

- The **Lord Mayor's 5 Alive Challenge** is a partnership initiative 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 went back to our roots and targeted people who were interested in taking up jogging for the first time or those who had started and need some encouragement to keep it going. For 2018, we also introduced Mentors - people who have completed the Challenge in previous years and who will run with slower joggers/walkers to 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 one of the registered participants can't make one of the 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.

- **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:
 - *Brickfields Park* – every Saturday morning at 9.30am, 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 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 explore more challenging walks outside of the immediate area.
 - *Ballyfermot Walkers* - Commenced in mid January, the group meets every Monday and Wednesday at 7pm from Ballyfermot main church. Open to all ages and gender, this walking group is run in conjunction with the DCC Community Section.
 - *Kylemore CTC* – A group of students (16 – 22 years) from the Kylemore Community Training College have commenced a pre-class walk on Friday mornings at 9am, facilitated by the local DCSWP Sport Officer.

- **Change for Life:** DCSWP Sport Officers combined resources to deliver a community based health related fitness programme to members of the public in across Dublin City. The programme ran in tandem with the Operation Transformation TV show and combined weekly exercise sessions, nutritional advice and structured walks to help improve overall health, wellbeing and quality of life. Sessions commenced in January in Bluebell & Fatima.

Many participants also took part in the OT Run on Feb 24th in the Phoenix Park – a fantastic achievement!

The programme culminated in a celebration evening in the Mansion House on Friday, March 9th, where their achievements were acknowledged and information provided on how participants could continue with their journey to a sustainable healthy lifestyle.

- **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 primary schools across 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 whilst enhancing agility, balance and coordination - all fundamental to long term physical athletic development. Participating schools have been given 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. 20 metre sprint, standing long jump and standing vertical jump.

- **Champions**
This multi-sports programme is aimed at adults with intellectual disabilities and is run in partnership with St. John of God Menni Services. It is ongoing every Monday from 11am – 12pm in Sport & Fitness Ballyfermot.
- **Thrive**
Thrive is a referral 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. Some current ongoing *Thrive* programmes include –
 - *Fatima; Tuesdays from 11am – 1pm (in partnership with Fatima Groups United)*
 - *Cycling Programme for women in partnership with STAR Realt Nua ETB & Ballyfermot Outward Bounds Adventure Centre (Wednesdays 10.30am – 12.30pm)*

General

- **Athletics Coaching Programme** continues to be held twice weekly (Thurs & Fri afternoons) at St. Patrick's Primary School (in conjunction with Donore Harriers Athletic Club). A Zumba/Dance class is also delivered on Thursday afternoons as an alternative to the athletics.

A similar Athletics Programme has just commenced with Scoil Íosagain, Crumlin, on Wednesday mornings at 9.30am

- **Chair Yoga** is ongoing every Thursday from 2pm – 3.30pm for older adults in the Walkinstown area.
- **Chair Aerobics** is ongoing every Thursday from 11am – 12pm in Donore Avenue Youth & Community Centre. This class is aimed at older adults in the south inner city area.
- Gymtastics, a **gymnastics class** for children with mixed abilities continues to take place every Wednesday from 4.30 to 5.30pm.
- A **Learn to Swim** initiative has commenced this month, aimed at teenagers from CLAY Youth Project. The sessions take place each Thursday at 4pm in Crumlin Pool and are delivered in conjunction with Swim Ireland.

A similar initiative called 'it's never too late' is ongoing every Monday morning at 9.30am in Herberton Gym, Rialto. This programme is open to any adults in the area who would like to learn how to swim.

- **The Presidents Awards (Gaisce)** will be issued through Dublin City Council, who is a Gaisce Award Partner with the local DCSWP Sport Officer for Ballyfermot being a young people's PAL (President Award Leader). She is currently working with a D10 youth group aged 15 – 26 years & a St. John of God Menni Services Group aged 18 – 26 years to help them both achieve the award.

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 Sport 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!
- **Teen Gym** has returned to Clogher Road Sports Centre. The sessions are divided into girls hour/boys hour and are open to all teenagers from the local area. Ongoing every Monday and Tuesday 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.

The College of Dance, in association with Dublin City Council, are holding an Open Dance Day on Sunday, March 25th at Studio8 (St. Catherine's Community Sports Centre), for everyone 14yrs plus who likes to dance!

The day will include workshops, screening for potential callbacks/auditions/scholarships and the opportunity to sign-up for expert classes.

- **Atomic Stage School** are in the centre every Saturday from 10am – 5pm
- **Indoor Bowling** for older adults takes place every Friday at 12pm in St. Catherine's Sports Centre
- **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

- **SPAR/FAI Primary School 5's:** DCSWP/FAI Development officer Jonathan Tormey will facilitate this tournament for primary school boys & girls in Irishtown stadium, commencing the week of the 12th of March. Over 150 schools from across the city will be taking part!

- The **Late Night League** series returns for 4 weeks over April. This diversion programme for youth at risk is a partnership between the FAI, DCC & An Garda Síochána.
- **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.
- A **Primary School Soccer Blitz** will take place on Friday 13th April (5th & 6th class girls) and Monday 16th April (5th & 6th class boys) in St. Catherine's Sports Centre for local schools in the area.
- A 4-week **School Blitz**, catering for 200 kids from 4 Schools in the Crumlin Area has recently commenced and will continue each Monday from 10am – 2pm in Clogher Road Sports Centre (until April 16th).
- The FAI/DCSWP Development Officer for Ballyfermot is partnering with Cherry Orchard FC to deliver school coaching sessions, coach development sessions, drop-in sessions, girl's football and also a community camp from March 26th – 29th.
- **Community Football:** This initiative for 8 – 14 year olds will take place every Thursday at 6.30pm - 8pm in Basin Street pitch, working with local community Gardaí and local youth services (starts early April)
- **Community Coach Development:** The FAI/DCSWP Development Officer will co-ordinate a National C Licence course (fully booked) for Dublin Coaches in the AUL Complex from 3rd – 6th April (9am to 6pm daily).
- **Teen Football** resumes in April 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 *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, the IABA/DCSWP Development Officer is delivering these sessions to a number of schools in the South Central Area.

Rugby

- Our DCSWP/Leinster Rugby Development Officer is continuing to deliver Primary & Secondary School Programmes in the South Central Area. Current sessions include:
 - Girl's Rugby starting in Loreto College, Crumlin
 - Rugby Development Programme commencing in St. John's DLS Boy's Secondary School in Ballyfermot

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

- We will be delivering schoolyard cricket sessions in the area during this period. In particular, we will focus on schools that are entered in the Leprechaun Cup (primary school cricket competition) and the secondary schools competition.
- We will be focusing on the following schools during this period:
 - *Drimnagh Castle BNS (Thursdays 11am - 12.30pm)*
 - *Scoil Úna Naofa, Crumlin (Thursdays 1pm - 2.30pm)*

- Provincial cricket sessions continue during this period on Friday nights from 5pm - 9.30pm in North County Cricket Club where we have a number of players from the South Central Area involved in these sessions. Players are between 10-18 years of age.
- DCC Boys Easter Camps will be taking place on the 3rd, 4th, 5th and 6th of April from 10.30am - 4.15pm in North County Cricket Club (U12, U14 & U17), open to all clubs in the South Central Area. 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 (U12 & U14), again, open to all clubs in the South Central Area.

Contacts:

Antonia Martin, DCSWP Programmes & Services Development Manager:

antonia.martin@dublincity.ie

Alan Morrin, Acting Senior Staff Officer, DCSWP: alan.morrin@dublincity.ie

Martin McDonagh, Manager, Sports & Fitness Ballyfermot & Inchicore Sports Centre:

martin.mcdonagh@dublincity.ie

Cormac Healy, Manager, St. Catherine's Sports Centre & Clogher Road Sports Centre:

cormac.healy@dublincity.ie

Igor Khmil, Sports Officer: igor.khmil@dublincity.ie

Catherine Flood, Sports Officer: catherine.flood@dublincity.ie

Will Morris, Sports Officer: william.morris@dublincity.ie

Sharon Kelly, Sport Officer: sharon.kelly@dublincity.ie

Gareth Herbert, Sport Officer: gareth.herbert@dublincity.ie

Michael Moore, Soccer: michael.moore@fai.ie

Marc Kenny, Soccer: marc.kenny@fai.ie

David Rake, Soccer: david.rake@fai.ie

Jonathan Tormey, Soccer: jonathan.tormey@fai.ie

Ed Griffin, Boxing: shandygriffin@hotmail.com

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

Gareth Murray, Rugby: gareth.murray@leinsterrugby.ie

Report by

Alan Morrin

Dublin City Sport & Wellbeing Partnership