

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

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

Community Development Section Report

Community Grants:

All community development grants completed for 2019; grants being presently in process of sign off with South East Area Committee and Dublin City Council.

Community Development Plan 2019:

Full plan of activities for the year being developed and planned.

Vibrant Villages Greening projects & Tidy Towns:

Identifying and confirming projects for 2019. Plans for spring connections.

Tidy Towns

Meetings starting in January 2019.

Vibrant Villages Walking Trails and Maps:

Weekly walks ongoing in January.

Age Friendly Cities:

Plan of activities and development for older persons being developed for 2019. Older Persons' Council meeting due end of January. 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.

Weekly Activities:

- Every Tuesday at 11am – **Dance for Life** dance classes for older people at the Evergreen Centre, Terenure.
- Every Tuesday at 2pm – **Let's Walk & Talk** walking group, meeting outside the Barge Pub, Charlemont Street.
- Every Tuesday from 3 - 4pm – **Chair Yoga** at Woodstock Court, Ranelagh.
- Every Wednesday from 11.30am - 12.30pm – **Chair Yoga** at Beech Hill Court, Donnybrook.
- Every Wednesday at 2pm – **Let's Walk & Talk in Spanish** walking group, meeting at Kildare Place, Kildare Street.
- Every Thursday at 10am – **Parent & Toddler Group** at the Evergreen Centre, Terenure.
- Every Thursday at 2pm - **Let's Walk & Talk** walking group, meeting at Sandymount Green.
- Every Thursday from 3 - 5pm – **Knitting Classes** at Beech Hill Court, Donnybrook.
- Every Friday at 11am - **Let's Walk & Talk as Gaeilge** walking group, meeting at Meeting House Square, Temple Bar.
- Every Friday at 2pm - **Let's Walk & Talk in French** walking group, meeting at Kildare Place, Kildare Street.

- Every Saturday at 10am – **Parent & Toddler Group** at the Evergreen Centre, Terenure.
- Every Saturday from 11 - 4pm – **Terenure Village Market** at Bushy Park.
- Every Saturday at 2pm - **Let's Walk & Talk** walking group, meeting at the car park next to the Dropping Well Pub, Milltown.
- **Friends of Green Spaces** Projects at 30+ locations.
- **Allotments** at Ringsend Park and Herbert Park.

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Environmental Services Unit Report

Leaf Collection

Many residents' groups, associations and individuals throughout the south east area, up to late December, were involved in carrying out leaf clearing initiatives. Bags and equipment were provided by the area office who also arranged for the removal of the leaves collected.

Events

TradFest Temple Bar, 23rd to 27th January 2019.

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Housing Projects and Local Area Improvements

Grand Canal Sub Group

The latest meeting of the Grand Canal Sub-committee was held on 28th November 2018. The group and local volunteers are partnering with An Taisce's Clean Coasts to facilitate corporate clean-ups as part of our Corporate Social Responsibility Scheme. The Canal Ambassador Scheme pilot was launched by Waterways Ireland. Waterways Ireland, with support from Fáilte Ireland, is developing a Dublin Canals brand, including new website to be launched in spring 2019. Plans are being prepared for Canals Action Day in April 2019. The next meeting of the Grand Canal Sub-committee will be held in January 2019.

Rathgar Village Improvement Plan (VIP)

The redesign of Herzog Park is the final element of the Rathgar VIP to be undertaken. The Nature Play Area was officially opened by the Lord Mayor on 13th September 2018. Works to construct the Multi Use Games Area (MUGA) on the site of the bowling green have commenced on 19th November 2018 and will run for approximately 12 weeks. This will constitute phase 2 of the works. Works to re-align the bring centre are ongoing and should be completed by end of 2018. Internal landscaping, boundary treatment and the car park area will be addressed in phase 3 in 2019.

Ranelagh Gardens Park

Cleaning of the main entrance archway to the park was carried out in April 2018. A contractor was appointed by Parks Services to upgrade the paths in the park and to address the drainage issues at the Chelmsford end. These works are now complete. Replacement of park benches will be considered, subject to funding, for 2019.

Ringsend Irishtown Local Environment Improvement Plan (LEIP)

The Ringsend Irishtown Local Environment Improvement Plan (LEIP) was adopted at the June 2017 South East Area Committee meeting. It is now proposed to prepare planning applications under Part 8 of the Planning and Development Regulations, 2001, for the redesign of (1) Library Square and (2) Cambridge Road.

Library Square: (Mitchell & Associates) Meetings with internal stakeholders were held during September and October. A meeting was held with local businesses to discuss parking / loading arrangements on 5th December 2018. A draft design is being prepared and a public workshop for all stakeholders will be held in January 2019.

Cambridge Road: (Redscape Architects) An initial public workshop in relation to Cambridge Road was held on Thursday 30th August 2018 in the RICC on Thorncastle Street. Meetings with internal stakeholders took place in September and October and designs were drafted based on consultations which were brought to a second public workshop / meeting on 28th November 2018. Some refinements are currently being made to the proposal and it is expected to proceed with the Part 8 process early in 2019.

Terenure Village

Five additional lamp standards were identified for upgrade in 2017 and were installed in summer 2018. Proposal to screen recycling bins in car park on Terenure Road North is being examined in partnership with Terenure 2030 / Tidy Towns and Waste Management Services as a project for 2019.

New Playground at Sean Moore Park

Community gain funding has been approved to provide a new playground at Sean Moore Park. Consultations took place with local schools and a tender has been prepared to appoint consultants to design a new playground for Sandymount at Sean Moore Park. Pre Part 8 report was brought before the July 2018 South East Area Committee. The Part 8 Planning Application was lodged on 17th September 2018 and one third party submissions was received during the appropriate period. The recommendation of the Planning and Property Development Department's report was on the agenda for the December 2018 South East Area Committee meeting and the item was on the agenda for the January 2019 meeting of Dublin City Council.

O'Carroll Villas

Discussions have taken place with Housing Maintenance regarding the landscaping of O'Carroll Villas and a drawing is currently awaited.

Cabbage Patch

The area office will meet the Parks & Landscape Services Division early in the New Year to discuss the Cabbage Patch.

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

JANUARY EVENTS & PROGRAMMES

THE LORD MAYOR'S 5 ALIVE CHALLENGE 2019

The Lord Mayor's 5 Alive challenge is back for 2019! The initiative is a partnership programme between Dublin City Sport & Wellbeing Partnership and the Lord Mayor's Office. The challenge is now in its 7th year and has encouraged hundreds of people to take up regular exercise over the past 6 years.

Last year the initiative went back to its roots and targeted people who were interested in taking up jogging or novice joggers who needed some encouragement to sustain progress. The focus on encouraging new and novice joggers to sign up to the challenge continues in 2019. In 2018 the challenge also introduced mentors to accompany slower joggers and walkers and encourage them along each route. The mentoring aspect of the challenge also continues with 30 mentors appointed to support participants in the 2019 challenge. Each mentor has completed the 5 Alive challenge in previous years.

Over 400 participants have registered to take part in this year's challenge which commenced in the Phoenix Park with the New Year's Day Road Race on Tuesday 1st January 2019.

The challenge is to complete 5 Dublin road races between January and April 2019. Details of the races are outlined below. In the event that a participant is unable to complete the 5 races they will have the opportunity to substitute a race for one of the city's Parkruns. Dublin hosts free 5k Parkruns in 5 locations across the city every Saturday morning. Details on times and locations can be found at www.parkrun.ie.

- Tom Brennan Memorial 5k New Year's Day Road Race at 12noon on Tuesday 1st January 2019 in the Phoenix Park
- AXA Raheny 5 Mile at 3pm on Sunday 27th January 2019 in Raheny
- BHAA Garda Cross Country 2 Mile & 4 Mile country races at 11am on Saturday 2nd February in the Phoenix Park.
- MSB St. Patrick's Festival 5k Race and Family Fun Run
- BHAA Dublin City Council 10k race

CHANGE FOR LIFE 2019

Change for Life is an 8 week programme that aims to improve the health of local communities through a partnership approach designed to support people to become more physically active on a regular basis and adopt a healthier diet. The programme runs in tandem with the RTE Operation Transformation TV show.

The programme was first developed in 2013 when a partnership was developed between Dublin City Sport & Wellbeing Partnership, Fatima Groups United, Health Promotion & Improvement, HSE Dublin Mid-Leinster and Dolphin Health Project. This partnership identified a need to tackle the issues of obesity and low physical activity levels in a new and innovative way.

While weight loss was considered an important aspect of the programme it was also felt that there were many other health indicators that could be improved through participation in the programme such as aerobic fitness, body fat percentage and blood pressure. Improving the psychological well-being of participants was also considered an important outcome of the programme. Following planning and consultation meetings between the partners it was decided to run a diverse health & fitness programme aimed at having a positive impact on the overall health and wellbeing of the participants.

The 2019 Change for Life commenced in early January and is being rolled out in fourteen communities over the 8 week period. The programme provides fitness assessments, a 5K timed walk (repeated at week 8) and nutritional / dietary advice. Independent nutritionists gave a series of talks on healthy eating habits and dietary information such as portion size and calorie counting. Weekly weigh-ins to assess progress will also be provided.

- The following 8 week Change For Life programme will be delivered in the South East Area from January onwards;
- **Programme:** Change For Life
Dates/Times: Mondays. 21st January – 15th March. Times TBC.
Location: Irishtown Stadium. Other locations TBC.
Participants: Mixed 18 + years.
Partners: Local schools / sports clubs.

OPERATION TRANSFORMATION NATIONAL WALK DAY 2019

As part of the **Operation Transformation National Walk Day** Dublin City Sport & Wellbeing Partnership will host an open walk at 11am on Saturday, 12th January 2019 in the **War Memorial Gardens, Dublin 8** (Meeting Point: Municipal Rowing Centre, Island Bridge). The distance of the walk will be between 3 and 5 kilometres in order to target people who are currently engaging in below the recommended levels of physical activity.

The walks are currently in the planning stage with implementation to commence in January. The walk will kick start the **Get Dublin Walking Programme** which is a core programme delivered by DCSWP from January to March in partnership with the HSE and the DCC Community Section. Local walking programmes will commence in the 1st quarter of 2019.

- The following Get Dublin Walking programme will be rolled out in the area in the new year in partnership with local youth services, agencies and schools;
- **Programme:** Get Dublin Walking
Dates/Times: Mondays. January 21st – 15th March. Times TBC.
Location: Irishtown stadium. Other locations TBC.
Participants: Mixed all ages.
Partners: Healthy Ireland / HSE.

GAGA (GET ALL GIRLS ACTIVE)

GAGA is an initiative aimed at engaging female participation in sport and physical activity. There are two strands to the initiative; the first comprises of focused 6 – 8 week sport / physical activity programmes in communities around the city targeting teenage girls; the second is an online campaign #GAGA day to increase female engagement via live dance-fit classes, prize giving for uploads of photos / videos plus a citywide Glow Fit event. Now in its second year, the citywide #GAGA day took place on December 5th 2018. FloatFit and aqua aerobics classes were delivered in Markievicz Sports and Fitness Centre on the day as part of the GAGA event. The intention for 2019 will be to maintain the momentum of recent GAGA programmes and the citywide GAGA event.

As a Local Sports Partnership DCSWP will also be linking #GAGA into the women in sport 20x20 "If she can't see it, she can't be it" Campaign <https://20x20.ie> . This campaign is an all-inclusive movement to shift Ireland's cultural perception of women's sport by 2020 with a 20% increase in media coverage of women in sport, a 20% increase in female participation at all levels of sport and a 20% increase in attendance at women's games and events.

SPORT FOR YOUNG PEOPLE – SMALL GRANTS SCHEME

Grants were advertised in mid-May via email to clubs and sports contacts, newspaper advertisement and via social media. Deadline for receipt of applications was Friday, June 29th 2018 at 4pm.

Applications were open to Sports Clubs and Organisations within the Dublin City Area affiliated to a National Governing Body providing opportunities for young people aged 10 -21 years of age to participate in sport & physical activity.

120 applications were received and 112 were approved for payment. Payment has been received for the 112 grants approved for payment.

More information can be found at:
www.dublincity.ie/smallgrantscheme2018

DCSWP CORE PROGRAMMES JANUARY 2019

YOUTH FIT (CORE) Youth at Risk (10 - 21 Years)

Youth Fit programmes are multi-sport and fitness initiatives aimed at young people in the area aged 10 years and over. Below are details of Youth Fit programmes ongoing on the area throughout

- Boxing classes will be delivered in the area throughout January and February as a partnership programme for males

Programme: Boxing Classes.

Dates/Times: Mondays. January 21st – 15th February. Times TBC.

Location: YMCA, Sandymount

Participants: Males 13-17 years.

Partners: Co-funded Officers / Local rugby clubs

- In partnership with Ballyfermot Adventure Centre and Riccy's Youth Service, Irishtown / Ringsend, the following outdoor adventure group meets every Monday from January to March;

Programme: Outdoor Adventure Group.

Dates/Times: Tuesdays. January 28th – March 15th. 6.30-9.30pm.

Location: Ballyfermot Outdoor Adventure Centre.

Participants: Mixed 13 years+

Partners: Riccy's Youth Service

- In conjunction with local schools and youth services in the South East area Teen Gym sessions will be delivered throughout January and February;

Programme: Teen Gym.

Dates/Times: Mondays. January 21st – February 15th. Times TBC

Location: Irishtown Stadium and Markievicz Sport and Fitness Centre.

Participants: Mixed 13-17 years.

FOOTBALL DEVELOPMENT OFFICER

- The following football projects will continue in the South East Area in January;
- **Sprog soccer:** The sprog soccer programme for 4 - 8 year olds continues in Sports and Fitness Irishtown on Fridays with 60 children participating, the YMCA on Wednesdays 9.30am with 80 children participating and in St. Catherine's Sports Centre on Mondays with 20 children taking part.
- **Men's league:** The football men's league is ongoing on Monday's and Wednesday's in Sports and Fitness Irishtown from 6pm to 8pm.
- **Football for all programme:** The Football for all Programme is targeted at children with learning difficulties and physical disabilities. The programme is delivered in Irishtown stadium on Saturdays at 10am with 10 to 15 children attending.
- **Soccer academy:** A soccer academy programme will be delivered y on Saturday mornings in Pearse Street.
- **Girls' development:** Soccer sessions aimed at encouraging female participation will be delivered every Tuesday and Thursday evening in Ringsend for girls 8 - 12 years.

FAI Officers are on leave in late December / January. A full update on New Year initiatives will be included in the next area committee report.

BOXING DEVELOPMENT OFFICER

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 5 dedicated IABA / DCSWP Development Officers via local schools (primary & transition year level) in communities across the Dublin city area. Approximately 2,000 young people take part each year in the StartBox Programme.

The programme is structured into Bronze (non-contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it on to another level again.

The Startbox Bronze Programme will start again in schools in the South East area in January. For further information on boxing programmes in the please contact the Boxing Development Officer at Michael_carruth@ymail.com

CRICKET DEVELOPMENT OFFICER

- The following cricket projects will take place in the South East Area in January 2019;
- The Cricket Development Officer will liaise with Sport Development Officers in the area to organise the delivery of cricket programs in 2019.
- School coaching visits will be delivered in the following schools during the period;
- Star of the Sea Boys' National School (Wednesdays)

- St. Matthew's National School (Mondays)
- Provincial cricket sessions continue on Friday nights from 5.00pm-9.30pm in North County Cricket Club; a number of players from the South East area involved in these sessions in particular players from the Sandymount / Ringsend area. Players are between 10 - 18 years of age.
- The annual Dublin City U12, U14 and U17 Christmas and New Year camps took place on the 27th and 28th of December and the 2nd and 3rd of January in North County Cricket Club from 10.00am-16.30pm. Participants attending from the South East area will be from the Sandymount / Ringsend area.

RUGBY DEVELOPMENT OFFICER

- The following rugby programme will take place in the South East Area in January 2019;
- Primary school tag rugby blitzes have commenced in local clubs and in Irishtown Stadium.
- Primary and secondary school programmes are ongoing in the area.

Updates from the Rowing Development Officer and the two newly appointed Athletics Officers will be included in the next area committee report.

Markievicz Sports Centre

January sees the return of our swimming lessons for all ages. For the children there is our Learn to Swim Programme, starting with water confidence on Thursdays for those in armbands. Children can learn at the stage appropriate to them in our seal, marlin & orca levels which take place throughout the week at 15.15 and 16.15.

For adults there are beginner lessons on Monday & Tuesday evenings at 19.00, this is for those taking their first steps in swimming or coming back to swimming after a long time out. For more advanced swimmers we have lessons at 19.45 on Monday & Tuesday evenings.

We have a special 12 week programme run in conjunction with Swim Ireland, the Swim for a Mile event. A 12 weeks training programme will commence on the 15th January with the goal of preparing participants to swim a mile in April in the centre.

January 14th Learn to Swim children lessons (8 week)
Mondays, Wednesdays & Fridays at 15.15 and 16.15.

January 17th Water Confidence (8 week)
Thursdays at 15.15.

January 15th Swim for a Mile (12 Week Programme)
Tuesdays at 7.15 and Thursdays at 15.30.
In association with Swim Ireland.

January 14th and 15th Adult Beginner and Improver lessons (6 week course)
Mondays or Tuesdays at 19.00 or 19.45.
€45 for member €60 non-member.

Contact details

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