 19th January

Time: 12pm - 1pm

- **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.

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.
- **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.
- **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

Boxing

- The DCSWP/IABA Boxing Development Officers will visit many of the local schools in the Central 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.

General

- What: **Women's Fitness Group**
Who: **Open to All**
Where: Aughrim Street Sportshall
When: 15th December & 12th, 19th January
Time: 10am – 11.30pm

- What: **Recovery Through Fitness**
Who: **Chrysalis Community Drug Project (Stoneybatter)**
Where: Aughrim Street Sports Hall
Dates: 13th December & 10th, 17th January
Time: 10am - 12pm
- What: **Chair Aerobics**
Who: **Older Adults**
Where: ILAC Centre
Date: 15th December & 12th, 19th January
Time: 12pm – 1pm
- What: **Tai Chi**
Who: **Older Adults**
Where: ILAC Centre
Date: 15th December & 12th, 19th January
Time: 1pm – 2pm
- What: **Functional Fitness**
Who: **Older Adults**
Where: East Wall Recreation Centre
Date: 12th, 19th December & 9th, 16th January
Time: 9.30am – 10.30am
- The local DCSWP Sports Officer is currently delivering an **After-School Sports Drop-In** in Dominick Street on Wednesdays from 3pm – 4pm and St. Michan’s House on Fridays from 2.30pm – 4pm.
- **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 the end of the year and is open to local community groups, youth services & after-school services.

Ballybough Community Centre

- Ballybough wins the overall Community Excellence Award with the Public Sector Magazine
- Dublin City Intercultural Language Centre offers free English classes to help participants become comfortable with various aspects of life in Ireland (work, health, education, culture etc...). Classes take place on a weekly basis from 10am – 12pm Monday through Thursday.

- 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.
- The local Leinster Rugby/DCSWP Development Officer has started fundamental movement sessions and tag rugby with a group in Ballybough Community Centre in an effort to improve their mental health & general wellbeing. The sessions will run every few weeks depending on the group's needs.

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 will continue in the following schools until Christmas:

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)

- Our annual Dublin City U12, U14 and U17 Christmas and New Year Camps will be taking place on the 27th & 28th of December and the 3rd & 4th of January in North County Cricket Club from 10am - 4.30pm where we have participants from across the city, including the Central area.

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