

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

Ballyfermot Swimming & Water Sports sessions resume this month each Monday from 5-6pm in Sports & Fitness Ballyfermot. A number of DCSWP Sports Officers are involved. The programme is open to referrals from the local welfare officer. The Monday pool sessions have been running since March 2016 and cover swim technique/fitness, water safety, snorkelling & sea swimming outings in the Summer. Participants must have a good baseline standard of swimming as the training is of a high intensity.

Opportunities are available for those interested to progress onto a Pool Lifeguard Course and achieve certification in this area. This may, in turn, open up employment prospects for them. However, the focus of the programme is to use the experience of successful candidates within the group in a peer to peer leadership model in order to sustain success.

Club Support

The local DCSWP Sports Officer supports and works with the coaches from *St. Catherine's Boxing Club* & *Tae Kwon-Do Club* who both train on various evenings in St. Catherine's Sports Centre and are always willing to take on new members. Likewise with *Liberty Saints Rugby Club U13's & 17's* who train on Tuesday & Thursday nights in Liberty Park on Basin Lane.

The Liberties Club (Youth Justice Project)

The local DCSWP Sports Officer will be assisting youth workers from The Liberties Club to provide a soccer drop-in every Monday night from 8-10pm in St. Catherine's Sports Centre. This acts as a form of outreach to young people in the area and the hope is that they will join the club and get involved in activities on an ongoing basis.

TULSA Programme South City Family Support Services

The DCSWP Sports Officer is working with the South City Family Support Services TULSA to help build resilience for a group of young people aged 8 to 12 years of age, allowing them to find their voice. The group will be taking part in a 12-week Water Confidence / Snorkelling programme taking place in Crumlin Swimming pool on Tuesday afternoons from 3-4pm. The Programme will run from January to April.

Teen Gym - Introductory Programme

The DCSWP Sports Officer, with the support of the St. Catherine's Gym staff, has organised another four week block of Teen Gym sessions for new participants, which commenced on Saturday 7th January. This introductory programme is held on Saturday afternoons after the gym is closed to the public. The teens are given exclusive access to equipment and instructor supervision.

Once teens have completed these four weeks they may then use the gym after school on weekdays and up to 6pm daily during the school holidays. We constantly have new teens signing up for this programme and we have also retained a large number of teens who have progressed from Teen Gym to a full gym membership.

The cost of Teen Gym is €2 per session and is open to any teen from the age of 13 – 16 years. Teen Gym also operates every Wednesday & Thursday in Clogher Road Sports Hall (St. Kevin's College)

Car Driving Programme

The local DCSWP Sports Officer will be assisting both the Fountain Youth Project & Foróige DAN Youth Justice Project with their Safe Car Driving Programme which will take place on Wednesday afternoons across 4 weeks from late January to late February.

Bluebell Change For Life – This 8 week general health and fitness based programme consists of a health check, body measurements, weekly weigh-ins, nutrition advice and then final reassessments. Three fitness classes are also provided as part of the programme - Zumba on Mondays from 7-8pm, Walking/Jogging on Wednesdays from 6-7pm and Step Aerobics on Thursdays from 7-8pm. All classes take place in Bluebell Community Centre. This programme is open to all adults in the local community.

Fatima Change For Life – As above. Three fitness classes are also provided as part of the programme – Step Aerobics on Mondays from 6-7pm, Walking/Jogging on Wednesdays from 6-7pm and Circuit Training on Thursdays from 6-7pm. All classes take place in the F2 Centre. This programme is open to all adults in the local community.

Activities for Over 55's

Aqua Aerobics, every Wednesday from 11am – 12pm in Guinness Pool

Chair Aerobics, every Thursday from 10.30am – 11.30am in Donore Avenue Community Centre

Indoor Bowls, every Friday from 12pm – 1pm in Donore Avenue Community Centre

Go for Life Games, every Tuesday from 10.30am – 11.30am in Walkinstown Social Services Centre

Fencing Programme with St. Patrick's Choir School each Thursday through January at 1.30pm. This will teach students the basics of Olympic Fencing.

Addiction Response Crumlin (5 Programmes)

Mondays: 11am to 1pm, Clogher Rd – Recovered Group

Tuesdays: 11am to 1pm, Urban Gym Drimnagh – Recovery Via Sport Group 1

Thursday: 11am to 1pm, Urban Gym Drimnagh – Recovery Via Sport Group 2

Fridays: 11am to 12pm, Clogher Rd – Women's Group

Fridays: 11am to 1pm, Clogher Rd – Addiction Response Men

Inchicore Sports Centre - New Fitness Classes

Mondays: Pump & Tone, 6- 7pm

Tuesdays: TRX, 7- 8pm

Saturdays: Spin & Core, 11-12pm

Pay as you go - 5 euro per class ... all levels welcome ... no need to book!

Football

Football Drop-in every Monday from 5pm to 6pm in Ballyfermot Sports & Fitness for 5 – 7 year olds (skill development) and every Thursday from 5pm to 6pm in Inchicore Sports Centre for teens (social, diversion, skill development).

Sprog Soccer takes place every Monday from 4pm to 5pm in St. Catherine's Sports Centre for 4 – 8 year olds.

Men's Homeless Street League resumes each Friday from 11am – 1pm in St. Catherine's Sports Centre.

Girl's Football Drop-in every Monday from 5pm to 6pm in St. Catherine's Sports Centre for 6 – 11 year olds.

School Football Sessions will run in St. Catherine's Sports Centre every Monday & Tuesday morning for local schools in the area.

Walking Football for the Active Retirement over 65's – Clogher Road Sports Centre every Friday from 1.30pm – 2.30pm (resumes 27th January for a 5 week run).

Club Development: the Football Development Officer for the Inchicore/Bluebell/Kilmianham areas will facilitate a 'Safeguarding Child Welfare' Workshop on Thursday January 26th in Inchicore Sports Centre for local clubs in the area.

'Breakfast Football' takes place at Our Lady of Lourdes School, Inchicore, every Friday from 8am – 9am. This involves the local Football Development Officer working with the Garda Juvenile Liaison Officer and the local school to get children to attend school and to be on time.

Cricket Development Officer Update

Liaising with Sports Officers in the area to organise the running of cricket programs for the coming months.

We have four different groups that participated in Table Cricket (an indoor miniature version of cricket played on a large table top, designed for physically challenged cricketers) before Christmas and we will be holding a tournament for the different groups in late January in Sports & Fitness Ballyfermot (date TBC).

Organising days and times with schools in the area for 'schoolyard cricket sessions' to commence this month. In particular we will focus on schools that are entered in the Leprechaun Cup (Primary School's Cricket Competition) such as Drimnagh Castle BNS & Scoil Colm.

Rugby Development Officer Update

Primary Schools

Recruitment of players for Terenure College RFC's Mini Girl's Section through engagement with primary schools in the area:

- *St. Pius X GNS, Terenure; Tuesday mornings, mid Jan – mid Feb*
- *Assumption Girls NS, Walkinstown, Wednesday mornings, mid Jan – mid Feb*
- *Primary School Blitz, Wednesday 8th Feb, Terenure College RFC*

Secondary Schools

Drimnagh Castle: Coaching support for full contact boys' rugby teams competing in DCC Cup U15 blitzes and U18 competition.

St. Patrick's Cathedral School, Dublin 8: Coaching support for full contact boys' rugby teams competing in DCC Cup U15 blitzes and U18 competition. Also coaching support for full contact girl's rugby team taking part in participation blitzes.

Player Development

Continuation of U16 Metro Boy's player development. This takes place fortnightly throughout the season on Mondays from 6-8pm in Donnybrook Stadium with a Shane Horgan Cup match over the February mid term.

Leinster DCC Schools Competition

Competition for secondary schools in the DCC area to help prepare them for Junior (U16) and Senior (U19) competitions next year. Please contact the Rugby Development Officer for more details.

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