

NORTH CENTRAL AREA COMMITTEE

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP

20TH MARCH 2017

- 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 8th 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.
- **1st Year Activity Club**
Students attending 1st year in Ard Scoil La Salle in Kilbarrack are invited to participate in this programme on Wednesday afternoons after school. The young people are encouraged to create their own programme of activities, behavioural contracts, goal setting and manage a budget for this 8-week programme. Activities include football, hall games, sporting trips etc. This is a partnership with the school and the school completion programme.
- **Belmayne/Clongriffin Couch to Parkrun**
Residents from the area are invited to take part in a weekly structured supervised training programme to take beginners and non runners and build their capacity to jog/run in their local 5km Parkrun. Participants are given training plans and hints and tips to achieve this goal.
- **Walking Football Programme**
Weekly sessions of walking football offered to Men's shed and men's groups in a pilot project with the FAI Community Officer and DCC Sport Officer. Donaghmede Men's Shed will commence fortnightly sessions on Thursday, April 6th.
- **Swimming lessons with Swim Ireland & KCDP Afterschool Club**
Every Tuesday from 4-5pm 20 young people aged 5-8yrs from Kilbarrack CDP are taking part in a 6 week programme of swimming lessons in Coolock Pool as part of a Swim Ireland Participation Initiative
- **Go For Life Games Programme**
The month of April will see the DCSWP Sports Officers delivering the Go for Life Games Programme in various venues throughout the North Central Area.
- **Artane Walking Programme**
This is a weekly programme of walks in conjunction with the HSE Health Promotion Improvement Officer and Artane Day Care Centre. Participants will travel in the DCSWP Mini-Bus to St Anne's Park.
- **CDYSB Sports Integration Tournament**
Young people from the 8 Youth Projects in the area will take part in a 3 day sports tournament facilitated by the local Sports Officers. Activities will include team challenges, orienteering, dodgeball, skills challenge and volleyball. This will run from the 10th-12th of April.

- **Safeguarding 3**
 A safeguarding workshop will be take place in Kilmore West Recreation Centre from 6.30pm – 9.30pm on Thursday 30th March. This workshop is designed for all sports club officials who are currently working or plan to work as the Designated Liaison Person for their Club. For more information contact Michelle Waters, DCSWP Sports Officer.
- **Multi Sports with Donnycarney CE group**
 An 8-week programme of 1 hour sessions encouraging the participants to increase their weekly physical activity and to showcase the varied sports that are on offer to them in their local area. This hourly programme will run on Thursday afternoons from now until Easter.
- **Chair Aerobics**
 A 6- week programme of Chair aerobics will be on offer to older adults in the Kilbarrack/Foxfield area from March 21st at 11.30am in the Parish Hall.
- **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, Olympic handball, indoor tennis & basketball. The programmes run Mondays – Friday (not Thursday) 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.
- **Kilmore Youthreach Fitness & Sport**
 Kilmore Youthreach use the Kilmore Recreation Centre for a Women's Fitness & Health programme run by the local DCSWP Sports Officer every Thursday at 2pm. This programme is trying to teach the young women the importance of health and fitness in their lives.
- **Walking Programmes**
 Two walking programmes are currently taking place, one in Memorial Park Coolock on Tuesday mornings at 9.30am & the other in Priorswood Park on Thursday mornings at 9.30am.
 Up to 40 men & women from the area participate. This programme is run in conjunction with the HSE and the local DCC Community Officer.
- **Tag Rugby**
 The DCSWP Sports Officer, in partnership with the new Leinster Rugby Development officer for the area, will teach local kids from Darndale, Kilmore, Priorswood & Coolock the skills of rugby in a fun and safe environment.
- **The Dales Physical Health & Wellbeing Programme**
 This is a 12 week programme for individuals suffering from addiction issues. The 2 hour sessions take place every Tuesday and consist of an hour of boxercise and an hour of yoga. The programme is run jointly by the DCSWP Sports Officer & The Dales Addiction Treatment Centre. The idea of the programme is to teach the participants that a change in lifestyle can assist them in tackling their addiction issues.

- **HSE Soccer**

This programme, in conjunction with the HSE, invites referred participants with mental health issues to play soccer in Kilmore Community Centre every Thursday at 3pm. Physical activity is used as a tool to help improve their overall wellbeing.

- **Football Development Officer Update**

Kilbarrack After-Schools Programme takes place every Wednesday from 3pm – 4pm in Greendale Hall (in partnership with Kilbarrack Utd).

Soccer Sisters Easter Camp for Girls will take place on April 12th & 13th from 10am – 2pm in the Oscar Traynor Centre.

Darndale Late Night League will commence on April 28th for 4 weeks.

Kilmore Girl's training every Tuesday & Thursday from 6pm – 7.30pm in the Oscar Traynor Centre.

- **Cricket Development Officer Update**

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.

School Visits: We will be delivering school-yard sessions in the North Central Area to the following schools to prepare them for the Leprechaun Cup (Primary Schools Competition) in April:

Our Lady Immaculate (Darndale) - Thursdays from 10.30pm to 12pm
St. Francis (Priorswood) – Thursdays from 1pm to 2.30pm
Howth Road National School (Clontarf Road)
Northbay Educate Together (Kilbarrack)

Easter Girls Provincial Camps: there will be an Easter camp for girls (aged 10 – 17) involved with any Dublin City cricket clubs from April 10th – 14th in St. Columba's College, Whitechurch (10am – 3.30pm).

Contact details

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Report by

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