

## **1. DCSWP APRIL - MAY HIGHLIGHT EVENTS & PROGRAMMES**

### **THE LORD MAYOR'S 5 ALIVE CHALLENGE**

The 2019 Lord Mayor's 5 Alive concluded on Saturday 30<sup>th</sup> March with the BHAA Dublin City Council 4 mile race on Saturday 30<sup>th</sup> 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 26<sup>th</sup> 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 14<sup>th</sup> May in Ballyfermot Sports and Fitness Centre and Thursday 16<sup>th</sup> 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.

Sport Officers in the North Central area will deliver a lead-in programme to Champions day in St. Michael's House, Clonshaugh. Details TBC.

### **NATIONAL FIT FOR ALL WEEK 2019**

National Fit For All week will take place from 5<sup>th</sup> – 11<sup>th</sup> May 2019.

### **NATIONAL ACTIVE SCHOOL WEEK 2019**

National Active School Week takes place from 7<sup>th</sup> – 10<sup>th</sup> 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**

### **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 programmes are being delivered in local schools in partnership with the Athletics Development Officer during the period;
- **Programme:** Fit 4 Class Athletics  
**Dates/Times:** Thursdays 10.30am – 12 noon  
**Location:** St. Brendan's BNS, Coolock  
**Participants:** Males age 7-10 years  
**Partners:** Athletics Ireland

### **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 class is being delivered in the North Central Area and focuses on Yoga and Mindfulness for Older Adults;
  - **Programme:** Older Adults Group Exercise  
**Dates/Times:** Ongoing Thursdays 10.30am – 11.30am  
**Location:** Donnycarney /Beaumont Local Care Centre  
**Participants:** Older Adults (Mixed) 65 + years
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- The following Aqua Fit class continues in the area throughout the period;
  - **Programme:** Aqua Fit – Senior Citizens  
**Dates/Times:** Tuesdays 3-4pm.  
**Location:** Northside Swimming Pool  
**Participants:** Female 65+

The Go for Life Games involve three sports that can be played in singles, pairs and teams:

- *Lobbers - adaption of Petanque and Boules*
- *Flisk - adaption of Frisbee and Horseshoe Pitching*
- *Scidil - adaption of Ten-Pin Bowling and Skittles*

The emphasis of the Games is on participation and fun. They are played in a non-competitive way (as much as possible!) with participants encouraged to umpire their own game. The following Go For Life taster/training sessions will be delivered in the area over the next period;

- **Programme:** Go For Life Training  
**Dates/Times:** Fridays 2-3pm  
**Location:** Kilmore West Recreation Centre  
**Participants:** Mixed older adults

*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.

- Below are details of an ongoing Swimming and Water Safety sessions aimed at young men experiencing mental health issues and dealing with issues of substance misuse and addiction, general fitness and walking sessions for adults 18+years and Thrive Indoor Football sessions;

**Programme:** Thrive Swimming and Water Safety

**Dates/Times:** Wednesdays 1pm

**Location:** Coolock Swimming Pool

**Participants:** Male 18+ years

**Partners:** HSE, Swim Ireland and Kilbarrack Coast Community Programme

- **Programme:** Thrive Indoor Football.  
**Dates/Times:** Ongoing. Thursdays 3-4pm  
**Location:** Kilmore West Recreation Centre  
**Participants:** Male 18+ years  
**Partners:** HSE

Youth Fit programmes are multi-sport and fitness initiatives aimed at young people aged 10 -21 years and over. The purpose of the programme is to provide preventative outlets for young people in the North Central Area.

- In partnership with Sphere Youth Service the following ongoing Youth Fit multi-sport initiative is aimed at young people in the North Central area age 13-16 years;
- **Programme:** Youth Fit Cricket/Rugby/Boxing Programme  
**Dates/Times:** Ongoing. Wednesdays from 1pm  
**Location:** Kilbarrack Community and Parish Centre  
**Participants:** Males age 13-16 years  
**Partners:** Sphere 17 Youth Service
- **Programme:** Primary School Swimming Programme – St. David’s BNS  
**Dates/Times:** Ongoing. Fridays 11am-1pm  
**Location:** Cool  
**Participants:** Male age 10-12 years  
**Partners:** Swim Ireland
- **Programme:** After-School Rugby Taster Programme  
**Dates/Times:** Ongoing. Tuesdays 3pm-4pm  
**Location:** Kilmore Community Centre  
**Participants:** Mixed ages 5-12 years  
**Partners:** Leinster Rugby/Kilmore West Youth Project

### **3. DCSWP HIGHLIGHT EVENTS APRIL – MAY 2019**

- **Sport Integration Week**
  - Sport Integration week takes place over 4 days from 15<sup>th</sup> – 18<sup>th</sup> April. The week is part of the overall annual youth project in the area and involves 9 groups of 6 or more young people (age 10 – 13 years) from a variety of disadvantaged communities in North Dublin. The groups come together for a full week of supervised physical activity and sports. Each group has links to local youth service programmes and activities over the week will be supervised by local youth work staff.
- **Easter Events**
  - A Girls Football Easter camp will take place on Thursday 18<sup>th</sup> April from 10am – 2pm in Kilmore Recreation Centre.
  - A Family Easter Fun Day will be held in May Park, Donnycarney. The day will involve an egg-hunt and fun games for all the family!

- **School Adventure Trip**

- An overnight trip to Carlingford Outdoor Adventure Centre for members of the local Comhairle Na Óg local group will take place on 24<sup>th</sup>/25<sup>th</sup> April.

#### **4. DCSWP 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 (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/Leinster Rugby Development Officer is currently engaging with schools across the South East Area.

Startbox programmes will continue in the following school in the North Central area in April/May 2019. Details are outlined below;

- **Programme:** Boxing Programme  
**Dates/Times:** Ongoing. Fridays 1-2pm  
**Location:** Our Lady of Consolation, Donnycarney  
**Participants:** Mixed ages 10-12 years  
**Partners:** IABA

##### **CRICKET DEVELOPMENT OFFICER UPDATE**

- The Cricket Development Officer continues to work with local sports officers in the area in relation to the delivery of cricket programs for 2019.
  - School coaching visits continue in the following schools in the North Central Area during April/May;
    - St Francis, Priorswood (Tuesdays 11.00am-12.30pm)
    - Our Lady's Immaculate, Darndale (Tuesdays 1.00am-2.30pm)
    - Howth Road National School, Clontarf Rd. Times and Dates TBC
    - Northbay ET, Kilbarrack. Times and Dates TBC
  - Cricket sessions will be provided in schools in the area seeking the Active Flag during Active School Week.

### **FOOTBALL DEVELOPMENT OFFICER UPDATE**

For details of Football events /initiatives and programmes in the North Central Area please contact the local Football Development Officer. See contact details below.

### **ROWING DEVELOPMENT OFFICER UPDATE**

Get Going....Get Rowing

- The Rowing Development Officer continues to deliver the Get Going Get Rowing programme in schools in and around Dublin. Following the February mid-term break the Get Going Get Rowing programme will commence in a new set of schools across the city including schools from the 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 May 9<sup>th</sup> in Grand Canal Dock, Dublin.
- Rowing students continue to 'virtually' row around the world. Students are encouraged to clock up the metres to get the team all the way around the world.

### **RUGBY DEVELOPMENT OFFICER UPDATE**

- School Rugby sessions continue in the area over the period in the following schools;

#### **Primary Schools**

- St Joseph's Coolock N.S - 4 week programme for 4<sup>th</sup> – 6<sup>th</sup> class students.

#### **Secondary Schools**

- Holy Faith Girls Killester - 3 week Programme for 3<sup>rd</sup> year students.
- Channel College Boys - 6 week Programme for 1<sup>st</sup> & 2<sup>nd</sup> year students.

#### **Blitzes/Camps**

- A Metro Blitz for Secondary Girls Schools will take place in Clontarf Rugby Club on 10<sup>th</sup> April.

### **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**

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