

**To the Chairperson and Members of
the Central Area Committee**

Dublin City Sport & Wellbeing Partnership Report

11th October 2016

- **MarathonKids** is a citywide running programme developed to encourage 6th class pupils to embrace healthy, active lifestyles. The aim of the programme is to inspire children to run; and over 8 weeks accumulate the equivalent distance of a Marathon – 26.2 miles!

DCC Sport & Wellbeing Partnership have teamed up with Fingal County Council to build on the very successful programme rolled out by Fingal in 2015, which saw 22 primary schools and over 600 kids take part in this unique event. The 2016 programme commenced in September and will carry through until mid November.

Pupils perform four running sessions each week, inching them closer to completing their first marathon. Resource booklets have been given to all pupils to assist with motivation and learning. All participants will be invited to a 'final mile' event and celebration to be held in the National Sports Campus, Blanchardstown.

- **What: Yoga**
Who: HSE Mental Health Referrals
Where: Ballybough Community Centre
Dates: 13th, 20th, 27th Oct and 3rd Nov
Time: 12-1pm
- **What: Chair Aerobics**
Who: Older Adults
Where: Central Library, Ilac centre
Date: 18th, 25th Oct and 1st Nov
Time: 12.30-1.30pm
- **What: Walking Club**
Who: Older Adults
Where: Clonliffe Community Centre
Dates: 14th, 21st, 28th Oct and 4th Nov
Time: 11am
- **What: Tai Chi**
Who: Older Adults
Where: Friends of the Elderly Centre, Bolton St.
Dates: 18th & 25th October
Time: 1-2pm
- **What: Mixed Circuit Fitness**
Who: HSE Mental Health Referrals
Where: Ballybough Community & Sport Centre
Date: 19th, 26th Oct and 2nd, 9th Nov
Time: 2pm
- **What: Pulmonary Rehabilitation Class**
Who: Referred Participants

Where: Ballybough Community & Sport Centre
Date: 25th, 27th Oct, 1st, 3rd, 8th and 10th Nov
Time: 2-4pm

- **Cricket** Development Officer will be liaising with DCC Sports Officers in the area to organise the running of cricket programs for the coming months. He will also be delivering sessions in ArdScoil Rís during this period to prepare them for the Junior Cup
- **Rugby** Development Officer will be rolling out an U14 talent identification programme with boy's secondary schools in the area. He is also overseeing the start-up of an U15 'Dublin City' team, again, with secondary schools in the area

FOOTBALL

- Drop-in football in Aughrim St Sports hall for boys & girls aged 9 - 12yrs continues each Tuesday from 3.30pm - 4.30pm
- School coaching sessions (primary & secondary, D7) take place each Wednesday in Aughrim St Sports hall from 10am - 11.30pm & 4pm - 5pm.
- Drop-in football in Aughrim St Sports hall for boys & girls aged 6 - 9yrs continues each Thursday from 3.45pm - 4.45pm
- The '**Show Racism the Red Card**' initiative is currently being rolled out in St. Gabriel's School & Stanhope Street School
- The Football in the Community Development Officer will be delivering a **Coach Education** Youth Cert Course in Crumlin from 1st -4th November.

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