



North East Inner City Programme Office,  
Dublin City Council, Central Area Office,  
51-53 Sean McDermott Street Lower,  
Dublin 1. D01 HW44

01/03/2024

**To the Chair and Members of  
The Central Area Committee**

## **NORTH EAST INNER CITY PROGRAMME OFFICE REPORT**

### **Intercultural Coordinator**

Following Joy Eniola's departure in July the NEIC and DCC have had numerous meetings with the Department of Integration in relation to expanding the Intercultural capacity. Joy had noted the volume of work would require more than one person to be effective. An agreement to share fund a team of three people to work as the Intercultural team has been agreed. These posts will be advertised by Dublin City Council in the coming weeks.

### **Community Arts Coordinator**

Irma Grothuis finished up with the NEIC in December 2023. Irma left the Community Arts programme in a very strong position with some wonderful pieces of work that will continue in her absence. The NEIC/DCC and SUB Group 4 are exploring the best way to proceed with the Community Arts Coordinator post to ensure that it is sustainable into the future. A meeting is planned with the NEIC, DCC and the Community Arts Steering Group, a group that has also put a huge amount of support and work in to the programming of the NEIC Community Arts to ensure the Community are to heart of everything that is delivered through this programme.

### **Showdown in Sheriff Street**

February 17<sup>th</sup> saw the first of its kind in the area. The NEIC teamed up with OTT Wrestling to bring a family friendly entertainment show to the Laurence O Toole Centre. The evening was a complete sellout, and was a huge hit with locals and people who travelled alike. The evening saw over 20 entertainment stars take to the ring with back flips, somersaults, and everything in between. The feedback has been very positive with the locals anticipating the next show already.



### **Cycle Right in Primary Schools**

The NEIC/DCC have collaborated with the Department of Transport, The Road Safety Authority and Cycling Ireland to facilitate the cycle right programme. Cycle Right is the National Standard for Cycle Training and provides practical cycle safety and skills training to promote competent and confident cyclists. The feedback from city connects has been amazing, the participants absolutely love it and facilitators have stated that witnessing young people's progression has been truly heart warming. The Goal of the programme is for every young person to have the skills required to cycle safely by the time they leave primary school. Cycle Safety training is now running in numerous schools across the NEIC stated below, with hopes to progress to include all primary schools in the North East Inner City in the near future.

- O' Connells NS
- St. Vincent's Girls National Scholl
- Gardiner Street School
- Central Model School
- Scoil Chaoimhín
- Rutland National School





## Learn Local – School Cooking Programme

The NEIC is continuing to partner with Eilis Davenport of Learn Local Cooking. Eilis provided cooking workshops to Central Model school, last term and has now progressed to mixed lessons between O Connells Jnr School and St Vincents. The children partake in a 6 week cooking project which culminates in them cooking for their own parents on week 6.



## Active Ageing with Eddie

The NEIC support Active Ageing fitness with Eddie at Laurence O Toole recreation centre with the support of the staff there. The class has been so successful and well attended that it has now progressed to adding an additional class per week due to the high demand.



## NEIC Walking Football

The Walking Football has been a great success. It is well received by participants from the North East Inner City who really look forward to it and rarely miss a game. The FAI attend every game and the participant numbers have increased to 29 players attending weekly. DCC have also provided the group with the use of pitches and a centre with facilities allowing them post match showers and a safe space to gather socially.





## Change for Life 2024

The NEIC Change for life has kicked off in with 29 different activities being run across the North East Inner City. Change for Life is aimed at adults over 18 to get them moving through a series of taster activities over the course of a 6 week block. This year we have added Walking groups, Handball, F45, Boxing and Swimming, to the usual favourites.



From 29 <sup>th</sup> January – 16 <sup>th</sup> March 2024 Activities for Adults (Over 18's)						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am						Parkrun (9:20) Fairview Park
11am		NDC Bowls (11:00-12:00) St Laurence O'Toole Recreation Centre		F45 Community Class (11:00-11:45) F45 Actiens Street		
12pm	NEIC Walking Group (12:30-1:15) NEIC Sean McDermott St		Yoga with Peter (12:00-12:45) Fitzwilliam Recreation Centre Run with Ruth (12:30-1:15) NEIC, 52 Sean Mc Dermott St Lower		Walking Football (12:00-1:00) Laurence O'Toole Actia Plaza	
1pm	Yoga with Michael (1:15-2:00) Kilamey Court Community Hall	H.O.P.E. Couch to 5K (1:00-2:00) HOFI Kilamey St Circuits (1:00-1:45) St Laurence O'Toole Recreation Centre	Just 4 Men Swimming (1:00-2:00) Sean McDermott St Swimming Pool	H.O.P.E. Couch to 5K (1:00-2:00) HOFI Kilamey St	Fight Community Boxing Class (1:15-2:00) Fights, Celtic Street Aqua Aerobics (1:00-2:00) Sean McDermott St Swimming Pool	
2pm	Active Ageing with Eddie (2:00-2:30) St Laurence O'Toole Recreation Centre	ExWell Chronic Illness Exercise (2:00-4:00) Ballybough Community Centre	Active Ageing with Eddie (2:00-2:30) St Laurence O'Toole Recreation Centre	ExWell Chronic Illness Exercise (2:00-4:00) Ballybough Community Centre		
6pm	Intro to Weightlifting (6:00-7:00) O'Connell's School, Richmond St Intro to Taekwon Do (6:45-7:30) Lourdes Parish Hall Yoga with Erica (6:00-7:00) St Laurence O'Toole Recreation Centre	Yoga with Jan (6:00-7:00) Hardwicka Street Recreation Centre		NEIC Handball (6:00-7:00) St Laurence O'Toole Recreation Centre		
7pm	NEIC Handball (7:00-8:00) GAA Handball Centre Intro to Aikido (7:45-8:30) Dance Ireland, Foley St		Kickboxing (7:30-8:30) 45B Strandville Ave DD3H5F8	GAA For Ma's (7:00-8:00) Fairview Park		
8pm		Yoga with Audrey (8:00-8:00) Cross Cafe		Yoga with Denise (8:00-8:00) Eastwall Recreation Centre		

@NEIC\_Dublin fb.com/DNEIC

For further information  
[www.neic.ie](http://www.neic.ie)

Register at



Please book places directly for each class with the contact point. Places will be allocated on a first come, first served basis where spaces are limited. Participants can join a class at any stage throughout the programme.



From 29<sup>th</sup> January – 16<sup>th</sup> March 2024 Activities for Adults (Over 18's)

MONDAYS		
<b>Activity:</b> NEIC Walking Group <b>Contact Point:</b> Ruth 085 876 8885 <b>When:</b> 10:30am – 11:50am <b>Where:</b> NEIC Sean McDermott St <b>Cost:</b> Free	<b>Activity:</b> NEIC Walking Group <b>Contact Point:</b> Ruth 085 876 8885 <b>When:</b> 10:30am – 11:50am <b>Where:</b> NEIC Sean McDermott St <b>Cost:</b> Free	<b>Activity:</b> NEIC Walking Group <b>Contact Point:</b> Ruth 085 876 8885 <b>When:</b> 10:30am – 11:50am <b>Where:</b> NEIC Sean McDermott St <b>Cost:</b> Free
<b>Activity:</b> Yoga with Michael <b>Contact Point:</b> Michael 087 182 200 <b>When:</b> 10:30am – 11:50am <b>Where:</b> St Laurence O'Toole Community Hall <b>Cost:</b> Free	<b>Activity:</b> Yoga with Michael <b>Contact Point:</b> Michael 087 182 200 <b>When:</b> 10:30am – 11:50am <b>Where:</b> St Laurence O'Toole Community Hall <b>Cost:</b> Free	<b>Activity:</b> Yoga with Michael <b>Contact Point:</b> Michael 087 182 200 <b>When:</b> 10:30am – 11:50am <b>Where:</b> St Laurence O'Toole Community Hall <b>Cost:</b> Free
<b>Activity:</b> Active Ageing with Eddie <b>Contact Point:</b> Eddie 01 222 4205 <b>When:</b> 2:00pm – 2:30pm <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> Active Ageing with Eddie <b>Contact Point:</b> Eddie 01 222 4205 <b>When:</b> 2:00pm – 2:30pm <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> Active Ageing with Eddie <b>Contact Point:</b> Eddie 01 222 4205 <b>When:</b> 2:00pm – 2:30pm <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free
<b>Activity:</b> Intro to Weightlifting <b>Contact Point:</b> Peter 087 065 4033 <b>When:</b> 5:00pm – 7:00pm <b>Where:</b> O'Connell's School, Richmond Street <b>Cost:</b> Free	<b>Activity:</b> Intro to Weightlifting <b>Contact Point:</b> Peter 087 065 4033 <b>When:</b> 5:00pm – 7:00pm <b>Where:</b> O'Connell's School, Richmond Street <b>Cost:</b> Free	<b>Activity:</b> Intro to Weightlifting <b>Contact Point:</b> Peter 087 065 4033 <b>When:</b> 5:00pm – 7:00pm <b>Where:</b> O'Connell's School, Richmond Street <b>Cost:</b> Free
<b>Activity:</b> Intro to Taiwanese Tai <b>Contact Point:</b> Jozan 085 883 2265 <b>When:</b> 8:45pm – 7:30pm <b>Where:</b> Lourdes Parish Hall <b>Cost:</b> Free	<b>Activity:</b> Intro to Taiwanese Tai <b>Contact Point:</b> Jozan 085 883 2265 <b>When:</b> 8:45pm – 7:30pm <b>Where:</b> Lourdes Parish Hall <b>Cost:</b> Free	<b>Activity:</b> Intro to Taiwanese Tai <b>Contact Point:</b> Jozan 085 883 2265 <b>When:</b> 8:45pm – 7:30pm <b>Where:</b> Lourdes Parish Hall <b>Cost:</b> Free
<b>Activity:</b> Yoga with Eddie <b>Contact Point:</b> Eddie 085 876 8885 <b>When:</b> 8:00pm – 7:00pm <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> Yoga with Eddie <b>Contact Point:</b> Eddie 085 876 8885 <b>When:</b> 8:00pm – 7:00pm <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> Yoga with Eddie <b>Contact Point:</b> Eddie 085 876 8885 <b>When:</b> 8:00pm – 7:00pm <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free
<b>Activity:</b> NEIC Handball <b>Contact Point:</b> Peter 087 065 4033 <b>When:</b> 7:00pm – 8:00pm <b>Where:</b> OLA Handball Centre <b>Cost:</b> Free	<b>Activity:</b> NEIC Handball <b>Contact Point:</b> Peter 087 065 4033 <b>When:</b> 7:00pm – 8:00pm <b>Where:</b> OLA Handball Centre <b>Cost:</b> Free	<b>Activity:</b> NEIC Handball <b>Contact Point:</b> Peter 087 065 4033 <b>When:</b> 7:00pm – 8:00pm <b>Where:</b> OLA Handball Centre <b>Cost:</b> Free
<b>Activity:</b> Intro to Aikido <b>Contact Point:</b> Regal 087 264 1093 <b>When:</b> 7:30pm – 8:30pm <b>Where:</b> Dorcas House, Foley St <b>Cost:</b> €5	<b>Activity:</b> Intro to Aikido <b>Contact Point:</b> Regal 087 264 1093 <b>When:</b> 7:30pm – 8:30pm <b>Where:</b> Dorcas House, Foley St <b>Cost:</b> €5	<b>Activity:</b> Intro to Aikido <b>Contact Point:</b> Regal 087 264 1093 <b>When:</b> 7:30pm – 8:30pm <b>Where:</b> Dorcas House, Foley St <b>Cost:</b> €5
<b>Activity:</b> NEIC Tennis <b>Contact Point:</b> Denis 01 222 4205 <b>When:</b> 10:00am – 12:00pm <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> NEIC Tennis <b>Contact Point:</b> Denis 01 222 4205 <b>When:</b> 10:00am – 12:00pm <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> NEIC Tennis <b>Contact Point:</b> Denis 01 222 4205 <b>When:</b> 10:00am – 12:00pm <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free
<b>Activity:</b> Tai Chi <b>Contact Point:</b> Peter 087 065 4033 <b>When:</b> 10:30am – 11:45am <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> Tai Chi <b>Contact Point:</b> Peter 087 065 4033 <b>When:</b> 10:30am – 11:45am <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> Tai Chi <b>Contact Point:</b> Peter 087 065 4033 <b>When:</b> 10:30am – 11:45am <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free
<b>Activity:</b> NEIC Tai Chi <b>Contact Point:</b> Denis 01 222 4205 <b>When:</b> 10:30am – 11:45am <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> NEIC Tai Chi <b>Contact Point:</b> Denis 01 222 4205 <b>When:</b> 10:30am – 11:45am <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> NEIC Tai Chi <b>Contact Point:</b> Denis 01 222 4205 <b>When:</b> 10:30am – 11:45am <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free
<b>Activity:</b> NEIC Tai Chi <b>Contact Point:</b> Denis 01 222 4205 <b>When:</b> 10:30am – 11:45am <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> NEIC Tai Chi <b>Contact Point:</b> Denis 01 222 4205 <b>When:</b> 10:30am – 11:45am <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free	<b>Activity:</b> NEIC Tai Chi <b>Contact Point:</b> Denis 01 222 4205 <b>When:</b> 10:30am – 11:45am <b>Where:</b> St Laurence O'Toole Recreation Centre <b>Cost:</b> Free

**FightR Community Boxing Class**

Local Olympian and professional boxer Emmet Brennan has opened up a new boxing club called FightR in the North East Inner city. We are fully supportive of Emmet who has agreed to place a FightR Boxing class on our Change for life programme.





## F45 Fitness Class

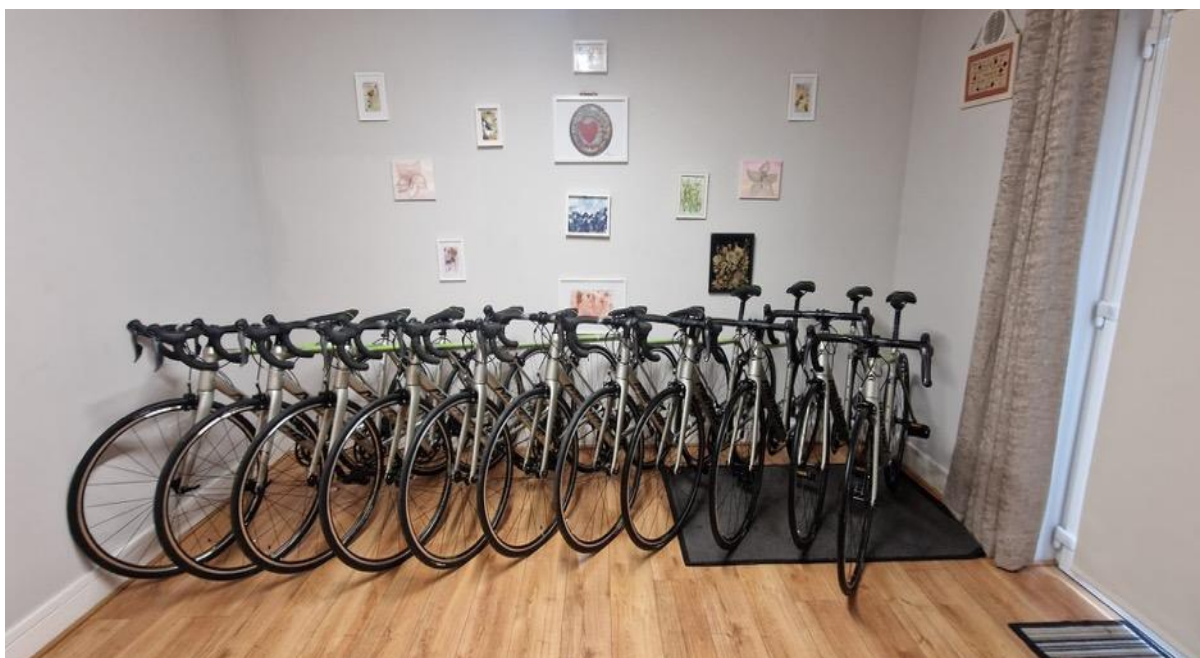
The NEIC/DCC continue to support and raise awareness of the local businesses in the area. The F45 were happy to place a fitness class in the Change for Life programme and it has been very well received by the community.





## ACRG CC

The After Care Recovery Group Cycling Club is the very first inner city cycling club in Dublin, let alone the NEIC. This is a barrier breaking activity/sport, as people from a disadvantage area would not normally recognise this as something that they could ever get to take part in. The NEIC/DCC were happy to support them on their journey by funding the purchase of 12 new bikes. The group are now members of Cycling Ireland they are now fully sustainable in their own right.



## Yoga in the NEIC

The NEIC continue to support Yoga programmes throughout the North east inner city. There are Yoga classes established in many of the local schools (St.Marys, St.Joseph's, Rutland Street NC), resource centres (ACRG) and 6 Classes in the Change for Life programme (Killarney court, Hardwick Street, Saint Laurence o Tool community centre, East Wall community centre). These classes are well attended and are a very beneficial to not just the physical but mental health of the participants.





## **NEIC Young People BMX**

Cycling is fast becoming more attractive as a sport in the North East inner City. With the new cycling club, cycle right programmes and charity cycles throughout the year, we have now progressed the many options of cycling that are available to the community. We are currently collaborating with Cycling Ireland to provide young people with access to the BMX track in Lucan. Swan Youth Service is the first of many services to take up this opportunity, and will be facilitating 2 group up to the BMX track.

The progression has been significant in such a short period of time with Belvedere, East Wall Youth Project and additional groups from Swan Youth Service now accessing the facilities.



### **NEIC Weightlifting Club**

As a result of the huge success of the Introduction to weightlifting in the Change for Life Programme and the increased interest in weightlifting from the community we have now added another trainer to the class. The class takes place in O Connell school gym which was once an unused gym. By facilitating the required clean up and the addition of some equipment the space has now become a very successful weightlifting club for those in the North east inner city.





Contact: Michael Darragh Mc Auley Tel: 0871822010 Email:md.macauley@dublincity.ie  
Contact Peter O Donnell Tel: 0870654031 Email :Peter.odonnell@dublincity.ie



Leona Fynes – Adminisitrive Officer

[Leona.fynes@dublincity.ie](mailto:Leona.fynes@dublincity.ie)

0872760045

NEIC Programme Office



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council