

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

19TH MARCH 2018

- 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.

- **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
Marino	Careltan Hall 53 Shelmartin Avenue Clontarf, Dublin 3	Tuesday January 9 th at 2:30pm	Every Tuesday at 2:30pm for 12 weeks

- **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 improving 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
Coolock	Glin Rd Sports Complex Glin Rd, Coolock, D17	Tuesday January 9 th at 11am	Every Tuesday & Friday at 11am for 12 weeks

- **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-

Thrive Fitness:

2 groups currently using Darndale Gym daily in conjunction with the HSE and Suaimhneas Clubhouse. The sessions aim to improve participants' confidence, fitness & general wellbeing. The local DCSWP Sport Officer also facilitates sessions every Monday & Wednesday in St. Michael's House Leisure Centre, Belcamp.

- **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*'. One such group meets at Memorial Park, Coolock, every Tuesday morning at 9.30am.
- **Raheny Way Walking Route:** In partnership with Raheny Tidy Towns, local DCSWP Sport officers & DCC Community Staff have mapped and published three community walking routes which, when combined, make up the 'Raheny Way'. This is an ongoing project which should become part of Irish Heart Foundation's Slí Na Sláinte Programme and Dublin City Walking Trails Guide.
- **Change for Life:** DCSWP Sport Officers combined resources to deliver a community based health related fitness programme to members of the public in north Dublin. 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 on Monday & Wednesday mornings in Darndale Hall and on Thursdays in Evolutis Gym, Coolock. A programme was also delivered to adults from St. Michael's House.

45 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.

A similar programme was also delivered to young people in north Dublin. The programme involved a partnership with 7 local youth services and targetted 13 - 16 year olds who were overweight or at risk of becoming overweight.

- **Couch To 5k:** A weekly jogging and running programme for beginners and improvers is currently ongoing in Priorswood Park (Tuesday & Wednesday mornings). The programme will continue into the Springtime, complimenting the Lord Mayor 5 Alive race series & preparing some of the participants for the Women's Mini Marathon.
- **Swimming & Water Safety:** In partnership with the HSE, the local DCSWP Sports Officer currently delivers a weekly swimming and water safety lesson to young men aged 18-25 years who are part of a community development team from Kilbarrack. All water activities form part of a full-time health related fitness programme which will give them the opportunity to progress and become lifeguards and swimming teachers later this year.
- **Learn to Swim Programme:** This programme teaches young people from local youth services the basics of swimming and general water confidence. This programme is delivered in conjunction with Swim Ireland's Participation Officer. Groups currently availing of this programme include teens from the travelling community (Wednesday afternoons, Coolock Pool), OLI Primary School, Priorswood (Friday mornings)& older adults from the Grange Woodbine Community (Tuesday afternoons).
- **KCCP Health & Fitness Programme:** A weekly sports & fitness programme for male teens in partnership with Kilbarrack Coastal Community Project. Takes place every Wednesday from 2pm – 8pm.
- **EBD Programme:** This is a pilot programme every Tuesday morning in OLI School, Priorswood. The initiative targets kids aged 8 to 12 years of age with behavioural problems and/or emotional issues. The mindfulness/yoga based programme helps to teach these young kids how to control their moods and behavior.
- **Fit 4 Class - Primary Schools:** In partnership with Athletics Ireland, DCSWP will ensure each primary school receives a free multi-sports kit and games book suitable for delivering a wide range of fun physical activity sessions and games. DCSWP Sport Officers for the North Central Area will deliver introductory sessions to local schools (starting in St. Paul's, OLI Darndale and finishing in St. Francis Priorwood) each Thursday afternoon. One North Central school will be chosen to take part in a citywide fitness testing programme as part of ongoing research into children's fitness levels.
- **Active Schools Flag**
The local DCSWP Sports Officer is working with OLI School Darndale & St. Francis School Priorswood to help them achieve the Active Schools Flag.
- **After Schools Programme**
Takes place every Tuesday afternoon at 2.30pm in conjunction with Sphere 17, Priorswood, for local young people. Darndale Recreation Centre is also used as an alternative venue during inclement weather.

- **Forever Fit**
An older adult fitness class with members of the Stardust Walking Group is ongoing every Thursday morning in Evolutis Gym, Coolock. This initiative is delivered in conjunction with DCC Senior Community Officer, Madeline Ebbs.
- **Walking Football Ayrfield**
This initiative by the local FAI/DCSWP Football Development Officer targets older adults & Men's Sheds from the wider area and provides them with the opportunity to take part in some gentle, fun, exercise with a social aspect. The sessions take place every Tuesday at 2.30pm in Ayrfield Community Centre.
- **Bokwa classes** take place on Tuesday (8pm) & Thursday (9pm) evenings in **Kilmore Community Centre**. 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!
- The DCC facility in Kilmore also hosts **St. Luke's Active Age Retirement Bowling Club** every Monday, Wednesday & Friday morning. New members welcome.

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 & 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 coaching sessions to the following schools –

- 6th Class boys and girls of Holy Trinity N.S., Donaghmede, are currently in the 4th week of the Startbox Silver Programme
- 6th Class students of St. Malachy's B.N.S. in Edenmore are about to start their first week of Gold Startbox Programme in the High Performance Gym at the National Stadium
- TY boys and girls of The Donahies Community School are continuing into their 2nd week of Gold Startbox, again, in the High Performance Gym at the National Stadium

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 area, while encouraging anyone who shows enthusiasm/talent for the sport to join their local club. New programmes have just commenced with North Bay Co-Ed, Raheny & Dominican Girls Secondary School, Griffith Avenue.

- 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).
- We will be providing rugby taster sessions at the Darndale/Belcamp Community Week on Monday 26th of March from (all day).
- **Clontarf Bulls** are now midway through their 2nd season in existence. This team caters for local boys and girls with intellectual additional needs. Every child involved has shown ability to play rugby regardless of Autism Spectrum Disorder, Down Syndrome or other reasons that they require a little extra help. Many of their brothers and sisters play rugby, now these boys and girls have their own team. The team is being led by a group of rugby coaches (including our own Leinster Rugby/DCSWP Development Officer) and volunteers with a particular interest in promoting the abilities of these children. The coaching group draws on active players, ex-players, teachers, special needs assistants, and academics focusing on people with special needs.

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.

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 Francis, Priorswood (Wednesdays 1pm - 2.30pm)*
 - *Our Lady Immaculate, Darndale (Wednesdays 11am - 12.30pm)*
 - *Howth Road National School, Clontarf Rd*
 - *Northbay Educate Together, Kilbarrack*

- 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 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) for all clubs in the North 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, for all clubs in the North Central area.
- We will be providing cricket taster sessions at the Darndale/Belcamp Community Week on Thursday 29th of March from 11am - 3pm.

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Report by

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