

- 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.

This year we are going back to our roots and have targeted 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](#).

- Dublin City Sport & Wellbeing Partnership will host 3 open walks at 11am on Saturday, 13th January as part of the **Operation Transformation National Walk Day**. Each walk will be between 3 and 5 kilometres to target people who are currently engaging in below the recommended levels of physical activity. Local walking programmes will be delivered across the city in the 1<sup>st</sup> quarter of 2018.

The 3 Open Walks will be delivered in the following locations:

**War Memorial Gardens, Dublin 8** (Meeting Point: Municipal Rowing Centre, Island Bridge)

**Tolka Valley Park, Dublin 11** (Meeting Point: New changing rooms in Park corner of Tolka Valley Road and St. Helena's Road)

**Raheny, Dublin 5** (Meeting Point: Raheny GAA Club, 2 All Saints Drive)

The local walks are currently in the planning stage (implementation to commence in January).

- **NEIC 'Fit 4 Life' Open Day**

The above event took place on January 5th in Larkin College. It was a great opportunity for anybody who lives, works or frequents the North Inner City (especially underactive adults) to start the process of making positive lifestyle changes for 2018. On the day people had the opportunity to sign up for 'Change for Life' along with other fitness programmes that will be delivered locally by DCSWP at minimal or no cost.

There were a wide range of taster classes running on the day (with some of the best fitness instructors the country has to offer!) and this all took place under one roof within the fantastic facilities of Larkin College.

Sporting bodies, clubs & local activity service providers were there on the day to provide information on how to join, weekly timetables, contact details etc...

- **Older Adults Chair Aerobics Class** - 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. For further details or to sign up please contact our HSE Health Promotion & Improvement Officer, David Phelan, at 01-2227734/087-6525001 or [david.phelan6@mail.dcu.ie](mailto:david.phelan6@mail.dcu.ie)

Area	Venue	Start date	Days & Times
East Wall	Sean O'Casey Centre St. Mary's Rd. East Wall, Dublin 3	Thursday January 11 <sup>th</sup> at 2:30pm	Every Thursday at 2:30pm for 12 weeks

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

This 6-week sports programme for teenage girls from local schools took place during November/December and was greatly received, making it one of DCSWP's biggest success stories to date. The programme content was decided in consultation with the girls in an attempt to optimise participation. Activities included dance, fencing, boxing, fun games, rugby, basketball, biking etc... There was a citywide promotion of the programme on 13th December which gained fantastic traction on social media.

We hope to keep up the momentum by organising some follow on programmes in early 2018 and maintaining new links that have been made with local schools.

- **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: 18<sup>th</sup>, 25<sup>th</sup> January & 1<sup>st</sup>, 8<sup>th</sup> February

Time: 12pm - 1pm

What: **Sports & Fitness**

Who: **Adult Mental Health Group**

Where: Ballybough Sports & Community Centre

Dates: : 19<sup>th</sup>, 26<sup>th</sup> January & 2<sup>nd</sup>, 9<sup>th</sup> February

Time: 12pm - 1pm

- **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.
- **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.
- **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 Bronze Start-Box Programme has commenced again this month with primary and transition year students. The Bronze Programme runs for 4 weeks and targets a large number of schools in the area. The Bronze Programme involves non-contact sessions that focus on the fundamentals of movement, technique and general fitness.

## **General**

- What: **Women's Fitness Group**  
Who: **Open to All**  
Where: Aughrim Street Sportshall  
When: 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> January & 2<sup>nd</sup>, 9<sup>th</sup> February  
Time: 10am – 11.30pm
- What: **Functional Fitness**  
Who: **Older Adults**  
Where: East Wall Recreation Centre  
Date: 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> January & 6<sup>th</sup>, 13<sup>th</sup> February  
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 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](http://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 resume in the following schools this New Year:

Larkin College  
Mount Carmel Girls Secondary School  
O'Connell Boys School  
Stanhope Street School

## **Contact details**

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## **Report by**

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