

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

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

Community Development Section Report

February

- **5 February at 2.30pm:** “Going Wild in the Garden” talk with RTÉ / TV3’s Eanna Ní Lamhna at Donnybrook Parish Centre, The Church of the Sacred Heart (for Donnybrook Active Retirement Association).
- **11 February at 6.30pm:** Donnybrook Tidy Towns Group Holding AGM in Hampton Hotel, Morehampton Road, Donnybrook.
- **14 February from 10 - 12pm** - Parent and Toddler Group Winter Party at The Evergreen Club / Hall, Terenure.
- **14 February at 2.30pm:** Valentine’s Day Tea Dance at Verschoyle Court Community Room, Verschoyle Court Sheltered Housing Complex.
- **15 February at 2pm** – Valentine’s Tea Dance at The Evergreen Club / Hall, Terenure.
- **16 February from 10 - 12pm** - Parent and Toddler Group Winter Party #2 at The Evergreen Club / Hall, Terenure.
- **19 February from 6pm:** Cabbage Patch Improvement Public Consultation Evening. St. Francis CBS, Dublin 8.
- **26 February at 3pm** – “A Galway Girl” Play at Mount Drummond Court, Harold’s Cross.
- **28 February at 4pm** – “A Galway Girl” Play at Milltown Parish Centre, Milltown Road (for Milltown Active Retirement Association).

March

- **1 March at 11.30am** – “Going Wild in St. Stephen’s Green” nature tour (as Gaeilge) with RTÉ / TV3’s Eanna Ní Lamhna for Seachtain na Gaeilge / Let’s Walk & Talk. Meet at Fusiliers’ Arch, St. Stephen’s Green.
- **2 March from 10 - 4pm** – Petting Farm at Bushy Park Market.
- **3 March at 2pm** – Brazilian Carnivale Family Party at Archbishop Byrne Hall, Synge Street.
- **4 March at 9.35pm** - Broadcast of ‘Ageing in Ireland’ documentary on RTÉ 1 (feat. Walk and Talk / Evergreen Club Tea Dance).

- **7 March at 8pm** – “Trees – Our Natural Heritage” talk with RTÉ / TV3’s Eanna Ní Lamhna at Milltown Parish Centre, Milltown Road (for Milltown ICA).
- **8 March at 10.30am** – “Constance & her Friends” Historical Play at Greenore Community Room for International Women’s Day.
- **8 March at 11am** – “International Women’s Day Tour” (as Gaeilge) with Eoin Bairead for Seachtain na Gaeilge / Let’s Walk & Talk. Meet at Meeting House Square, Temple Bar.
- **14 March at 10am** – Breakfast Tea with the Lord Mayor for Let’s Walk & Talk Walk Leaders at the Mansion House.
- **14 March from 10 - 12pm** - Parent and Toddler Group St. Patricks Festival Party at The Evergreen Club / Hall, Terenure.
- **15 March at 11.30am** – “In the Footsteps of Anne Devlin” Tour (as Gaeilge) with Mícheál Ó Doibhilín for Seachtain na Gaeilge / Let’s Walk & Talk. Meet at St. Catherine’s Church, Thomas Street.
- **23 March from 10 - 12pm** - Parent and Toddler Group Biodiversity Event at The Evergreen Club / Hall, Terenure.
- **27 March at 3.15pm** - “A Galway Girl” Play at Beechwood Community Centre, Ranelagh (for Ranelagh Active Retirement Association).
- **End March** – On Street Photography Exhibition from local colleges / schools in Rathmines.

Community Grants:

All community development 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: Some meetings have started and others will commence shortly.

Vibrant Villages Walking Trails and Maps:

Ongoing weekly walks in February and March.

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.

All Information correct as time of publication but are subject to change.

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Environmental Services Unit Report

Public Realm Enhancements

The first round of intensive cleaning including gum removal of the high footfall commercial village areas throughout the South East will take place in March and April. This work involved using a low pressure, high temperature steam on the footpaths to remove chewing gum, but also stains and dog foul, the cleaning of street furniture, application of disinfectant on areas where needed, including around bins, and the removal of waste. The work will be carried out at night to avoid inconvenience to traders, but also taking into account residents where relevant. This work will again be carried out in June / July and September / October. The village areas are listed below:

- Ranelagh Village
- Rathmines Village
- Donnybrook Village
- Sandymount Village
- Rathgar Village
- Ringsend
- Harold's Cross
- Terenure
- Irishtown
- Ballsbridge
- Milltown
- Baggot Street Upper and Lower Portobello Harbour

Events

Gannon Cup - Colours Rowing Race – 9th March 2019.

**Housing, Community & Emergency Services Department
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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 23rd January 2019. 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 is running well. 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 late February 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 soon. Internal landscaping, boundary treatment and the car park area will be addressed in phase 3 during 2019.

Ranelagh Gardens Park

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. Further consultation is required with traders before a draft design is prepared. A presentation for councillors will be arranged during February before being brought to a public workshop for all stakeholders in late February 2019.

Cambridge Road: (Redscape Architects) An initial public workshop in relation to Cambridge Road was held on Thursday 30th August 2018 in the Ringsend Irishtown Community Centre (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

Proposal to screen recycling bins in car park on Terenure Road North was examined in partnership with Terenure 2030 / Tidy Towns and Waste Management Services and will be carried out in 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 submission was received during the appropriate period. The proposal was approved at the meeting of Dublin City Council in January 2019.

O'Carroll Villas

Housing Maintenance have been briefed on the landscaping required for the front of O'Carroll Villas and we are awaiting a draft design at this time.

Cabbage Patch

We are planning a public consultation for the Cabbage Patch in February to listen to local residents with a view to creating a new vision for the Cabbage Patch.

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

FEBRUARY & MARCH HIGHLIGHT 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 (DCSWP) and the Lord Mayor's Office. The challenge is now in its seventh year and has encouraged hundreds of people to take up regular exercise over the past six years.

Last year the initiative went back to its roots and targeted people who were interested in taking up jogging or novice joggers who required 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.

The challenge is to complete five Dublin road races between January and April 2019. 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 five locations across the city every Saturday morning. Details on times and locations can be found at www.parkrun.ie. Details of the 2019 5 Alive races are outlined below;

- 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

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 second race, the AXA Raheny 5 Mile race, took place on Sunday 27th January in St. Anne's Park. Participants included the Lord Mayor Nial Ring who on completion of the race cheered on fellow contenders!

CHANGE FOR LIFE 2019

Change for Life is an eight 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 and 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 eight 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 eight week Change for Life Programmes are ongoing in the area between January and March. In addition to the scheduled classes, assessments will be provided before and after the programmes to assess the programme's impact. In addition to the Zumba and circuit training classes scheduled walks will take place throughout the duration of the programme.

- **Programme:** Change For Life Zumba
Dates / Times: Tuesdays (running until 5th March) at 8.30pm.
Location: Harold's Cross National School.
Participants: Mixed 18 + years.
Partners: Local schools / sports clubs.
- **Programme:** Change For Life Circuit Training – Yoga and Pilates
Dates / Times: Thursdays (running until 5th March) at 8.30pm.
Location: Charlemont Street Community Centre.
Participants: Mixed 18 + years.
Partners: Local schools / sports clubs.
- **Programme:** Change For Life Soccer Programme – this programme will culminate in a soccer blitz on Wednesday 27th February in Bluebell Recreation Centre.
Dates / Times: Wednesdays at 8.30pm
Location: Irishtown Stadium
Participants: Female 30 – 50 years.
Partners: Local Sport Officers.

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.

Walking programmes will be rolled out in the area from January to March in tandem with the Change for Life programmes as outlined below;

- **Programme:** Get Dublin Walking
Dates / Times: Monday – Friday at 12.30pm
Location: Ringsend Park
Participants: Female 30 – 60 years.
Partners: Ringsend Community Centre

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.

DCSWP CORE PROGRAMMES FEBRUARY 2019

COUCH TO PARKRUN (CORE) Underactive Adults

The Couch to Parkrun programme is aimed at encouraging underactive adults to increase physical activity. Participants are encouraged to steadily improve their running ability so that they can comfortably negotiate a 5k run by the end of the eight week programme.

Programme: Couch to Parkrun
Dates / Times: TBC
Location: Bushy Park, Terenure.
Participants: Underactive Adults 18+
Partners: St. Vincent’s Hospital Health Promotion Team

FOREVER FIT (CORE) Older Adults

The Forever Fit programme is aimed at older adults and focuses on activities to improve balance, increase mobility, strength, coordination and fall prevention.

Details of Forever Fit programmes running from in the South East Area from January to April are outlined below.

- **Programme:** Chair Fit, Mount Drummond
Dates / Times: Mondays at 7pm.
Location: Mount Drummond Sheltered Housing Complex, Harold’s Cross.
Participants: Older Adults

- **Programme:** Chair Yoga, Ranelagh.
Dates / Times: Tuesdays at 3pm.
Location: Woodstock Sheltered Housing Complex, Dublin 6.
Participants: Older Adults
- **Programme:** Beech Hill Yoga.
Dates/Times: Wednesday mornings at 11.30am.
Location: Beech Hill Court, Donnybrook.
Participants: Older Adults

GAGA (GET ALL GIRLS ACTIVE) Teenage Girls

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 six to eight 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 5th December 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.

The following GAGA Programme is being run in local secondary schools in partnership with local Leinster rugby officer Larissa Muldoon. The programme will culminate in a rugby blitz in Clontarf in on 28th February.

- **Programme:** Secondary School Girls Rugby
Dates / Times: Fridays at 10.30am.
Location: CBS, Ringsend (Friday 10.30am - 11.30am) Ringsend College (Wednesdays from 1pm - 2pm)
Partners: Leinster Rugby, Local Schools, DCC, PARC and Clontarf Pitches.

THRIVE (CORE) Adults with Mental Health Difficulties

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 and general wellbeing viewpoint.

The following Zumba classes aimed at adults with mental health difficulties. The classes focus on stretching exercises and relaxation techniques;

- **Programme:** Zumba Classes
Dates / Times: Mondays, January – March, time TBC.
Location: YMCA, Sandymount.
Participants: Males 13 - 17 years.
Partners: Co-funded Officers / Local rugby clubs.

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 in the area throughout January to March.

Teen Gym classes will be delivered in the area from January to March as a partnership programme with Ringsend College;

- **Programme:** Teen Gym
Dates / Times: Tuesdays from 10am - 11am.
Location: Irishtown Stadium
Participants: Mixed 13 - 18 years.
Partners: Irishtown Stadium, Ringsend College.

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:** Youth Fit
Dates / Times: Tuesdays 5pm - 9pm.
Location: Ballyfermot Adventure Centre.
Participants: Mixed 14 - 17 years.
Partners: Ballyfermot Adventure Centre / Riccy's Youth Service.

DCSWP GENERAL PROGRAMMES FEBRUARY – MARCH 2019

In addition to the delivery of Core Programmes the following general programmes will be delivered in the south east area during the period;

The following primary school programme will be delivered by the local Rugby Development Officer Larissa Muldoon. The programme will focus on encouraging female participation in the sport. An inter-school rugby blitz will take place on Thursday 28th February.

- Programme:** Primary School Rugby Programme
Dates / Times: Wednesdays from 2.30pm - 3.30pm.
Location: St. Brigid's, Ringsend.
Participants: Female 9 - 12 years.
Partners: Leinster Rugby

Midterm Activities will be delivered during the school mid-term break in the area in February. Dates and times TBC. For more information please contact local sport officers. Contact details are listed at the bottom of the report.

CO-FUNDED PROGRAMMES FEBRUARY – MARCH 2019

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 five dedicated IABA / DCSWP Development Officers via local schools (primary & transition year (TY) 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 and fitness, method and technique. The Silver Programme consists of higher intensity sessions and limited contact and the Gold phase takes it on to another level again.

Details of ongoing Startbox programmes in the South East Area are outlined below.

Bronze Programme

The Startbox Bronze Programme will be delivered in the following schools in the area:

- St. Patrick's Girls' National School
- St. Patrick's Boys' National School

- Scoil Chaitriona National School
- Presentation College Secondary School (transition year)
- Marian college four weeks (transition year).
- Roslynn college (transition year).

After four weeks participants progress on to the silver programme which also takes place over a four week period.

CRICKET DEVELOPMENT OFFICER

The following cricket projects will take place in the South East Area in January 2019 and the Cricket Development Officer will liaise with Sport Development Officers in the area to organise the delivery of cricket programmes in 2019.

School coaching visits will be delivered in the following schools during the period;

- Star of the Sea (Wednesdays from 1.00pm - 2.30pm)
- St. Matthew's (Wednesdays from 11.00am - 12.30pm)
- Santa Maria Synge Street (Tuesdays from 1.00pm - 2.30pm)
- Ranelagh MDS (Time and date TBC)

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.

FOOTBALL DEVELOPMENT OFFICER

The following football projects will continue in the South East Area in February / March;

- **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 at 9.30am with 80 children participating.
- **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 programmes 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.

ROWING DEVELOPMENT OFFICER

Get Going....Get Rowing

The Rowing Development Officer is delivering the Get Going Get Rowing programme in six schools in and around Dublin including:

- St. Joseph's, Stanhope Street.
- St. Killian's German school, Clonskeagh.

The TY Coaching Indoor Rowing Programme will be delivered to transition year students in five schools including:

- Trinity Comprehensive, Ballymun.
- Coláiste Eoin, Finglas.

Following the February mid-term break the Get Going Get Rowing programme will commence in a new set of schools across the city. On-the-water taster sessions will be provided to demonstrate the pathway from the rowing machine to the water and encourage student to participate in the 'Splash and Dash' event on May 9th in Grand Canal Dock, Dublin.

Rowing students continue to 'virtually' row around the world. Team members participating in the initiative are from all corners of the globe and is currently on its way to Addis Ababa. Students are encouraged to clock up the metres to get the team all the way around the world. Updates on rowing activities can be found on Rowing Ireland's Twitter, Instagram and Facebook pages.

RUGBY DEVELOPMENT OFFICER

The following rugby programme will take place in the south east area in January 2019;

Primary and Secondary School Rugby programmes continue in the area over the period.

A Girls' Primary School Blitz will take place in February in St. Teresians, Donnybrook and a Tier 2 Metro Blitz in Donnybrook (secondary school).

Contact details

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