

- The 2017 **Lord Mayor's 5 Alive Challenge** continues with the Metro St. Brigid's KBI St. Patrick's 5K in Dublin's beautiful Georgian Quarter on St. Patrick's Festival weekend. The series will then climax with the Dublin City Council BHAA Race on April 8<sup>th</sup> in St. Anne's Park. The five race series has proven as popular as ever with the maximum 450 entrants signing up within an hour of registration opening.
- **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, 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 (7 of our participants are took the course last 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.

- **Men's Shed - Ballyfermot Resource Centre Bicycle Programme**  
This programme takes place each Tuesday from 1.30pm - 4pm in Ballyfermot Resource Centre. DCSWP Sports Officers will be working with participants of the Ballyfermot Men's Shed around cycling, bicycle maintenance and active living. Anyone interested in joining the Men's Shed in Ballyfermot please contact Matt on 0860718444.
- **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.
- **St. John of Gods Mixed Sports Session**  
A mixed activity programme for attendees of St. John of Gods with physical and intellectual disabilities .The programme is delivered in Ballyfermot Sports and Fitness on Mondays from 11am to 12.30pm.
- **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. As an incentive for the young people attending the drop-in & other diversion programmes, a group of young people will be taking on the Run-a-Muck challenge on Saturday 11<sup>th</sup> March.

- **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/Snorkeling programme taking place in Crumlin Swimming Pool on Tuesday afternoons from 3-4pm. The Programme will run from January to April. During the Easter holidays the group will take part in a waterpark outing.

- **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 Easter Holiday Programmes**

The DCSWP Sports Officer will be assisting the two projects with their school mid-term activities. This will consist of multi-sport

- **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 from 5pm – 6pm in Crumlin Swimming Pool. The young people need to log 5 open water snorkeling sessions, with their initial session being planned for the Easter 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 expect 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.
- Safeguarding Training**  
 The DCSWP Sports Officer will be facilitating a 'Safeguarding 1' course during April for local community clubs, volunteers and coaches (date tbc).
- Swim Ireland Participation Programme**  
 The DCSWP Sports Officer team have been working with the new Swim Ireland Participation Officer to increase the usage of the Dublin City Council pools.  
 An 8-week 'Learn to Swim' pilot programme with commence in Crumlin Swimming pool for 12 to 17 year olds from the Liberties and Crumlin area. The programme takes place on Tuesday and Wednesday evenings from 7pm to 8pm.  
 A pilot programme targeting local men's sheds offers an open swim on Friday afternoons from 3pm to 4pm also in Crumlin Pool.
- CMS Fitness Programme**  
 CMS (City Motor Sport) school provides education programmes for young people to assist them in achieving their Junior Cert. The DCSWP Sports Officer assists the group in accessing fitness resources and for the month of March the young people will travel to St. Catherine's Sports Centre on Friday mornings to take part in a gym fitness programme.
- 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
- Parents Get Active** – this consists of a Zumba session for parents every Wednesday from 9am to 10am in Scoil Mhuire, Inchicore.

- **GYMtastics** – this initiative, aimed at 8 – 11 year olds with varying degrees of abilities, takes place every Wednesday from 4.30pm – 5.30pm in the F2 Centre, Fatima.
- **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. A similar **Archery Programme** takes place in the school every Thursday (both ongoing).
- **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.
- **Try-a-Tri** - The local DCSWP Sports Officer will engage with local primary schools in the Dublin 8 area over the coming weeks to introduce students to the idea of triathlons & set up mini triathlon programmes.
- 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

## **Football**

- **Intercultural After-School Club:** This integration programme is a joint initiative between Cherry Orchard FC, local schools and the local community in Ballyfermot. It takes place on Thursday’s from 12.30pm – 1.30pm in Elmdale Park and from 4.30pm – 5.30pm in Sports & Fitness Ballyfermot.
- **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 1pm – 2pm (ongoing).
- **New 'MyClub' Show Racism the Red Card Programme** with Mourne Road School every Tuesday from 9am - 11am in the school grounds.
- **'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 School Completion Officer to encourage children to attend school and to be on time.
- An Easter Camp will take place from April 10<sup>th</sup> – 13<sup>th</sup> for girls in the Bluebell/Inchicore area. The camp will be aimed at young girls who don't normally play football, to try and encourage them to participate in the sport and maybe join a local team.

### **Cricket Development Officer Update**

- School Visits- We will be delivering school yard sessions in the South Central Area to the following schools:  
  
*Drimnagh Castle BNS (Thursdays 11.00am - 12.30pm)*  
*Scoil Colm (Thursdays 1.00pm - 2.30pm)*
- From the first week of April, Leprechaun Cup (Primary Schools Competition) games will begin between all Dublin City schools (days and times vary between each school depending on availability etc...)
- We are working closely to develop the newly formed Chapelizod Cricket Club. This year we hope to enter them into an adult cup competition and also compete in friendly matches with the hope of them being a fully registered club involved in the league next year.

### **Rugby Development Officer Update**

#### **Primary Schools**

- Continued recruitment of girls for Terenure College RFC's Mini Girls Section through engagement with primary schools in the South Central Area.
- Introduction of Tag Rugby to Scoil Mhuire Gan Smál through the Aldi Play Rugby Programme (Monday mornings until end of March)
- Aldi Play Rugby Programme with 5<sup>th</sup> and 6<sup>th</sup> class pupils from St. Pius X BNS (Monday mornings from 27<sup>th</sup> March on).

#### **Secondary Schools**

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

- St. Dominic's, Ballyfermot: School-girls Rugby Junior League, March 20<sup>th</sup> – March 24<sup>th</sup>.

### **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 information.

*U15 Blitz day: Thursday 23<sup>rd</sup> March 10am - 1pm, Clontarf Road Sports Pitches*

*U18 League competition, fixtures confirmed between schools.*

### **Metropolitan U15 Council Cup**

- Wednesday 5<sup>th</sup> April, 12pm - 4pm, Donnybrook Stadium.  
An U15 DCC team will be selected from the DCC school's competition and will compete against other metropolitan council teams. Please contact the Rugby Development Officer for more information.

### **Contacts:**

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### **Report by**

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