

Sport and Wellbeing Report – September 2020

Over the last number of months, Dublin City Council and the North East Inner City initiative have rolled out a number of physical activity programmes under the theme 'Operation Reactivation' in line with Covid 19 guidelines.

Older Adult Activities

Chair Yoga

Since early May, weekly chair yoga activities have taken place in a number of local senior citizen complexes including Tom Clarke House, Brendan Behan Court and St. Laurence O' Toole Court in partnership with Dublin City Council's Housing & Community Section, the HSE and An Garda Síochána.



Chair Yoga in Tom Clarke House



Chair Yoga at St. Laurence O' Toole Recreation Centre

Young People Activities

A suite of activities have been offered to young people over the summer months in partnership with a range of national governing bodies. Activities included kayaking on the Liffey, rugby skills, a GAA camp, dance classes, athletics classes, late evening football and basketball sessions.

Basketball Programme



Weekly Basketball activities at Aldborough Place MUGA

Weekly Basketball sessions took place at Aldborough Place MUGA over the summer months with weekly average attendances of 40 young people. The Basketball programme culminated in a week-long Basketball Camp with 60 young people taking part on the camp at Larkin Community College and Aldborough Place MUGA.

Gaelic Football

This was the 2nd year that the GAA Cúl Camp was run in the North East Inner City in association with Scoil Uí Chonaill GAA Club. Over 55 local young people participated in the week long GAA programme in August.



GAA Cúl Camp at Larkin Community College MUGA

Adult Activities

Adult activities were also re-activated with weekly activity classes taking place throughout June, July and August. Weekly activities included HIIT classes, dance classes, GAA activities, rugby activities and late evening football activities.

Dance Fitness Classes

Exercise to Music Classes commenced in June in Mountjoy Square in line with Covid 19 Guidelines.



Exercise to Music Class – Mountjoy Square



Dance Class in Lourdes Parish Hall

Indoor weekly dance classes commenced in July and have continued on Mondays, Wednesdays and Fridays.

Park HIIT Classes



Park HIIT Class at St. Laurence O' Toole Recreation Centre

Weekly Park HIIT classes took place at Mountjoy Square and St. Laurence O' Toole Recreation Centre. The activities were enjoyed by local men and women and involved participants partaking in socially distant high intensity physical activity.

GAA Fitness for Women

A Women's GAA Fitness programme was put in place from June, which saw women from Ballybough and the North Wall Area enjoy weekly GAA activity in Fairview Park and at St. Laurence O' Toole MUGA.



Women's GAA Fitness at St Laurence O' Toole Recreation Centre MUGA

Late Evening Football Activity

Late evening football activity recommenced in June and continues every Wednesday and Friday on the MUGA's at St. Laurence O' Toole Recreation Centre and Common Street. Groups participating include a young men's group, youths and a young women's cohort.



Evening Football Activity at St. Laurence O' Toole Recreation Centre MUGA

For further information on sport and wellbeing programmes in the area taking place in the North East Inner City – please contact bruce.mcdevitt@dublincity.ie or md.macauley@dublincity.ie