

- 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](#).

- **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

- **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: 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: : 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.

### **Change for Life**

This Programme is for age 18+ and works on working on many forms of fitness health and wellbeing. It runs for 7 weeks starting on 19<sup>th</sup> Jan for and is in partnership with Healthy Ireland & HSE. Venue Aughrim St. Wednesday, Thursday, Friday 10am

Also beginning on 24<sup>th</sup> Jan in Sheriff St. is a Tai Chi Programme for women 18+ which is ongoing. This takes place on Wednesday 12-1pm.

### **Champions**

This Programme is aimed and adults with intellectual disabilities and is run in partnership with Clontraf Remedial Clinic as is ongoing from 5<sup>th</sup> Jan.

Venue: Ballybough Community Centre Friday 3-4pm

### **YouthFit**

This programme is a multisports after schools programme starting on the 2<sup>nd</sup> Feb. It is run in conjunction with Ballybough Youth Service and is ongoing in the current school term. Venue: Ballybough Community Centre, Fridays 3-4pm

### **Get Dublin Walking**

This Programme is for all ages runs for 7 weeks starting on 25<sup>th</sup> Jan. It is run in partnership with Healthy Ireland & HSE. Venue Aughtim St. Thursday 10am

### **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 Aughtim Street Sports Centre from 3pm – 4.30pm.
- A **Schools Coaching Session** is taking place in St. Gabriels NS D7 Time 11am-12.30pm
- **Secondary School coaching sessions** are taking place St Joseph's Secondary Girls School LCA football coaching programme/ Time 9.30-11.30 pm
- **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 Aughtim Street Sports Centre for boys & girls aged 6 – 9 years from the local area and beyond

## **Boxing**

- The Community Boxing Development Officer will commence roll out of the StartBox Silver Programme in the following schools over the coming weeks:

St Josephs Fairview, Marino College TYs Mixed gender, Casa Caterina Cabra, D7 Educate Together, O Connells Primary Boys NCR, St Lawrence O Toole's Sherrif Street, Christ the King BNS Cabra, Mount Carmel TY Girls Dorset Street

## **General**

- What: **Women's Fitness Group**  
Who: **Open to All**  
Where: Aughrim Street Sportshall  
When: 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: 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.
- In February the Rugby Development Officer will be going into the non-traditional rugby playing schools to help them get set up for the County Council Cup.
- 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.
- Provincial cricket sessions will be on Friday nights from 5.00pm-9.30pm in North County Cricket Club where we have a number of players from the Central Area involved in these sessions and in particular, players around the Drumcondra area. Players are between 10-18 years of age.

- Sessions will also take place in Ardscoil Ris secondary school. (Days and times TBC).
- Mid Term Sessions will be taking place on the 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> of February from 10.30am-4.15pm in North County Cricket Club for the U12's U14's and U17's for any clubs that are in the Central area and in particular, players around the Drumcondra area.

### **Contact details**

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### **Report by**

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