

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

15TH JANUARY 2018

- 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 hosted 3 open walks at 11am on Saturday, 13th January as part of the **Operation Transformation National Walk Day**. Each walk was 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 1st quarter of 2018.

The 3 Open Walks were delivered at the following locations:

- *War Memorial Gardens, Dublin 8*
- *Tolka Valley Park, Dublin 11*
- *Raheny, Dublin 5*

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

- **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

Area	Venue	Start date	Days & Times
Marino	Carelton Hall 53 Shelmartin Avenue Clontarf, Dublin 3	Tuesday January 9 th at 2:30pm	Every Tuesday at 2:30pm for 12 weeks

- **Men on the Move** - a **free** physical activity programme that is aimed at adult men who have been inactive for a while 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 programme will run in 3 areas for 12 weeks starting in September. 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

Area	Venue	Start date	Days & Times
Coolock	Glin Rd Sports Complex Glin Rd, Coolock, D17	Tuesday January 9 th at 11am	Every Tuesday & Friday at 11am 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 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.

The local DCSWP Sport Officer also facilitates sessions every Monday & Wednesday in St. Michael's House Leisure Centre, Belcamp.

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.

- **Get Dublin Walking:** DCSWP Sport Officers, in partnership with the HSE and DCC Community Section are rolling out a series of walking groups across the city under the banner of '*Get Dublin Walking*'. One such group meets at Memorial Park, Coolock, every Tuesday morning at 9.30am.
- **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.
- **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. Sessions commence on Monday 15th January and will take place on Monday & Wednesday mornings in Darndale Hall and on Thursdays in Evolutis Gym, Coolock. Runs until 21st February.

A similar programme will also be delivered to young people in north Dublin, commencing on Wednesday 17th January in Evolutis Gym, Coolock. The programme will involve a partnership with 7 local youth services and targets 13 - 16 year olds who are overweight or at risk of becoming overweight. Runs until 21st February.

- **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 took part in their first 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 through early 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 every Friday.
- **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.
- **Learn to Swim Programme:** Every Wednesday afternoon in Coolock Pool. This programme teaches young people from local youth services the basics of swimming and general water confidence. This programme is delivered in conjunction with Swim Ireland's Participation Officer.
- **EBD Programme:** This is a pilot programme every Tuesday morning 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. The programme will expand to include swimming lessons in 2018.

- **Fit 4 Class - Primary Schools:** In partnership with Athletics Ireland, DCSWP will ensure each primary school receives a free multi-sports kit and games book suitable for delivering a wide range of fun physical activity sessions and games. DCSWP Sport Officers for the North Central Area will deliver introductory sessions to local schools each Thursday afternoon. 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 Darndale & St. Francis School Priorswood to help them achieve the Active Schools Flag.
- **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.
- **After-School Multi Sports Activities** resumes with boys & girls from St. Francis Junior School, Priorswood & Sphere 17 Regional Youth Service every Monday from 2.30pm - 4pm. The programme introduces young people to the fundamentals of sport in a fun way. A further after-school programme is running every Tuesday at 2.30pm in Darndale Recreation Centre for local kids.
- **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.
- **Bokwa classes** take place on Tuesday (8pm) & Thursday (9pm) evenings in **Kilmore Community Centre**. Bokwa is a cardio based blend of hip-hop and step aerobics that taps into South African-style dance and is fast gaining popularity everywhere!

The DCC facility in Kilmore also hosts **St. Luke's Active Age Retirement Bowling Club** every Monday, Wednesday & Friday morning. New members welcome.

Boxing Development Officer Update

- The *Startbox* Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approx 2,000 young people take part each year. The Programme is structured into Bronze (non contact), Silver and Gold phases. The first two phases focus on general strength & fitness, method and technique.

The Bronze Startbox Programme has re-commenced for 2018 with students from local schools including St. David's, Artane; Scoil Chiaráin, Donnycarney & Holy Trinity National School, Donaghmede. The Bronze Programme runs for 4 weeks.

Rugby Development Officer Update

- **Primary Level/Aldi Play Rugby**
The local Leinster Rugby/DCSWP Development Officer was working with a number of primary schools on a weekly basis before Christmas. All will be invited to blitzes in the coming weeks (dates & venues tbc). Some of these schools will also receive a rugby pack and online resources to assist the teachers in continuing rugby development going forward.
- 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 rolling 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.
- Organising days and times with schools in the area for schoolyard cricket sessions that will be starting in late January. In particular, we will focus on schools that are entered in the Leprechaun Cup (primary schools cricket competition) and the secondary schools competition (dates and times TBC).
- We will be focusing on the following schools in the area during this period:
St Francis (Priorswood)
Our Lady Immaculate (Darndale)
Howth Road National School (Clontarf Rd)
Northbay ET (Kilbarrack)
- Provincial cricket sessions are on during this period on Friday nights from 5pm - 9.30pm in North County Cricket Club where we have a number of players from the North Central area involved in these sessions. Players are between 10 - 18 years of age.
- Our annual Dublin City U12, U14 and U17 camps will take place in North County Cricket Club from 10am - 4.30pm during the middle of February where we have participants from all Dublin City areas.

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Report by

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