

1. DCSWP HIGHLIGHT PROGRAMMES/EVENTS MARCH - APRIL 2019.

THE LORD MAYOR'S 5 ALIVE CHALLENGE 2019

The Lord Mayor's 5 Alive concludes on 30th March with the BHAA Dublin City Council 4-mile race on Saturday 30th March. The 5 Alive challenge 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 required some encouragement to sustain progress. The focus on encouraging new and novice joggers to sign up to the challenge continued 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 people registered to participate in this year's challenge which commenced in the Phoenix Park on New Year's Day.

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

- MSB St. Patrick's Day Festival 5k Race and Family Fun Run. This race commences at Stephen's Green at 12 noon on Monday 18th March.
- BHAA Dublin City Council 4 mile race. This race takes place in St. Anne's Park, Raheny at 11am on Saturday 30th March.

CHANGE FOR LIFE 2019 - REVIEW

Change for Life is an 8 weeks Core programme running annually since 2013. The programme aims to improve the health of local communities by supporting people to become more physically active on a regular basis and adopt a healthier diet. The programme was rolled out in conjunction with RTE's Operation Transformation in 15 locations across the city with over 1000 participants. Change for Life culminated with an awards and showcase event in the Round Room, Mansion House to celebrate the participants' successes on Friday 15th March 2019.

- The following Change for Life programme will continue in the area over the next period;
- **Programmed:** Change for Life - Fatima
Dates/Times: Mondays 10-11am/ Mondays 6-7pm/Tuesdays 5.30-6.30pm/Wednesdays 6-7pm/Thursdays 12-1pm/Thursdays 6-7pm
Location: Fatima F2 Centre
Participants: Mixed 18+ years.
Partners: Fatima Groups United

2. DCSWP CORE PROGRAMMES MARCH - APRIL 2019.

Below are highlights of ongoing core programmes and events ongoing in the area over the next period. For full details of programmes please contact the DCSWP Office or local Sport Officers. Contact details are listed at the end of the report.

CHAMPIONS (CORE)

Adults With Physical & Intellectual Disabilities

The Champions Programme is targeted at adults with intellectual disabilities. The following Champions programme is being delivered over the next period in partnership with St. John of God's;

- **Programme:** St. John of God's Champions Programme
Date/Times: Ongoing. Mondays 11am-12.30pm
Location: TBC
Participants: Mixed 18 + years

In partnership with Athletics Ireland, DCSWP ensures 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.

- The following Fit 4 Class school programmes are delivered on an ongoing basis in schools in the South Central Area over the period;
- **Programme:** Dance Yoga
Date/Times: Ongoing. Monday's 11.30am – 12.30/Wednesdays 11.30am – 12.30pm
Location: Our Lady of Mercy Secondary School, Drimnagh
Participants: Female – all ages.

- **Programme:** School Athletics Sports Hall
Date/Times: Ongoing. Tuesdays 10.30am – 12 noon
Location: Loreto Primary School, Crumlin
Participants: Mixed

- **Programme:** School Athletics Sports Hall
Date/Times: Ongoing. Tuesdays 2.30pm – 4pm
Location: Scoil Isogain, Crumlin
Participants: Mixed

- **Programme:** School Athletics Sports Hall
Date/Times: Ongoing. Tuesdays 12.30pm – 2pm
Location: St. Patrick's Choir School, Dublin 8
Participants: Mixed

- **Programme:** Triathlon Training
Date/Times: Thursdays. Time TBC
Location: St. Patrick's Choir School, Dublin 8
Participants: Mixed

FOREVER FIT (CORE)

Older Adults

The Forever Fit programme is aimed at older adults and will focus on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi and line dancing.

➤ The following Older Adults multi-sport programmes will be delivered in the South Central Area during the next period;

- **Programme:** Older Adults Aerobics
Date/Times: Ongoing. Mondays 2pm-3pm
Location: Stanaway Court, Crumlin
Participants: Mixed Older Adults

- **Programme:** Older Adults Bowls Programme
Date/Times: Ongoing. Tuesdays 1pm – 3pm
Location: St. Catherine’s Sports Centre
Participants: Males age 55+

- **Programme:** Older Adults Bowls Programme
Date/Times: Ongoing. Fridays 11am– 1pm
Location: Donore Centre, D8
Participants: Mixed age 55+

- **Programme:** Older Adults Chair Aerobics
Date/Times: Ongoing. Thursdays 10.30am – 11.30am
Location: Donore Centre, D 8
Participants: Males age 55+
Partners: Men’s Shed, D8

GAGA (CORE)

Teenage Girls

The GAGA programme is aimed at teenage girls and is run in conjunction with local youth services and schools. Wide varieties of activities are delivered as part of the programme including dance-fit, fencing, yoga, boot-camp and adventure activities. Activities take place at various venues.

- The following GAGA programme will be delivered in the South Central Area during the next period;
- **Programme:** Kick Start 1 – Foundation Course for Females
Date/Times: Saturday 14th April 9am – 5pm
Location: TBC
Participants: Female 16 + years
Partners: FAI

GET DUBLIN WALKING (CORE)

Underactive Adults

DCSWP Sport Officers, in partnership with the HSE and the DCC Community Section deliver a number of walking group programmes across the city under the banner of 'Get Dublin Walking'. The aim of the programme is to encourage underactive adults to increase their levels of activity;

- The following Get Dublin Walking Community Walks and Irish Heart Foundations Walking Leaders Courses will take place in the South Central Area during the next period;
- **Programme:** Ballyfermot Walkers and Talkers - Community Walks
Dates/Times: Mondays and Wednesdays. Time TBC
Participants: 18 + years
- **Programme:** Kylemore Community Training Centre Walking Group
Dates/Times: Fridays 9am
Location: Kylemore Community Training Centre
Participants: Mixed 16 – 24 years
Partners: Local ETB
- **Programme:** IHF Walking Leaders Level 2 Course
Dates/Times: TBC
Location: TBC
Participants: Mixed age 18+

- **Programme:** Introductory Session on Nordic Walking IHF Programme
Dates/Times: Monday 25th March 7pm – 9pm
Location: TBC
Participants: Mixed age 18+
- **Programme:** Get Dublin Walking – Brickfield Park
Dates/Times: Saturdays 9.30am – 12 noon
Location: Brickfield Park, Drimnagh
Participants: Mixed Adults age 18+

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 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. Below are details of a Thrive Programme currently being delivered in the area;
- **Programme:** Thrive
Dates/Times: Mondays 7pm -9m
Location: Donore Avenue
Participants: Mixed 55+
Partners: Donore Community Centre

YOUTH FIT (CORE)

Youth at Risk (10 - 21 years)

- The following Youth Fit Introduction to Paddling programme will be delivered over the next period in partnership with Ballyfermot Youth Services. The programme will commence with a CPR Introductory Course on Wednesday 20th April;
- **Programme:** '*Paddles Up*' Introduction to Paddling Programme
Dates/Times: Wednesdays mornings from 20th March
Location: Ballyfermot Youth Services Adventure Centre
Participants: Females 13-19

- The following Youth Fit Team Building Session will be delivered for the Order of Malta Cadets team in Jump Zone on Sunday 28th April;
- **Programme:** Order of Malta Cadets Team Building Session
Dates/Times: Sunday 28th April
Participants: Mixed 10 – 16 years

3. DCSWP GENERAL PROGRAMMES MARCH – APRIL 2019.

SAFEGUARDING

- **Programme:** Safeguarding 1, 2 & 3
Dates/Times: Wednesday 20th March (level 1)/Saturday 30th March (levels 2 &3)
Location: TBC
Participants: Mixed Adults age 18+

FOOTBALL

- **Programme:** Drop-in soccer programme
Dates/Times: Ongoing. Thursdays 5-6pm
Location: Clogher Rd Main Hall, Crumlin
Participants: Teenage Boys
Partners: Brú Youth Group, Crumlin

ROWING

- **Programme:** Drop -In Rowing Programme
Dates/Times: Ongoing. Tuesdays 11am/Fridays 1pm
Location: Municipal Rowing Centre, Islandbridge
Participants: Mixed

4. DCSWP CO-FUNDED PROGRAMMES MARCH – APRIL 2019

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. Approximately 2,000 young people take part each year.

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 DCSWP Boxing Rugby Development Officer will be liaising with local schools in the South Central area during the next period.

CRICKET DEVELOPMENT OFFICER UPDATE

- Cricket Development sessions will be delivered in the following schools in the area during this period:
 - Drimnagh Castle BNS, Drimnagh - Wednesdays 11am-12.30pm
 - Scoil Úna Naofa, Crumlin - Wednesdays 1pm-2.30pm
 - The annual Dublin City U12, U14 and U17 Girl's Easter Camps will take place at St. Columbus College from 10am-17.30pm from the 15th-18th April. Participants attending from the South Central area will be mainly from the Drimnagh area.

FOOTBALL DEVELOPMENT OFFICER UPDATE

For details of Football events/programmes/initiatives in the South Central Area please contact the local Football Development Officers. Contact details are listed below.

ROWING DEVELOPMENT OFFICER UPDATE

Get Going...Get Rowing

- Having spent the winter months learning rowing techniques on indoor machines, rowing students are now ready to apply their skills in the water. Water taster sessions will be delivered from March 11th to mid-May in Neptune Rowing Club in Islandbridge. 39 sessions are planned with participants from 22 schools. The indoor rowing programme will continue to be delivered in schools based in Cabra, Ballyfermot, Coolock and Beaumont.
- Rowing students continue to virtually row around the world as part of the Student World Indoor Rowing Challenge and are currently making their way through Addis Ababa.
- Preparations have commenced for the Rowing '*Splash and Dash*' event on May 9th in Grand Canal Dock.
- Rowing Ireland activities can be tracked on Twitter, Instagram and Facebook.

RUGBY DEVELOPMENT OFFICER UPDATE

For details of Rugby events/programmes/initiatives in the South Central Area please contact the local Rugby Development Officer. Contact details are listed below.

Contact details

Shauna McIntyre, DCSWP Manager: shauna.mcintyre@dublincity.ie

Aideen O'Connor, DCSWP Programmes & Services Development Manager: aideen.oconnor@dublincity.ie

Alan Morrin, Senior Staff Officer, DCSWP: alan.morrin@dublincity.ie

Martin McDonagh, Manager, Sports & Fitness Ballyfermot & Inchicore Sports Centre: martin.mcdonagh@dublincity.ie

Cormac Healy, Manager, St. Catherine's Sports Centre & Clogher Road Sports Centre: cormac.healy@dublincity.ie

Igor Khmil, Sports Officer: igor.khmil@dublincity.ie

Catherine Flood, Sports Officer: catherine.flood@dublincity.ie

Will Morris, Sports Officer: william.morris@dublincity.ie

Sharon Kelly, Sport Officer: sharon.kelly@dublincity.ie

Gareth Herbert, Sport Officer: gareth.herbert@dublincity.ie

Michael Moore, Soccer: michael.moore@fai.ie

Marc Kenny, Soccer: marc.kenny@fai.ie

David Rake, Soccer: david.rake@fai.ie

Ed Griffin, Boxing: shandygriffin@hotmail.com

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

Gareth Murray, Rugby: gareth.murray@leinsterrugby.ie

Report by

Dee O'Boyle

Dublin City Sport & Wellbeing Partnership: dee.oboyle@dublincity.ie