

- The **Lord Mayor's 5 Alive Challenge** 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.

- **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

Area	Venue	Start date	Days & Times
East Wall	Sean O'Casey Centre St. Mary's Rd. East Wall, Dublin 3	Thursday January 11 th 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, mixed gender**

Where: Ballybough Sports & Community Centre

Dates: Ongoing, every Thursday

Time: 12pm - 1pm

What: **Sports & Fitness**

Who: **Adult Mental Health Group**

Where: Ballybough Sports & Community Centre

Dates: Ongoing, every Friday

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.

- **Champions**

This Programme is aimed at adults with intellectual disabilities and is run in partnership with Clontraf Remedial Clinic. It is ongoing every Thursday from 11am – 12pm in Ballybough Community Centre.

- **Youth Fit**

This programme is a multi sport after-school programme for young people in the area aged 10 years and over. It is run in conjunction with Ballybough Youth Service and is ongoing during each current school term. The venue is Ballybough Community Centre and the programme runs every Friday from 3pm - 4pm.

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
- **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 Aughrim Street Sports Centre for boys & girls aged 6 – 9 years from the local area and beyond

- **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.

Currently, IABA/DCSWP Development Officer is delivering coaching sessions to the following schools –

- Rutland National School - Bronze Programme ongoing onsite in school
- Marino College - TY Gold Programme (alongside students from other schools across the city). Sessions delivered in the National Boxing Stadium High Performance Gym
- St Josephs CBS Fairview, Primary Gold Programme 1 (alongside students from other schools across the city). Sessions delivered in the National Boxing Stadium High Performance Gym
- ST. Laurence O'Toole BNS, O'Connells BNS - Primary Gold Programme 2 (alongside students from other schools across the city). Sessions delivered in the National Boxing Stadium High Performance Gym

General

- What: **Women's Tai Chi**
Who: **Open to women of all ages in the North East Inner City**
Where: St. Laurence O'Toole Recreation Centre
When: Ongoing every Wednesday
Time: 12pm – 1pm

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

Training & Development

- Disability Inclusion Training is an introductory course designed to provide skills and ideas on how to adapt sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities. This course is aimed at school principals, teachers, special needs assistants, second and third level students, managers, coaches, volunteers, development officers and parents. DCSWP has facilitated a DIT course for two north side GAA clubs on Saturday 24th March in Trinity Gaels Clubhouse.

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 compliments the above by giving students the opportunity to get on the first step of the coaching ladder and enabling 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**

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 last year, the local Leinster Rugby/DCSWP Development Officer is currently delivering both tag & contact rugby sessions in a number of girls' schools throughout the North Central & Central Areas, while encouraging anyone who shows enthusiasm/talent for the sport to join their local club.
- A Metro Primary School's Blitz Day for schools across the city will take place on Wednesday, March 21st in Furry Park, Santry.
- A Primary School Tag Rugby 'Teacher Training Day' will be delivered to teachers from Northside schools in Cabra Parkside Community Sports Centre (date & times TBC)
- The DCC Cup Final for secondary schools (U17 level) will take place on Wednesday, March 14th at Donnybrook Stadium.
- 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 Development Officer Update

- Liaising with Sport Officers in the area to organise the running of cricket programs for the coming months.
- Provincial cricket sessions will be held on Friday nights from 5pm - 9.30pm in North County Cricket Club where we have a number of players from the Central Area involved. Players are between 10-18 years of age.
- DCC Girls Easter Camps will be taking place on the 26th, 27th, 28th and 29th of March from 10.30am - 4.15pm in St. Columbus College for the U12 & U14 divisions from all clubs in the Central area.
- Our annual DCC U13 Club Indoor Competition will be taking place on the 27th of March from 11am - 2pm. Venue TBC.

Contact details

Antonia Martin, DCSWP Programmes & Services Development Manager:

antonia.martin@dublincity.ie

Alan Morrin, Acting Staff Officer, DCSWP: david.moran@dublincity.ie

Mitch Whitty, Sports Officer: mitch.whitty@dublincity.ie

Derek Ahern, Sports Officer: derek.ahern@dublincity.ie

John Sweeney, Sports Officer: john.sweeney@dublincity.ie

Darragh Cunningham, Ballybough Centre Manager: treacy.byrne@dublincity.ie

Ian Hill, Soccer: ian.hill@fai.ie

Tommy Carberry, Soccer: tommy.carberry@fai.ie

Paul Quinn, Boxing: paulquinn999@gmail.com

Fintan McAllister, Cricket: fintan.mcallister@cricketleinster.ie

Stephen Maher, Rugby: stephen.maher@leinsterrugby.ie

Report by

Alan Morrin

Dublin City Sport & Wellbeing Partnership