

Sport & Wellbeing Programmes 2018



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Dublin City Council



DUBLIN
NORTH EAST
INNER CITY



Dublin City
Sport &
Wellbeing
Partnership



SPÓRT ÉIREANN
SPORT IRELAND



ciste na
gcuntas díomhaoin
the dormant
accounts fund



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DUBLIN
**NORTH EAST
INNER CITY**



North East Inner City Overview of Programmes

Programme

1. Cycling Programmes – including ‘Sprocket Rocket’ , ‘Bike For Life’ , ‘Bike Week’
2. Basketball Programmes - (Getting All Girls Active – GAGA)
3. Football Programmes – Community Activation (Getting All Girls Active – GAGA)
4. Kick - Boxing Programme – Activation of New Club
5. Ladies Gaelic Football Association (LGFA) Programme (Getting All Girls Active – GAGA)
6. Personal Wellbeing Course – (Change for Life)
7. Francesca Arkins Dance Academy (Getting All Girls Active – GAGA)
8. Sheriff Street - Confi - Dance Academy (Getting All Girls Active – GAGA)
9. Cricket Programmes - New Sport Activation (Getting All Girls Active – GAGA) & Boys
10. Rugby Programmes – New Sport Activation (Getting All Girls Active – GAGA) & Boys
11. Inter School – Boxing Programme (Getting All Girls Active – GAGA)
12. Walking Groups (Get Dublin Walking), Running Groups (Couch to Parkrun)
13. Healthy Living Programme – North Wall (Forever Fit)
14. Pentathlon Ireland – Laser Run Programme (Fit For Class)
15. Fencing Ireland Programme- New Activity (Getting All Girls Active – GAGA)
16. Swimming Pool - Watersports Programmes
17. Champions Sports Programme (Intellectual Disabilities)
18. Lawn Bowls Programme
19. Rockclimbing Programmes
20. Active Secondary Schools Programme (Fit For Class)
21. Bootcamps – Teenagers - Focus on Girls (Hell Raisers)
22. Events – EXPOs – Schools and Clubs
23. Corporate Governance Programme for Clubs
24. Coaching Development Programme for Sports Clubs
25. Older Adult Programmes - Dublin City Council Recreation Centres (Forever Fit)
26. FAI Programmes – Late Night Leagues
27. GAA GPS Programme
28. Waterways Programmes
29. Health, Fitness, Wellbeing Programmes (Change for Life)
30. Youth Group Recreation Programmes
31. Camogie Programme (Getting All Girls Active – GAGA)
32. Relaxation and Wellness Programmes
33. Weightlifting and Wrestling
34. Mountain Bike Programme (Hell Raisers)
35. Trinity Access Programme – Sport Mentoring
36. GAA Academies and Expansion of Structures
37. DCU Sport and Wellbeing Programme
38. Soccer Sisters – Local Community Camp (Getting All Girls Active – GAGA)
39. Noel O’ Reilly League (Inter Youth Service League)
40. Soccer For Mums
41. Project Fun Direction
42. **Sean Mc Dermott Street Taekwondo**

Message from North East Inner City Sports Ambassador – Kellie Harrington

My name is Kellie Harrington and I am from the North East Inner City. At the age of 16, I joined a local boxing club. Some might think at 16 years of age, you are a late starter, but not me. I started for many reasons. I started boxing to take me off the streets and to stop me hanging around and getting into trouble. At 16 there were two pathways ahead of me. One which would lead me nowhere or the other which would open many doors and help me develop as a person. I chose the second option.

On my journey there were many people who helped me stay on my journey in the inner city and who helped massively in my darkest days. They were there for me and helped me as much as they could. I was never afraid to ask for help, because I know if I never asked for it, I would not be where I am today. Sport and physical activity were very much part of that journey. I feel that there is so much activity for people to do in the inner city today, particularly young people. It is up to us to help guide the next generation on to their path and to develop them as people. It starts by setting a good example. Being physical active or helping out in the community are some of the ways we can set such examples.

2018 is going to be a massive year locally, with lots of physical activities opportunities for people living in the North East Inner City. It all starts on the 5th of January in the Larkin Community College. It's a day for signing up to those new years resolutions ! Dublin City Council along with many local stakeholders have organised a big launch of physical activities available in the area. There will be plenty of classes held on the launch day starting from early in the morning. Many of the local sports clubs will also be in attendance looking to sign up new members. So please feel free to come down on the day and take part in activities or simply learn more about what is available if you wish.

Let's all get together and bring unity to the community. Take part and help out. Lets all do our part to ensure our kids and families are on their right pathway to development. It means adults too, because remember we lead by example. I look forward to seen you all on the 5th January at Larkin Community College at 10am and through the various activities throughout the year.

Yours in Sport
Kellie



#LetsGetPhysical

Message from Chairman of North East Inner City Programme Implementation Board

My name is Michael Stone. I am the recently appointed Chair of the Programme Implementation Board for the North East Inner City (NEIC) Initiative and I would like to take this opportunity to welcome all the citizens in the North East Inner City to the suite of specific physical activities that will be taking place in the area throughout the year.

2018 is very much the year of 'activation' in relation to physical activity in the North East Inner City. If you are thinking of taking up an activity – there is no better time to give something a go than in 2018. The following brochure gives you just a flavour of the activities that will be taking place in the area throughout the year.

The Programme Implementation Board is very happy to support the programmes outlined. We acknowledge the positive influence that physical activity and sports clubs play in shaping our lives for the better and providing a real cornerstone for the community in developing a healthy, active and vibrant society.

To highlight the range of activities that will be taking place we will be having an open day on the 5th January in the Larkin Community College from 10am to 3pm so come along and join us.

Looking forward to meeting you on the 5th January,

Best regards

Michael Stone



Message from Senior Sports Officer, North East Inner City

For those of you that don't know me, my name is Bruce Mc Devitt and I am the Senior Sports Officer for the North East Inner City. My job is to try and create sustainable sports and physical activity opportunities in the area. Over the past year Dublin City Council through the support of a number of government departments, the Dublin City Sport and Wellbeing Partnership and Sport Ireland have made a number of improvements to the sporting infrastructure in the North East Inner City. These physical improvements have hopefully seen a building block built for physical activity programmes to grow in 2018.



2018 is very much the year for trying to get people physically active in the community, at a level they desire. If you want to join a sports club our aim is to help you make that connection. If you as a local would like to join a walking group or join the local parkrun or simple get active our aim is again to help you make that connection. If it's to try a new activity or perhaps start a new club or aim is to support you in your efforts. If you feel you would like to give something back to the community, we are very interested in supporting you in this journey.

If you want to become 'active' in the community our aim is to help you in your efforts. This brochure sets out some of the 'activation' programmes that will be rolled out in the North East Inner City and its surroundings through 2018. Please feel free to contact me or any of my colleagues in relation to the 'activation' programmes going on across the area. We would be delighted to help in any way possible.

Please join us on the 5th January, 2018 at Larkin Community College (10am - 3pm) to see some of the activities on offer and to meet the wide range of sports clubs providing fantastic opportunities to the local community.

Yours in Sport

1. Cycling Programmes

Overview: Introduction to cycling courses including bike education training – ‘Sprocket Rocket’, ‘Bike for Life’ and ‘Bike Week’.

Venue: Relevant schools and various appropriate training locations

Open to: Local Schools, General Population.

Link to Sustainable Activity: Programme will be used to highlight safe cycling and potential of cycling safely for personal enjoyment.

Commencing: February 2018.

For further Information please contact:
derek.ahern@dublincity.ie (086-3821773)



2. Basketball Programme - (Getting All Girls Active - GAGA)

Overview: Programme will link young girls from North Wall into Trinity Access Programme and Trinity Basketball Club.

Venue: St. Laurence O' Toole Recreational Centre – North Wall.

Link to Sustainable Activity: Programme will see local school participate in Primary School programme which links to the Trinity Access Programme and Trinity Basketball Club. These structures are being developed to link inner city young people to Trinity College.

Programme open to: St. Laurence O Toole Girls School.

Commencing: January 2018.

For further Information please contact:
john.sweeney@dublincity.ie (087-9809095)



3. Football Programmes - Community Activation Programmes

Overview: Programmes will support Girls / Women's teams in the area including Sheriff YC, St. Josephs East Wall, Marino girls, Hardwicke FC and new Academy at Sheriff YC.

Venues: Sheriff St, Sean O' Casey (East Wall), Hardwicke St.

Target Groups: Children (4 -8 years), 10 -12 yr old girls, women.

Link to Sustainable Activity: Programme will be used to link girls and women into current local clubs including Hardwicke FC, Sheriff YC, Marino Girls and St. Josephs East Wall.

Programme open to: Local Children (4- 8 years), local girls – 8 - 12 years of age, Women (Hardwicke FC).

Commencing: Ongoing.

For further information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



4. Kick Boxing Programme

Overview: Programme to create confidence in young boys and girls in a new club.

Venues: North Strand - WIMAAOO Kickboxing club.

Link to Sustainable Activity: Programme will offer participants an introduction into the newly formed club WIMAAOO Kickboxing Club (North Strand).

Programme open to: All Ages.

Commencing: Ongoing.

For further information please contact:
john.sweeney@dublincity.ie (087-9809095)



5. Ladies Gaelic Football Association (LGFA) Programme - (Getting All Girls Active – GAGA)

Overview: Programme to create confidence in girls playing Gaelic Football in local schools.

Venue: Larkin College and Mount Carmel Secondary Schools.

Target Groups: Girls 13-16 Years of age.

Link to Sustainable Activity: Programme aims to develop Gaelic Football in respective schools and link to local club Scoil Uí Chonaill.

Programme open to: 1st and 2nd Years (Girls) Larkin Community College and Mount Carmel.

Commencing: January 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



6. Personal Wellbeing Course - (Change for Life)

Overview: Programme to promote health living and personal wellbeing amongst women.

Venues: Ballybough Youth and Community Centre.

Link to Sustainable Activity: Programme is focusing on personal wellbeing. Participants will be targeted towards Parkrun taking place in Fairview Park.

Programme open to: Ladies (20 – 40 years) living in North East Inner City.

Commencing: January 2018.

For further Information please contact:
john.sweeney@dublincity.ie (087-9809095)



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7. Francesca Arkins Dance Academy (Getting All Girls Active – GAGA)

Overview: Programme to attract young persons to Dance Academy.

Venues: Lourdes Parish Hall (Off Sean Mac Dermott Street).

Link to Sustainable Activity: Programme will aim to support club in the area.

Programme open to: Girls and Boys living in area
Commencing: Ongoing.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



8. North Wall Confi - Dance Academy (Getting All Girls Active – GAGA)

Overview: Programme to attract young persons to Confi - Dance Academy.

Venues: St. Laurence O'Toole Recreation Centre.

Link to Sustainable Activity: Programme aims to increase number of participants.

Programme open to: Girls and Boys 6 – 18 years
Commencing: Ongoing.

For further Information please contact:
john.sweeney@dublincity.ie (087-9809095)



9. Cricket Programme – New Sport Activation (Getting All Girls Active – GAGA)

Overview: Delivery of new sport to Schools with aim of integrating into School Sports Curriculum and linking participants to nearest clubs.

Venues: 4 Secondary Schools (Larkin Community College, Stanhope Street, Mount Carmel and O' Connells).

Link to Sustainable Activity: Programme will link to local cricket club – Clontarf CC and Phoenix CC.

Programme open to: Girls and Boys (13 -16 years) attending respective schools.

Commencing: November 2017.

For further Information please contact:
fintan.mcallister@cricketleinster.ie
(086-1795587)



10. Rugby Programme – New Sport Activation (Getting All Girls Active) and Boys Programme

Overview: Delivery of new Sport to Schools with aim of integrating into School Sports Curriculum.

Venues: 2 Secondary Schools (Girls) – Mount Carmel and Larkin Community College
Boys Secondary Schools – O 'Connells, Larkin College, St. Josephs Fairview.

Link to Sustainable Activity: Programme will aim to see new school teams developed in area. Participants will be linked with Clontarf Rugby Club.

Programme open to: Girls and Boys (13 – 15 years) attending respective schools.

Commencing: January 2018.

For further Information please contact:
stephen.maher@leinsterrugby.ie (086-1994569)



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11. Inter – School Boxing Programme (Getting All Girls Active – GAGA)

Overview: Inter School Boxing Programme to promote female Boxing within local Boxing clubs.

Venues: Various Schools and Boxing Clubs across the area.

Link to Sustainable Activity: Programme will link participants into local boxing clubs.

Programme open to: Girls and Boys (predominately girls) attending respective schools (9 – 14 years).

Commencing: September 2017.

For further Information please contact:
paulquinn999@gmail.com (087-6748928)



12. Walking Groups (Get Dublin Walking) and Running Groups (Coach to Parkrun)

Overview: Programme geared towards getting Adults active at level they desire.

Venues: Various.

Link to Sustainable Activity: Groups will be linked into Parkrun programme.

Programme open to: Adults across North Inner City.

Commencing: January 2018.

For further Information please contact:
Derek Ahern (Summerhill Area) -
derek.ahern@dublincity.ie
John Sweeney (Ballybough, North Wall and East Wall) -
john.sweeney@dublincity.ie
Mitch Whitty (North West Inner City) -
mitch.whitty@dublincity.ie



13. Healthy Living – St. Laurence O’ Toole Recreation Centre

Overview: Programme which aims to educate participants about healthy living and participate in classes such as Yoga and Thai Chi.

Venues: St. Laurence O’Toole Recreation Centre.

Link to Sustainable Activity: Programme will aim to create structures from group.

Programme open to: Adults (North Wall Area)

Commencing: December 2017.

For further Information please contact:
john.sweeney@dublincity.ie (087-9809095)



14. Pentathlon Ireland Programme

Overview: Project will provide taster sessions in relevant disciplines.

Venues: Various Primary and Secondary Schools - North East Inner City.

Link to Sustainable Activity: Programme will link with Pentathlon Ireland Regional programmes.

Programme open to: Relevant Schools.

Commencing: February 2018.

For further Information please contact:
derek.ahern@dublincity.ie (086-3821773)



15. Fencing Ireland (Getting all Girls Active – GAGA)

Overview: Project will provide taster sessions in fencing to St. Laurence O' Toole Girls School & to general population at St. Laurence O' Toole Recreation Centre.

Venue: St. Laurence O' Toole Recreation Centre.

Link to Sustainable Activity: Programme will aim to deliver leaders through afterschool programme.

Programme open to: Girls (North Wall Area), Families (North Wall Area).

Commencing: February 2018.

For further information please contact:
john.sweeney@dublincity.ie (087-9809095)



16. Swimming Pool Water Based Activities

Overview: A number of water based activities for young people, older adults, disability groups, women's groups and public hours.

Venue: Sean Mc Dermott Street Pool.

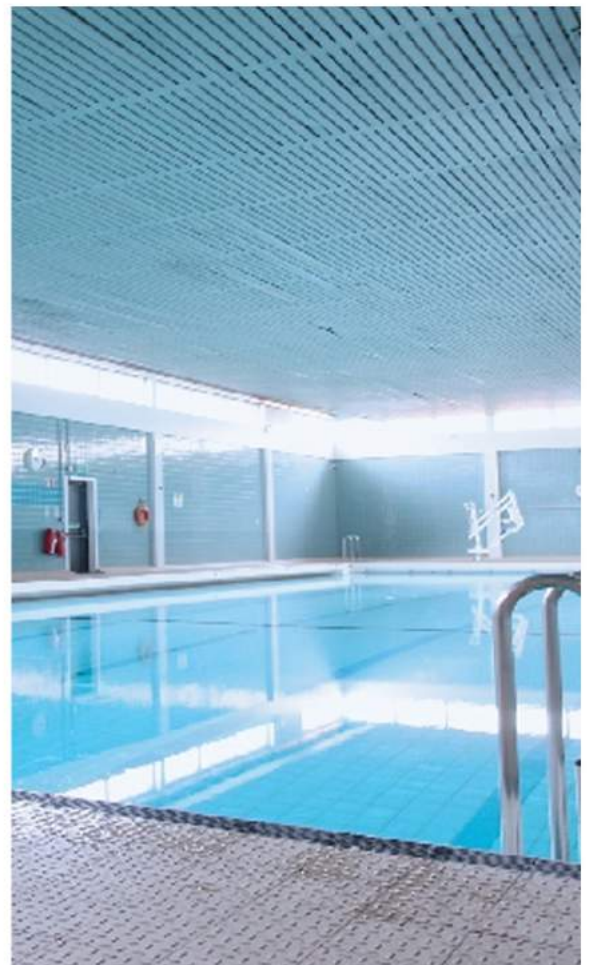
Key Personnel: Carol Finlay (Swim Ireland).

Link to Sustainable Activity: Programmes will be used to increase activity through structured based water activities.

Programme open to: All Ages.

Commencing: February 2018.

For further information please contact: Carol Finlay (participation@swimireland.ie)



17. Champion Sports Programme

Overview: Programme that caters activities towards people with intellectual disabilities (CRC).

Venue: Ballybough Youth and Community Centre.

Programme open to: Adults Through Rehabilitation Centre.

Commencing: January 2018.

For further Information please contact:
john.sweeney@dublincity.ie (087-9809095)



18. Lawn Balls Programme

Overview: An Introductory programme for older adult participants.

Venues: Ierne Sport and Social Club.

Link to Sustainable Activity: Programme will link with Ierne Social Club.

Programme open to: Groups looking to use Ierne Sport and Social Club.

Commencing: October 2017.

For further Information please contact:
derek.ahern@dublincity.ie (086-3821773)



19. Rock-climbing Programmes

Overview: Programme will target young people 12-18 years of age into trying an alternate activity – young people will be guided towards local adventure clubs.

Venue: Larkin Community College.

Link to Sustainable Activity: Will link young people into relevant adventure sports clubs.

Programme open to: Relevant Youth Service Groups (12- 18 years).

Commencing: February 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie



20. Active Secondary Schools Programme (Fit For Class)

Overview: To promote secondary school sport – particularly amongst girls.

Venue: Larkin Community College, Mount Carmel, O' Connells Boys.

Link to Sustainable Activity: Relevant school sports will be linked to local clubs.

Programme open to: Relevant Schools.

Commencing: January 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



21. Bootcamp – Teenagers (Hell – Raisers)

Overview: Bootcamps will be run through DCC Venues and through local youth services and afterschool clubs.

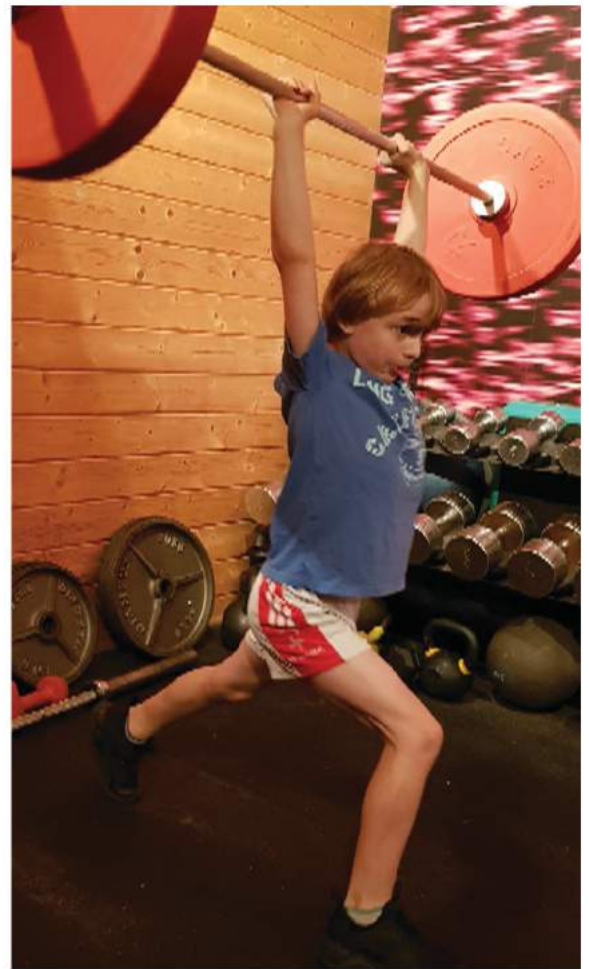
Venue: DCC Recreation Centres, Local Youth Service Halls.

Link to Sustainable Activity: Participants will be guided towards local sports clubs and parkun.

Programme open to: Relevant Youth Agencies.

Commencing: February 2018.

For further Information please contact:
john.sweeney@dublincity.ie (087-9809095)



22. Events – EXPOs – Schools – Clubs – Youth Services

Overview: Promote School – Club linkage and General Activity through open days at local schools.

Venue: Various Schools across area.

Link to Sustainable Activity: Link participants to relevant activity or sports clubs.

Programme open to: Relevant Schools, General Population.

Commencing: January 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



23. Corporate Governance Workshops for Structured Sports Clubs

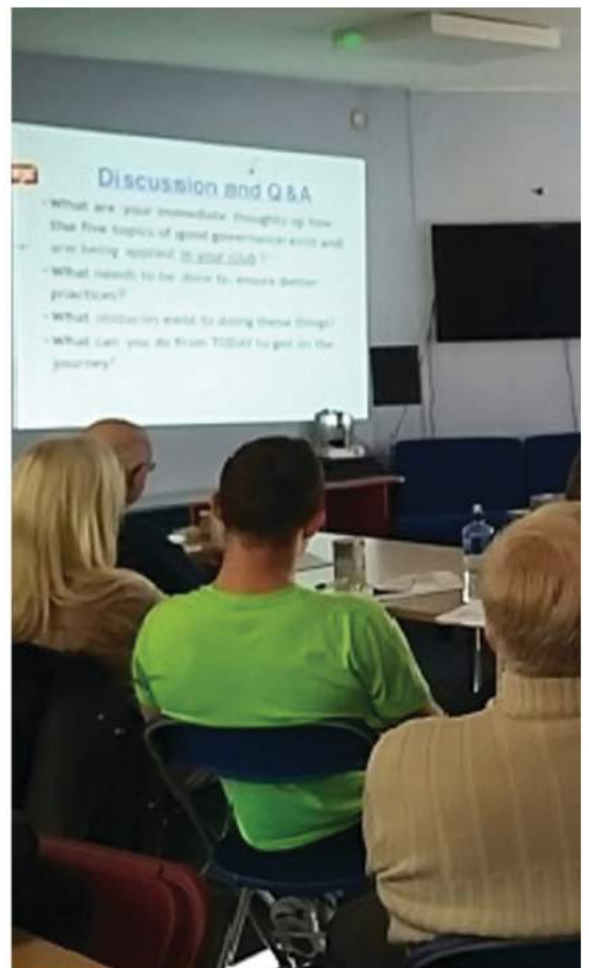
Overview: Programme is being run through Carmichael Centre. Aim is to get all local clubs to sign up to governance code.

Venues: Various.

Link to Sustainable Activity: Programme will develop structured clubs who sign up to practice of good governance.

Programme open to: All local sports clubs.
Commencing: November 2017.

For further information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



24. Coaching Development Programme for Sports Clubs

Overview: Programme will develop volunteers of local clubs in areas such as child protection, basic first aid and coaching qualifications for new teams.

Venue: Various.

Programme open to: All local sports clubs and willing volunteers.

Commencing: December 2017.

For further information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



25. Older Adults Programmes (Forever Fit)

Overview: Programmes will focus on Healthy Activities for Older Adults.

Venue: Various Community Rooms and DCC Recreational Centres.

Programme open to: Older Adults.

Commencing: February 2018.

For further Information please contact:
john.sweeney@dublincity.ie (087-9809095)



26. Late - Night Leagues

Overview: Programme will aim to provide late night diversionary activity for young males and specific programme for females.

Venue: Hardwicke St.

Link to Sustainable Activity: Young people will be guided towards local clubs where appropriate.

Programme open to: Males and Females.

Commencing: November 2017.

For further Information please contact:
tommy.carberry@fai.ie (083-1670271)



27. GAA GPS Programme

Overview: Programme will see Transition Year students mentored into local coaches who deliver GAA coaching programme in local schools.

Venue: Larkin Community College and 4 local primary schools.

Programme open to: Transition Year Students (Coaches), Gardiner St Primary School, Scoil Chaomhain and Central Model School.

Commencing: February 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



28. Waterway Programmes

Overview: Programme will link with Waterways Ireland and relevant Youth Services to provide activities on local canals.

Venue: Local Waterways.

Link to Sustainable Activity: Programme will link with Adventure Sports Company due to commence working on canals.

Programme open to: Various Youth Groups / Services.

Commencing: TBC – 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



29. Health, Fitness and Wellbeing Programme (Change for Life)

Overview: Programme aims to target women in Summerhill area into sustainable activities – activities will include aerobics, boxercise, Tai Chi, Yoga will also include talks from Sports Ambassadors.

Venue: Lourdes Parish Hall, Larkin Community College.

Link to Sustainable Activity: Programme will link to a number of sustainable activities such as parkrun.

Programme open to: General Public.

Commencing: January 2018.

For further Information please contact:
derek.ahern@dublincity.ie (086-3821773)



30. Youth Group Recreation Programmes

Overview: Programmes will support youth group recreation programmes which divert young people from anti-social behaviour into recreational activity.

Venues: Various – Predominantly DCC Venues.

Link to Sustainable Activity: Programmes will link to local sports clubs where appropriate.

Programme open to: Youth Groups.

Commencing: February 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



31. Camogie Programme (Getting All Girls Active – GAGA)

Overview: Programme in local Primary School to create school teams and local young peoples.
Venue: TBC – A number of primary schools.

Link to Sustainable Activity: Programme will link to local club Scoil Uí Chonaill.

Programme open to: Girls in local schools.

Commencing: TBC.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



32. Relaxation and Wellbeing Programmes (Change for Life)

Overview: Programme will aim to provide wellness programmes throughout local communities.
Venue: DCC Recreational Centres.

Programme open to: Adults.

Commencing: January 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



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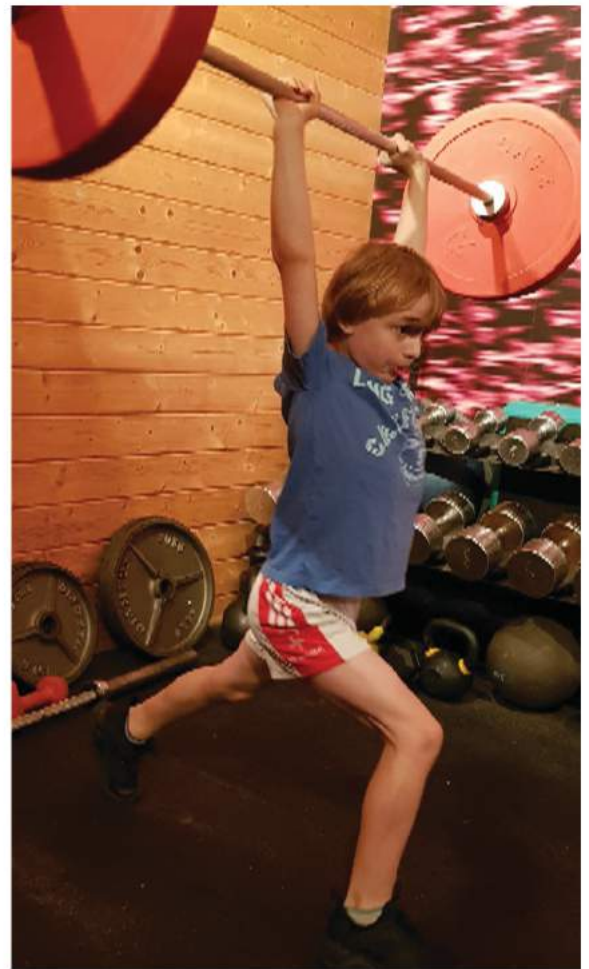
33. Olympic Weightlifting and Wrestling

Overview: Introductory programme will aim to provide additional activity to schools in the area
Venue: Hercules Gym.

Programme open to: Local Schools.

Commencing: January 2018.

For further Information please contact:
mitch.whitty@dublincity.ie



34. Mountain Bike Programme

Overview: Introductory programme which will aim to provide additional support relevant services.

Venue: Outward Bounds - Mountains.

Link to Sustainable Activity: Programmes will aim to link to local clubs.

Programme open to: Participants on relevant projects.

Commencing: February 2018.

For further Information please contact:
derek.ahern@dublincity.ie (086-3821773)



35. Trinity Access 21

Overview: Programme aims to use sports a tool for attracting young people to access Trinity College and see the potential opportunities within 3rd Level Education.

Venue: Trinity College, Dublin.

Link to Sustainable Activity: Programmes will aim to link with Trinity College Sports Clubs.

Programme open to: Participants from 3 local secondary schools.

Commencing: January 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



36. GAA Academies and Expansion of Current Structures

Overview: Development of a Nursery and underage structures with Scoil Uí Chonaill & St. Joseph O Connell Boys.

Venue: O' Connells / Larkin Community College, Common Street Pitch.

Link to Sustainable Activity: Programmes will link to Scoil Uí Chonaill and St. Joseph O' Connell Boys.

Programme open to: Nursery (4 – 8 years), Teams 9 yr olds through to Adults (Male and Female).

Commencing: February 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



37. DCU Sport and Wellbeing Programme

Overview: Programme aims to measure fitness levels across schools in area and develop programmes based on young peoples needs. Programme will also accommodate young people in secondary schools in relation to PE EXPO. Research will also be provided.

Venue: Primary and Secondary Schools across NEIC.

Link to Sustainable Activity: DCU aim to design bespoke activities based on local interests as a result of initial research and discussions with participants.

Programme open to: Schools (Primary and Secondary).

Commencing: February 2018.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



38. Soccer Sisters – Local Girls Community Camps

Overview: Development programme – Designed to allow girls build confidence in soccer during mid-term breaks.

Venue: St. Laurence O' Toole Recreation Centre Pitch.

Link to Sustainable Activity: Programmes will link to Sheriff YC (Girls Teams).

Programme open to: 7- 14 year olds.

Commencing: November 2017, April 2018.

For further Information please contact:
tommy.carberry@fai.ie (083-1670271)



39. Noel O' Reilly League

Overview: Inter Youth Service League – 13 -16 year olds boys.

Venue: Various.

Link to Sustainable Activity: Programmes will link to local clubs where appropriate.

Programme open to: 13 – 16 year olds.

Commencing: November 2017.

For further Information please contact:
tommy.carberry@fai.ie (083-1670271)



40. Soccer for Mums

Overview: Introductory Programme to Mums.

Venue: Rutland Street National School.

Link to Sustainable Activity: Programmes will link to local activities in the area.

Programme open to: Parents – Local School.
Commencing: January 2018.

For further Information please contact:
tommy.carberry@fai.ie (083-1670271)



41. Project Fun Direction

Overview: Fun Activity Programme for young girls and boys.

Venue: St. Laurence O' Toole Recreation Centre, Rutland Street School, O' Connells.

Link to Sustainable Activity: Programmes will link to local clubs in the area.

Programme open to: Children 8 – 12 yrs.

Commencing: November 2017.

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



42. Sean Mc Dermott Street Taekwondo

Overview: Programme to create confidence in young boys and girls in a new club

Venues: Lourdes Parish Hall

Link to Sustainable Activity: Programme will offer participants an introduction to Taekwondo Club

Programme open to: All Ages

Commencing: Ongoing

For further Information please contact:
bruce.mcdevitt@dublincity.ie (087-1253231)



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