

**The Chairman and Members of
North West Area Committee.**

Meeting: 20th March 2018

Item No: 12

Dublin City Sport and Wellbeing Partnership Report

- 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 have gone back to our roots and targeted people who were interested in taking up jogging or those who had 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.

- **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*'. Walks currently take place every Saturday at 9.30am in Tolka Valley Park and every Tuesday at 10.15am in Ballymun/Poppintree (in association with Ballymun Active Retirement Walking Group).
- **Change for Life:** DCSWP Sport Officers combined resources to deliver a community based health related fitness programme to members of the public 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. 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.

Fitness/Bootcamp Classes in Poppintree Community Sports Centre and Aqua Aerobics in Sports & Fitness Finglas/Sport & Fitness Ballymun, all aimed at local *Change for Life* participants, will continue on for the immediate future.

- **Active Schools Flag**

The local DCSWP Sports Officer is working with various schools in the North West to help them achieve the Active Schools Flag by facilitating the following programmes:

Name: Junior couch to parkrun

Description: 6-week running programme with the aim of enabling and encouraging the pupils to join their local junior parkrun, which takes place every Saturday morning in Albert College Park.

Schools: Holy Child BNS, Whitehall

Name: Athletics for Fun

Description: 6 to 8 week athletics programme aimed at autistic students. This initiative will focus on improving balance and co-ordination in a relaxed and fun environment.

Schools: Holy Child GNS, Whitehall

Name: Golf for Girls

Description: 4 taster sessions to introduce pupils to the game.

Schools: Holy Child BNS, Whitehall; St. Columba's GNS, Glasnevin; St. Brigid's GNS, Glasnevin and St. Canice's GNS, Finglas East.

Name: Laser Run

Description: 5-week programme of this modified game, based on two elements of the modern pentathlon discipline. The programme will culminate in a school's finals event, to take place during Active School Week in late April.

Schools: Holy Child BNS and GNS, Whitehall; St. Canice's GNS, Finglas East; Gaelscoil Uí Earchain; St. Columba's GNS and St. Vincent's CBS, Glasnevin.

- **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 and general wellbeing viewpoint. A Thrive programme is currently being delivered to school's parents groups each Wednesday from 10am – 12pm in the halls in St. Malachy's National School, Rivermount, Finglas, D11 and St. Finian's National School, Rivermount, Finglas, D11, respectively.

- **Champions**

'Champions' covers programmes that are aimed at adults with intellectual disabilities. One such programme takes place every Wednesday from 12pm – 1.30pm in Sport & Fitness Finglas.

- **Swim Classes for older adults** are ongoing every Wednesday at 12.15pm in the Inspire Pool, Deaf Village, Cabra.

- **Go for Life Games** (throwing games) for older adults (aged 50+) takes place every Monday from 1pm – 2.30pm in Cabra Parkside Community Sports Complex. All welcome, no cost.

- A '**Forever Fit**' Programme continues with members of the Iona Road Active Retirement Group. The 8-week programme takes place in St. Helena's Family Resource Centre every Monday and Wednesday. The programme is aimed at older adults and will focus on gentle games and activities that improve balance, co-ordination and fall prevention in a fun and sociable environment.

A further Forever Fit Programme takes place every Tuesday from 2.30pm – 3.30pm in the annex beside St. Columba's Church, Iona Road, Glasnevin. This programme focuses on chair aerobics and functional movement.

- **Walking Football** for over 55's takes place every Friday in Poppintree Community Sports Centre from 1pm – 3pm. There is a big social aspect to these sessions and games are always followed by tea, biscuits and chats! This is a partnership programme between DCC and the Bohemian Foundation.
- **Cabra Men's Shed** is ongoing every Tuesday from 11am – 1pm in Cabra Parkside Community Sports Complex. All welcome.

Cabra Parkside Community Sports Complex

Two exciting new classes have recently commenced in Cabra Parkside:

- **YOGIBEANS** is yoga for kids. A great way for youngsters to develop important skills in a fun, non-competitive environment; there is no judgment in a yoga class about how a child does a pose or plays a game. We incorporate games/dance and free movement in our classes so that our yogibeans remain free spirited during our classes. The aim of yoga is to nurture a child's inner strength and self acceptance and allow the children to experience the fun side of yoga. During our classes children are also encouraged to respect and pay attention to their bodies - as children grow and their bodies change quickly, this becomes an important skill. All our classes are fully inclusive and we welcome every child to try them out.

Date: Saturdays

Time: 11am - 12pm

Venue: Cabra Parkside Community Complex

Age: 4 - 12yrs

- **CROSS FIT KIDS:** Our new strength and conditioning program that is specifically designed for younger people and helps them develop a lifelong love of fitness in a group setting. Children and teens participate in fun and engaging workouts that deliver measurable results and prepare them to be well-rounded athletes. Cross Fit Kids workouts consist of constantly varied, functional movements that deliver a fitness that is broad, inclusive, general and scalable for any participant at any level. The functional movements involve exercises that are fundamental to all things that kids need to do when they play i.e. pull, push, run, throw, climb, lift and jump. All of the movements are taught safely and effectively under the close supervision of a fully qualified athletics coach and PT coach. Our workouts will increase physical competence in 10 fitness domains: Cardiovascular and Respiratory Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.

Day: Saturdays

Time: 10am -11am

Venue: Cabra Parkside Community Centre

Age: 7 - 12yrs

For info on prices please contact the centre directly on 01-2227551

FAI/DCSWP Football Development Officers – Update

- **Youth at Risk.**

The FAI/DCSWP Football Development Officer, in conjunction with Rivermount FC and The Den Youth Resource Centre (Finglas South), will continue to run a weekly coaching session in March/April for boys aged between 10 – 13 years. The programme is already up and running and has been an instant success with the attendance doubling in the first three weeks. The programme takes place in Rivermount Hall, Finglas South, on Tuesdays from 3.30pm – 5pm.

- **FAI Intercultural After School Programme.**

Plans are in place to deliver two afterschool soccer programmes in Finglas in March/April. The programmes are aimed at schools with 20% or more of their students from ethnic minority backgrounds. The aim is to link these children into mainstream soccer clubs.

IRFU/DCSWP Rugby Development Officer

- 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 and times TBC).

Boxing Development Officer Update

- 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 and 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 and fitness, method and technique.

Currently, the IABA/DCSWP Development Officer for the North West Area is delivering coaching sessions to schools in Finglas, Ballymun, Whitehall, Glasnevin and Poppintree.

Rowing

- **Get Going ... Get Rowing**

This initiative, jointly supported by DCSWP, Sport Ireland, Healthy Ireland, Active School Flag and 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 machines and a community coach are provided to each school for the duration of the programme. Schools from the North West Area taking part include Scoil Chaitriona, St. Mobhi Road, Glasnevin and Margaret Aylward Community College, Whitehall.

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 and 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:
 - *St John Bosco's NS Cabra (Fridays 11.00am-12.30pm)*
 - *St Declan's Cabra (Tuesdays 1.00pm-2.00pm)*
 - *Scoil Mobhi Glasnevin (Tuesdays 11.00am-12.30pm)*
- 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 North West 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) for all clubs in the North West 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, for all clubs in the North West Area.

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