

## **1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES OCTOBER - NOVEMBER 2019**

### **MARATHON KIDS 2019**

DCSWP is delighted to be re-engaging with the Marathon Kids programme for 2019 in partnership with South Dublin Council and Fingal County Council Local Sport Partnerships. Marathon Kids is an 8-week initiative encouraging and promoting the social, physical and mental benefits of physical activity for our children.

During the programme 5<sup>th</sup> and 6<sup>th</sup> year primary school students complete four running sessions each week inching them closer to completing their first marathon. The students will come together for the last marathon mile in a grand finale event held in Morton Stadium, Santry on 13 November 2019 making their achievement even more special.

DCSWP has had a very positive response to the programme; 15 schools in the city are currently participating in regular physical activity through the programme during school-time meaning over 500 of our children are getting out and active on a daily basis.

- The Marathon Kids programme continues in the South East Area in Star of the Sea, Sandymount throughout October/November

### **THE DAILY MILE 2019**

The Daily Mile is simple, free and gets children out of the classroom for fifteen minutes every day to run or jog, at their own pace, with their classmates, making them fitter, healthier, and in a better position to concentrate in the classroom. DCSWP is proud to be involved in this initiative in partnership with Athletics Ireland Officers and the Daily Mile. The launch of The Daily Mile took place at the start of DCSWP's Flagship event, Dublin Sportsfest on 23 September 2019 and will be rolled out across schools all areas of the city.

## **HALLOWEEN HIGHLIGHTS 2019**

DCSWP Sport, Co-funded and Community Officers are currently planning multi-sport Halloween camps to keep our young people happy, focussed and fit when school is out over the mid-term break. 2019 Zombie Fun Run will take place in Brickfield Park, Drimnagh and California Hills, Ballyfermot on Halloween in partnership with DCC Community Officers. Details below

- Ballyfermot Zombie run - 1pm start.
- Brickfield Park Zombie run - 3pm start.
- Sundrive park Zombie run - 3.30pm start

## **2. DCSWP CORE PROGRAMMES OCTOBER -NOVEMBER 2019.**

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Below are details of highlight core programmes during the next period. DCSWP are currently in the planning period for the Autumn/Winter period. For full details please contact Dee O'Boyle in the DCSWP office at 222 5433/sports@dublincity.ie

### **CHAMPIONS**

### **Adults With Intellectual Disabilities**

**Programme:** Central Remedial Clinical Football Programmes

**Dates/Times:** Thursdays 10 – 11am/Thursdays 11am – 12 noon

**Location:** Ballybough Sport & Fitness Centre

**Participants:** Mixed Adults

## **CHAMPIONS**

## **Adults With Intellectual Disabilities**

- This Football For All programme is a partnership FAI/DCSWP initiative delivered by our officers and our co-funded officers over the next period;
- **Programme:** Football For All Disability  
**Dates/Times:** Thursdays 10 – 11am  
**Location:** Ballybough/Clontarf pitches  
**Participants:** Male 21-35 years  
**Partners:** Central Remedial Clinic/FAI

## **FIT FOR CLASS (CORE)**

## **Primary School Children**

- In partnership with Athletics Ireland, DCSWP ensures all primary schools receive a free multi-sports kit and games book suitable for delivering a wide range of fun physical activity sessions and games.
- **Programme:** Tag Rugby  
**Dates/Times:** Tuesdays 10.30 – 11.30am  
**Location:** Ballybough Sports & Fitness Centre  
**Participants:** Mixed 10 + years

## **FOREVER FIT (CORE)**

## **Older Adults**

- This Forever Fit Functional Fitness Class will be delivered throughout the next period in Ballybough Sport & Fitness Centre;

- **Programme:** Functional Fitness Classes  
**Dates/Times:** Tuesdays 11am – 12 noon  
**Location:** Ballybough Sports & Fitness Centre  
**Participants:** Mixed Adults 50 + years

## **THRIVE**

## **Adults with Mental Health Difficulties**

- This ongoing Thrive Yoga programme continues to be delivered in conjunction with the HSE in Ballybough;
- **Programme:** Thrive Yoga  
**Dates/Times:** Thursdays 12 – 1pm  
**Location:** Ballybough Sports & Fitness Centre  
**Participants:** Mixed 21-50 years  
**Partners:** HSE

### **3. DCSWP CO-FUNDED PROGRAMMES OCTOBER -NOVEMBER 2019**

#### **BOXING DEVELOPMENT OFFICER**

- The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership will be recommencing during the school year. The programme is an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approx 2,000 young people take part each year.

The Programme is structured into Bronze (non contact), Silver and Gold phases. The first phase focuses on general strength & fitness, method and technique. The Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it on to another level again. The DCSWP Boxing Officer is currently re-engaging with the following schools across the Central Area;

StartBox Silver Programme will be facilitated in the following schools in the Central Area over the next period;

- St Paul's, Brunswick Street
- Ard Scoil Rhis
- D7 Educate Together
- St Joseph's, BNS Fairview
- O'Connell's, BNS
- St Joseph's, TYs Fairview

#### **CRICKET DEVELOPMENT OFFICER**

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The DCSWP Cricket Development Officer will be liaising with local officers to deliver school cricket and Sportfest cricket sessions in September/October in the following schools in the Central area;

- St John Bosco primary school Fridays from 11am
- North Dublin Muslim Primary School for mixed students Friadys from 1pm

#### **FOOTBALL DEVELOPMENT OFFICER**

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Football Development Officers are currently liaising with schools and other target groups in the area.

#### **RUGBY DEVELOPMENT OFFICER**

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- North East Inner City Pop up Rugby Club 'North Wall Lions starts back up on Tuesday Oct 8<sup>th</sup> from 3pm – 5pm in Sheriff St Recreation Centre.

#### **ROWING DEVELOPMENT OFFICER UPDATE**

- The Get Going Get Rowing Programme continues in schools across the city over the next period including schools in the Central Area.

- Islandbridge Municipal Rowing Centre will host the delivery of on the water session be for secondary school students across the city on Saturday 19 October.
- The Rowing School Indoor Rowing Blitz will take place on Thursday 24 October in Trinity College Dublin.

### **WOMEN'S CITYWIDE FOOTBALL DEVELOPMENT OFFICER UPDATE**

DCSWP's Women's FAI Development Officers work on a North/South basis delivering football programmes aimed at encouraging and facilitating female participation in football. School coaching sessions and social inclusion drop-in sessions are currently in the planning process across the South East Area. A full update will be included in the next report.

### **FURTHER DETAILS**

**For details or queries on any programmes/initiatives outlined above please contact Dee O'Boyle, DCSWP at (01) 222 5433/dee.oboyle@dublincity.ie**

### **Contact details**

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