

- The 2017 **Lord Mayor's 5 Alive Challenge** kicked off on New Year's Day in the Phoenix Park with the Liffey Valley Tom Brennan Memorial 5K. The five race series is proving as popular as ever with the maximum 450 entrants signing up within an hour of registration opening. The next race is the Raheny Shamrocks 5 mile on January 29th. The challenge runs from January to April and more details can be found at: www.dublincity.ie/lord-mayor-5-alive-challenge-2017
- **Community Walking Programme – IERNE Sports & Social Club, Drumcondra & Red Stables, St. Anne's Park**
As part of the HSE *Get Ireland Walking* initiative, the local DCSWP Sports Officer is currently delivering Community Walking Programmes for over 55's at the above locations (open to all abilities). DCC's Community Development staff are also involved in supervising the local walks. The weekly walks resume in mid January.
- **Water Polo**
Following on from recent discussions, Water Polo Ireland have indicated they would like to use Coolock Swimming Pool early this year 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.
- **Leinster Rugby Coaching Programme**
In partnership with a number of primary schools in the area including Naíscoil Íde, Raheny, Leinster Rugby are delivering a number of 'Teacher Coaching' sessions throughout January. Teachers will then be in a position to coach the children over the subsequent weeks & months as part of the Active School Flag.
- **Young Community Leaders Northside Partnership LÁMH – Learn about mental health week 16th-21st January**
DCSWP Sports Officers will be speaking at a local Seminar on Wednesday 18th January while exhibiting information on programming and services on offer in the area and by the Sport & Wellbeing Partnership in particular.
A DCSWP Sports Officer will also provide a couple of exhibition classes at the Kilbarrack Community Event on Saturday 21st such as chair aerobics; go for life games, boccia etc...
- **IWS Pool Lifeguard Training Programme:** DCSWP Sports Officers and relevant Youth Projects in their areas are invited to submit suitable candidates for a place on the IWS Pool Lifeguard Programme to be held in February. Trainees must be able to swim 200m freestyle and 200m combination strokes.
- **After-School Sports Drop-ins**
These ongoing sessions are a partnership initiative between the DCSWP Sports Officer and Sphere 17 Regional Youth Service / Kilmore Youth Service. Young people have the

opportunity to try their hand at sports such as cricket, ultimate frisbee, indoor tennis & basketball. The programmes run Mondays - Thursdays from 2.30pm – 4pm for after-school groups in Darndale, Priorswood, Kilmore & Bonnybrook.

- **Rock Climbing**

This initiative targets a group of Traveller youths. They will use the impressive indoor climbing walls at the 'Awesome Walls' facility each Thursday from 5.30pm – 7pm with a view to obtaining a Level 1 Rock Climbing Cert upon completion. The programme is in partnership with Sphere 17.

- **Women's Traveller Walking Group**

The local DCSWP Sports Officer is planning to commence a weekly morning walking group for traveller women in Dean Swift Park, Priorswood, from the end of January.

- **Men & Women's Fitness Classes**

These sessions, in association with Kilmore Youthreach will continue in Kilmore Community Recreation Centre each Thursday at 2pm and some Fridays at 9am (numbers dependant).

- **School Swimming Programme**

Continuation of this hugely successful programme each Friday morning at 10am in Coolock Pool. To date, 50 3rd & 6th Class pupils from OLI Darndale have completed the programme.

- **Men's Fitness & Mental Health Group**

This initiative continues every Thursday at 3pm in Kilmore Community Centre. The DCSWP Sports Officer is hoping to extend the programme to do additional fitness based work on another day during the week.

- **Walking Football**

In Partnership with the Local FAI Football in the Community Officer, an 'introduction to walking football taster session' will be offered to the 4 established Men's Shed Groups in the North Central Area with a view to organising a social league.

- **Go For Life Games**

The DCSWP Sports Officer is targeting 3 new older adult groups in the NCA to introduce them to the 'Go For Life Games' via the provision of weekly sessions.

- **Safeguarding**

During this period the local DCSWP Sports Officer will deliver Sport Ireland's Safeguarding 1 Course to coaching staff and volunteers from Raheny Shamrocks Athletics Club in addition to other local clubs.

- **Startbox Bronze**

This initiative runs from mid Jan – mid Feb and consists of 4 week sessions that will take place with transition year students onsite in the following schools: Chanel College, The Donahies & St. David's.

- **Cricket Development Officer Update**

Liaising with Sports Officers in the area to organise the running of cricket programs for the first quarter of the year.

Organising days and times with schools in the area for 'schoolyard cricket sessions' to start in this month. In particular we will focus on schools that are entered in the Leprechaun Cup (Primary School's Cricket Competition) & the Secondary School Competition.

Provincial cricket sessions resume on Friday nights from 5.00pm-9.30pm in North County Cricket Club where we have a number of players from the North Central Area involved in these sessions. Players are between 10-18 years of age.

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