

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES APRIL – MAY 2019

THE LORD MAYOR'S 5 ALIVE CHALLENGE

The 2019 Lord Mayor's 5 Alive concluded on Saturday 30th March with the BHAA Dublin City Council 4 mile race on Saturday 30th March. The 5Alive 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. Over 400 people signed up to participate in this year's challenge with successful participants completing all races or substituting a missed race for one of the city's Parkruns which take place free of charge in 5 locations every Saturday in the city. The 5 Alive continues to be a huge success for DCSWP and the participants' achievements will be acknowledged in a celebration night in City Hall on Friday 26th April from 6pm.

CHAMPIONS DAY 2019

The Champions Programme is a core programme targeted at adults with intellectual, physical and sensory disabilities. The programme aims to promote inclusion and encourage participation through the delivery of multi-sport initiatives. Champions Day 2019 takes place on Tuesday 14th May in Ballyfermot Sports and Fitness Centre and Thursday 16th May in Cabra Parkside. The aim of the event is to provide taster sessions in various sports and provide a pathway to DCC facilities and existing local clubs. Activities confirmed to date include tennis, rugby, tai chi, frisbee and table cricket. Details of ongoing Champions programmes are outlined in the next section.

NATIONAL FIT FOR ALL WEEK 2019

National Fit For All week will take place from 5th – 11th May 2019. In partnership with Riccy's Youth Service, Irishtown stadium will host a National Fit For All event. Dates and times TBC.

NATIONAL ACTIVE SCHOOL WEEK 2019

National Active School Week takes place from 7th – 10th May 2019. Dublin City Sport and Wellbeing Partnership is currently advising local schools on a range of physical activities programmes and opportunities that are available during Active School Week.

2. DCSWP CORE PROGRAMMES APRIL – MAY 2019.

Below are details of core programmes being delivered in the Central Area during the period;

BIKE FOR LIFE

Multiple Target Groups

- In partnership with Ierne Sports & Social Club this Bike For Life programme is targeted at older adults in the area;
- **Programme:** Bike For Life 'Heels & Wheels'
Dates/Times: Ongoing. Mondays 10am
Location: From Eastwall Watersports Centre
Participants: Mixed 50-85 years
Partners: Ierne Sports & Social Club

CHANGE FOR LIFE

Underactive Adults

- The Change For Life 8 week programme concluded in March with a celebration night in the Round Room, Mansion House, Dublin on Friday 25th March. The following Change For Life programme continues in the area over the period in partnership with Dorset St Women's Group. Activities include Aqua Aerobics, Circuit Training and Yoga.
- **Programme:** Change For Life Dorset St.
Dates/Times: Ongoing. Mondays 10am (Walking Programme), Tuesdays 3pm (Aqua Aerobics), Wednesdays 11am (Circuit Training), Fridays 11am (Yoga)
Location: George's Place Recreation Centre
Participants: Female age 35 – 60 years
Partners: Dorset St Women's Group

FIT 4 CLASS (CORE)

Primary School Children

In partnership with Athletics Ireland the Fit For Class programme 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 Introduction to Sports programme is delivered on an ongoing basis in the Central area over the period;
- **Programme:** Sports Introduction Programme
Dates/Times: Ongoing. Thursdays 11am – 12 noon
Location: Corpus Christi GNS, Drumcondra
Participants: Females 6-12 years

FOREVER FIT (CORE)

Older Adults

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

- The following Forever Fit programmes is being delivered in conjunction with NEIC and Ierne Bowling Club;
- **Programme:** Back On Bike – Active Age Cycle
Dates/Times: Ongoing. Mondays 10am
Location: From Eastwall Watersports Centres
Participants: Mixed, Older Adults 60-84 years
Partners: NEIC and Ierne Sports & Social Club
- **Programme:** Functional Fitness Class
Dates/Times: Ongoing. Tuesdays 10.30am – 11.30am
Location: Ballybough Youth and Fitness Centre
Participants: Female 65+ years

GAGA (CORE)

Teenage Girls

The GAGA programme is aimed at teen girls and is run in conjunction with local youth services and schools. A wide variety of activities are delivered as part of the programme including dance-fit, fencing, yoga, boot-camp and adventure activities.

- In partnership with Leinster rugby, a number of taster sessions and rugby blitzes will be delivered throughout May in Corpus Christi GNS, Drumcondra;
- **Programme:** GAGA Tag Rugby
Dates/Times: Ongoing. Monday and Friday afternoons
Location: Corpus Christi, Drumcondra
Participants: Females age 10+.

GET DUBLIN WALKING (CORE)

Underactive Adults

Get Dublin Walking programme is a core programme delivered by DCSWP in partnership with the HSE and the DCC Community Section. The aim of the walking programme is to promote and support health and wellbeing through increased level of activity.

- The following Get Dublin Walking programme is ongoing in the area and is delivered by DCSWP Sport Officers in partnership with Ierne Social and Sports Club;
- **Programme:** Ierne Walking Group
Dates/Times: Tuesdays 10am from Ierne Sports Club
Location: From Ierne Social and Sports Club, Drumcondra
Participants: Mixed. All ages
Partners: NEIC Ierne Social and Sports Club and Get Ireland Walking

GO FOR LIFE GAMES

Older Adults

The aim of the Go for Life Games is to involve older adults in recreational sport. The emphasis of the Games is on participation and fun. The games can be played in singles, pairs and teams and are played in a non-competitive way (as much as possible!) with participants encouraged to umpire their own game.

The programme involves the following three sports;

- **Lobbers** - adaption of Petanque and Boules
 - **Flick** - adaption of Frisbee and Horseshoe Pitching
 - **Scidil** - adaption of Ten-Pin Bowling and Skittles
- The following Go For Life introductory session will be delivered in the area over the period in partnership with Age & Opportunity;

Programme: Go For Life Clonliffe Active Age
Dates/Times: Tuesdays. Times TBC
Location: TBC
Participants: Mixed age 60 – 80 years

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 or individuals who have suffered an acquired brain injury and require assistance in re-integrating back into their communities from a personal independence, social & general wellbeing viewpoint

- The following THRIVE programme is ongoing in the area and is run in partnership with the HSE. Details are outlined below;
- **Programme:** Thrive
Dates/Times Times made by appointment
Location: TBC
Participants: Mixed 35-50 years
Partners: HSE
- The following THRIVE Yoga programme is ongoing in the area and is run in partnership with the HSE. Details are outlined below;

- **Programme:** Yoga programme and Sport Mental Health and Fitness programme.
Dates/Times: Ongoing, Thursdays 12-1 (yoga), Fridays 12-1 (sport and mental health group)
Location: Ballybough Community, Youth and Sports Centre
Participants: Mixed 25-50
Partners: HSE/ Local Sport Officers

- The following THRIVE fitness programme is ongoing in the area and is run in partnership with Work Options. Details are outlined below;

- **Programme:** Work Options – Working with people with Disabilities, St. Michael’s group
Dates/Times: Ongoing Fridays 11am
Location: Aghrim Street
Participants: 18+
Partners: Work Options

YOUTH FIT (CORE)

Youths at Risk (10-21 Years)

Youth Fit programmes are multi-sport and fitness initiatives for young people in the area aged 10 years and over.

- The following Youth Fit Football programme is an ongoing initiative in the Central Area delivered in partnership with Chrysalis Community Drug Programme;

- **Programme:** Football Drop In
Dates/Times: Ongoing. Fridays from 5pm
Location: Aghrim Street/Grangegorman
Participants: Male 16+ years.
Partners: Chrysalis

3. DCSWP GENERAL PROGRAMMES APRIL – MAY 2019.

Below are details of ongoing events, initiatives and programmes being delivered in the Central Area over the period;

- **Programme:** School Cluster Mental Health Programme – Fitness and Wellbeing Education for Positive Mental Health
Dates/Times: Wednesdays 9am-12pm
Location: Stanhope St. Secondary School, Dublin 7
Participants: Females 15-18 years
Partners: HSE
- **Programme:** Recover Through Sport
Dates/Times: Ongoing. Wednesdays 10am
Location: Aughrim St. Sports Centre
Participants: Mixed 18+ years
Partners: Chrysalis Drug Project (fighting addiction through sport)
- **Programme:** Visual Guide Training
Dates/Times: Ongoing. Fridays 10am-12pm
Location: Ballybough Community, Youth and Sports Centre
Participants: 50+ years
Partners: HSE
- **Programme:** Learn to Swim
Dates/Times: Ongoing. Thursdays 10 am.
Location: Sean Mac Dermott Street Pool
Participants: Mixed 10-13 years old
Partners: Swim Ireland

4. CO-FUNDED PROGRAMMES APRIL - MAY 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 aged 10 – 17 years to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by DCSWP's 5 dedicated IABA/DCSWP Development Officers via local schools 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.

Following completion of the Silver Startbox Programme participants will progress to the Gold Startbox programme in mid- April in the following schools in the area;

- St Declan's, CBS Cabra
- St Columba's, GNS Drumcondra
- St Joseph's, NS East Wall
- Mount Carmel, Bolton Street
- St Laurence O Toole's, BNS Sherriff Street
- St Paul's BNS, Brunswick Street
- Christ the King, BNS Cabra

Boxing Showcase Exhibitions will take place from mid-April to mid-May with the above school's participating.

CRICKET DEVELOPMENT OFFICER UPDATE

- The following cricket programmes/events/initiatives will take place in the Central Area in January 2019;
- The Cricket Development Officer will continue to liaise with Sport Development Officers in the area in relation to the delivery of cricket programs in the area in March and April.
- School coaching visits and sessions will take place in the following schools in the area over the period;
- Ardscoil Ris secondary school, Griffith Avenue. Mondays 4-5 pm
- St. David's BNS Artane. Thursdays 11am-12.30pm
- St. John of God's Artane. Thursdays 1.00-2.30pm

Provincial cricket sessions continue on Friday nights from 5pm-9pm in North County Cricket Club; a number of players from the Central area involved in these sessions in particular players from the Drumcondra area. Players are between 10-18 years of age.

- The annual Dublin City U12, U14 and U17 Girl's Easter Camps will take place at St. Columbus College, Whitechurch, Dublin 16 from 10am-5.30pm from Monday 15th to Thursday 18th April. Participants attending from the Central area will be from the Drumcondra area.
- The Leprechaun Cup Primary School Competition will be held on a weekly basis during this period. A schedule of matches and venues will be organised in partnership with local schools a week before each game is due to take place.
- Cricket sessions will be provided for any schools in the area seeking the Active Flag during Active School Week 2019.

FOOTBALL DEVELOPMENT OFFICER UPDATE

The following ongoing football programmes/events/initiatives will take place in the Central Area in during the period;

- A girls only school football programme continues in the following primary schools;
 - St. Vincent's National School every Tuesday from 1pm to 3pm. (Ballybough Community Centre)
 - St Laurence O'Toole National Girls school every Wednesday from 10am to 12 noon. (Sheriff St. Recreation Centre)
- After -School Football Programmes continue in Sheriff St. Recreation Centre every Wednesday from 2.30 to 4pm.
- Delivery of Coach Education programmes continues in clubs in the North East Inner City throughout the period.

ROWING DEVELOPMENT OFFICER

Get Going...Get Rowing

- The Get Going Get Rowing programme continues in schools across the city including St. Joseph's, Stanhope St. in the Central Area. On-the-water taster sessions will be provided to demonstrate the pathway from the rowing machine to the water and encourage students to participate in the 'Splash and dash' event on Thursday 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. Students are encouraged to clock up the metres to get the team all the way around the world.

- **RUGBY DEVELOPMENT OFFICER UPDATE**

- The Tag Rugby Pop-Up Group continues every Monday evening from 3pm – 5pm in St. Laurence O’Toole Recreation Centre. Participants are mixed aged 8+ years old.

FURTHER DETAILS

For details or queries on any of the programmes/initiatives outlined above please contact Dee O’Boyle, DCSWP at (01) 222 5433/dee.oboyle@dublincity.ie

Contact details

Shauna McIntyre, Dublin City Sport & Wellbeing Partnership 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

Mitch Whitty, Sports Officer: mitch.whitty@dublincity.ie

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

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

Aaron Callaghan, Ballybough Centre Manager: aaron.callaghan@dublincity.ie

Ian Hill, Soccer: ian.hill@fai.ie

Tommy Carberry, Soccer: tommy.carberry@fai.ie

Paul Quinn, Boxing: paulquinn999@gmail.com

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

Stephen Maher, Rugby: stephen.maher@leinsterrugby.ie

Report by Dee O’Boyle, DCSWP. dee.oboyle@dublincity.ie

