

Fingal News

Issue
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2020

NEW MAYOR TAKES OFFICE



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Comhairle Contae
Fhine Gall
Fingal County
Council



Your Council,
working for you

Mayor's Message



Mar Mhéara nuathofa Fhine Gall, tá áthas orm fáilte a chur romhat go dtí an t-eagrán is déanaí de Nuacht Fhine Gall, atá anois ina chainéal tábhachtach don chumarsáid eadrainn, an Chomhairle agus ár saoránaigh. San eagrán seo feictear go bhfuil an saol ag filleadh ar chineál éigin normáltachta agus go mbeidh orainn mórán gnéithe den saol a chur in oiriúint don saol mar a bheidh sé anois faoin bPaidém Covid-19.

Ba mhór an onóir dom é bheith tofa mar Mhéara ag mo chomh-chomhairleoirí níos luaithe sa mhí seo ag cruinniú

speisialta, agus tá mé ag tnúth leis an mbliain seo in oifig. Déanfaidh mé mo dhícheall ionadaíocht a dhéanamh d'Fhine Gall chomh maith agus atá ar mo chumas. As the newly elected Mayor of Fingal I am delighted to welcome you to the latest edition of Fingal News which has become an important channel in how we as a Council communicate with our citizens. This edition sees life starting to return to some form of normality and many aspects of our lives having to adapt to the new realities under the Covid-19 pandemic.

I was deeply honoured to be elected as Mayor earlier this month by my fellow councillors at a special meeting and I am looking forward to my year in office. I will seek to represent Fingal to the best of my abilities. I would like to thank my predecessor Cllr. Eoghan O'Brien who was an excellent Mayor and who represented Fingal during an unprecedented crisis.

I look forward to working alongside Chief Executive AnnMarie Farrelly and all of the Council staff as we seek to rebuild Fingal and combat the serious challenges we face. Primary among these are continuing to protect ourselves against Covid-19, the economic challenges created by the pandemic as well as the continuing challenges that climate change and biodiversity loss present to all of humanity. The Council staff have provided great leadership during the crisis. It is often said that crisis brings out the best in people and as someone who has served as a Councillor for many years, that is exactly what I have witnessed over the last few months. You have shown flexibility, a willingness to adapt, and a commitment to public service in difficult circumstances.

As we continue to protect ourselves and each other against the pandemic, the way that we conduct our lives will be far different to a few months ago. I was pleased to see the temporary pedestrianisation of New Street Malahide which is a great initiative to help businesses and people return to some form of normality while being able to maintain social distancing and look forward to the other measures in the Walk Bike Fingal project and beyond. Myself and my fellow councillors will be looking to do all that we can to support the Council in its efforts to support Fingal over the next year, to return Fingal to the healthy position it was in prior to the pandemic and to make sure it is ready for the next crisis.

The Baldoyle to Portmarnock Greenway was opened recently. Consistent with national priorities, the Council will accelerate investment in green modes of travel so that the people of Fingal will have greater options and opportunities to use cleaner and healthier forms of transport to go to work, school or travel around the county. Fulfilling the commitment in our Irish Language Scheme, I'm committed to supporting the work of our Irish Language Officer in providing our services bilingually to the best of our abilities.

I look forward to meeting and representing all the communities from across Fingal over the next year as Mayor. Agus muid ag comhlíonadh ár dtiomantas don Scéim Teanga, táim tiomanta tacú lenár Oifigeach Gaeilge ár seirbhísí a sholáthar go dátheangach chomh maith agus is féidir linn.

Mar Mhéara, táim ag súil le haithne a chur ar phobail ó gach cearn d'Fhine Gall agus ionadaíocht a dhéanamh ar a son sa bhliain atá le teacht.

Cllr David Healy
Mayor of Fingal

Chief Executive's Message



As an essential service we continued with most of our work during the COVID-19 pandemic albeit while using difference work practices. Our public spaces were greatly valued by communities as people stayed close to home and our staff worked hard to maintain and keep them safe.

As we progress through the opening up phases there is more work to be done to ensure our community facilities and businesses reopen safely.

We stay focused on providing essential and top-quality public services and this crisis has again highlighted the important role local authorities play every day in the lives of our citizens and communities.

I would like to congratulate Cllr. David Healy on his election as Mayor of Fingal and Cllr. Robert O'Donoghue on his election as Deputy Mayor. I look forward to working with them in the coming year.

I would also like to thank our outgoing Mayor, Cllr. Eoghan O'Brien for his incredible work in representing Fingal as Mayor over the past year. Most especially the leadership and support he provided Fingal over the past few months during the toughest times of the pandemic. Thanks too to outgoing Deputy Mayor, Councillor Tom Kitt, for his hard work during the year.

Fingal County Council has been assisting and will continue to provide supports to local businesses to reopen and to increase their trade. There is more information on the Restart Fingal business supports on fingal.ie and I encourage everyone to shop local and support your local economy. I also encourage businesses to back the Fingal In It Together Charter as we all work to ensure economic recovery.

Hundreds of businesses have already completed the online applications for the Restart Grant scheme and €5 million was paid to local businesses in June. This scheme is aimed directly at helping businesses with the costs associated with either staying open or re-opening. This is an important support and I encourage businesses to check their eligibility and to apply using the straightforward application process.

The Baldoyle to Portmarnock Greenway was officially opened earlier this month by the Mayor of Fingal. Thousands of people are enjoying walking and cycling this Greenway and its tremendous views. It is also an introduction to the potential of the Fingal Coastal Way which will be delivered in the coming years.

The next project will be the Broadmeadow Greenway which now has planning permission and will commence construction next year.

I hope you enjoy the latest edition of Fingal News.

AnnMarie Farrelly
Chief Executive

GREEN PARTY COUNCILLOR HEALY ELECTED AS NEW MAYOR

Councillor David Healy of the Green Party was elected as Mayor of Fingal at the annual meeting of Fingal County Council which was held at the National Show Centre in Cloghran.

Cllr Robert O'Donoghue of the Labour Party was elected as Deputy Mayor.

Cllr Healy defeated Cllr Joan Hopkins (Social Democrats) and Cllr Punam Rane (Fine Gael) in the election for Mayor while Cllr O'Donoghue defeated Cllr Natalie Treacy (Sinn Fein) and Cllr Rane in the election for Deputy Mayor.

Cllr Healy, who represents the Howth-Malahide Electoral Area, was first elected as a councillor in 1991. Based in Howth, he works as a climate change policy researcher.

Cllr O'Donoghue, who represents the Rush-Lusk Electoral Area, has been an elected member since 2018 when he was co-opted to replace retiring councillor, Ken Farrell.



Tributes were paid to the outgoing Mayor, Cllr Eoghan O'Brien by councillors and Fingal County Council Chief Executive AnnMarie Farrelly who also presented Cllr O'Brien with a Commemorative Medal and a Photograph Album recording his year in office.

Cllr O'Brien thanked Cllr Tom Kitt for his support as Deputy Mayor during the year and paid tribute to everybody who had contributed to making his year in office a success. A minute's silence was observed before the Annual General Meeting for former Mayor and councillor Mags Murray (pictured left) who passed away in June.

Cllr O'Donoghue was also elected

as Chairman of the Balbriggan / Rush-Lusk / Swords Area Committee defeating Cllr Dean Mulligan (Independents4Change).

Cllr Brian McDonagh (Labour) was elected as Chairman of the Howth Malahide Area Committee defeating Cllr Joan Hopkins (Social Democrats).

Cllr John Walsh (Labour) was elected as Chairman of the Blanchardstown / Mulhuddart / Castleknock / Ongar Area Committee after defeating Cllr Tania Doyle (Independent).

Cllrs O'Donoghue, McDonagh and Walsh will take up their positions in September.

New Street Malahide transformed into a pedestrian zone

MALAHIDE has become the first area in Fingal to see a new pedestrian zone introduced in the centre of the village which will bring an open air, European-style feel to the heart of the village.

New Street, which is home to lots of shops, boutiques, restaurants, cafés and bars, has been transformed into a pedestrian-friendly area during a 10-week pilot initiative.

Walk Bike Fingal is an exciting new initiative being rolled out across the county and which seeks to encourage and facilitate social distancing for citizens going about their daily business.

The initiative will allow retailers, café and restaurant owners expand their business onto the street, giving a European-style feel on the street. Additional parking has been provided at the nearby Bridgefield Car Park at the entrance to Malahide Demesne. Free parking will now be available at this location for a two-hour period. The Council has also installed a number of Age Friendly parking spots in the town centre.

During the Covid-19 pandemic there has been a significant drop in traffic, combined with a resurgence in walking and cycling across Fingal, and this new area will allow pedestrians move safely and freely while going about their day-to-day



business.

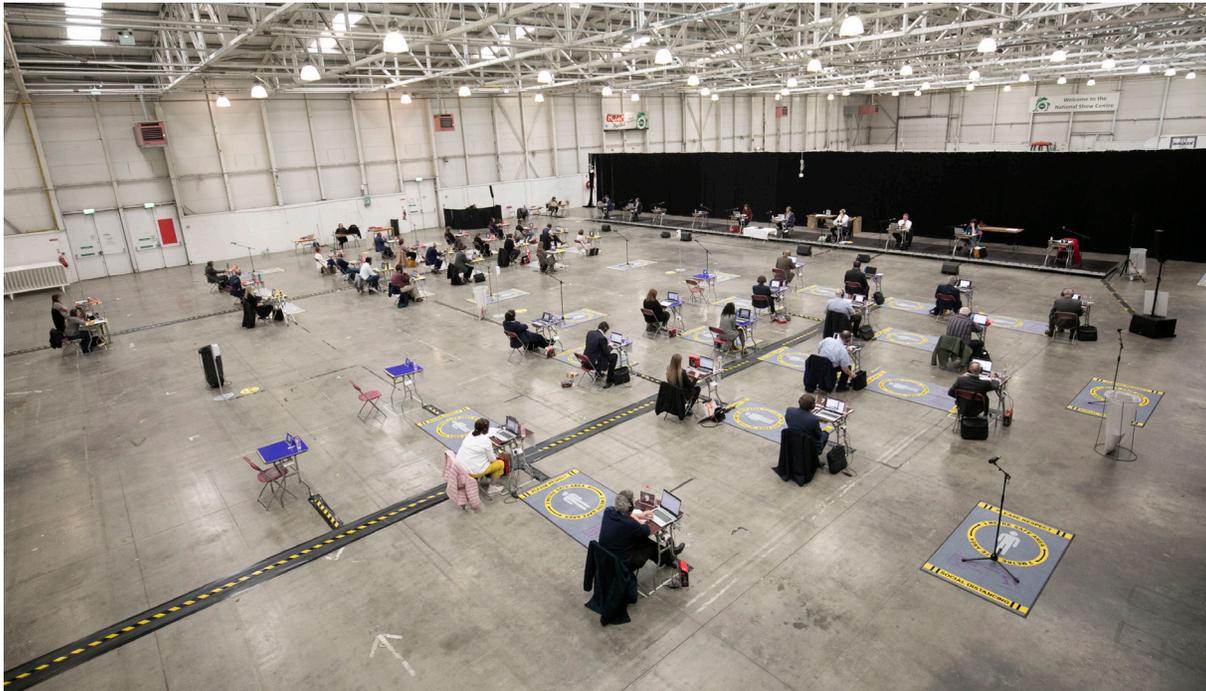
Fingal County Council met with stakeholders in the village and the plan has been backed by Malahide Chamber of Commerce, Malahide Community Forum and Malahide Tidy Towns. Councillors on the Howth-Malahide Area Committee also approved the pilot initiative following a briefing from Council officials.

Fingal County Council has also launched its Street Furniture Initiative 2020 to facilitate the temporary placement of chairs and tables on footpaths to allow for outdoor dining. From Thursday (June 18) applications and details can be made at <https://www.fingal.ie/council/service/street-furniture-license>.

AnnMarie Farrelly, Chief Executive of Fingal County Council, said: "As

part of our measures to tackle the Covid-19 health emergency, Walk Bike Fingal is a new initiative to support people and businesses to try to go back to living their lives as safely as possible. These temporary changes to the public realm will create better outdoor space for the enjoyment of citizens and will also assist some of our local business to re-open in a safe way."

David Storey, Director of Operations in Fingal County Council, said: "The temporary repurposing of New Street Malahide alongside other Fingal paths, roads and public realm spaces is to help all of our residents to get out for exercise and time outside and to support some of our local businesses to reopen while being able to respect the 2m social distancing requirements."



Councillors approve two variations to Development Plan

Councillors have approved two variations to the Fingal Development Plan 2017-2023.

They passed, by 32 votes to seven, Variation No.2 which aligns the Fingal Development Plan 2017 – 2023 with the National Planning Framework (NFP) and the Regional Spatial and Economic Strategy (RSES). The making of Variation No. 2 results in amendments to the Core Strategy and associated tables in the written statement and amendments to text and objectives/policies throughout the written statement to refer to the National Planning Framework and the Regional Spatial and Economic Strategy.

Variation No. 3 was unanimously agreed. It will vary the Development Plan 2017 – 2023 and remove the indicative line of the N3 – N4 Barnhill to Leixlip Interchange road proposal which had been shown on



Sheet 13, Blanchardstown South. Councillors also approved, under Part 8 of the Planning and Development Regulations 2001 (as amended), the Church Fields Link Road & Cycle Network in Tyrrelstown.

Cllr Cathal Boland (Independent) was nominated to the Dublin and Dún Laoghaire Education Training Board.

The meeting, which was attended

by 39 councillors, was held in the National Show Centre, Cloghran, in order to adhere to public health guidelines and facilitate social distancing.

Before the meeting a minute's silence was observed in memory of all those who have died during the last few months.

Councillors also agreed the Fingal Community Response to Covid - 19 Funding Scheme; Community Activity and Arts Grants; Artists Grants Support Scheme 2020; Annual Report 2019; Annual Financial Statement 2019; Schedule of Uncollected Rates for year ended 31st December, 2019; and Parking Bye-laws.

A Declaration of Roads for Orchard View, Beaverstown, Donabate, was also agreed along with the granting of Wayleave across the M1 and Bremeore, Balbriggan, to Irish Water.

Council to tackle illegal car breaking yards

Did you know 85% of your old car can be recycled when it's time to scrap it? Were you aware you're required by law to dispose of your old car at a permitted scrapyards or authorised treatment facility (ATF) to get a certificate of destruction (COD)? If you don't you could be facing a €100 fine or even worse, upon summary conviction in a district court, a fine of up to €5,000!

Fingal County Council has identified several illegal car breaking yards or End of Life Vehicle (ELV) sites using satellite imagery, drones and local knowledge. The Waste Enforcement Unit plan to regularise all unauthorised sites operating without planning permission and a facility permit during 2020 and to close down sites not complying with the European Union (End of Life Vehicles) Regulations 2014. A number of unauthorised ELV sites have been inspected to date and this work will continue throughout 2020. To ensure there is no recurrence of illegal activity, waste enforcement officers will carry out regular monitoring post site closure with the support of An Garda Síochána and other State Agencies.

An ELV is a vehicle which is discarded or is intended to be discarded by its registered owner as waste/ scrap e.g. a car or commercial vehicle which has reached the end of



its life. Unauthorised storage and dismantling of ELV's poses a significant risk to the environment. ELV's contain a range of hazardous materials such as waste oils, lead acid batteries, lubricating oil, coolant and brake fluid which can cause pollution if not disposed of properly.

Unauthorised ELV sites are used for dismantling and selling second-hand car parts. The sites don't have appropriate infrastructure in place, nor do they adhere to environmentally sound practices in terms of car dismantling and management of hazardous wastes. Old or damaged vehicles stored on permeable surfaces can leak fluids with liquids entering the ground causing pollution.

Help protect the environment and bring your old car to an Authorised Treatment facility (ATF). These sites have a Waste Facility Permit and the necessary infrastructure in place for storing, treating and recovering ELV's in an environmentally friendly way. You can check the National Waste Collection Permit Office website to see if a site has a permit - www.nwcpo.ie. To be an ATF the permit should include the List of Wastes (LoW) Code '16 01 04* End-of-Life Vehicles'. Best of all, owners of old cars can deposit these Free-of-Charge at an ATF with three located within Fingal:

1/ Gannon's City Recovery & Recycling Services Ltd. Web: www.gannonscityrecovery.ie

2/ Industrial, Agri & Engineering Salvage Ltd. (IAES). Web: www.scrapmycar.ie

3/ St. Margaret's Recycling and Transfer Centre Ltd. Web: www.stmargaretsrecycling.ie

Further information on End of Life Vehicles is available at ELVES: <https://www.elves.ie/How-to-Recycle> or by contacting Fingal County Council - Environment Section Tel: 01 8905000, Email: environment@fingal.ie.

**Fingal County Council
COVID-19 Community
Call Helpline**



✓ Collection & delivery of food, other items ✓ Social isolation supports
✓ Garda related issues ✓ Other medical or health needs

01-890 5000
1-800-459-059

covidsupport@fingal.ie

Comhairle Contae
Fhine Gall
Fingal County
Council



Businesses and Innovators urged to apply for 2020 Green Enterprise: Innovation for a Circular Economy

Fingal County Council is supporting the call for applications for the 2020 Green Enterprise: Innovation for a Circular Economy by the Environmental Protection Agency (EPA) in partnership with the Department of Communications, Climate Action and Environment and invites businesses and innovators interested in applying for this funding to partner with Fingal County Council on eligible projects.

This is an opportunity for businesses and innovators in Fingal to access €600,000 of funding, with a maximum grant of €100,000 for any one project, to develop and demonstrate business-ready solutions for the circular economy in partnership with Fingal County Council.

Expressions of interest are available on the Council's website at www.fingal.ie and completed forms should be sent to econdev@fingal.ie by 5pm on Friday, July 17 next.

Mayor of Fingal, Cllr. David Healy said: "As we look to recover from the Covid-19 pandemic we will need innovations and support from the business community to help everyone in Fingal. At the same time, with the even greater challenge of transitioning to a decarbonised sustainable economy, we need to rethink how we use resources. Businesses will be at the core of this transition and Fingal County Council encourages businesses and innovators to engage with the challenges and opportunities of the circular economy."

The National Waste Prevention



Programme (NWPP) is an initiative to enhance competitiveness and reduce business costs by delivering programmes which stimulate resource efficiency i.e. reducing cost by re-using and re-purposing materials already in use, in the circular economy. The EPA's Green Enterprise: Innovation for a Circular Economy programmes supports the development of new approaches to the circular economy. The EPA's 2020 Call focuses on business innovation under the following themes:

1. Food Waste
2. Construction & Demolition Waste
3. Plastics
4. Resources & raw materials (electrical & electronic equipment, textiles, furniture)

The 2020 Call does not cover innovations in energy, mobility, water systems as these are covered under other initiatives.

The circular economy aims to make us less reliant on raw materials imported from abroad and move towards sustainable materials management and a low carbon

economy, both of which are priorities for Fingal County Council in its Climate Change Action Plan.

Emer O'Gorman, Director of Economic Enterprise & Tourism at Fingal County Council, said: "This is a great opportunity for businesses to work alongside Fingal County Council to re-orientate into a circular economy business model which will help to achieve the Council's Corporate Circular Economy and Sustainable Business objectives. As we work to help the local economy to recover after the Covid-19 pandemic now is a good time to look to introduce innovative ideas to improve the circular economy."

Ethna Felten, Director of Environment & Climate Action at Fingal County Council, said: "As part of the Climate Action Plan for Fingal County Council the circular economy seeks to make Fingal less reliant on imported raw materials by reusing the materials that are already in use while also reducing our carbon emissions which is a key aim of our Climate Action plan."



Council adds additional Electric Vehicles to its fleet

Fingal County Council is delighted to announce the addition of a number of electrical vehicles to its fleet. The vehicles representing an investment of €340,000 were launched by Mayor of Fingal Cllr Eoghan O'Brien at Ardgillan Castle.

The additional fleet consists of 14 Fully Electric Nissan eNV vans, two Fully Electric LDV 3.5 ton tipper trucks, one Fully Electric Meangreen Zereturn mower and one Fully Electric Goupil G4 Utility Vehicle and is further evidence of the commitment of the Council to the transition to electrification of its fleet.

The addition of these vehicles means that 15% of Fingal County Council's commercial fleet is now electric. Electric charging points have been installed in Council depots and carparks and the Council has also introduced the innovative charging points at street lights.



Outgoing Mayor of Fingal Council Cllr. Eoghan O'Brien said: "This addition to the Fingal County Council fleet is another example of the commitment of the Council to sustainable transport and climate action. The challenge of protecting the environment for future generations is very important to me and with this move to electric vehicles and other initiatives the Council is at the forefront in making the necessary changes and leading by example in meeting this challenge."

AnnMarie Farrelly Fingal County Council Chief Executive said: "These vehicles are another important step in the transition to electrification of the Council fleet. The provision of sustainable transport for the County is a top priority for Fingal County Council and can be seen in this initiative as well as our investment in infrastructure for cyclists and pedestrians such as the Baldoyle to

Portmarnock Greenway opened last week."

Director of Operations David Storey said: "We already have a number of electric vehicles in their fleet and these have proved very efficient and popular with staff as well as having economic benefits and being environmentally sustainable. These represent part of a range sustainable transport initiatives including the provision of electric charging facilities and enhanced facilities for pedestrians and cyclists."

RESTART GRANTS IN FINGAL TOP €5M MARK

Restart Grant payments to Fingal businesses from Fingal County Council have now topped over €5m with 982 businesses approved for grants ranging from €2,000 to €10,000. The Restart Grant is part of the Council's commitment to supporting the local economy and assisting businesses trying to recover from the difficult COVID-19 period.

The Council's Economic Enterprise and Tourism Department has worked closely with local Chambers of Commerce and national agencies since the COVID-19 crisis commenced in early March to provide much-needed assistance to businesses and recently launched another major support initiative, the Fingal In It Together Charter.

Since the Restart Grant Scheme commenced on May 22, funding totalling over €5m has been awarded to 982 micro and small local businesses. The purpose of the Scheme is to help local businesses with the costs associated with either staying open or re-opening and re-employing workers following COVID-19. A total of 1,547 businesses have already completed online applications under the Scheme and Council staff are continuing to accept, validate, process and approve applications.

The closing date for the Scheme is August 31 and businesses in Fingal, which fulfill the criteria, are encouraged to apply for a grant. Applications can be submitted at <https://submit.link/E5RPF> and details of the scheme are also available on the Fingal County Council website, www.fingal.ie/business. The Grant will be equivalent to the rates bill of the business in 2019, with a minimum



payment of €2,000 and a maximum payment of €10,000.

The Deputy Mayor of Fingal, Cllr Robert O'Donoghue, said: "The Restart Grant has helped many small businesses across Fingal to get up and running at what is a difficult and challenging time. Employees in many small businesses across Fingal are now back at work thanks to the Restart Grant."

Cllr Tony Murphy, Chair of the Economic Enterprise and Tourism said: "Fingal businesses need all the help they can get as they try to work their way out of the situation they find themselves in. It is very encouraging that so many businesses have already availed of the Scheme and shows the determination of our entrepreneurs to succeed."

The Chief Executive of Fingal County Council, AnnMarie Farrelly said: "This is one of a number of initiatives which the Council has introduced, like the three-month waiver of commercial rates for businesses forced to close and the Fingal In It Together campaign. All are designed to help small and micro enterprises across Fingal restart their operations and contribute to maintaining employment and economic activity within our communities."

Fingal County Council's Director of Economic Enterprise and Tourism Development, Emer O'Gorman, said: "The Restart Grant is designed to alleviate the pressure on businesses and our business community have seen it as a very positive initiative. I would urge any business who has not yet applied for the grant to do so before the closing date of August 31."

Fingal businesses are also set to benefit from a rates rebate under the €260m Rates Waiver Scheme which was announced recently by Government. The Council also supported the setting up of a website, www.shoplocal.irish, and an accompanying app, which provides a non-profit directory for local businesses and encourages local communities to shop local by providing information on the types of retailers operating in their area. Fingal County Council also launched the 'Fingal In It Together' Charter in partnership with Chambers of Commerce and the business community in Fingal.

The Council also launched a special 90 second video to promote the message that Fingal is now open for business. It can be viewed at <https://bit.ly/3hmyn0S>,

COUNCIL LAUNCHES THE FINGAL DIGITAL STRATEGY



Fingal County Council has launched the Fingal Digital Strategy 2020 – 2023 which aims to encourage and support citizens, businesses and visitors to reap the full rewards of a digitally enabled society through a series of objectives and actions over three years.

It showcases the many benefits digital can make to our health, happiness and wellbeing, from supporting the economy and enabling remote working, to enhancing access to education, learning and social connectivity.

The plan contains an initial 48 actions that are on-going or planned within the Council, covering four key action areas – Digital Infrastructure, Digital Community, Digital Business and Digital Government.

The Digital Strategy is described as a living document that will change overtime and adapt with an ever-changing digital society; as such the actions of this plan will be continually monitored and updated by the Digital Fingal Oversight Group working across all Council departments.

The Strategy was adopted by the Elected members in February, and its content was informed by a public

consultation process conducted over eight weeks in 2019.

The Digital Strategy Consultation involved three main methods of engagement – the publication of an Issues Paper and online consultation; various consultation workshops with strategic stakeholder groups; and the publication of an online survey to obtain input from a wider audience.

Outgoing Mayor of Fingal Cllr Eoghan O'Brien said: "I am delighted to launch the Fingal Digital Strategy which sets out a range of actions and measures to support citizens and businesses to get the most out of digital in Fingal.

"In light of Covid 19, access to the internet and digital technologies is vitally important to everyday life. The Fingal Digital Strategy aims to support communities to get online and stay connected."

Chief Executive of Fingal County Council AnnMarie Farrelly said: "Fingal County Council is committed to driving innovation and delivering quality public services that support communities.

"Digital is not about technology, it's about changing the way people live, connect and work.

"This strategy, therefore, is about how we will deliver and enhance our public services, infrastructure, public spaces, economy and jobs for Fingal, now and for years to come.

"This strategy will support both national and EU digital agendas, the roll-out of the National Broadband Plan, and accelerate other local plans and strategies through the use of digital technologies."

Fingal County Council Digital Strategy Manager Aishling Hyland said: "The Digital Strategy is an ambitious plan that aims to capitalize on digital infrastructure and enhance the way we live, work, experience and do businesses in Fingal.

"Core initiatives of the Strategy include delivering free public wifi in our town centres, developing smart town and village districts to trial and test IOT technologies and developing initiatives that help to combat digital poverty and support communities."

To read the Fingal County Council Digital Strategy 2020 – 2023, visit <https://www.fingal.ie/sites/default/files/2020-06/fingal-digital-strategy-2020-2023.pdf> . For further information please contact: Aishling.hyland@fingal.ie

A Government of Ireland initiative
brought to you by the
Department of Business, Enterprise and Innovation



Coronavirus
COVID-19
National
Programme

Key Supports for Reopening your Small Business



These are direct, non-repayable, financial supports to help your business

1 Apply for the Restart Grant
minimum cash grant of €2,000, maximum €10,000 - apply online through your Local Authority

2 Avail of the Temporary Wage Subsidy Scheme
which pays up to 85% of your staff wages, freeing up cash flow for other areas of your business
further information at revenue.ie

3 Get your business online through the Trading Online Voucher Scheme
with financial support of up to €5,000
contact your Local Enterprise Office at localenterprise.ie

**4 Talk to your Local Enterprise Office for advice,
financial planning, training and mentoring**

For more information contact the Business Support Call Centre
at the Department of Business, Enterprise and Innovation
on **01 631 2002** or dbei.gov.ie



Rialtas na hÉireann
Government of Ireland



WORKING

10 simple tips

TIP 1 - STICK TO A ROUTINE

I know we all love a duvet day, staying in the Pjs and sitting on the couch, sounds great but day after day it will really reduce your physical and mental health. The first tip for working at home is to stick to a routine

- Set your Alarm for Monday to Friday – get up, get showered, get dressed and do your hair etc.
- Make your bed everyday – sounds silly, but it's a simple and easy task to complete everyday and we're in strange and unfamiliar times, so if you do have a bad or stressful day, isn't it lovely to get into a nice freshly made bed at the end of it!

TIP 2 - WORKSPACES

Try to find a designated workspace away from your cooking and living space. Separating your Home and Work life will be key to striking a healthy balance. If you aren't in a position to fully separate the two, then make sure at the end of your day to tidy away the workspace to make sure it's not staring you in the face all evening.

TIP 3 - NUTRITION IS KEY

We'll all have heard the saying that you can't out train a bad diet. When our ability to leave the house is more limited than we're used to, this saying has never been truer. Some tips to help with your nutrition at home are

- Stick to planned breaks and mealtimes, try to reduce snacking on extra cakes, sweets or biscuits. If you normally have an 11am cuppa, stick to that!
- Plan your lunch in advance and meal prep it if possible
- Try to focus on real/fresh foods rather than convenience foods
- If possible, don't eat where you're working. Try to keep them separate and use your breaks to switch off from work.
- Don't buy junk food, we all complain when someone brings in sweets on a Monday, but we all eat them! If you have a press full of sweet treats, it'll be the first place that you go if you're mind is wandering!
- Drink plenty of water, a lot of the time when we feel hungry, we're slightly dehydrated so keep the water topped up. Try limit the amount of Caffeine you're drinking too.

TIP 4 - BE SOCIAL

We're social animals by nature, we crave interactions with friends, family and colleagues on a regular basis. At the moment, while things are out of routine, technology can help to keep us connected socially. If you normally take a coffee break with a colleague, why not call them for a chat at your regularly scheduled break, if you've followed Tip1 you could even try a video call on Whatsapp or Zoom

TIP 5 - DON'T SIT ALL DAY

You'll probably have heard people say that constant sitting is as bad for your health as smoking, I'm not sure how true that is but there are plenty of studies that say sitting for long periods of time is bad for our health. When we're in the office we're up and back to photocopiers, the kitchen and colleagues' desk. The tendency at home is to spend all day at the laptop and sit for long periods. This will make us stiff, sore and less mobile

- Try to take movement breaks every 30 minutes, a 2 minute walk around the house, garden or to get a glass of water will keep you active
- Chair Yoga, simple stretching movements are also good to maintain good posture and spinal health when working from home

TIP 6 - LUNCHTIME ROUTINE

Selfcare is more important than ever at this time, often when working we take a quick lunch or eat at our desk, when working from home it is really important to make your lunch your break!

- Go for a short walk if possible
 - Read a newspaper online
 - Do an at home workout – The Digifit Series on Learning.fingal.ie has a range of homework outs
 - Do a spot of Yoga or Meditate
- Essentially, make time for yourself as much as you can



FROM HOME

to help you stay fit and healthy



TIP 7 - FINISH UP AND TIDY UP

Try to finish at your normal time each day, turn off your laptop/phone and tidy away your work area. When we work from home, we tend to work longer hours and when we couple this with limited ability to go outside and socialise this can have a negative impact on our mental health

- Schedule your finish time each day
- If you are working in the evening due to kids etc make sure to take that time back during the day
- Clean your workspace, especially if not able to separate it from your cooking/living area

TIP 8 - WORKING AND KIDS

Kids will play havoc with working productively from home. We're all adjusting to this new normal, that includes the kids too, so if the odd day goes belly up, chalk it off, move on and enjoy the time with them. We don't get time back so make the most of it. If you're the boss, be cognisant of this too, everyone's home circumstances are different so try to be flexible when you can.

TIP 9 - DON'T FORGET TO TALK

These are unprecedented times, we're out of our normal routines, some of us are double jobbing as teachers or carers so make sure to check in with each other. In times like this when we can't be physically in each other's company it's more important than ever to speak regularly to each other

- Check in with Colleagues daily
- If you're finding the adjustments hard, chances are they are too
- Support each other and be as flexible as possible with how we work

TIP 10 - SEPARATE WORK AND HOME JOBS

We love routine, we thrive when we have a sense of normality. How do you keep things feeling somewhat normal at a time like this? One thing I've found helpful is keeping the big house jobs that have been on 'the list' for the weekends, so if you have some painting, DIY or gardening to do, try keep it to the weekend so that you can feel a sense of accomplishment from your weekend and the days won't all mould into a blur!

Make sure to checkout the Healthy Fingal Learning Portal for some home workout tips

Fingal Digifit
<https://learning.fingal.ie/course/view.php?id=139>

New social housing scheme completed in Swords

Fingal County Council has completed a new social housing scheme at Holymount, just off the Rathbeale Road, in Swords with tenants expected to move into their new homes shortly.

The development of 24 properties, which features a mix of apartments and two, three and four-bedroom houses, has been handed over to the Council after being completed by contractors Cunningham Contracts Limited.

The development has been brought to a successful conclusion despite the site being one of six social housing developments across Fingal which saw work temporarily halted due to the COVID-19 situation.

Outgoing Mayor of Fingal, Cllr Eoghán O'Brien said: "The quality of Holymount is a testament to the Council and the work that's been put in, both by our own staff and by the contractors involved. This development really is a flagship in terms of what can be achieved by our in-house departments."

"I've visited sites across Fingal, and there is a mix of units, developments, and areas, that reflects what Fingal County Council is trying to do – to tailor what we're delivering to the needs of those on our social housing lists."

After the site was subsequently allowed to reopen following approval from the Department of Housing, Planning and Local Government, the Council worked closely with the contractors to ensure safe working standards were



adhered to, and this approach allowed the project to be completed.

Chief Executive of Fingal County Council AnnMarie Farrelly said: "The completion of the Holymount scheme aligns with the completion of the upgrade works on the Rathbeale Road, which provides pedestrian and cycle routes into Swords, but also to local schools in the area, and to our Library closer to Swords town. The families moving into Holymount will be part of the future of Swords, which will include the Swords Cultural Quarter and the planned population growth and development of the town."

Fingal County Council Director of Housing and Community Margaret Geraghty said: "This development is the 16th development to be completed out of 29 social housing projects across Fingal. We have worked together with the residents who will move into these new homes, to make sure that the apartment meets their needs. We're really looking forward to

welcoming the new tenants and new families that will move into Holymount in the coming weeks."

Fingal County Council's Architects Department designed Holymount to feature a mix of accommodation type and to take into the unique characteristics of the sloping site on the edge of Swords.

County Architect Fionnuala May said: "This development, I think, will be the foundation of a genuine community in this new area, and we are delighted to have completed this scheme."

The Holymount development was funded through the Department of Housing, Planning and Local Government under Rebuilding Ireland.

A video showcasing the new homes in Holymount can be found on our website at: <https://www.fingal.ie/news/fingal-county-council-completes-new-social-housing-development-holymount-swords>

UPGRADE OF €6M RATHBEALE ROAD IN SWORDS, OFFICIALLY OPENED

The upgrade of the Rathbeale Road in Swords, which is part of the R125 Swords to Ashbourne route, has been officially opened.

The upgrade of the R125 Swords to Ashbourne route saw about one kilometre of rural regional road at Rathbeale being upgraded to a more urban layout with cycle tracks and footpaths along both sides. The upgraded stretch runs from the Murrough Road junction to the Swords Western Distributor Road junction at Rathbeale Cottages.

The contractor for this project was Johns Civil Engineering along with Waterman Moylan Consulting Engineers while the project team in Fingal County Council project-managed the overall scheme.

The project cost €6m with €4.9m being received from the Local Infrastructure Housing Activation Fund under the Rebuilding Ireland programme and Fingal County Council making up the balance. The upgrade will facilitate 800 houses initially and 3,200 eventually.

The Council has an overall ambition to see Swords grow from its existing population of 40,000 at the minute up to 60,000 and then ultimately to 100,000 with a city status and all the infrastructure that would go along with that."



Outgoing Mayor of Fingal Eoghan O'Brien said: "This is our second LIHAF project that we have seen to completion and opens up the whole western side of Swords for potential new development. I would like to pay tribute to the elected members, past and present, from the Swords area who supported this important project and worked with the staff of the Council to make it happen. This will be a big asset in terms of infrastructure within the Swords area and the Greater Fingal area."

The Chief Executive of Fingal County Council, AnnMarie Farrelly, said: "I am really delighted that the Rathbeale Road upgrade is finished. This road has delivered walking and cycling infrastructure to new houses in Oldtown and Mooretown. This road was previously quite a narrow road without any pedestrian or cycle facilities so it's also making the area much safer for people who are out walking and cycling.

"The purpose has been to connect those new residents with the town of Swords but also to local schools in the area. There is also a new secondary school being constructed on the Mooretown lands which will be of great value to the west of Swords."

Fingal County Council's Director of Planning and Strategic Infrastructure, Matthew McAleese, said: "This road upgrade forms part of the phased development of the Oldtown-Mooretown Local Area Plan and it was one of the plans to unlock subsequent development phases of the overall scheme which will ultimately deliver new residential units for the western side of Swords.

Paul Carroll, Senior Engineer with Fingal County Council, said: "As part of the scheme the road was reconstructed and realigned in certain sections and new segregated cycle facilities were built along the length of the project. There were new junctions constructed to facilitate future residential development in the locality, new pedestrian crossings and a new culvert on the stream, halfway through the site, to replace an old masonry arch structure which was falling into disrepair."

A video to mark the official opening of the upgraded Rathbeale Road can be viewed at https://www.youtube.com/watch?v=m_g17BwM5ZU.

Coronavirus COVID-19



Stay local. Stay safe. Protect each other.

Continue to:



Wash
your hands well and often to avoid contamination.



Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue safely



Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



Avoid
crowds and crowded places



Know
the symptoms. If you have them self isolate and contact your GP immediately

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > sudden loss of sense of smell or taste
- > flu-like symptoms

#holdfirm



“FROM SWORDS CASTLE TO NEW YORK CITY” FINGAL PLAYWRIGHT TO MAKE DEBUT IN NEW YORK

The first play performed in Swords Castle is heading for America in what is a tremendous boost for the potential of the Swords Cultural Quarter to deliver a positive platform for the arts in Fingal.

The award-winning playwright and performer David Gilna from Swords will make his playwright debut in New York with his award-winning play *My Bedsit Window* starring Sarah Ryan, Alan Kelly & Michael Mellamphy.

David has been involved and supported by Fingal Arts for many years, his play *'The Unsung Hero'* launched the renovated Atrium in County Hall and his play *'My Bedsit Window'* was the first play staged in Swords Castle in 2014.

'My Bedsit Window' was described in reviews as *'Wrapped up in a myriad of mesmerising characters who - through Gilna's energetic vocal agility - burst open the emotional highs and lows of this true story "My Bedsit Window" is a play for today - highly charged - highly recommended.'*

Margaret Geraghty, Director of Housing and Community for Fingal County Council said: "David Gilna has been involved with the Arts department for many years now with a highlight being the performance of his play *My Bedsit Window* at Swords Castle. That performance showed the immense potential of Swords Castle as a key part in the development of Swords Cultural Quarter which looks to develop and deliver culturally for Swords and Fingal. I am delighted to hear about this news, hope it inspires other Fingal playwrights and that they know that the Arts department of Fingal County Council are there to support them. I wish David, all the actors and his team the best in their debut shows in New York."

Fingal Arts Officer, Rory O'Byrne said: 'Fingal Arts Office is committed to supporting our local artists and is delighted to see and support



the success of local playwright David Gilna with his play *'My Bedsit Window'*."

David has sought to build relationships between Fingal artists and the Irish American community through the work of his plays.

The opportunity to showcase his work in New York city is an opportunity of a lifetime.

David Gilna said about the news: "I was honoured to have my first rehearsed reading of my play with The Irish American Writers & Artists Salon this week introducing my work as a playwright"

"The people and places of Fingal inspire my work as a playwright. I would thank all those who have helped me achieve all of this."

David was due to be on tour in America & Canada with his new show *'A Bolt From D'Blue'* but was cancelled due to the Covid-19 health emergency but when one door closes another opportunity presents itself.

David teamed up with Fingal local Sarah Ryan who is now based in New York. They met each other through their love of Performing Arts in Swords, Dublin and studied Theatre Studies in college together.

The two other actors cast are, star of stage and screen Michael Mellamphy and another Fingal local Alan Kelly.

David commented further: "Alan and I trained at The National Performing Arts School together as kids. It was ran by Jill Doyle and Eamon Farrell and we shared The Olympia stage together over many years, so when Sarah told me the cast, I was over the moon to be working with three amazing actors but also two fellow Fingal natives.

"Collaborating with Sarah Ryan has been a dream ticket as we work together to connect my plays to an Irish American audience. As all the world's theatres are sleeping right now, the cast are set in place and are just waiting to begin production when the crisis abates."

Nursing homes are staying connected!



More than 20 ACORN Age-Friendly smart tablets have been donated to three nursing homes in Fingal and the Skerries Community Day Care Service as part of the Staying Connected Initiative. The other care homes receiving these donations are Rush Nursing Home and Bartra Healthcare Loughshinny.

'Staying Connected' was conceived to address the needs of our more vulnerable older community. It is a smart technology solution to enable them to stay in touch with friends, family and service providers as we continue to go through the Covid-19 emergency.

This initiative was supported by the Skerries Age Friendly Town Working Group as well as Fingal County Council's Age Friendly Programme, Skerries Community Association and Skerries Rugby Club. The project also received financial support from both the businesses and local community in Skerries.

Outgoing Mayor of Fingal, Cllr. Eoghan O'Brien, said: "I am thrilled to have launched this great initiative in Lusk Community Nursing Home today, it will help so many people who have been not able to contact family members as much as they would have liked over the last few weeks. Fingal County Council is committed to helping the most vulnerable within our communities however we can, and we are happy to support this initiative which does so."

AnnMarie Farrelly, Chief Executive of Fingal County Council, said: "It is good to take time to acknowledge all the great projects that are happening across Fingal during the Covid-19 pandemic and the "Staying Connected" project addresses the needs of our citizens in nursing homes, helping them to stay connected with their families and friends which would not happen

without the support and drive of local volunteers such as Skerries Age Friendly Town Committee, and their commitment in making Skerries and everyone who lives here truly respected and valued.

"I welcome this "Staying Connected" initiative and the use of the Acorn tablets within nursing homes across the Fingal area, it is indeed a project to be very proud of. I am very happy that Fingal County Council is working in collaboration with the Health Services Executive, Cliffmun Media with Acorn Tablets and with funding support from a wide range of individuals, groups and organisations to bring this project to fruition."

ACORN is a smart tablet which provides those with limited technology skills the ability to be fully engaged online. It is designed as an age-friendly digital device, purpose-built to improve the quality of life of its older users by supporting their primary life needs. The Acorn smart tablet has been designed as a product that helps to address the challenges of sustained independent living, both at home and within the community.

Margaret Geraghty, Director of Services Housing, Community & Libraries, said: "I am delighted to support the "Staying Connect" initiative. Age Friendly Fingal are proud to be working with Cliffmun Media over the last two years in developing the "Acorn Tablet" and it is heartening to see this product now being used with our most vulnerable citizens in nursing homes across Fingal, this will ensure that our senior citizens have the technology to allow virtual face to face contact with their family and friends."

If you wish to know more about the 'Staying Connected' initiative contact: Mary Conway email marydeasyconway@gmail.com or phone 086 397 7118

Helping your business
respond to COVID-19

Visit LocalEnterprise.ie/Response



Local
Enterprise
Office

Six-week Couch to 3k programme on the starter's blocks

Fingal County Council, Sports Office in conjunction with Dublin City and County Councils and the network of Local Sports Partnerships are coming together to provide a free, six-week, Couch to 3k programme, starting the week of Monday, June 29th.

This event is planned directly after the National Be Active Day on Sunday 28th June.

Whether you have never jogged before or if you just want to get more active, Couch to 3K is an easy way of getting started. This programme is for everyone, male and female, who would like to get a little more active and progress from walking to jogging. If you are a little unsure of how to get started, this is ideal for you. The programme is not just focused on running, it starts with a mix of walking and jogging to gradually build up your fitness and stamina. You can take it your own pace.

All you need to do is sign up for the programme and you will receive a weekly email with training plans with warm up/cool down exercises and tips. A Facebook group for participants to share their experiences, and to motivate each other will also be available.

As further encouragement, participants will receive a medal on completing the programme!

Margaret Geraghty, Director of Housing and Community welcomed the programme saying: "I am encouraging everyone to participate in this programme and I am reminded that the old adage "healthy body healthy mind" was never more appropriate than at this time."

People can get further information and sign up, for free, through the Eventbrite page <https://allofdublincouchto3k.eventbrite.ie>



MAKE SURE TO GET INVOLVED IN ANNUAL HERITAGE WEEK

Rather than focusing on the organisation of in-person public events, local heritage groups and organisers, families and communities are being invited to develop projects around this year's theme of 'Heritage and Education: Learning from our Heritage'.

Coordinated by the Heritage Council since 2005, National Heritage Week has become one of Ireland's largest cultural events, and will run this

year from Saturday, 15th – Sunday, 23rd August.

The new approach is designed to promote the sharing of experience and knowledge. Expressions of interest and project ideas should be submitted to HeritageWeek.ie, and be carried out throughout June and July. Projects should be completed in time for National Heritage Week when they will be showcased. Accepted formats for showcasing may vary from online talks or exhibitions, to a



Learning from our Heritage

video, podcast, slideshow presentation or blog, to media coverage, a dedicated website or moderated social media account, or by means of small, restricted social gatherings, which comply with official public health advice. All projects submitted will be considered for a Heritage Week Award.

Fingal Heritage Officer Christine Baker said: "Heritage is about connecting people and we have an opportunity to that in different ways this Heritage Week. Projects like the Fingal Heritage Network's Snapshots of Fingal's Past will reach different audiences in different formats. You can research heritage on your doorstep, share or re-learn a heritage skill, or find out more about Ireland's history of education."

To support project organisers in arriving at an aspect of heritage that they might want to explore under this year's theme of 'Heritage and Education: Learning from our Heritage', three broad sub-themes can be considered for projects:

- Heritage on your doorstep: Projects might research, and collect local knowledge about a monument or landmark; explore the origins of local customs or traditions and how these may have changed over time; examine how aspects of the local landscape, such as a canal, river or lake, have influenced a community; or capturing stories from local members of the community who have survived adversity (for example, the TB epidemic of the 1940s).

- Relearning skills from our heritage: Projects could explore forgotten or overlooked skills with a view to sharing them among younger generations; document crafts, skills or trades that one's community was previously well-known for; investigate traditional remedies unique to a locality which were used to treat common aches and pains, and record the stories of individuals who remember such remedies; research traditional food preparation or preservation methods throughout the ages.

- The heritage of education: Projects might explore the history of an old school which has served many generations; better understand the role of a local hedge school; delve into the history of a monastic settlement; interrogate how the experience of going to school has evolved over time.

For more information, visit www.heritageweek.ie.

FINGAL HERITAGE OFFICE WANTS TO HEAR FROM YOU

Do you have photographs of Fingal's places, people, events, everyday life, sport, farming, industry and crafts?

The Fingal Heritage Network together with the Fingal Heritage Office wants to capture the snapshots of our past and the stories that they tell, for a virtual exhibition. 'Originally planned as a live event we have had to adjust to the current situation' said Fingal Heritage Officer, Christine Baker

'As a project for National Heritage Week 15-23 August, we will tell the stories of our past through a virtual exhibition on the Fingal County Council website'.

To take part we need your photographs and a short paragraph of no more than 500 words telling the story behind the 'snapshot'.

You can email your photographs directly to the Heritage Officer at Christine.baker@fingal.ie.

We can also arrange to have your photographs scanned and returned to you. The deadline for submission is 20th July 2020. This is an opportunity to record and share those fleeting stories caught on camera for the future and to remind people of events of the past that make Fingal such a special place to live.

For further information contact Christine Baker, Heritage Officer, Fingal County Council, email Christine.baker@fingal.ie phone 086-7784669

Blue Flag Status awarded again to Velvet Strand Portmarnock

Fingal County Council is delighted to welcome the award of a Blue Flag to Velvet Strand Portmarnock for 2020, the 7th year in a row since 2014. Velvet Strand was also awarded a Green Coast Award along with Burrow Beach Sutton.

The awards were revealed by An Taisce live on Facebook where they announced 90 Blue Flag and sixty Green Coast awards. The Blue Flag is an international award for beach excellence with regard to water quality as well as other criteria including facilities for visitors, beach management and environmental education.

Green Coast awards aim to recognise beaches that have excellent water quality and appropriate management to ensure the protection of the natural environment.

They have particular emphasis on community involvement and all beaches must be managed by the local authority in cooperation with local clean coast groups.

Fingal County Council would like to recognise the excellent community involvement that contributed to the achievement of these awards in 2020. Velvet strand Portmarnock is managed by Fingal County Council in cooperation with Portmarnock Community Beach Committee, Portmarnock Community School, Hanrahans, Praxis Day Service, Kilcoskan National School and Scoil Machua. The community groups involved with Burrow Beach Sutton are Sutton Dinghy Club and Seastainability.

For up to date water quality reports for Beaches see www.beaches.ie



MAJOR PROJECTS OFFICIALLY OPENED

Before concluding his 12-month term of office, outgoing Mayor of Fingal, Cllr Eoghan O'Brien, officially opened both the Donabate Distributor Road and the Portmarnock to Baldoyle Greenway./

The Donabate Distributor Road which was the first project under Rebuilding Ireland's Local Infrastructure Housing Activation Fund (LIHAF) to reach construction stage.

The Road has been opened to traffic since March 6 but, because of the COVID-19 pandemic, the planned official opening could not take place. Instead, the unveiling of a commemorative stone, located at the junction of the new road and Hearse Road, was held.

The 4km Donabate Distributor Road runs in an easterly direction from the R126 Hearse Road on the south-west of Donabate village, across the Dublin-Belfast railway line, before heading in a northerly direction to reconnect with the R126 on Portrane Road.

The estimated cost of this LIHAF project was €14.15m with €10.61m (75%) being funded by the Department of Housing, Planning

and Local Government with the remainder funded by Fingal County Council.

A video of the official opening can be viewed at YouTube link <https://youtu.be/5U1nXEsV4uQ>

He also officially opened the new €2.5m Baldoyle to Portmarnock walking and cycling greenway project, a vital first phase of the overall Sutton to Malahide Greenway Scheme.

The 1.8km greenway, which enjoys spectacular views over the coastline is located in the Racecourse Park, will allow cyclists and pedestrians to travel through the park parallel to the Coast road linking Baldoyle with



Launch of Partnership & Participation: Community Archaeology in Ireland



Portmarnock.

Co-funded by the National Transport Authority, the route was designed by Atkins, taking specific account of the coastal setting and ecology of the area and was constructed by Murphy International. It features a three-metre wide cycletrack and two-metre wide footpath separated by a 2.4-metre wide grass verge, with short sections of shared used paths at some points along the route

Design and planning work on the next phase of the project, linking the greenway to Sutton and Malahide, through Portmarnock village is already underway.



Fingal County Council is delighted to announce the publication of Partnership & Participation: Community Archaeology in Ireland edited by Fingal Heritage Officer Christine Baker.

The beautifully illustrated publication showcases 20 projects giving an insight into the breath of activity taking place across the country under the banner of community archaeology. Fingal projects featured include Christine's own Fingal community archaeology programme, a Fingal Arts Office public art intervention at Swords Castle and Resurrecting Monuments—St Doulagh's and Tower Hill.

Over the past number of years there has been an increasing demand among communities to engage directly with archaeology, heritage and traditions of their local area. Fingal County Council has been at the forefront of promoting community archaeology since 2015 with community excavations at Swords Castle, Bremore Castle, Naul and the Iron Age promontory fort of Drumanagh.

"The impetus for this publication was to highlight the quality of work being undertaken not just in Fingal but across the country"

said editor Christine Baker. "Projects carried out under the banner of community archaeology can include everything from graveyard surveys to art projects; geophysical surveys and 3D surveys to conservation projects as well as archaeological digs, but the common thread has been reconnecting people to their past."

"Fingal County Council is delighted to support this publication alongside the Department of Culture Heritage and the Gaeltacht and the Heritage Council" said Fingal Chief Executive AnnMarie Farrelly 'It demonstrates the diversity of participants and audiences for community archaeology across the country."

"It has been a joy to lead the community archaeology programme in Fingal, meeting enthusiastic, knowledgeable and hard-working participants and to see community archaeology develop" said Christine Baker 'Its core value is that while archaeology connects us to the past, community archaeology also connects us to each other."

Partnership & Participation: Community Archaeology in Ireland is available to click and collect in Fingal Libraries or purchased from Wordwell Books Ltd.



Marathon Families will keep you active over summer months

Are you looking for you and your family to keep active over the summer months. Well, why not take this opportunity to challenge your whole family to complete a Marathon together, whether that is all of you doing a marathon each or doing one as a group?

Marathon Families is an adaptation of the extremely popular MarathonKids Programme that is rolled out across Dublin, with 5th and 6th Class Children which sees children complete a full 42kms and a series of in class lessons on the benefits of Sport and Physical Activity over an eight-week period.

MarathonFamilies can be completed in four ways

7 Days a week

The 7 day programme will see participants walking/jogging shorter distances each day of the week over 8 weeks to complete the entire 42km. The 7 day programme is ideal for people starting their fitness journey, we'd encourage you to walk/jog the distances each day

5 Days a week

The 5 day programme will see participants jogging medium

length distances 5 days of the week. Like the other options it will take 8 weeks to complete the Marathon. The 5 day programme is aimed at people who are somewhat active and have a history of regular training.

3 Days a week - The 3 day programme targets participants who are active and training regularly. The target is to complete 3 runs a week, the distances range from medium to long and over the 8 weeks you will complete the 42km Marathon.

Express Programme

If your time is limited or you have small children why not do an express version of MarathonFamilies, the Express Version rewards everyone's efforts, whether big or small, by doing a cumulative version amongst your family. So, for example if you decide to do it over a week it is 42km in one week, 2 weeks is 21km per week, 3 weeks is 14km etc etc, tailor it to suit your family's needs.

Sign up at: www.learning.fingal.ie on the Be Active at Home section and become one of the many MarathonFamilies in Fingal and surrounds participating in the programme.

The Super

The Fingal Sports Office team have been playing a blinder during the COVID-19 emergency providing a whole range of online activities to keep you active and energised.

The recent pandemic and social distancing restrictions brought fresh challenges to the Fingal Sports Office in providing services and support to communities. They overcame these challenges by developing an online Videos series Digifit fitness-at-home, Kids sporting skills challenges and the Marathonfamilies programme.

A team of 18 Sports Officers, led by Principal Sports Officer, Marion Brown, the Sports Office is an important community development strand within the Community & Housing Department of Fingal County Council and is a member of Sport Ireland's Local Sports Partnership Network. As part of this Network the Sports Office's work centres on specific target groups identified by Sport Ireland such as Older Adults, Women in Sport, disadvantage, young people and people with a disability.

Marion, leads a team that includes a Senior Sports Officer, Niall McGuirk, who oversees the work of the team and he's at the forefront of programmes such as Primary School Athletics League, Primary Schools Boxing and Marathonkids. Sports Development Officer, Cairtriona Geraghty, whose work focuses on Older Adults and Women in Sport initiatives and a range of other programmes and activities.

The community development ethos of the Fingal Sports Office is clearly visible in the establishment of the Community Sports Hubs in the last three years. These Hubs, one in Balbriggan and one in Tyrrelstown Mulhuddart, where co-ordinator, Ciaran Russell and development officer, Gordon Ward, are based. Their aim is to increase participation in sport and physical



Sports Office team



activity and strengthen community engagement. In the last year the Fingal Sports Office team has expanded to include Noel McManus, Community Sports Development Officer, whose role is to develop school and community sports initiatives and a much-needed Social Inclusion Officer, David Daly, whose role is to support disability groups to develop sports activities.

For over 10 years the Fingal Sports Office has been a leader in teaching fundamental movement skills through the Fingal Sports Conditioning Programme to pre-school and primary schoolchildren. Owen McGrath, Sports Conditioning Coach and Stephen McGinn, Education and Sports Officer have taught this specific training module to Fingal teachers and childcare providers. This class-based programme has now been developed and expanded to include an assessment and evaluation report for the teachers on the progress of their pupils. The training module

is also available online through the Healthy Fingal Training Portal for teachers who have taken part in the training. The sports conditioning modules have been extended to include, sports conditioning for all; a programme aimed at people with disabilities.

Among our team of 18 Sports Officers we have nine co-funded Officers from the FAI, Leinster Rugby, Cricket Leinster and Tennis Ireland. These members of the team have the role of promoting and developing their own sport throughout Fingal, they also follow the principles of community development and work in partnership with the Sports Office and other Sports.

For more information visit www.fingal.ie/communityandsports and Healthy Fingal Learning Portal <https://learning.fingal.ie> if you wish to contact a member of the Fingal Sports Team you can do so by emailing sports@fingal.ie or through social media @fingalsport

Sports Office hoping Athletics League goes ahead

The Fingal Sports Office are working hard to make sure that the popular Fingal Athletics League can go ahead in some form later in the year.

Over 2,000 students from 52 schools took part in the 2019/20 Fingal Athletics League. This participation-based programme takes place every year in Porterstown Park for schools in Dublin 15 and Newbridge House for schools in North County Fingal. There are three regional race meets followed by a finals day in Morton Stadium.

Schools can enter a maximum of 50 pupils from 3rd – 6th class, including both boys and girls who will race separately. Race distances range from 350 to 650 metres depending on the age group.

Niall McGuirk, Senior Sports Development Officer with Fingal County Council, said: "This fun introduction to running has been a great way to encourage schools to develop running programmes during school and subsequently get those young people to join their local athletics club where they have the opportunity to try a variety of athletics disciplines and hopefully find an activity that's fun and keeps them fit and healthy."

"We are unsure of the format for the 2020/21 Athletics League but we will be doing our best to make sure it goes ahead in some form."

If your school is interested in getting involved or for more information on this or any sports development initiatives in Fingal please contact Noel McManus, Fingal Community Sports Development Officer
Email: noel.mcmanus@fcrs.ie or
Tel: 087-9830443.

Your Councillors



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