

## NORTH CENTRAL AREA COMMITTEE

### DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

- **Marathon Kids** is a citywide running programme developed to encourage 6<sup>th</sup> 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 distributed 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.

- **Junior Park Run**  
Edenmore Park is the proposed venue for a weekly Junior Park run. This weekly event will form part of a national running programme and is co-funded by DCC & the HSE. A local voluntary committee of 10-11 people has been formed as they are currently taking part in a series of workshops with Park Run to manage weekly runs.
- **St. Anne's Walking Programme**  
Following on from the success of the spring walking programme in St. Anne's Park, a new 8-week walking programme for older adults is ongoing.
- **Pool Lifeguard Training**  
A weekly free swimming and water safety training session is held in DCC Pool Ballyfermot. Two participants from the NCA attend regularly and should be qualified pool lifeguards by the end of 2016.
- **'Macushla' Dance Programme**  
Dance lessons and low intensity exercise movement programmes will be offered to a variety of older adult groups in North Dublin. This is generally delivered in partnership with members of the DCC Community Development Team.
- **HSE Men's Soccer**  
This joint initiative between DCC & the HSE takes place every Thursday at 3pm in Kilmore Community Recreation Centre. The aim is to use sport and physical activity as a tool to help men with mental health difficulties.
- **The Dales Physical & Wellbeing Programme** is an initiative jointly run by our DCC Sports Officer and The Dales Drug Programme, Darndale. This ongoing programme takes place every Tuesday at 11am in Darndale Boxing Club and targets people with **addiction problems**. The programme comprises fitness sessions & mindfulness etc...  
The idea is to teach participants that a healthy body & mind can assist in overcoming addictions.
- **Olympic Handball**  
This new programme takes place on Thursday mornings in Kilmore Community Recreation Centre. It gives pupils from Scoil Fhursa the chance to try out a new sport.
- **After-School Sports Drop-ins:** These ongoing sessions are a partnership initiative between the DCC Sports Officer and Sphere 17 Regional Youth Service, Priorswood Youth Service, Bonnybrook Youth Project & Kilmore Youth Project. So far over 150 young people have been introduced to sports such as cricket, Olympic handball, indoor tennis & basketball. The programmes run on Mondays to Thursdays from 2pm – 4pm.
- **School Completion Absentee Programme:** This very successful initiative is a partnership between DCC, school completion & the FAI. The aim is to encourage young primary school

kids to attend school through a fun soccer incentive programme that takes place on the Oscar Traynor pitches each Wednesday.

- **Girl's Fitness & Dance**

This programme runs every Thursday from 12pm – 2pm and is open to 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> class students from Scoil Íde. The idea is to teach young girls that fitness and health are very important elements in their lives.

- **Older Adults Chair Aerobics**

Every Tuesday at 2pm in Parnell's GAA Club

- **Ultimate Frisbee Programme**

2 groups from the Kilbarrack CDP Afterschool Programme will each take part in a 45min session each Friday to learn this fun and interactive game.

- **SCP /DCC/ Árd Scoil La Salle 1<sup>st</sup> Year Activity Club**

Students from 1<sup>st</sup> year in Árd Scoil La Salle take part in an activity programme on Wednesday Afternoons. The programme, which the students themselves plan, cost and budget for, involves them creating their own behavioural contract by setting social and academic targets. The programme will include a number of offsite activities such as Jumpzone, wall-climbing, watersports and some on site activities including indoor football/ pool/ air hockey etc...

- **Hellfire Walks**

A number of evening Hellfire walks will take place the week prior to Halloween and the week of the Halloween School mid-term break

- **Tennis Programme**

In partnership with Donnycarney Youth Project and Rockfield Tennis Club, a group of teenagers will take part in a tennis programme which will culminate in a tournament.

- **Rugby**

St. Paul's College - Intro to rugby programme with 1st years. Commenced in September and has now been extended until the end of November. Approx. 100 boys participate as part of their PE class every Monday, Tuesday & Friday

Metro Area Cup - Support and coaching with teams from St. David's Artane (Thursdays), Chanel College (Tuesdays) & St. Paul's Raheny (Mondays). All play regular group stage matches at U16 and U19 level in this competition.

The Donahies Community School - Intro to rugby programme with 1st years is ongoing through their PE class each Wednesday & Friday.

Mount Temple – Girl's secondary rugby is ongoing every Wednesday (part of Women's World Cup legacy project)

Primary Tag Rugby - taster and refresher sessions will take place in the following primary schools:

*Howth Road N.S., Killester  
North Bay Educate Together, Killbarrack  
Our Lady Immaculate, Darndale  
Belgrove G.N.S., Clontarf*

Teacher Tag Rugby Training Course scheduled for St. Patrick's College, Drumcondra, in mid November (date TBC)

- **Cricket**

Cricket Development Officer will be liaising with Sports Officers in the area to organize the running of cricket programmes for the coming months  
School Visits- We will be visiting the following schools in this area during this period:

*Donahies Community School D13 (Wednesdays)*  
*Our Lady Immaculate Darndale (Wednesdays)*  
*Northbay Educate Together (Tuesdays)*

Provincial cricket sessions started back on the 7<sup>th</sup> October on Friday nights from 5.00pm-9.30pm and will run right up until December in North County Cricket Club. There are a number of players from the NCA (particularly Clontarf) involved in these sessions. Players are between 10-18 years of age.

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