

**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 Development Events

- March 1st:** Dancing with Sam – St. Pat's CYMNS, Ringsend.
Walk for Health Week 1 – Sandymount Green 2pm.
- March 2nd:** Bringing medieval Dublin Alive – Tour as Gaeilge, Meeting House Square.
- March 3rd:** Bushy Park Market – Re-starts 11 - 4pm Bushy Park.
- March 6th:** Walk for health Week 1 - Outside the Barge Pub 2pm.
- March 8th:** Walk for Health Week 2 - Sandymount Green 2pm.
Grandparents' Day – Parent & Toddler group 1 – 12 noon, Evergreen Club.
Ringsend / Herbert Park Horticultural Evening.
- March 9th:** Storytelling as Gaeilge – Verschoyle Court 12noon.
Seachtain na Gaeilge (1 – 17 March).
- March 13th:** Walk for Health Week 2 - Outside Barge Pub 2pm.
- March 15th:** Going Wild in the Garden Illustrated walk with Eanna Ní Lamhna, Milltown.
Walk for Health Week 3 – Sandymount Green 2pm.
- March 16th:** Rathmines Cultural Day – Live Music Outdoors at plaza Swan Leisure.
- March 17th:** Patrick Kavanagh celebration – by Sculpture Grand Canal Mespil Road 2pm.
- March 20th:** Walk for Health Week 3 – Outside the Barge Pub 3pm.
- March 21st:** “Friends of Green Spaces Under the Stars” Mendicity Homeless / Drug Support with Eanna Ní Lamhna.
9:15am St. Mary's Haddington Road 1:30pm St. Edna's, Whitefriar St.
- March 22nd:** Parent & Toddler group Easter Event 10 - 12noon Evergreen Club.
Walk for Health Week 4 – Sandymount Green 2pm.
- March 23rd:** St. Vincent's Information & Learning Technology (ILT) 2030 Fundraiser – St. Joseph's Parish Hall 8pm.
- March 24th:** Bushy Park - Easter Market 11 - 4pm.
- March 27th:** Walk for Health Week 4 – Outside the Barge Pub 2pm.

March 29th: Walk for Health Week 5 – Sandymount Green 2pm.

March 31st: Northbrook Avenue Easter Egg Hunt Ranelagh Gardens 11 - 1pm.

Community Grants:

All community development completed for 2018, grants being presently in process of sign off with council.

Vibrant Villages Greening Projects & Tidy Towns:

Identifying and confirming projects for 2018. Plans for spring connections.
Tidy Towns: - Meetings ongoing and plans developing with many AGMs.

Vibrant Villages Walking Trails and Maps:

Ongoing weekly walks in March

Age Friendly Cities:

Plan of activities and development for older persons being developed for 2018. Next Older Persons' Council meeting to be held in March (TBC). Reviewing activities in older persons' complexes and connection with Liaison officers

Allotments:

All allotments currently being renewed and lapsed leases allocated to new people on list. Infrastructure for allotments is being improved.

In addition to the above 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

Art on Traffic Light boxes

A number of boxes have been identified as suitable for painting this year and are awaiting approval from a Planning perspective. Trials were carried out last year on placing artwork on one container on Sandymount Promenade. However, as all of the containers will be removed later this year, it is not now proposed to proceed with this initiative.

Waste Management

- An Taisce National Spring Clean will take place during the month of April
- Team Dublin Clean-up is on Saturday 21st April

Events

- St. Patrick's Festival, 16th to 19th March
- Aware Harbour2Harbour Walk, 17th March
- Gannon Cup Universities Boat Race, 18th March
- Liffey Descent Rowing Event, 19th March
- Follow the Vikings (Dublinia), 30th March to 2nd April
- Trinity Ball, 6th / 7th April

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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 14th January 2018. 21st April 2018 was identified as the date for Canals Action Day. Volunteer Coordination Committee met in January to begin preparations. Waterways Ireland is going out to tender to develop a new Dublin Canals website to incorporate both canals in the city. Work is ongoing on pilot Canal Ambassador scheme. A tender has been advertised seeking to appoint a weekly Saturday market provider at Portobello Harbour between May and September 2018. The next meeting of the Grand Canal Sub-committee will be held on 21st March 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 to be completed by 23rd May 2018. Further works planned for 2018 include creation of Multi Use Games Area (MUGA) on site of old bowling green and planting / landscaping / path works in park. Tender is being prepared to appoint contractor.

Ranelagh Gardens Park

The Part 8 was approved by the City Council in July 2015. The playground was completed in 2016/7. 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 meeting. The proposals for Library Square and Cambridge Road have now been included in the Capital Works Programme 2018-2020. Expressions of interest and tender specification are currently being prepared for production of detailed design drawings and preparation 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 Village

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. Proposal to screen recycling bins in car park on Terenure Road North is being examined with Terenure 2030 / Tidy Towns and Waste Management Services.

Donnybrook Plaza

New seating and cycle racks have been recently installed at the plaza in Donnybrook.

Crampton Buildings

Remedial works are taking place to the wet room in one of the Units in Crampton Buildings.

GB Shaw House

The latest update is that the Chief Valuer's Office has assigned a valuer to the case, who is in the process of confirming an inspection with Fáilte Ireland of the property which will include a measured survey.

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Dublin City Sport and Wellbeing Partnership (DCSWP) Report

Lord Mayor's 5 Alive Challenge

The **Lord Mayor's 5 Alive Challenge** 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 park runs 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.

Change for Life

This is an eight week programme which targets underactive adults. The aim of the programme was to establish a group that will support each other in participating in weekly fitness sessions organised by DCSWP Sport Officers. The initiative was delivered from Irishtown Stadium and ran in tandem with the Operation Transformation TV show. It combined weekly exercise sessions, nutritional advice and structured walks to help improve overall health, wellbeing and quality of life.

Operation Transformation 5K Fun Run / Walk

All participants were encouraged to enter the **Operation Transformation 5K Fun Run / Walk** in the Phoenix Park on Saturday 24th February. This event was delivered in partnership by DCSWP, Sport Ireland & Athletics Ireland.

A *Change for Life* end of programme celebration event took place in the Mansion House on Friday March 9th, where participants were congratulated on their achievements and provided with the information, tools & motivational speeches on how to continue progressing with their journey to a healthier lifestyle.

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).

Fit4Class

Dublin City Sport & Wellbeing Partnership, in conjunction with Athletics Ireland, are rolling out a **free 10 week 'Fit4Class' National Programme** in primary schools across the city.

Fit4Class is a new 10 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 older adults over 55 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

FloatFit

Sports & Fitness Markievicz are offering sports clubs across the city the chance to try out the very new and innovative high intensity tactical training (HITT) class on water – FloatFit!

Designed by fitness experts, sports professionals & physiotherapists, FloatFit utilises the natural fluidity of water to challenge the body's motor skills & movements to give a new and different aspect to even the most traditional of exercises! The 30 minute FloatFit class is a revolutionary, low impact cross training class which takes place on 10ft Aquabase inflatable boards in the water. The workout will do following:

- Improve overall level of fitness & all other health related benefits achieved through general exercise.
- Improve overall strength & endurance through isometric, isotonic & plyometric movement.
- Improve flexibility, co-ordination & balance.
- Improve reaction times & enhance explosive movement.
- Caters for all levels of fitness, excellent conditioning exercises for players recovering from injury.

FloatFit is also a high energy and extremely fun class. It allows for team building and can provide something a little different to your average training sessions.

New classes

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!

There will be a special St. Patrick's Festival Spin Class on Thursday, March 15th at 1.15pm (40 mins) with some special prizes on offer!

'**Swim for a Mile**' ten week training course commenced 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.

'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/FAI Development officer Jonathan Tormey is running weekly coaching sessions in various schools throughout the South East area.

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 is continuing to deliver Primary & Secondary School Programmes in the South East Area. The Primary Programme consists of weekly tag rugby sessions and is aimed at 4th, 5th & 6th class pupils.

The Secondary Programmes (targeting both boys & girls schools) commence with tag sessions for transition year (TY) 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 Athletic 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 & TY 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 silver phase is currently ongoing with students from local schools across the South East Area.

Contact details

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