

SOUTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP REPORT

21ST FEBRUARY 2018

- Four hundred participants registered for the Lord Mayors 5 Alive Challenge, 2018. The **Tom Brennan Memorial 5k** took place in the Phoenix Park on New Year's Day. It was a cold and breezy day but there was a great atmosphere amongst the committed and enthusiastic Five Aliver's helped along by their Mentors who provided great support. The **Raheny 5 Mile** was a huge success for our Five Alivers with some saying that it was the furthest they had run or the first time they had run five miles without stopping. The third race was the BHAA Garda Cross country 2 and 4 mile races took place at 11am on Saturday 3rd February 2018. The last 2 races are as follows:

[MSB St. Patrick's Festival 5k Race and Family Fun Run](#) on 18th March
[BHAA Dublin City Council 10k race](#) on 7th April

- **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:
 - *Crumlin Clogher Rd Sports Centre, Tuesdays, 9.30 am to 11am from the 5th of February to the 27th of March, on Tuesdays from 9.30-11am. From age 17 yrs up.*
 - *Brickfields Park – every Saturday morning at 9.30am (commences 20th Jan), in partnership with Fatima Groups United. The aim of this programme is to filter participants into the parkrun to create a sustainable pathway for people to walk or run for people on a regular basis.*
 - *Swinging 50's Club – A walking group for females aged 50+ from the Ballyfermot area. The local DCSWP Sport Officer is supporting the groups to work towards the 21 day walking challenge programme from mid January to the end of February.*
 - *Ballyfermot Walkers -Commenced in mid January, the groups meets every Monday and Wednesday at 7pm from Ballyfermot main Church. This is walking group is run in conjunction with the DCC Community Section*
- **Change for Life:** DCSWP Sport Officers will combine resources to deliver a community based health related fitness programme to members of the public in the South Central Area. The programme runs 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 Monday, Wednesday & Thursday from 6pm – 7pm in the F2 Centre, in partnership with Fatima Groups Utd (commenced 11th Jan) Morning and afternoon class also*

available. This programme is open to all level of fitness. The aim of this programme is to get people more active more often and to promote a healthy all round lifestyle. For ages 18 yrs plus.

- *Inchicore: Tuesdays from 10am – 11am in St. Michael’s Parish Hall and Wednesdays from 11am – 12pm in the Guinness Pool. For ages 18 yrs plus in partnership with Fatima Groups Utd (commenced 16th Jan).*
- *Crumlin: every Monday 6.30-7.30pm, Wednesday 6.30-8pm, 7-8.30pm. Programmes runs from the 15th of January to he 9th of March.*
- *Bluebell: every Monday(7pm – 8pm, Wednesday 5pm – 7pm) & Thursday 7pm – 8pm in the Bluebell Community Centre (commenced 10th Jan) Mixed Groups aged 17 to 72 years old.*
- **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 improve 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 January. 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

- **Fit4Class**
Dublin City Sport & Wellbeing Partnership teamed up with Athletics Ireland to offer Fit4Class programme to all primary schools in the City. Fit4Class, which commenced on the 12th of February, is a 10 week programme aimed at introducing 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 whist enhancing agility, balance and coordination, all fundamental to long term physical athletic development. Participating schools will also receive an equipment bag and resource booklet. 5 schools {one in each administrative area} have also been offered pre and post programme fitness testing i.e. 20metre sprint, standing long jump and standing vertical jump.

General

- The DCSWP Sport Officer has organized a **Soccer Tournament** on 14th Feb from 2pm-6pm for National Care Leavers day to be held in conjunction with EPIC - Empowering Youth People IN Care)
- A **Sports day** has been organized for the Clay Youth Project during Mid-Term Break in Clogher Road: Wednesday 14th February, 11-1pm for 10-13yrs and from 2-5pm for 14-17yrs
- **Athletics** Coaching Programme will be held twice weekly (venue) from 22 Feb- 15 Mar in conjunction with Donore Harriers Athletic Club and St. Patricks School
- A **Zumba** Dance Class will run St. Patricks Primary School on Thursdays from 12-2.20pm from 25th of January until 22nd February.
- Gymtastics, a **gymnastics class** for children with mixed abilities continues to take place every Wednesday from 4.30 to 5.30pm.
- A **Couch to Parkrun** programme runs in conjunction with Orchard Runners every Tuesday and Thursday evenings. Caters for ages 7 years and up.

Clogher Road Sports Centre – News/Info

- **Hot Yoga** continues 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** run 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. Ongoing in February Mondays and Tuesdays from 5-7pm.

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

- **Flexi Stretch'** Class continues every Tuesday from 1-2pm and 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.

Boxing

- The Bronze programme will be coming to an end in mid February. The North West Area is well represented with Transition Year participants from schools, such as New Cross and Kevins in Finglas; Beneavin in Glasnevin and Trinity Comp in Ballymun. Our primary school participants have packed the programmes, with schools from Our Lady of Victories and Virgin Mary of Ballymun and St. Josephs of Poppintree.
- All interested participants will progress from Bronze to the Silver stage in March, where sessions will become more intense and technical.

- In the Silver, participants will wear headgear and gum shields for the first time as we conduct body-sparring sessions and this gives us a better idea on whether or not the student will have what it takes to continue to the Gold.
- Students are weighed and graded in the Silver for suitable sparring.

Rugby

- Our DCSWP/Leinster Rugby Development Officer is continuing to deliver Primary & Secondary School Programmes in the South Central Area. Current sessions include:
 - Play Rugby programme in Drimnagh Castle Primary School, Commenced on February 1st.
 - Rugby Prime coaching course in Terenure College, started on 8th February.
 - Dublin City Council team trials 13th of February, Old Belvedere Rugby Football Club.

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.

- Schoolyard cricket sessions continue in the South Central Area with special focus on schools that are entered in the Leprechaun Cup (primary schools cricket competition) and the Secondary Schools competition.
- Provincial cricket sessions are on during this period on Friday nights from 5.00pm-9.30pm in North County Cricket Club where we have a number of players from the South Central area involved in these sessions and in particular players from the Drimnagh area. Players are between 10-18 years of age.
- The annual Dublin City U12, U14 and U17 camps will in North County Cricket Club from the 14th-16th of February from 10.00am-16.30pm where we have participants from all Dublin City areas. Participants attending from the South Central area will be from the Drimnagh area.

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Report by

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