



# BALLYMUN

## REGENERATION NEWS

March 2010 Issue 87

### INSIDE

- Mun-Fun-Run
- Late Night Leagues
- Ballymun Fairtrade Fortnight
- Playdays 2010
- Catherina McKiernan Chi Running Workshop
- Sports Across Ireland (SAI)
- axis events



*Kevin Greenhorn, Managing Director of Airtricity, presents the 'Green Community of the Year 2010' award to Roger Warburton of BRL*

## BALLYMUN WINS 'GREEN COMMUNITY OF THE YEAR 2010' AWARD

**O**n Thursday 11th March, Ballymun was presented with the 'Green Community of the Year 2010' award at the Green Awards ceremony in the RDS.

The competition was open to any village, town or city or other local community countrywide who are leading the way in sustainable living. This is the second year in a row that Ballymun has won this prestigious award and is testament to their ability to integrate sustainability into the Regeneration process.

The recent report, "Greener Ballymun - Environmental Projects for Regeneration" highlights Ballymun's commitment to environmental progress and innovation. It is available for download from [www.brl.ie](http://www.brl.ie)

#### HEALTH & SAFETY

If you see anything that you are concerned about on the building sites, outside of working hours, please contact Ballymun Gardaí at 01 666 4400

## axis events

With so much to choose from this April at axis, their box office is experiencing it's busiest period since opening it's doors almost eight years ago. But what's on this April? With comedy, discussions, music, theatre, film and the return of Ballymun's Youth Arts Festival, there really is something for everyone.

Interested? Read on to find more information on two of this month's highlights.

### Dinner Theatre: La Locandiera

Company: *Wonderland Productions*



A seductive innkeeper Mirandolina has every man at her feet – they cover her in diamonds and cower about her like puppy dogs. Until the 'declared enemy of Italian women' – the Ulster Gentleman checks in.

La Locandiera is one of Italy's most celebrated comedies. Wonderlands sparkling period production includes a delicious 3-course dinner from axis's café, accompanied with a generous helping of live Neapolitan arias and folk songs from Mirandolina and her admirers.

**Dates & Times:** 15th & 16th of April from 6.30pm

**Tickets:** €25.00

**Booking & Information:** 01 883 2100 or [www.axis-ballymun.ie](http://www.axis-ballymun.ie)

### Pineapple

By *Philip McMahon*

Company: *Calipo Theatre Company*



Paula lives in the Ballymun flats. A young mother in her twenties, she lives her life for others, for her children and also her younger, wreckless sister Roxanna. But when love presents itself, Paula is conflicted. Can she take a chance on Dan after her bitter past experiences with men? Is Dan really as different as he says he is, or is Paula setting herself up for another heartbreak?

Supported by axis, Calipo Theatre Company present a public rehearsed reading of the new play from acclaimed Dublin playwright Philip McMahon.

**Tickets:** Free

**Date & Time:** 23rd of April

Please contact axis booking information for times.

## Late Night Leagues

In August 2009 the FAI and An Garda Síochána formed a new partnership resulting in the formation of the Late Night Leagues. Late Night Leagues is a soccer league for young people aged 14 – 21 year olds, which is run throughout Dublin City with FAI development officers and local community Garda. The Ballymun Late Night League has been up and running for the past five weeks with a total of 11 teams and over 80 players participating and it is hoped that more leagues will run throughout the year.

**This is a hugely successful project and if you would like to enter a team in the next league or would like more information contact Jamie Wilson FAI at [Jamie.Wilson@fai.ie](mailto:Jamie.Wilson@fai.ie) or text 086 047 2135 for more details.**





## Catherina McKiernan Chi Running Workshop comes to Ballymun

**D**ublin City Council and Ballymun Regeneration Limited held a Chi Running workshop with Catherina McKiernan in Ballymun Trinity Comprehensive School on Saturday 20th February. Chi Running combines the inner focus and flow of Tai Chi with the power and energy of running to create a revolutionary new approach to effortless injury free running. It is based on postural alignment combined with muscular relaxation and takes all the pounding, pain and potential damage out of the sport of running.

Twenty three participants, primarily members of the Ballymun community, took part in the workshop. The feedback received was very positive with one of the participants stating 'running now feels really easy, I'm delighted with the new techniques!'



**For further information on Chi Running, please contact Antonia Martin, Sport & Recreation Officer on 01 222 5407 or Rosie King 01 222 5617.**

## Playdays 2010

**P**lay is what children do naturally, what they like to do best and how they learn about life. Ideally we would all love our children to play in a wonderful



*Local children enjoying the Whiteacre Park Playday*

safe and natural environment with a variety of play activities to choose from. However, this is not always the case as traffic on roads and streets increases and new trends in play, i.e. computer games, daylong children's TV programmes prevent children from experiencing outdoor active play. Parents/Guardians etc need to take more responsibility for their children's play to overcome these issues, one way of doing this is by holding a local event that highlights the issue of "play".

During 2008 and 2009, residents of Sillogue Green

'Friends of the Park', Ballymun Lifestart, Whiteacre and Coultrey, hosted Playdays in their local streets and/or parks. These events helped to encourage local parents to make time to support their children's play and encouraged friends and neighbours to "get out and play the good old fashioned way". Children of all ages enjoyed a variety of play opportunities such as play dough, sand, water, art, soccer, pool, dress up and street games.

The purpose of holding this type of event is to involve and encourage as many families as possible in a celebration of children's right to play. The success of this type of event depends greatly on community involvement and can only happen with the commitment of local residents working together.

Playdays are also featured in the BRL 2010 Play Activities Programme from May to October and will take place in local parks and playground in Ballymun. Everyone is welcome to join in and support these events.

'National Playday' day for 2010 will take place in July, however, as already mentioned above, Playdays can happen any day so if you are interested in hosting a Playday in your area, or if you have any ideas that may improve the play environment in you neighbourhood, contact us and let us know what you are doing.

***So come on, get out and play!***

**Contact Debbie Clarke Play Development Officer @ 01 222 5609**



# THE Annual MUN-FUN-RUN 2010



## 3km Route

Wednesday 21st of April 2010

Main Event - 10am

Location - BRL Umbro Arena, Ballymun



Ballymun Whitehall Area  
Partnership opportunity · renewal · progress







# THE Annual MUN-FUN-RUN 2010

**Ballymun 3km**  
**Wednesday 21st of April 2010**  
**Main Event - 10am**  
**Start Point - BRL Umbro Arena, Ballymun**

**The Mun-Fun-Run** is the first fun run event to take place in Ballymun. We promise a great day out for runners of all levels. All entrants are welcome and range from serious competitors to schools teams, but it also promises to be a great family day. The Mun-Fun-Run committee would like to get as much support as possible from schools, community organisations, individuals and family's in the area.

#### **What is the aim of the MunFunRun:**

- To promote a fun & healthy living activity in Ballymun;
- To give local community groups and schools the opportunity to raise much needed funds for their work in Ballymun;

#### **Why Take Part?**

The Mun-Fun-Run is a really great way to start the spring and shake them winter blues off! It gives young people and adults a short-term fundraising and fitness goal. As well as being a fun day out, the Mun-Fun-Run is the perfect opportunity for students, parents, teachers and community organisations to come together for one positive goal.

#### **How to Participate?**

If you wish to raise sponsorship for your own organisation, group or school, you must provide details of your organisation and how the money will be spent. You will then be sent further information and sponsorship cards. In order to plan properly for the event, you are required to inform the committee of how many sponsorship cards you have given out and an estimate of how many people will participate on the day. A short report will be required after the event to detail how much money was collected and how it will be spent.

If you wish to participate as an individual, sponsorship money may be sent to any of the participating organisation or alternatively, you can pay a €5 entry fee.

**To register for the Mun-Fun-Run, please contact Rosie King on 01- 222 5617 or email [rosie.king@dublincity.ie](mailto:rosie.king@dublincity.ie).**

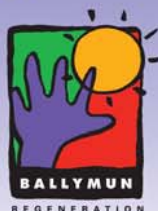
#### **How much does it cost?**

The suggested sponsorship amount per participant is €50. Of course, we welcome sponsorships of any amount, no matter how little or large. Remember any sponsorship money you collect will go towards your chosen community group / school etc. If you wish to participate but do not wish to raise funds, you can register by E-mailing [rosie.king@dublincity.ie](mailto:rosie.king@dublincity.ie) or call 222 5617.

*To assist with everyone's preparations for the Mun-Fun-Run, the Ballymun Leisure Centre will be offering discounts on entry to the gym and free training tips. For more information contact Emma Mitchell 01-8623510*



Ballymun Whitehall Area  
Partnership opportunity.renewal.progress



## Ballymun Fairtrade Fortnight 22<sup>th</sup> February – 7<sup>th</sup> March

The Ballymun Fairtrade Towns Steering committee (specifically BRL, GAP and Solas) hosted a series of Fairtrade events to celebrate Fairtrade Fortnight 2010.

The theme for the fortnight was 'The Big Swap' inviting you in the community to swap your normal cuppa or chocolate bar for a fairtrade branded one. A number of events were hosted throughout Ballymun. Coffee mornings were held in the Coultrey Neighbourhood Centre, Poppintree Sports and Recreation Centre and the Solas Women's Resource Centre.



*Fairtrade Steering Committee pictured with Oscar Gonzalez*

Oscar Gonzalez, Director of communications for Coomprocom fair-trade producers, Nicaragua joined the Ballymun Fairtrade Towns Steering committee and guests at the Coultrey Neighbourhood Centre during the fortnight.



*Winners of the Aisling Fairtrade Youth Football Tournament 2010*

Fairtrade promotion and tasting took place in SuperValu and at the Ballymun Farmers Market and Global action plan also ran a very successful Fairtrade football tournament youth event involving approximately 80 young people.

Each swap helps raise awareness of workers and farmers in developing areas of the world whilst also helping them earn a better living by guaranteeing a fair minimum price for their goods as well as the Fairtrade premium that is paid out to Fairtrade co-operatives.

Each small swap you make makes a difference to lives in the developing world and ensures Ballymun's status as one of Ireland's most dedicated Fairtrade towns.

In addition, a raffle in aid of Haiti Red Cross relief fund was held at each of the Ballymun events raising €214.

**Thank you to everyone who made Fairtrade fortnight a success.**

## Sports Across Ireland (SAI)

Sports Across Ireland sponsored by BRL launched its 7th season of Upward Basketball League for the Ballymun community in January this year. This year's league takes place in the Poppintree Community Centre with 55 children participating in the event.

The SAI Easter sports camp will take place from the 5th–9th of April followed by the Upward League running from April to June at the Trinity Comp Sports grounds. These events are aimed at young people from age 6–17 so if you would like more information or to register for these events please contact Dan @ 086 3814 266.