

01/05/2024

To the Chair and Members of
The Central Area Committee

NORTH EAST INNER CITY PROGRAMME OFFICE REPORT

NEIC Sports and Wellbeing Report May 2024

Box Clever Recovery Programme

NEIC are proud to support a 30 week Boxing Clever Recovery Programme in the North East Inner City. Boxing clever is a HSE social inclusion funded initiative that has been rolled out across Ireland for more than a decade. The programme's main goal is to support individuals through education and fitness while creating a more visible recovery community in the local area. In early April, 16 participants joined the programme, each one has shown high levels of motivation and enthusiasm to be a part of something that will not only help support themselves but that supports others. Box clever collaborates with other services from within the NEIC, such as FightR gym and tutors from the local ETB.



ExWell Medical - Ballybough

There are currently 30-35 regular attendees enrolled in the Ballybough ExWell classes. There are many more potential clients awaiting induction into the program however, we are currently at max capacity in the Ballybough community centre. An additional two classes are required to keep up with growing demand. Class is held every Tuesday and Thursday at 1pm both days. The program has grown rapidly in the past 6 months with an additional 37 patients on a waiting list which is increasing daily. This rapid growth has highlighted a clear need for additional classes and NEIC are proud to be part of this rapid growing service for the community.

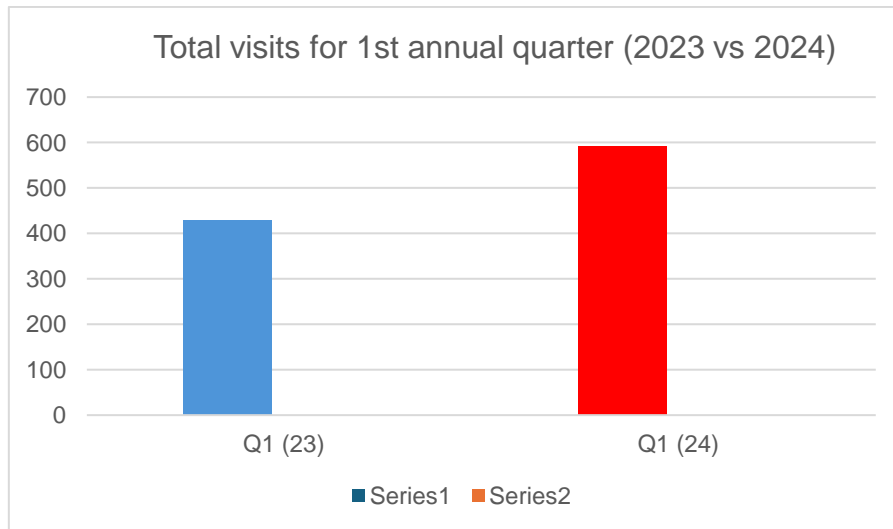


Figure 1. Comparison of class attendance for Q1 2023 vs Q1 2024

As shown above there has been an increase of 164 visits for the first quarter of 2024 compared with figures of 2023. We are currently on par to surpass attendance totals for Q2 of 2024 when compared to Q2 of 2023. However this will likely require an additional class ideally held from 2pm to 3pm each Tuesday and Thursday. An additional two classes per week would enable ExWell to increase its reach in the Ballybough area substantially.



NEIC Youth Service Velodrome Program

Following on from the success of collaborating with Cycling Ireland to bring Youth Services in the NEIC to the BMX track in Lucan. NEIC are now supporting the facilitation of trips for groups of young people in local youth projects to participate in a three week track cycling program. This will give the young people an opportunity to get involved with the sport of track racing and to become members of the Sundrive Track Cycling Club.



TY Weightlifting Ireland Programme

NEIC/DCC have collaborated with Weightlifting Ireland to deliver Transition Year Weightlifting programme in Larkin Community College. This is a 6 week programme to teach Olympic lifts to the student and to introduce the sport of Weightlifting to young females.



Basketball

The NEIC is continuing to partner with Basketball Ireland to promote basketball in all of the NEIC Schools. Separately the NEIC Trojans team have won the league in front of a large audience at the National Basketball Arena on April 23rd. It was a huge achievement for the boys and the community and club is very proud of them.



NEIC BMX

Following on from the success of NEIC collaboration with Cycling Ireland, the NEIC have now collaborated with Lucan BMX club. All young people in the NEIC Youth services have become members of the Lucan BMX club as well as becoming members of Cycling Ireland. Previously the groups could only attend the BMX track as a guest however now they are part of the club and members of Cycling Ireland they can take part in all the BMX Track activities.



Little Fitness Stay & Play Programme

NEIC continue to support Little Fitness stay and play programme. The programme engages with Parents and children from Emergency Accommodation within the NEIC area taking them to Ozanam House, where the children can participate in movement exercises, allowing development of gross motor skills and fundamental movement. Children & parents are empowered through Physical movement, social and emotional support and also the use of language. Along with the Little Fitness session a stay and play session is also provided to allow children and parents time outside of emergency accommodations. This currently focuses on 2-3 year olds with Sessions taking place on Tuesday's at 9.30 – 10:30 am with a start Date of Tuesday 19th April and will run for 6 weeks.



Little Fitness

**STAY & PLAY
PROGRAMMES
2-3 YEAR OLDS**



**DUBLIN
NORTH EAST
INNER CITY**

Activities:

- Fun fitness
- Movement with music
- fun games
- Stretching & relaxation
- Colouring
- Free Play

Start date

Friday 19th April 9.30am - 10.30am

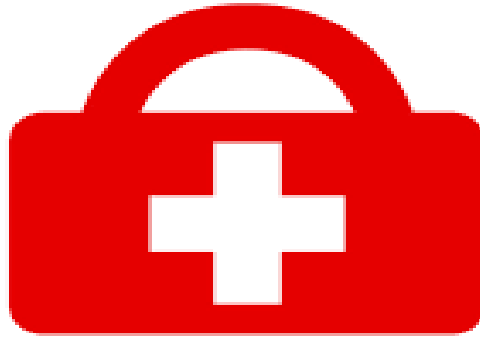
Where

Ozanam House
53 Mountjoy Sq



Sports Club Governance

The NEIC/DCC are happy to support the local running club in the up keep of their club governance by arranging a First Aid course for the club members as some certs have expired.



CPR & First Aid Training Class

Learn Local – Healthy cooking in schools

The NEIC continue to partner with Learn Local Cooking classes. Currently in process in Scoil Chaoimhín. All children have been given the opportunity to learn new skills in the kitchen preparing meals from scratch, omelettes, homemade crispy chicken wraps and smoothies and developing the confidence to try lots of new foods such as oat milk, kale, and Greek yoghurt. Children also learn about nutrition and dietary requirements.



Yoga in the NEIC

The NEIC continue to support Yoga programmes though out the North East Inner City Area. There are Yoga classes currently 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).The 5 Lamps Arts Festival has also been supported with yoga classes, The feedback has been extremely positive and the numbers participating.



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



Leona Fynes

Leona.fynes@dublincity.ie

0872760045

NEIC Programme Office



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council