

Operation Transformation 5K Run

This event will take place on Saturday 18th February in the Phoenix Park. It is open to everyone and more information is available on the TV Show's official website. DCSWP will be promoting the event via social media in the days leading up.

Ballyfermot Swimming & Water Sports sessions continue 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, snorkeling and 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 (7 of our participants are taking this course this month – a fantastic achievement!). 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.

School Rowing Ballyfermot

In September, St. Louise De Marillac NS & St. Raphael's NS will begin a year long rowing programme with Dublin City Council Staff in the Dublin Municipal Rowing Centre, Islandbridge. They will be joining other local schools (Mary Queen of Angels & Caritas College), who have enjoyed use of the facility and participation in the sport for almost ten years. If anyone has interest in getting their local groups or individuals involved in rowing, please contact DCSWP Sports Officer Gareth Herbert.

Ballyfermot Ladies Cycling Group

This is an open programme for anyone interested in cycling and achieving a good level of fitness in a relaxed and friendly environment. The cycling group meets at Ballyfermot Sports & Fitness on Fridays at 10.30am. The aim is primarily to get participants comfortable and confident on the bike and safely cycling in groups. The medium term goal is to build up to a long cycle of 40km during the Easter break.

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 rolling four week block of Teen Gym sessions for new participants. 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).

Fountain Youth Project/Foróige DAN Youth Justice Project Mid-Term Programmes

The DCSWP Sports Officer will be assisting the two projects with their school mid-term activities. Groups will be travelling to the National Aquatic Centre and to Skill Zone in Stillorgan.

Foróige DAN Youth Justice Project - Snorkeling Programme

The DCSWP Sports Officer is facilitating and assisting the project by delivering an introductory pool snorkelling programme on Tuesday evenings in Crumlin Swimming Pool. The young people need to log 5 open water snorkeling sessions, with their initial session being planned during the February mid-term break. The group will be working towards the Irish Underwater Council's 'FUNdamentals' certification.

Liberties Community Training Centre Programme (CDETb)

The DCSWP Sports Officer will be working with approx 50 young people aged 16 to 21 years to achieve a range of certificates. The young people are currently working towards FETAC Level 3/4 certification covering four distinct areas being Sport & Leisure, Hospitality & Tourism, Woodwork and Metalwork. To help keep the group active and achieve the relevant skills they will be taking part in gym sessions and outdoor activities. The Sports Officer will also assist in getting students certification in First Aid and Safeguarding. The current crop of students expects to graduate in July.

SICCDA Life-skills Health & Lifestyle Programme

The DCSWP Sports Officer will be working with a group of 12 adults on a year long life-skills FETAC Level 3/4 Programme. To help with keeping the group active they will be taking part in gym sessions in addition to outdoor trail walks.

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.

Annual 5th & 6th Class School Soccer Blitz

This 5th & 6th class school soccer blitz has been running for the past 12 years in St. Catherine's Sports Centre. Ten of the local primary schools attend with representative teams from both the 5th and 6th Class streams. The programme is a joint initiative between the JLO Garda in Kevin St., the DCSWP Sports Officer and the FAI Football Development Officer. This year the girl's blitz will take place on Friday 3rd March from 9am to 3pm, with the Boys blitz taking place on Monday 6th March. Approx. 300 young people take part in this event.

Safeguarding Training

The DCSWP Sports Officer will be facilitating three 'Safeguarding 1' courses during March and April for local community clubs, volunteers and coaches.

A 'Safeguarding 2' Children's Officer course will be taking place in St. Catherine's Sports Centre on Monday 27th February and a 'Safeguarding 3' Designated Liaison Person's course will be taking place in St. Catherine's Sport Centre on Monday 6th March.

Swim Ireland Participation Programme

The DCSWP Sports Officer team has been working with the new Swim Ireland Participation Officer to increase the usage of the Dublin City Council pools.

A 6-week 'Learn to Swim' pilot programme will commence in Crumlin Swimming pool for 12 to 17 year olds from the Liberties and Crumlin area. The programme is scheduled to commence the first week of March on Tuesday and Wednesday evenings from 7pm to 8pm.

A pilot programme targeting local men's sheds will have an open swim on Friday afternoons from 3pm to 4pm also in Crumlin Pool. This is scheduled to commence in early March.

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 boys & girls from St. Patrick's Choir School on Friday's from 1pm to 2.30pm. This will teach students the basics of Olympic Fencing. Runs until March 3rd.

Great Ireland Run Group – The local DCSWP Sports Officer is delivering a running programme to teenagers from the Bluebell area on Monday evenings from 6pm to 7pm. The goal is for everyone to compete in the Great Ireland Run in the Phoenix Park in early April.

The local DCSWP Sports Officer facilitates a **Teen Girl's Fitness Programme** in St. John Bosco's on Wednesday evenings from 5pm to 6pm.

The local DCSWP Sports Officer is currently delivering a four-week **Mountain Biking Course** to a learning disability group in Scoil Eoin on Thursday mornings.

Addiction Response Crumlin (4 Programmes)

Wednesdays: 11am to 1pm, Urban Gym Drimnagh – Recovered Group

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

Sports & Fitness Ballyfermot has a **Valentine’s Special Offer** of €60 for a one month couple’s membership. Offer is only available from Feb 7th – Feb 14th.

The centre will also hold a **Mid-term Kids Camp** from 22nd to 24th of February. The multi activity camp is priced at €40 and will take place from 10am to 3pm daily. Please contact the centre directly for more details.

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 1.15pm – 2.15pm (until late March).

‘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.

School Visits- We will be delivering school yard sessions in the South Central Area to the following schools:

Drimnagh Castle BNS (Thursday 11.00am - 12.30pm)

Scoil Colm (Thursday 1.00pm - 2.30pm)

Mid Term Sessions will be taking place on the 23rd and 24th of February from 10.30am - 4.15pm in North County Cricket Club for the U12's and U14's from any clubs in the South Central area.

Rugby Development Officer Update

Primary Schools

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

Assumption Girls NS, Walkinstown, Wednesday mornings, mid Jan – mid Feb

Introduction of Tag Rugby to Scoil Mhuire Gan Smál through the Aldi 'Play Rugby' Programme on Tuesday mornings from mid February to mid March.

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.

St. Dominic's, Ballyfermot: Schoolgirl rugby junior league support.

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.

Contact List

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Report by

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