

- 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. DCSWP Sport Officers have secured places in the challenge for their 'Couch to parkrun' participants in an attempt to further their running development.

- 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).

- **GAGA (Getting All Girls Active)**
On Wednesday December 13th, DCSWP ran its first 'Getting All Girls Active' (GAGA) event, with the sports officer team rolling out different activities throughout the city. The session content was decided in consultation with the girls in an attempt to optimise participation. Activities

included everything from dance, fencing, boxing and general fun games to rugby, basketball & biking etc...

DCSWP Sport Officer's Eileen Gleeson, Marie Louise Reilly and John McDonald worked on a new pilot programme for this, focusing on engaging with the target demographic through social media using the hashtag #GAGA. It was a very different approach to anything DCSWP has done before. We decided we would live stream a 'Dance fit' class on Facebook at 10am and encourage schools to take part. We also engaged with members of the Irish women's rugby team, soccer, hockey and taekwondo team, as well as other female athletes to record a brief video message to motivate girls to get active. To encourage schools to take part we offered a €500 sports equipment voucher as a prize and we had spot prizes for individuals. In order to be in with a chance of winning you had to upload a video or photo of your school, club, participating in sport or physical activity using the #GAGA. The competition was open for a week. Special #GAGA social media pages were set up across all platforms.

The event was greatly received, making it one of DCSWP's biggest success stories to date. We had a huge engagement rate with #GAGA trending number 5 in Ireland at one point on December 13th. With the #GAGA brand now built up, we have decided to keep the campaign going throughout 2018 by organising some follow on programmes in early 2018 and maintaining new links that have been made with local schools. Any sports programmes we deliver specifically for women or girls will be promoted and celebrated on the existing social media pages with the hope of creating a strong #GAGA brand for DCSWP going forward.

Some current ongoing GAGA programmes in the South Central area include:

- *Cherry Orchard Integrated Youth CDYSB; A fitness & personal development programme for girls aged 14 to 18 years with activities such as night hikes and ice skating*

- **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'. Get Dublin Walking Programmes running in the South Central Area include:
 - *Brickfields Park – every Saturday morning at 9.30am (commences 20th Jan)*
 - *Swinging 50's Club – A walking group for females aged 50+ from the Ballyfermot area. To commence late January (various routes)*

- **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.

Change for Life Programmes running in the South Central Area include:

- *Fatima: every Mon, Wed & Fri from 6pm – 7pm in the F2 Centre, in partnership with Fatima Groups Utd (commenced 11th Jan)*

- *Inchicore: every Tues (10am – 11am) in St. Michael’s Parish Hall & every Wednesday from 11am – 12pm in Guinness Pool (commenced 16th Jan)*
- *Bluebell: every Mon (7pm – 8pm), Wed (4.30pm – 7.30pm) & Thurs (7pm – 8pm) in the Bluebell Community Centre (commenced 10th Jan)*

- **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
Terenure	St. Joseph’s Parish Hall Terenure Rd East Terenure, D6	Tuesday January 16 th at 7pm	Every Tuesday at 7pm for 12 weeks
Terenure	The Evergreen Centre, Terenure Rd North, D6	Thursday January 18 th at 7pm	Every Thursday at 7pm for 12 weeks
Rialto	F2 Centre 3 Reuben Plaza Rialto, D8	Wednesday January 10 th at 12pm	Every Wednesday at 12pm for 12 weeks

- **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:
 - *10 week cycling programme with adult female participants from Ballyfermot STAR Realta Nua CE ETB (in conjunction with Ballyfermot Outwards Bounds Centre); to take place every Wednesday from 10.30am – 12.30pm (commencing 24th January)*

Older Adult Initiatives

- **Chair Aerobics/Yoga sessions** for an older adult group take place every Tuesday at 2pm in the Lorcan O’Toole Centre, Stanaway Park.
- An **Older Adults Fitness Class** takes place every Tuesday at 10.30am in the Assumption Primary School, Walkinstown.

- An **indoor bowls** session for older adults is ongoing every Friday at 12pm in Donore Avenue Community Centre. There is also a **chair aerobics** session every Thursday at 10.30am.

General

- **St. John of God Menni Services – Multi Sports Programme**
The DCSWP Sports Officer is working with the St. John of God Sports Co-ordinator to provide an ongoing sports programme for all participants in the St. John of God facilities during the period September to December. This programme takes place in Sports & Fitness Ballyfermot on Monday mornings from 11am to 12pm. In January the focus will be on 'Football for All', with assistance from the FAI/DCSWP Development officer.
- **The Presidents Awards (GAISCE)**
The DCSWP Sport Officer has facilitated the participation of a number of young people age 15 years and older from Dublin 10 in The Presidents Awards Programme. From the initial information night a group of 6 young people have signed up to the challenge and will be working on an ongoing basis with the DCSWP Sport Officer (who is a Presidents Awards Leader). Dublin City Council is a GAP Gaisce Award Partner.
- **Learn to Swim Classes** are currently taking place every Tuesday from 11am – 12pm (for 10 – 12 year olds) in Herberton Leisure Centre, Rialto, Dublin 8. These sessions are rolled out in conjunction with Swim Ireland & Fatima Groups United. Further classes for adults (under the banner 'it's never too late!') commenced on Monday 15th January at 9.30am.
- **Inchicore Rowing:** Rowing for primary school children in Inchicore takes place every Wednesday from 4.30pm to 5.30pm in the Dublin Municipal Rowing Centre, Islandbridge. This is facilitated by the local DCSWP Sport Officer and gives the young people a chance to try a sport that they may never have access to otherwise.

Clogher Road Sports Centre – News/Info

- A new **Hot Yoga Class** takes place every Monday from 7pm – 8pm. Open to anyone in the local area, male or female, this class will help improve posture, flexibility & core strength while also tackling stress. Contact DCSWP Sports Officer Will Morris or the centre directly for more details.
- **Bokwa classes** take place on Monday & Thursday evenings. 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!
- **Ladies Fitness Classes** are underway every Wednesday from 8pm – 9.30pm and every Thursday from 6.30pm – 7.30pm in Clogher Road Sports Centre (Sundrive Sprinters!). Contact DCSWP Sports Officer Will Morris for more details.
- **Teen Gym** returns to Clogher Road Sports Centre this month. The sessions will be divided into girls hour/boys hour and will be open to all teenagers from the local area. Contact DCSWP Sports Officer Will Morris for more details.

St. Catherines Sports Centre, Marrowbone Lane – News/Info

- In an exciting development, **College of Dance**, the premier centre of excellence for dance training in Ireland has taken up a long term residency in St. Catherines. This will bring much life to the area and create a buzz around the facility, even during off-peak hours.
- **Atomic Stage School** are in the centre every Saturday from 10am – 5pm
- New '**Flexi Stretch**' Class takes place every Tuesday from 1-2pm & every Wednesday from 6.30pm – 7.30pm
- Ballet Áthas Youth **Ballet** Company hold an open session every Sunday at 11.30am (for ages 14 – 30)
- **St. Catherine's Boxing Club** continues to operate from the centre every Monday, Wednesday & Friday evening. The club is growing from strength to strength.
- A number of parent & toddler/baby friendly classes are currently running in St. Catherines. Please contact the centre directly for more details.

Football Development Officers Update

- **Sprog Soccer** takes place every Monday from 4pm to 5pm in St. Catherine's Sports Centre for 4 – 8 year olds.
- **Men's Homeless Street League** takes place each Friday from 11am – 1pm in St. Catherine's Sports Centre.
- **Breakfast Football:** Early morning football /kick-about for local primary school kids from Our Lady of Lourdes Primary School, Inchicore, in Inchicore Community Sports Centre to get them up early when the mornings are dark & cold and the spirit isn't willing for school. The sessions are a big hit with the school (as well as the kids themselves) as it boosts attendance and indirectly improves punctuality. This is in addition to the obvious benefits that physical activity brings.
- **Community Coach Development:** The FAI/DCSWP Development Officer will co-ordinate the final assessment days for 22 local coaches to finalise their National C Licence. The sessions will take place on the 16th & 18th of January at Crumlin Utd FC (6 - 9pm each night). A National B Licence Course will also be held on February 16th & 17th in Cherry Orchard FC.
- **Teen Football** takes place every Thursday from 5pm - 6pm in Inchicore Community Sports Centre. These sessions are aimed at teens who don't play for local teams and also act as a Garda Diversion Programme - working with local Garda, schools and specific youth community support groups.
- A **Primary School Football Blitz** will take place on Friday 26th January from 10.30am – 1pm in Sports & Fitness Ballyfermot for schoolchildren from the local area.

Boxing

- 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 across the South Central Area participating.

Rugby

- Our DCSWP/Leinster Rugby Development Officer is continuing to deliver Primary & Secondary School Programmes in the South Central Area. The Primary Programme consists of weekly tag rugby sessions and is aimed at 4th, 5th & 6th class pupils. Current sessions include:
 - Tag rugby with Scoil Mhuire Gan Smal in Inchicore
 - After-school rugby on Thursday afternoons in Basin lane (in conjunction with Liberty Saints)

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 Development Officer update

- 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:

Drimnagh Castle BNS (Drimnagh)

Scoil Úna Naofa (Crumlin)

- 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 South 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.
- We have four different groups that will be participating in a Table Cricket tournament (an indoor miniature version of cricket played on a large table top, designed for physically challenged cricketers) which takes place at Sport & Fitness Ballyfermot on the 25th of January from 10.30am - 12.30pm.

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