

- 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

The awards night for those who successfully complete the Lord Mayor's Five Alive challenge will be held in City hall on Friday 27th Apr.

- **Get Dublin Walking**
The Ierne Walking & Hike Group meets every Tuesday at 11am & provides refreshments pre & post walk for participants. New members are always welcome and a different walk is mapped weekly with a monthly longer hike to a more scenic trail outside of the local area. For More information contact Derek Ahern, Sports Officer: derek.ahern@dublincity.ie
- **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-

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 Wednesday & Friday in St. Michael's House Leisure Centre, Belcamp.

- **Champions**

There is currently a programme ongoing where 4 clients from St. Michaels House come into Darndale gym and boxing club to improve their mobility and strength.

- **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. One such group who are regulars along the route are members from the Grange Woodbine Community.

- **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.

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 **Change for Life** end of programme celebration event took place in the Mansion House on Friday March 9th, 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.

A similar programme is also being delivered to young people in north Dublin on Thursdays in Evolutis Gym Coolock. The programme involved a partnership with 7 local youth services and targeted 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**

There will be a Schools Cross Country event held in St. Annes Park on 26th April during Active Schools Week. It is estimated that over 800 primary school children from north Dublin will take part.

A Primary Schools Olympic Handball Tournament is planned for late April in Clongriffin dates and times tbc.

- **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.

- **Youth Fit**

This programme will be for young people after school focusing on boxing and circuit classes in Darndale boxing club. It will commence in April/May dates and times tbc.

- **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.

- **Go for Life**

This programme is targeted at Older Adults and will focus on various activities on the lead in to the overall Go for Life games where participants will represent their county. A training workshop for local leaders is taking place in Grange Woodbine Centre on Mondays at 5pm. The leaders will then deliver week games to the older adults.

- **Basketball Blitz**

The blitz is due to take place in Darndale Hall and is run in conjunction with Basketball Ireland where 4 schools from the local area will come together for a basketball competition.

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 – St. Francis, Holy Trinity, St. Malachys, Scoil Chiarain, The Donahies, Fintans, St. Davids

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 Dominican, St. Brigids, St. Pauls, St. Francis

- 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).

- **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

- Schoolyard cricket sessions will be delivered in this period. In particular focus will be on schools that are entered in the Leprechaun Cup (primary schools cricket competition) and the Secondary Schools competition.

We will be focusing on the following schools in the area during this period:

1. St Francis, Priorswood (Wednesday's 1.00pm-2.30pm)
 2. Our Lady Immaculate Darndale (Wednesdays 11.00am-12.30pm)
 3. Howth Road National School Clontarf Rd (Tuesdays)
 4. Northbay ET Kilbarrack (Thursdays)
- Provincial cricket sessions are on during this period on Friday nights from 5.00pm-9.30pm in North County Cricket Club where we have a number of players from the North Central area involved in these sessions and in particular players from the Clontarf/Raheny area. Players are between 10-18 years of age.
 - The 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.
 - We will also be providing sessions in any schools in the area that are seeking there active flag during **ACTIVE SCHOOL WEEK** (23rd – 27th April, 2018).

Contact details

Antonia Martin, DCSWP Programmes & Services Development Manager:

antonia.martin@dublincity.ie

David Moran, Acting Staff Officer DCSWP david.moran@dublincity.ie

Jason Brady, Sports Officer: jason.brady@dublincity.ie

Niall McDonald, Sports Officer: niall.mcdonald@dublincity.ie

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

Daniel Russell, Sports Officer: daniel.russell@dublincity.ie

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

Jimmy Mowlds, FAI Soccer: jimmy.mowlds@fai.ie

Ray McCabe, Rugby: ray.mccabe@leinsterrugby.ie

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

Noel Burke, Boxing: noelkarenburke@gmail.com

Report by

David Moran

Dublin City Sport & Wellbeing Partnership