

- **Champions Day**

DCSWP's annual fun-filled sports day for people with intellectual disabilities returns once again for 2018. This year the event will be split in two with the Southside Champions Day taking place on May 9<sup>th</sup> in Sport & Fitness Ballyfermot. The Northside equivalent will take place the following day in Cabra Parkside Community Sports Complex. DCSWP Sport Officers will liaise with the relevant disability support service providers to ensure as many groups as possible from across the city can attend.

- **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.
- *Dolphins Barn* – A walking group for females, in partnership with Dolphin's Barn Health Team. Takes place every Monday evening at 6pm.
- *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.
- *Familibase* – 4-week programme of walking challenges for males aged 10 to 15 from the Travelling Community. Sessions take place on Wednesday afternoons (commencing April 18<sup>th</sup>) and will involve trips to the Hellfire Club & Tibbradden Wood etc...

- **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 12<sup>th</sup> 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. Another programme runs every Thursday from 10.30am – 11.30am in Bluebell Community Centre.
- **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

- **Liffey Odyssey:** This fantastic annual charity event in aid of Crumlin Children’s Hospital returns for 2018 (April 29<sup>th</sup>). It involves a leisurely 8-kilometre kayak journey through the heart of Dublin City from Islandbridge to East Link Bridge. It’s supported by a host of adventure centres, youth services & rowing/kayak clubs from across the city. A number of our own DCSWP Sport Officers will be linking with our friends in Ballyfermot Youth Service Adventure Centre to provide an opportunity for some young people to participate.
- **Boot Camp:** Every Tuesday evening from 7.30pm – 8.30pm in Brickfields Park. Open to the general public.
- **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.
- Gymtasics, a **gymnastics class** for children (under 10’s) with mixed abilities continues to take place every Wednesday from 4.30 to 5.30pm.
- The local DCSWP Sport Officer is delivering a **Gym Ready Programme** for adults who would like to join a gym but are maybe intimidated by the thought of it. Takes place every Thursday from 12pm – 1pm in Inchicore Sports Centre.

- A 5-week **Youth Fit** Programme for youths associated with Bluebell Youth Services takes place every Wednesday along the canal area, incorporating some water based activities and fitness challenges (continues until 8<sup>th</sup> May).
- 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 & Wednesday 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.
- **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:** A number of DCSWP/FAI Development Officer's have helped to facilitate this tournament for primary school boys & girls in Irishtown stadium. The tournament commenced the week of the 12<sup>th</sup> of March and the finals will take place on Wednesday 25<sup>th</sup> of April – catering for 500 kids!
- **MyClub Afterschool** starts back up on Thursdays from 11am – 1.30pm at Our Lady's Good Counsel School, Drimnagh.
- **Walking Football for Fitness** is an initiative aimed at local women who are looking to get fit and stay active. Takes place every Tuesday morning at 11am in Inchicore Sports Centre.
- 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. The initiative is delivered in a number of locations across the South Central Area including St. Michael's Inchicore, Basin Lane & St. Catherine's Sports Centre.
- **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.
- The FAI/DCSWP Development Officer for Ballyfermot is partnering with Cherry Orchard FC to deliver school coaching sessions, coach development sessions, drop-in sessions and girl's football.

### **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 in Loreto College, Crumlin
  - Rugby Development Programme 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.

- We will also be providing 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>)

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### **Report by**

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