

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

21ST NOVEMBER 2016

- **Marathon Kids** 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! Resource booklets have been given to all pupils to assist with motivation and learning.

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 (with many schools from the NCA taking part) and will climax in a 'final mile' event & celebration to be held in the National Sports Campus, Abbotstown, on Sunday November 20th.

- **Community Walking Programme – Red Stables, St. Anne's Park**
As part of the *Get Ireland Walking* initiative, the local DCSWP Sports Officer is currently delivering a 'Winter Walking Programme', which commenced in St. Anne's Park, Raheny, on November 9th. Open to all abilities – simply arrive to the meeting point at the Red Stables at 10.15am each Wednesday morning. DCC's Community Development staff are also involved in supervising the local walks and it is planned to take the group trail walking further afield as the programme proceeds.
- **HSE & DCC Community Walking Programme – IERNE Sports & Social Club, Drumcondra**
In partnership with the HSE, a weekly walking group commenced on Thursday 20th October. The initiative is open to members of the public aged 55 years and over. It is planned to take the group to Malahide Park & the Phoenix Park over the next few weeks.
- **Water Polo**
Following on from recent discussions, Water Polo Ireland have indicated they would like to use Coolock Swimming Pool for a Coach Education Programme and junior water polo coaching sessions. The pool will be made available free of charge with a view to basic swimming & water polo lessons being delivered to local schools. More details to be confirmed over the coming weeks.
- **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 DCSWP 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 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 DCSWP 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 Mondays to Thursdays from 2pm – 4pm.

- **Women's Health & Fitness Programme**

The DCSWP Sports Officer delivers this programme every Thursday at 2pm in Kilmore Community Recreation Centre. The bulk of the participants are from Kilmore Youthreach and the idea of the programme is to teach young women the importance of a healthy & active lifestyle.

- **Cricket**

School Visits – the Cricket Development Officer will be visiting the following schools in this area during this period:

Donahies Community School D13 (Wednesdays)

Our Lady Immaculate Darndale (Wednesdays)

Provincial cricket sessions started back on the 7th 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 Raheny/Clontarf) involved in these sessions. Players are between 10-18 years of age.

- The Boxing Development Officer will commence **Start-Box Gold sessions** this month.

The Gold programmes consist of participants who showed promise through their Bronze and Silver Sessions and have consented to increased intensity, by partaking in schooled-spars etc...

There are students involved from St. Paul's T.Y. Raheny, St. Colmchille N.S. Donaghmede & St. Francis N.S. Priorswood who will commence training at the high performance gym in the National Stadium with a view to partaking in the Showcase Finals, which take place on December 7th.

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Report by

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