

**Housing, Community & Emergency Services Department  
South East Area Office**

**To the Chairperson and Members of the  
South East Area Committee**

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**Community Development Section Report**

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**Upcoming events April - May 2017**

- April 1<sup>st</sup>** Interfaith celebration of Sunrise – Sandymount Beach Dawn, Easter Sunday  
Easter Egg Hunt - Sandymount Green 11.30am
- April 2<sup>nd</sup>** Dance for Life Classes - Evergreen Club Terenure 11am - 12pm
- April 3<sup>rd</sup>** Walk for Health - Barge Pub 2pm
- April 5<sup>th</sup>** Walk for Health - Sandymount Green 2pm
- April 7<sup>th</sup>** Parent & Toddler Group – 10 - 12pm (Evergreen Club)
- April 10<sup>th</sup>** Sing A Long Afternoon - Rathgar Ladies Club 2pm
- April 11/12<sup>th</sup>** Going Wild in Ranelagh with Éanna Ní Lamhna with local Schools  
Ranelagh Gardens 10 - 1pm  
Going Wild in the Garden with Éanna Ní Lamhna  
Verschoyle Court 2.30pm
- April 13<sup>th</sup>** Handel's Messiah – Fishamble Street 1pm
- April 16<sup>th</sup>** Ranelagh Tidy Towns Bio-Diversity Baseline Study 10 - 2pm
- April 19<sup>th</sup>** Dance with Sam - Live music & appearance of the Sam Maguire Cup at  
Ringsend CYMS 2 - 4pm.
- April 21<sup>st</sup>** Team Dublin Clean-up Day – Community Clean-up 11am –1pm
- April 25<sup>th</sup>** Bat Box Project - Bushy Park 3pm
- April 27<sup>th</sup>** Spring Tea Dance – Evergreen Club, Terenure 2 - 4pm
- April 29<sup>th</sup>** Dawn Chorus - Ranelagh Gardens 4.30am
- May 1<sup>st</sup> - 7<sup>th</sup>** Ringsend May Day Festival Parade and Family Fun Day
- May 4<sup>th</sup> - 6<sup>th</sup>** Rugby for All Intercultural Event, Terenure Rugby Club
- May 6<sup>th</sup>** York Road & Avenue Street Party, Rathmines 1 - 6pm
- May 7<sup>th</sup>** Ringsend May Day festival parade and Fun Day 11 - 6pm
- May 12<sup>th</sup>** Sandymount Dog Show and Big Blooming Plant Sale
- May 13<sup>th</sup>** Terenure '5 Mile' Bushy park 10am - 1pm
- May 14<sup>th</sup>** Going Wild in Harold's Cross Park Schools Project 10 - 1pm
- May 14<sup>th</sup>** Going Wild in the Garden with Éanna Ní Lamhna – Venue TBC, Harold's  
Cross 7.30pm
- May 15<sup>th</sup> – 20<sup>th</sup>** Harold's Cross Festival - various events in village
- May 19<sup>th</sup>** Harold's Cross Sports Day & Woolly Wards Farm Party 11 - 3pm
- May 20<sup>th</sup>** Harold's Cross Family Fun Day 11 - 5pm

**Community Grants:**

All community development grants completed for 2018 and presently being distributed.

**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 AGM's

**Vibrant Villages Walking Trails and Maps:**

Ongoing weekly walks in April

**Age Friendly Cities:**

Plan of activities and development for older persons being developed for 2018. Next Older Persons Council meeting due end of April. 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. Improvement of infrastructure for allotments.

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**

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**Waste Management**

The 3<sup>rd</sup> annual Team Dublin Clean-up will take place on Saturday 21<sup>st</sup> April between 11.00am and 1.00pm. Community, resident, business and environmental groups along with individuals, are encouraged to get involved. Clean-up equipment will be provided and arrangements will be made to have all litter collected.

“Earth Day” will take place on Sunday 22<sup>nd</sup> April and the campaign this year is to end plastic pollution. Clear bags will be provided to Team Dublin volunteers who are willing to segregate plastics collected.

Councillors will be notified in advance of the locations of Team Dublin Clean-ups throughout the South East Area.

**Events**

- Handel’s Messiah, Fishamble Street Friday 13<sup>th</sup> April.
- BEO Festival Parade, Saturday 14<sup>th</sup> April.
- Unity Walk, Merrion Square, Sunday 15<sup>th</sup> April.
- Athletics Ireland Night 10k Run, Sunday 22<sup>nd</sup> April.

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**Housing Projects and Local Area Improvements**

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**Grand Canal Sub Group**

The latest meeting of the Grand Canal Sub-committee was held on 21<sup>st</sup> March 2018. Richard Curtain of Clean Coasts attended. 21<sup>st</sup> April 2018 was identified as the date for Canals Action Day, coinciding with Team Dublin Clean Up. Volunteer Coordination Committee will meet on 11<sup>th</sup> April to finalise 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 this year. 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 18<sup>th</sup> April 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 9<sup>th</sup> 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 will be completed by mid 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 currently 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, cleaning of 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 have been received and tender specifications 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 as a project for 2018.

### **Donnybrook Plaza**

Minor public realm works have been recently completed at Donnybrook Plaza comprising of new seating and bicycle stands.

### **Crampton Buildings**

Dublin City Council's South East Area Community Development Team will be including Crampton Buildings in its Friends of Green Spaces programme in spring 2018. We are aiming to install a number of specially made flower boxes by a Homeless Men's Workshop with Mendicity: Mendicity is Dublin's oldest working charity now in its bicentenary year. These boxes will be flowered in conjunction with residents in Crampton Buildings and a focus on keeping and maintaining flowers and bee friendly boxes will be key.

### **GB Shaw House**

The City Valuer's Office has reviewed all the documentation supplied in relation to our instruction, and has completed an inspection and measured survey of the property. Fáilte Ireland has confirmed their willingness to handover the lease to the council. A full report will be provided to the May meeting of the Arts, Culture and Recreation Strategic Policy Committee (SPC).

**Culture, Recreation & Economic Services Department  
Dublin City Sport and Wellbeing Partnership Section**

**To the Chairperson and Members of the  
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**Dublin City Sport and Wellbeing Partnership (DCSWP) Report**

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**Lord Mayor's 5 Alive Challenge**

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 sixth 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 5 Dublin road races –

Tom Brennan Memorial 5k New Year's Day Road Race on 1<sup>st</sup> January

AXA Raheny 5 on 28<sup>th</sup> January

BHAA Garda Cross Country 2 Mile / 4 Mile on 3<sup>rd</sup> February

MSB St. Patrick's Festival 5k Race and Family Fun Run on 18<sup>th</sup> March

BHAA Dublin City Council 10k race on 7<sup>th</sup> April

The awards night for those who successfully complete the Lord Mayor's Five Alive Challenge will be held in City hall on Friday 27<sup>th</sup> April.

**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. In the South East Area groups from Irishtown, Harold's Cross and Ringsend took part.

A *Change for Life* end of programme celebration event took place in the Mansion House on Friday March 9<sup>th</sup>, where participants were congratulated on their achievements and provided with information, tools & motivational speeches on how to continue forward with a healthy lifestyle. Mary Byrne was the special guest on the night and gave a fascinating insight into her own experiences and her own journey onto a healthier lifestyle.

### **Get Dublin Walking**

Walk and Talk Ranelagh aimed at older adults to get people out walking in their community. There is a social / general wellbeing element involved. Currently, a walk takes place every Tuesday from 2pm – 3pm for people in the area (meet outside Barge Pub, Ranelagh).

### **Couch to Park Run**

A Couch to Park Run in Ranelagh is ongoing until 19<sup>th</sup> April. The group meets every Thursday at end of Ranelagh Village near the canal. The running encourages participants to build up to running 5Ks.

### **Fit4Class**

Dublin City Sport & Wellbeing Partnership, in conjunction with Athletics Ireland, is 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!

### **Older Adult Programmes**

**Chair Fit** classes for older adults over 55 take place in Mount Drummond, Harold's Cross, every Monday from 7.15pm – 8.15pm. Classes work on improving the participants' mobility and strength.

**Chair Yoga** classes for older adults over 55 take place in Woodstock housing complex, Ranelagh, Tuesday 3pm - 4pm until 1<sup>st</sup> May. Classes work on improving the participants' mobility and strength. 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.

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.

**Go for Life Practice** sessions for are taking place for those hoping to participate in Regional Games. It commences on the 10<sup>th</sup> April in Terenure Enterprise Centre and runs to 15<sup>th</sup> May every Tuesday between 1.15pm and 2.15pm

### **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 and Ringsend College. The programme runs till 24<sup>th</sup> April.

### **Sports & Fitness Markievicz**

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 and physiotherapists, FloatFit utilises the natural fluidity of water to challenge the body's motor skills and 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 and all other health related benefits achieved through general exercise.
- Improve overall strength and endurance through isometric, isotonic & plyometric movement.
- Improve flexibility, co-ordination and balance.
- Improve reaction times and 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.

**‘Swim for a Mile Event’** This ten week training course commenced on Tuesday 30<sup>th</sup> January (7.15am – 8.15am) and is run in partnership with Swim Ireland leading up to the finale, which will be held on the 10<sup>th</sup> of April from 5pm – 7pm. Up to 60 swimmers are looking to swim their first mile and showcase their technique and stamina that they have built up over the previous 10 weeks.

#### **Swim for a Mile School Relay Event**

This event is run in partnership with Swim Ireland with children from City Quay National School taking part. The children who have been participating in lessons will swim a mile by doing a relay. It takes place on the 25<sup>th</sup> April between 10am - 12pm.

#### **Football**

##### ***SPAR / FAI Primary School 5's***

DCSWP / Football Association of Ireland (FAI) Development officer, Jonathan Tormey will facilitate this tournament for primary school boys and girls in Irishtown stadium, commencing the week of the 12<sup>th</sup> of March. Over 150 schools will be taking part.

***Sprog soccer:*** Programme for 4 to 8 year olds held in 1) Sports and Fitness Irishtown on Fridays with 60 children participating; 2) YMCA, Aungier Street 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 running a senior secondary (4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Yr) girls' blitz in Donnybrook Stadium on the 11<sup>th</sup> of April. Also planned but to be confirmed is a junior primary school blitz in Donnybrook Stadium on 9<sup>th</sup> May.



## **Boxing**

The *Startbox* Initiative, a partnership between the Irish Amateur 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 and transition year 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 and fitness, method and technique. The Silver phase is currently ongoing with students from local schools across the South East Area. The Silver Programme consists of higher intensity sessions & limited contact.

## **Cricket**

School Visits - Our DCSWP / Leinster Cricket Development Officer will be delivering school yard sessions in the South East Area to the following schools over the next 4 weeks:

Star of the Sea - Wednesdays 1.00pm - 2.30pm.  
St. Matthews - Wednesdays 11.00am - 12.30pm.  
Sancta Maria, Synge Street - Tuesdays 1.00pm - 2.30pm.  
Ranelagh MDS – date and time to be confirmed.

Provincial cricket sessions will be on Friday nights from 5.00pm - 9.30pm in North County Cricket Club where we have a number of players from the South East Area involved in these sessions and in particular, players around the Sandymount / Ringsend area. Players are between 10 - 18 years of age.

Our Leprechaun Cup (primary schools competition) will be on during this period where schools play games on a weekly basis. Matches and Venues are organised with schools a week before each game is due to take place.

There will also be sessions in any schools in the area that are seeking their active flag during **Active School Week** (23<sup>rd</sup> – 27<sup>th</sup> April 2018).

## **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 rolling 4 / 6 week school's programme for girls (second level). Rowing Ireland provide rowing machines and a community coach to the schools.

A further 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. The High School Rathgar is one of the schools that will be visited in this period.

**Contact details**

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**Report by:**

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