

**Housing, Community & Emergency Services Department
South East Area Office**

**To the Chairperson and Members of the
South East Area Committee**

Community Development Section Report

Community Grants:

All Community Development Grants are completed for 2018. Grants are in the process of sign off with the city council.

Community Development Plan 2018:

A full plan of activities for the year is being developed and planned.

Vibrant Villages Greening projects & Tidy Towns:

Projects for 2018 are being identified and confirmed. Plans for spring connections.

Tidy Towns: - Meetings start in January.

Vibrant Villages Walking Trails and Maps:

Ongoing weekly walks in January.

Age Friendly Cities:

A plan of activities and development for older persons is being developed for 2018. The Older Persons' Council meeting is due at the end of January. Reviewing activities in older persons' complexes and connection with liaison officers.

Allotments:

All allotments are currently being renewed and lapsed leases allocated to new people on list. Improvement of infrastructure for allotments.

Events:

Feb 6th:	Dance for Life Classes, Evergreen Club, every Tuesday 11-12noon
Feb 8th:	Parent & Toddler Group, Evergreen Club, 10- 12 noon
Feb 10th:	Brazilian Carnival, Archbishop Hall, Synge Street, 2.30-5.30pm
Feb 13th:	Verschoyle Court Valentine's Tea Dance, 2-4pm
Feb 14th:	Ringsend Active Retirement, Valentines Tea Dance
Feb 16th:	Valentines Tea Dance, Terenure, 2-4pm
Feb 23rd:	Sandymount Sing-along Afternoon, Iris Charles Centre, 2.30pm

In addition to the above activities a number of weekly events continue to take place as part of ongoing community work: older persons' activities, Friends of Green Spaces, allotment links etc.

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Environmental Services Unit Report

Abandoned Bikes

A total of 121 abandoned bicycles were removed throughout the south east area in 2017. This comprised 56 full bikes and 65 frames. Further bikes and part bikes are currently being removed.

Events

BEO Bliain na Gaeilge Parade on Saturday 3rd March.

**Housing, Community & Emergency Services Department
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**To the Chairperson and Members of the
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Housing Projects and Local Area Improvements

Grand Canal Sub Group

The latest meeting of the Grand Canal Sub-committee was held on 9th January 2018. 21st April 2018 was identified as the date for Canals Action Day. Volunteer Coordination Committee to meet in January to begin preparations. Waterways Ireland is developing a new Dublin Canals website to incorporate both canals in the city. Work is ongoing on pilot Canal Warden scheme. A tender is currently being prepared to appoint a weekly Saturday market provider at Portobello Harbour between May and September this year. The date of the next meeting of the Grand Canal Sub-committee will be held on 14th February 2018.

Rathgar Village Improvement Plan (VIP)

The finalised Rathgar Village Improvement Plan (VIP) was approved at the January 2015 South East Area Committee. The Part 8 for Herzog Park was approved at the meeting of the City Council on 9th January 2017. Implementation works have commenced with re-alignment of the bring centre by Waste Management Section. Consultation was carried out with three local primary schools in relation to providing a nature play area in the woodland area. Tree works have been completed and works to nature play area have commenced with completion by mid April 2018. Further works planned for 2018 include creation of Multi Use Games Area (MUGA) on site of old bowling green and planting / landscaping / boundary works to park.

Ranelagh Gardens Park

The Part 8 was approved by the City Council in July 2015. The playground has now been completed. Other elements of the Part 8, including bird garden, planting, tree works, works to pond edging and island were carried out in November and December 2017. These were completed in January 2018. Further improvements to paths, main entrance etc. will be undertaken in 2018.

Ringsend Irishtown Local Environment Improvement Plan (LEIP)

The Ringsend Irishtown Local Environment Improvement Plan was adopted at the June 2017 South East Area Committee. The proposals for Library Square and Cambridge Road have now been included in the Capital Works Programme 2018 - 2020. Tender specification will be prepared in early 2018 for production of detailed design drawings and submission of Part 8 planning application in relation to Library Square and Cambridge Road Projects later in 2018. Further local consultation will be undertaken as part of this process during 2018.

Terenure 2030

Five new lamp standards were identified for upgrade in 2017 and Public Lighting Section has placed an order for same, to be installed in April / May 2018. Other improvements to be identified and provided in 2018, subject to finance.

Crampton Buildings

We are working to resolve some remaining issues with the wet room in one of the units. Our Community Development Team is also planning to work with the residents in Crampton Buildings on planting etc. in the spring.

GB Shaw House

Culture, Recreation and Economic Services (CRES) Department has issued a formal request to Planning & Property Development Department to acquire the lease and negotiations have been opened.

As previously reported, City Architects Division has completed a feasibility study and CRES has requested them to proceed with the next phase of the project, which is to commission investigative works and draft tender documents.

**Culture, Recreation & Economic Services Department
Dublin City Sport and Wellbeing Partnership Section**

**To the Chairperson and Members of the
South East Area Committee**

Dublin City Sport and Wellbeing Partnership (DCSWP) Report

The **Lord Mayor's 5 Alive Challenge** is back for 2018. The initiative is a partnership programme between Dublin City Sport & Wellbeing Partnership (DCSWP) 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 five 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 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 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 (DCSWP) hosted three 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 three 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).

Change for Life

This is an eight week programme which targets underactive adults. The aim of the programme is to establish a group that will support each other in participating in weekly fitness sessions organised by DCSWP Sport Officers.

The initiative will be delivered from Irishtown Stadium and will run in tandem with the Operation Transformation TV show. It combines weekly exercise sessions, nutritional advice and structured walks to help improve overall health, wellbeing and quality of life.

All participants will be encouraged to enter the **Operation Transformation 5K Fun Run / Walk** in the Phoenix Park on Saturday 24th February. This event is delivered in partnership by DCSWP, Sport Ireland & Athletics Ireland. It is open to everyone, however numbers are limited so be sure to register as soon as possible online and get involved.

An end of programme celebration event in the Mansion House is planned for late March / early April.

Change for Life Programmes currently being delivered in the South East Area include:

- Tuesday & Thursday mornings in Harold's Cross National School
- Monday / Wednesday / Thursday at various times in Sports & Fitness Irishtown

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 officers 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 teams, 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.

Get Dublin Walking

This programme, aimed at underactive adults, aims to get people out walking in their communities. There is a social / general wellbeing element involved. Currently, a walk takes place every Tuesday from 5.30pm – 6.30pm for people from the Mount Merrion area (meet at St. Vincent's Hospital).

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.

A Thrive programme consisting of yoga, meditation & fundamental movement is currently being delivered by DCSWP sport officer Michelle Malone every Wednesday afternoon in conjunction with the Turas Centre, Rathgar (St. Michael's House).

Dublin City Sport & Wellbeing Partnership (DCSWP), in conjunction with Athletics Ireland, are rolling out a **free ten week 'Fit4Class' National Programme** in primary schools across the city.

Fit4Class is a new ten week programme that introduces primary school children from junior infants to fourth class to athletics in a fun, engaging and non-competitive environment. It focuses on the use of games to develop fitness whilst enhancing agility, balance and co-ordination, all fundamental to longer term physical athletic development. Fit4Class rewards students for participating and having fun.

As part of the programme the participating schools will receive Fit4Class equipment bags and coaching manuals that guide teachers week by week through the programme. All participating children are also rewarded with a certificate on completion of the programme.

15 schools from the South East area are already signed up.

General

A pilot **Teen Gym** programme for 13 – 17 year olds has commenced in Sports and Fitness Irishtown (Mon – Fri 3.30pm – 5.30pm; Sat / Sun 10am – 4pm) in partnership with CBS Westland Row & Ringsend College.

Older Adult Programmes

Chair Yoga classes for older adults over 55 take place in Beech Hill, Donnybrook, every Wednesday from 12.30pm – 1.30pm. Classes are aimed at improving relaxation and flexibility along with improved balance and posture, all to help older adults in their day to day activities.

Chair Fit classes for adults aged over 55 years take place in Mount Drummond, Harold's Cross, every Monday from 7pm – 8pm. Classes work on improving the participants' mobility & strength.

A **Forever Fit** programme takes place every Tuesday from 2pm – 4pm in St. Patrick's Catholic Men & Women's Society, Ringsend. Activities include modified aerobics, snooker etc.

Sports & Fitness Markievicz

The centre has launched two new studio classes, **Pilates** and **RPM Spin***, which are proving to be growing in popularity by the week.

*RPM is a high paced indoor cycling workout based on revolutions per minute on the specialised Kaiser Bike - the ultimate test on your fitness level!

'Swim for a Mile' 10-week training course starts on Tuesday 30th January (7.15am - 8.15am). The event itself will be held on the 10th of April from 5pm - 7pm.

Football

Sprog Soccer: Programme for 4 to 8 year olds held in 1) Sports and Fitness Irishtown on Fridays with 60 children participating; 2) YMCA on Wednesdays at 9.30am with 80 children participating.

Men's League: Mondays and Wednesdays in Sports and Fitness Irishtown from 6pm to 8pm.

Club Development Programme: DCSWP / FAI development officer Jonathan Tormey will be running coaching clinics for clubs in the South East Area, including a kick-start 2 course in February

'Football For All' Programme: Specifically for kids with learning difficulties and physical disabilities, this programme continues on Fridays from 5pm to 6pm in Sports and Fitness Irishtown with 10 – 15 participants.

School Sessions: DCSWP / Football Association of Ireland (FAI) development officer Jonathan Tormey will be running weekly coaching sessions in various schools throughout the South East Area.

Mid-term Soccer Tournament: to take place while kids are off school (date / times / venue to be confirmed).

Girls' Soccer Development: DCSWP / FAI development officer Jonathan Tormey will be running soccer sessions on Tuesday and Thursday evenings for girls aged 8 to 12 years from the Ringsend and wider area.

Rugby

Our DCSWP / Leinster Rugby development officer are continuing to deliver primary and secondary school programmes in the South East Area. The primary programme consists of weekly tag rugby sessions and is aimed at 4th, 5th and 6th class pupils.

The secondary programmes (targeting both boys' and girls' schools) commence with tag sessions for transition year students, eventually leading to full contact 7 or 10-a-side matches. This transition will occur once participants have familiarised themselves with the rules, skills & tackling technique etc. required to be able to play the game in a safe manner.

Boxing

The Startbox Initiative, a partnership between the Irish Amateur Boxing Association (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 five dedicated IABA / DCSWP development officers via local schools (primary & transition year level) in communities across the Dublin City area. Approximately 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 East Area participating.

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