

1. DCSWP HIGHLIGHT EVENTS & PROGRAMMES NOVEMBER- DECEMBER 2019

GAGA (GET ALL GIRLS ACTIVE) 2019

GAGA is a Dublin City Sport & Wellbeing Partnership core programme which takes place from October to December aimed at increasing female participation through multi-sport initiatives.

The programme culminates in GAGA Day on Wednesday 4 December. Now in its second year GAGA Day is an initiative held to enable and inspire all girls to participate and engage in sport and physical activity through a range of new and existing programmes and events across the city.

As a Local Sports Partnership the GAGA programme and GAGA Day links into the women in sport 20x20 “If She Can’t See It, She Can’t Be It” national campaign <https://20x20.ie>. This campaign is an all-inclusive movement to shift Ireland’s cultural perception of women’s sport by 2020 with a 20% increase in media coverage of women in sport, a 20% increase in female participation at all levels of sport and a 20% increase in attendance at women’s games and events.

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 5th and 6th 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.

We have had a very positive response to the programme with 15 schools signing up this year meaning 550 of our young students in the city will be enjoying regular physical activity during school-time.

- In the Central Area Marathon Kids will be delivered in St. Laurence O'Toole, North Wall throughout November.

2. DCSWP CORE PROGRAMMES NOVEMBER - DECEMBER 2019.

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
Partners: St. Michael's

COUCH TO PARKRUN (CORE)

Underactive Adults

The Couch To parkrun programmes aim to train participants over an 8-week programme enabling them to comfortably complete a 5k parkrun at the end of the programme. The following North Inner City Walking programme will be delivered in the area during the next as part of the Couch To Parkrun programme;

- **Programme:** North Inner City Walking Programme
Dates/Times: Tuesday & Thursday evenings. Times TBC
Location: TBC
Participants: Mixed Adults 18 + years

FOREVER FIT (CORE)

Older Adults

- The following Forever Fit programmes will be delivered throughout the next period;
- **Programme:** Functional Fitness Classes
Dates/Times: Tuesdays 11am – 12 noon
Location: Ballybough Sports & Fitness Centre
Participants: Mixed Adults 50 + years
- **Programme:** Pulmonary Rehabilitation Group
Dates/Times: Tuesdays & Thursdays 2-3pm
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 Sports & Fitness Centre;
- **Programme:** Thrive Yoga
Dates/Times: Thursdays 12 – 1pm
Location: Ballybough Sports & Fitness Centre
Participants: Mixed 21-50 years
Partners: HSE
- This following Thrive programme will be delivered over the next period in partnership with the HSE and Healthy Ireland;
- **Programme:** Thrive
Dates/Times: Fridays 12 noon
Location: Aghrim St. Centre

Participants: Mixed All Ages

3. DCSWP GENERAL PROGRAMMES NOVEMBER – DECEMBER 2019

- **Programme:** Learn To Swim
Dates/Times: Thursdays 10am
Location: Sean McDermott Pool
Participants: Mixed ages 10-13 years
Partners: Swim Ireland
- **Programme:** St. Michael's Work Options Programme– Working With People With Disabilities
Dates/Times: Fridays 11am
Location: Aughrim St. Centre
Participants: Mixed ages 18+ years
- **Programme:** Football Drop-In Programme
Dates/Times: Fridays 5pm
Location: Aughrim St. Centre
Participants: Male ages 10-21 years
Partners: Chrysalis Community Drug Project
- **Programme:** Justice Project Fitness and Wellbeing Programme
Dates/Times: Wednesdays 4pm
Location: Aughrim St. Centre
Participants: Mixed 15-18 years

BOXING DEVELOPMENT OFFICER

- The **Startbox** Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership continues to be delivered in the Central Area. 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;

The StartBox Gold Programme will take place in the National Boxing Stadium, South Circular Rd during the next period students in the Central Area;

- St Paul's, Brunswick Street Thursdays 12 – 2pm (15 – 17 years)
- Ard Scoil Rhis, Marino. Thursdays 12-2pm (15 – 17 years)
- D7 Educate Together , Wednesdays 12 – 2pm (10 – 12 years)
- St Joseph's, BNS Fairview, Fridays 12 – 2pm (10-12 years)
- O'Connell's, BNS, North Circular Road, Fridays 12 – 2pm (10 – 12 years)
- St Joseph's, Transition Year, Fairview, Thursdays 12 – 2pm (15-17 years)

CRICKET DEVELOPMENT OFFICER

The DCSWP Cricket Development Officer continues to liaise with local officers to deliver school cricket and Sportfest cricket sessions in November/December in the following schools in the Central area;

- Schoolyard Cricket Sessions Synge Street every Tuesday 1pm -2.30pm

FOOTBALL DEVELOPMENT OFFICER

Football Development Officers are currently liaising with schools and other target groups in the area. Below are details of ongoing football programmes in the Central Area over the next period;

- Football For All Programme every Thursday in Clontarf sports pitches from 10 am.

- Larkin College Girls Football Programme every Tuesday 11.15 to 12.45
- Late Night League on 15th/22nd/29th November in Ballybough sports pitches from 7pm to 9 pm.
- Coach Education on 6th/7th December in Phoenix FC, Navan Rd from 9.30 to 4.30pm.

RUGBY DEVELOPMENT OFFICER

- The North East Inner City Pop up Rugby Club 'North Wall Lions continues on Tuesdays from 3pm – 5pm in Sheriff St Recreation Centre.

SPORT INCLUSION & INTEGRATION OFFICER

DCSWP dedicated Sport Inclusion & Integration Officers work across the city delivering sport inclusion and integration programmes to ensure every citizen has the opportunity to partake in sport and physical activity regardless of ability or background. The following programmes are currently being delivered in the Central Area;

- Learn 2 Cycle every Wednesday in Aughrim Street from 5.30-6pm for children age 6-12 years.
- Bi monthly adapted rowing sessions every Wednesday in Islandbridge from 12 – 2pm for all ages.
- Monthly Boccia Blitz's on Tuesdays in St. Catherine's, Marrowbone Lane from 11am – 1pm for adults (18+ years).
- Autism in Sport training and education programme for coaches and volunteers every Monday from 6.30-9pm for children and adults age 16+.

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

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