

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

18TH DECEMBER 2017

- 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 less than 30 minutes do not register for the Challenge and leave the spaces for those who need the support.

The Challenge will feature many novice runners who participated in 'Couch to 5K' programmes delivered by DCSWP Sport Officers citywide and will finish with a presentation night in City Hall in April.

- **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 was a citywide promotion of the programme on 13th December which involved a social media activation. DCSWP Sport Officers will continue to deliver this programme in the North Central Area in early 2018.
- **Thrive**
Thrive is a referral 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. Some current ongoing *Thrive* programmes include-

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)

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.

- **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.
- **Operation Transformation Opening Walk:** Raheny and the surrounding area will be one of the Dublin City Sport & Wellbeing Partnership selected venues for a community walk on Saturday 13th January. We hope to use the 4.5k loop of the new 'Raheny Way' route and distribute the new maps to any one who take part.
- **Change for Life:** DCSWP Sport Officers will combine resources to deliver a community based health related fitness programme to members of the public in north Dublin. The programme will run in tandem with the Operation Transformation TV show and combines weekly exercise sessions, nutritional advice and structured walks to help improve overall health, wellbeing and quality of life.

A similar programme will also be delivered to young people in north Dublin. The programme will involve a partnership with 7 local youth services and targets 14-17 year olds who are overweight or at risk of becoming overweight.

- **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). The programmes will continue into 2018 and compliment the Lord Mayor 5 Alive race series.
- **Schools Swimming, Coolock Pool (Northside Shopping Centre):** In partnership with Swim Ireland, local DCSWP Sport 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.

- **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.
- **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.
- **Clonsaugh 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 Adults 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.

- **Central Remedial Clinic Sports Programme:** This programme, facilitated by DCSWP Sport Officer John Sweeney, takes place every Thursday in Ballybough Community Centre. A group of participants from the CRC participate in an adapted football session from 10am – 11am before a second group takes part in a more general multi-sport session from 11am – 12pm.
- 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 Officers will visit many of the local schools in the North 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 from local schools (St. David's, Artane; Scoil Chiaráin, Donnycarney & Holy Trinity National School, Donaghmede all confirmed so far). The Bronze Programme is non-contact and runs for 4 weeks.

Rugby Development Officer Update

- **Primary Level/Aldi Play Rugby**
The local Leinster Rugby/DCSWP Development Officer is currently working with a number of primary schools on a weekly basis until Christmas. All will be invited to blitzes in the New Year. Some of these schools will also receive a rugby pack and online resources to assist the teachers in continuing rugby development going forward.
- **Boys Second Level**
As of now the Leinster School Cups are underway and most schools are playing to some standard on a weekly basis. The local Leinster Rugby/DCSWP Development Officer is in the process of organising a North Central 1st year blitz in mid January.
- 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.
- **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.

- **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 & River Liffey. No previous experience 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

- 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 and will continue up until the Christmas break:

- *St. John of God GNS, Kilmore*
- *St. David's CBS, Artane*

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

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