



**The Chairman and Members of  
North West Area Committee.**

**Meeting: 12<sup>th</sup> December 2017**

**Item No: 14**

**Dublin City Sport and Wellbeing Partnership 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 sixth year and has encouraged hundreds of people to take up regular exercise over the past five 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 five 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 someone cannot 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 programme (Getting All Girls Active)** began in October and will run until December 2017. The programme is aimed at teen girls and is run in conjunction with local youth services and schools. A wide variety of activities are delivered as part of the programme including fencing, boxing, fun games, rugby, basketball, biking etc. Activities take place at various venues (including Finglas Youth Resource Centre) and at different times including Tuesdays 7.30pm - 9.30pm and Wednesdays 2.30pm - 4.30pm.

December 13<sup>th</sup> is citywide GAGA Day when all of our Sports Officers will be promoting the initiative in their respective areas. We are pioneering a social media campaign which will involve promotion across all platforms the week before the big day. This has been opened up to the entire sports officer team so that as many girls as possible can get active across the city.

We will be live streaming a dance-fit class on Facebook. The hope is that schools/youth groups who register will join in (depending on their school/clubhouse WIFI capabilities) and share a picture or a short video of their class/group getting active and 'going GAGA' to try and create a social media buzz about this programme. There will be a prize for the best video sent in by a school/youth group in addition to individual spot prizes.

- **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 and general wellbeing viewpoint. See below for details of some Thrive Programmes taking place in the North West Area.

- A Table Tennis/Pool Programme (in partnership with HSE occupational therapists from the North West Area and Drumcondra who refer local clients) takes place every Tuesday morning at 11am in Poppintree Community Sports Centre. It is also hoped to run an introductory gym session with the group

- **Couch to parkrun**

*Couch to parkrun* is an 8-week programme for running beginners/improvers with the goal that they will progress to a level that they can partake in their local weekly parkrun on an ongoing basis. No previous running experience is required. *Couch to parkrun* sessions take place on Thursday mornings at 9.30am in Mellows Park, Finglas and every Monday and Friday morning at 9.30am in Ellenfield Park, Whitehall. The final session on Saturday 23<sup>rd</sup> will see the groups complete the Poppintree parkrun together.

- **Go for Life Games**

Activities/games and social tea and chat for older adults takes place every Monday from 1pm - 2pm in Cabra Parkside Community Sports Complex. All are welcome to join in during these free sessions.

- **Bowling**

Weekly bowling for older adults takes place on Thursdays from 3pm - 5pm at Cabra Parkside Community Sports Complex. All are welcome (€2pp).

- **Aquafit**

There are weekly sessions of water aerobics for older adults in Inspire Sports Complex, Cabra, in partnership with the Participation Officer from Swim Ireland. The sessions take place on Wednesdays at 12pm (€3.50pp). Due to the popularity of these sessions we are currently working to deliver a second weekly class.

- The '**Forever Fit**' Programme in Finglas commenced on September 18th and will continue through until mid December 2017. In conjunction with St. Helena's Resource Centre and Tír na nÓg group, a varied programme of activities will be delivered every Monday and Wednesday between 2pm and 4pm. The programme is aimed at older adults and will focus on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi and line dancing. The initiative will culminate with a Christmas Dance event.

- **Whitehall Petanque Group**

The group meets every Wednesday morning in Ellenfield Park at the petanque court (near the astro pitches) from 10am - 11am. This is an older adult group who are always looking for new members to join them for a game and a chat in an informal and friendly atmosphere. Beginners welcome!

- **Swim Lessons**

The local DCSWP Sports Officer is partnering with Cabra for Youth and the Swim Ireland Participation Officer to deliver swim lessons every Tuesday from 8pm - 9pm in Sean McDermott Street Pool.

#### FAI/DCSWP Football Development Officers – Update

- **FAI/DCSWP Thrive Programme - Eve Airdnua and Castlevue HSE Training Centre:** The final session in a five week programme of Walking Football will take place on Thursday 14<sup>th</sup> December at the all weather pitches in Finglas Sports & Fitness. The two facilities cater for adults who are experiencing mental health difficulties.
- **After school drop-in sessions** are ongoing every Wednesday in Poppintree Community Sports Centre from 3pm - 4pm for 12-15 year olds.

#### Boxing

- The DCSWP/IABA Boxing Development Officers will visit many of the local schools in the North West 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 is non-contact and runs for 4 weeks. Schools include New Cross College, Finglas West; Beneavin De La Salle College, Trinity Comprehensive, Ballymun; St. Joseph's National School, Balcurris, Ballymun; Virgin Mary National School, Ballymun and Our Lady of Victories Boys National School, Ballymun Road.

#### Rowing

- **Get Going ... Get Rowing**  
This initiative, jointly supported by DCSWP, Sport Ireland, Healthy Ireland, Active School Flag and 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 and the River Liffey. No previous experience is 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** will continue in the following schools until the Christmas break:
  - *St. Fergal's BNS, Finglas West (Tuesdays 11.00am-12.30pm)*
  - *St Brigid's GNS, Dublin 11 (Tuesdays 1.00pm- 2.30pm)*
  - *Scoil Mobhí, Drumcondra (Thursdays 11.00am-12.30pm)*
- Our annual Dublin City U12, U14 and U17 Christmas and New Year Camps will be taking place on the 27<sup>th</sup> and 28<sup>th</sup> of December and the 3<sup>rd</sup> and 4<sup>th</sup> of January in the North County Cricket Club from 10am - 4.30pm where we have participants from across the city, including the North West area.

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