

- **Dublin Sports Fest**

DCSWP's flagship event will take place during European Week of Sport (September 23rd – 30th). The focus will be on encouraging participation across all ages, backgrounds & abilities and, importantly, sustainability. There will also be the added bonus of the chance to showcase DCC's many sport & recreation facilities.

The festival will comprise of a week-long programme of events across many of DCC's facilities, parks and urban spaces. We will look to link with many of the sporting NGB's/sports clubs across the city and encourage them to participate in the festival by hosting open nights, taster sessions, blitzes etc...

We hope to develop a promotional pack to assist them with this. Larger clubs may have the capacity and resources to deliver bigger one-off innovative events that could feature as one of the headline attractions on our Programme of Events for the week.

We also hope to link with schools and third level institutions in addition to curating links with some corporate entities in order to deliver some fun & novel workplace wellbeing initiatives during the week (e.g. silent disco, lunchtime tai-chi, outdoor spin, tug of war, relay race, dance flashmobs etc...)

A large element of Dublin Sports Fest will involve tying in with pre-existing events such as the Great Dublin Bike Ride, Sport Ireland's Family Sportsfest in the National Sports Campus and Parkrun etc... (i.e. turning Parkrun blue for the weekend in question)

Other big ticket events proposed for the week include:

- Tag Rugby event in Trinity College
- *Liffey Odyssey* event comprising of a flotilla of small craft including kayaks, canoes, rafts etc... that will go on a leisurely journey from the Garda Boat Club in Islandbridge right through the city centre to the 3 Arena - run on behalf of DCSWP by Ballyfermot Outward Bounds Adventure Centre and some other partners
- Large scale 5-a-side soccer tournament - the FAI propose to run this as a pilot for a similar initiative they hope to deliver as part of the Euro 2020 Legacy Programme
- Activation in Smithfield Square on Friday 28th September. Exact plans TBC - possibilities include a series of free 30 minute open-air classes (aerobics, zumba etc...) for the general public or people working in the vicinity to take part in; An expo event for minority sporting NGB's to provide information and taster sessions; a special 'GAGA' event (GAGA stands for 'getting all girls active' and this would follow on from a similar programme that DCSWP Sport Officers delivered across the city in late 2017/early 2018)
- DCSWP's Older Adult Sports Day will take place during this week

As the week of Dublin Sports Fest also coincides with *Positive Ageing Week* and *National Fitness Day (28th September)*, we will endeavour to speak to the organisers of these initiatives to see if any of their events can come under the umbrella of Dublin Sports Fest.

- **Champions Day**

DCSWP's annual fun-filled sports day for people with intellectual disabilities returns once again for 2018. This year the event will be split in two with the Southside Champions Day taking place on May 9th in Sports & Fitness Ballyfermot. The Northside equivalent will take place the following day in Cabra Parkside Community Sports Complex. DCSWP Sport Officers will liaise with the relevant disability support service providers to ensure as many groups as possible from across the city can attend.

- **Champions**

This multi-sports programme is aimed at adults with intellectual disabilities and is run in partnership with St. John of God Menni Services. It is ongoing every Monday from 11am – 12pm in Sport & Fitness Ballyfermot. Another programme runs every Thursday from 10.30am – 1pm in partnership with Scoil Eoin, Crumlin & Ballyfermot Outward Bounds Adventure Centre (until end of May).

- **Thrive**

Thrive is a referral programme geared towards engaging people with mental health difficulties. This can range from people who suffer with anxiety or depression right through to people who may have suffered an acquired brain injury and need assistance in re-integrating into their communities from a personal independence, social & general wellbeing viewpoint. Some current ongoing *Thrive* initiatives in the South Central Area include –

- *Community Green Ribbon Month; DCSWP will work with DCC's Community Development staff to deliver a series of talks and introductory yoga classes to participants directed there by various agencies. The talks will take place in the local library.*
- *Fatima; Tuesdays from 11am – 1pm (in partnership with Fatima Groups United)*

- **Go for Life Games (Older Adults)**

The Go for Life Games involve three sports that can be played in singles, pairs and teams:

Lobbers - adaption of Petanque and Boules

Flisk - adaption of Frisbee and Horseshoe Pitching

Scidil - adaption of Ten-Pin Bowling and Skittles

The emphasis of the Games is on participation and fun. They are played in a non-competitive way (as much as possible!) with participants encouraged to umpire their own game.

The aim of the Go for Life Games is to involve older people in recreational sport. The National Finals (June 9th) take place in DCU and are run by Age & Opportunity with the support of Local Sports Partnerships and the HSE.

In the lead-up to the National Finals, DCSWP Sport Officers work to deliver Regional Finals (Northside & Southside) in addition to an ongoing League and Friendly games. The Southside Finals take place in Sport & Fitness Ballyfermot on 23rd May and the Northside Finals take place in Cabra Parkside on 24th May.

Go for Life Practice Sessions are taking place in the South Central Area for those hoping to participate in Regional Games, with groups from Walkinstown, Crumlin & Ballyfermot on a weekly basis in their respective areas.

- Dublin City Sport & Wellbeing Partnership, in conjunction with Athletics Ireland, are rolling out a **free 10-week 'Fit4Class' National Programme** in primary schools across the city.

Fit4Class introduces primary school children (Junior Infants – 4th class) to athletics in a fun, engaging and non-competitive environment. It focuses on the use of games to develop fitness whilst enhancing agility, balance and co-ordination, all fundamental to longer term physical athletic development. Fit4Class rewards students for participating and having fun.

As part of the programme the participating schools have received Fit4Class equipment bags and coaching manuals that guide teachers week by week through the programme. All participants will be rewarded with a certificate upon completion.

- **Get Dublin Walking:** DCSWP Sport Officers, in partnership with the HSE and DCC Community Section are rolling out a series of walking groups across the city under the banner of '*Get Dublin Walking*'. Get Dublin Walking Programmes running in the South Central Area include:
 - *Brickfields Park* – every Saturday morning at 9.30am, in partnership with Fatima Groups United. The aim of this programme is to filter participants into the parkrun to create a sustainable pathway for people to walk or run on a regular basis.
 - *Dolphins Barn* – A walking group for females, in partnership with Dolphin's Barn Health Team. Takes place every Monday evening at 6pm.
 - *Swinging 50's Club* – A walking group for females aged 50+ from the Ballyfermot area. The local DCSWP Sport Officer is supporting the groups to explore more challenging walks outside of the immediate area.
 - *Ballyfermot Walkers* - Commenced in mid January, the group meets every Monday and Wednesday at 7pm from Ballyfermot main church. Open to all ages and gender, this walking group is run in conjunction with the DCC Community Section.
- **Youth Fit:** Current programmes ongoing include-
 - **Hill-walking** programme with a male first year group from Familibase Youth Service (12 – 14 years). Includes outings to Skillzone & Zip-it
 - **Rowing** Programme for 6th class students from De La Salle N.S., Ballyfermot (in association with Ballyfermot Outward Bounds Adventure Centre)
 - A **Learn to Swim** initiative aimed at teenagers from CLAY Youth Project is ongoing. The sessions take place each Thursday at 4pm in Crumlin Pool and are delivered in conjunction with Swim Ireland.

General

- **Boot Camp:** Every Tuesday evening from 7.30pm – 8.30pm in Brickfields Park. Open to the general public.

- **Mountain Biking:** The local DCSWP Sport Officer is planning a week-long Mountain Biking & Bike Maintenance Programme for June 9th – 16th. Participants will include youths linked in through Ballyfermot Adventure Centre and Cherry Orchard Integrated Youth Service.
- **Green Scene:** The local DCSWP Sport Officer will be assisting with a Family Fun Day planned for Cherry Orchard Equine Centre on the 9th of June from 11am – 3pm.
- **Training & Development:** The local DCSWP Sport Officer will be delivering a Safeguarding 1 Course to staff members from Ballyfermot Sports & Fitness on Tuesday 29th May. She will also deliver a 3-day First Aid Responder's Course, again to staff from Ballyfermot Sports & Fitness, on 30th May – 1st June.
- **A triathlon inspired Athletics Programme** continues to be held weekly (Thurs afternoons) at St. Patrick's Primary School. A Zumba/Dance class is also delivered on Thursday afternoons as an alternative to the athletics.

A similar After-School Athletics Programme continues with Scoil Íosagain, Crumlin, on Wednesday afternoons from 2.30pm – 4pm.

- A **'Fence Fit' Fencing Programme** is ongoing every Tuesday afternoon with girls from Our Lady's Secondary School Drimnagh.
- **Chair Yoga** is ongoing every Thursday from 2pm – 3.30pm for older adults in the Walkinstown area.
- **Chair Aerobics** is ongoing every Thursday from 11am – 12pm in Donore Avenue Youth & Community Centre. This class is aimed at older adults in the south inner city area.
- Gymtastics, a **gymnastics class** for children (under 10's) with mixed abilities continues to take place every Wednesday from 4.30 to 5.30pm.
- The local DCSWP Sport Officer is delivering a **Gym Ready Programme** for adults who would like to join a gym but are maybe intimidated by the thought of it. Takes place every Thursday from 12pm – 1pm in Inchicore Sports Centre.
- A **Learn to Swim** initiative called 'it's never too late' is ongoing every Monday & Wednesday morning at 9.30am in Herberton Gym, Rialto. This programme is open to any adults in the area who would like to learn how to swim.
- **The Presidents Awards (Gaisce)** will be issued through Dublin City Council, who is a Gaisce Award Partner with the local DCSWP Sport Officer for Ballyfermot being a young people's PAL (President Award Leader). She is currently working with a D10 youth group aged 15 – 26 years & a St. John of God Menni Services Group aged 18 – 26 years to help them both achieve the award.
- **Looking Back:** On Saturday 21st April the DCSWP Sport Officer delivered a Cardiac First Responder Community Course to a group of volunteers from a local triathlon club that has members of all ages. Participants realised the benefits of the course and displayed confidence that they will now have the skills & knowledge to deal with an incident should such a situation arise.

On April 29th 'Liffey Odyssey' took place in aid of Crumlin Children's Hospital. Ballyfermot Outward Bounds Adventure Centre held a 3-week lead-in programme on Tuesday evenings before the event to give local people the opportunity to try their hand at kayaking. 25 community participants (young & old) took part and went on to tackle the 8km paddle from Islandbridge to the 3 Arena on the day of the Liffey Odyssey itself. The local DCSWP Sport Officer assisted on the event.

Clogher Road Sports Centre – News/Info

- **Hot Yoga** continues every Monday from 7pm – 8pm. Open to anyone in the local area, male or female, this class will help improve posture, flexibility & core strength while also tackling stress. Contact DCSWP Sport Officer Will Morris or the centre directly for more details.
- **Bokwa classes** take place on Monday & Thursday evenings. Bokwa is a cardio based blend of hip-hop and step aerobics that taps into South African-style dance and is fast gaining popularity everywhere!
- **Teen Gym** has returned to Clogher Road Sports Centre. The sessions are divided into girls hour/boys hour and are open to all teenagers from the local area. Ongoing every Monday and Tuesday from 5 - 7pm.

St. Catherines Sports Centre, Marrowbone Lane – News/Info

- In an exciting development, **College of Dance**, the premier centre of excellence for dance training in Ireland has taken up a long term residency in St. Catherines. This will bring much life to the area and create a buzz around the facility, even during off-peak hours.
- **Atomic Stage School** are in the centre every Saturday from 10am – 5pm
- **Indoor Bowling** for older adults takes place every Friday at 12pm in St. Catherine's Sports Centre
- **Flexi Stretch'** Class continues every Tuesday from 1-2pm and every Wednesday from 6.30pm – 7.30pm
- Ballet Áthas Youth **Ballet** Company hold an open session every Sunday at 11.30am (for ages 14 – 30)
- **St. Catherine's Boxing Club** continues to operate from the centre every Monday, Wednesday & Friday evening. The club is growing from strength to strength.
- A number of parent & toddler/baby friendly classes are currently running in St. Catherines. Please contact the centre directly for more details.

Football Development Officers Update

- **Walking Football for Fitness** is an initiative aimed at local women who are looking to get fit and stay active. Takes place every Tuesday morning at 11am in Inchicore Sports Centre.

- **Inchicore Primary Schools Cup** is underway (various times and dates between 6 primary schools in the Inchicore area). Matches are played in Bluebell Recreation Centre and Inchicore CIE Works. The format involves a girls and boys 'round robin' competition, with lots of children who wouldn't normally play sport participating.
- The **Late Night League** series returns for 4 weeks over May/June. This diversion programme for youth at risk is a partnership between the FAI, DCC & An Garda Síochána. The initiative is being delivered to an under 13 group for the first time and the sessions will take place in Clogher Road Sports Centre, D12.

Another Late Night League is currently running every Thursday evening in Basin Lane Complex, D8.

- **Sprog Soccer** takes place every Monday from 4pm to 5pm in St. Catherine's Sports Centre for 4 – 8 year olds.
- **Men's Homeless Street League** takes place each Friday from 11am – 1pm in St. Catherine's Sports Centre.
- **Teen Football Drop-in:** aimed at teens from the local Inchicore area, the programme runs in Inchicore Community Sports Centre every Thursday at 5pm.
- The FAI/DCSWP Development Officer for Ballyfermot is partnering with Cherry Orchard FC to deliver school coaching sessions, coach development sessions, drop-in sessions and girl's football.
- **Coach Development:** A PDP2 (KickStart2) course will run in Lourdes Celtic FC on the weekend of May 26th/27th. The FAI/DCSWP Development officer is expecting a high turnout of coaches from the D12 Area.

Boxing Development Officer Update

- The *Startbox* Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approx 2,000 young people take part each year.

The Programme is structured into Bronze (non contact), Silver and Gold phases. The first two phases focus on general strength & fitness, method and technique. The Gold sessions are currently taken place at the Hugh Performance Gym.

- During the Summer months the IABA/DCSWP Development Officers take a break from *Startbox* to deliver an Olympic Medal Educational Programme in the Aviva Stadium (also includes a stadium tour). This innovative programme is aimed at primary schools for their end-of-term trips and then latterly to Youth Projects & Summer Camps throughout June & July.

Rugby

- Our DCSWP/Leinster Rugby Development Officer is continuing to deliver **Primary & Secondary School Programmes** in the South Central Area.
- **Pathway & Progression:** Our DCSWP/Leinster Rugby Development Officer will also act as an intermediary for any kids who display a particular talent or enthusiasm for the sport to make contact with their local club.
- A **Citywide Primary School Tag Rugby Blitz** is scheduled to take place in Irishtown Stadium on June 13th.
- Specific programmes to target older adults, people with disabilities & youth at risk are currently under development.

Rowing Development officer Report

- **Get Going ... Get Rowing - General**

This initiative, jointly supported by DCSWP, Sport Ireland, Healthy Ireland, Active School Flag & Trinity College, has been successfully rolled out for a number of years by Rowing Ireland's Leinster Women's Development Officer, Michelle Carpenter. This is a 4/6 week school's programme for girls (second level). Rowing Ireland provide rowing machines and a community coach to the schools.

A Transition Year Programme compliments the above by giving students the opportunity to get on the first step of the coaching ladder and enabling them to be involved in a youth leadership role, working in a fun and interactive environment with younger students who will be taught values such as fair play, respect, dignity etc...

- **2017/2018 Review**

So, we take stock of the *Get Going...Get Rowing* programme a few weeks from the end of what has been a bumper academic year in terms of introducing rowing to new schools and students.

We held our biggest ever #Blitzit event in Dublin City on Friday 10th November with over 900 students attending the third annual competition in Trinity College Dublin. We also had our #Blitzit *Splash and Dash* on the water in Grand Canal Dock on Friday 20th April 2018 which was a tremendous success. The sun shone, the weather stayed dry and we had 57 crews from our Dublin schools taking part, in addition to our partners who contested the partner's race. This event is the culmination of the indoor coaching and on-the-water sessions provided by the programme.

The *Get Going ... Get Rowing* programme will be complimented by Summer Camps for those students who wish to take their introduction to rowing to the next level and create a pathway to sport and physical activity for life.

Dublin City schools on board or in the process of coming on board for 2018/2019 are as follows:

St. Dominic's Cabra
Dominican College, Griffith Ave

Presentation, Terenure
Our Ladies, Terenure
St. Mary's Glasnevin
Mercy School Goldenbridge Avenue
High School, Rathgar
Colaiste Bride, Clondalkin
Kings Hospital, Palmerstown
Larkin College
Marino College
Maryfield College, Sion Hill
Caritas College, Ballyfermot
*Kylemore College, Ballyfermot**
*Margaret Aylward Community College, Whitehall**
*Rosary College, Crumlin**
*Scoil Chaitríona, Glasnevin**
*Holy Faith, Clontarf**
Sutton Park, Sutton
*Trinity Comprehensive, Ballymun**
*Our Lady of Mercy College, Beaumont**

*schools new to the programme this academic year

- **Phoenix Rowing Club:** A recreational rowing club for adults based in Dublin Municipal Rowing Centre. The club is purely aimed at getting people on the water to enjoy the activity and surrounding environs of the Memorial Gardens, Phoenix Park & River Liffey. No previous experience required and members can progress at their leisure to a level of their comfort and choosing.
- **Active Age Rowing** - Tuesdays and Fridays from 12.20pm - 1.30pm in Dublin City Municipal Rowing Centre, for new and on-going participants aged 55 and over. No previous experience required.

Cricket Development Officer update

- We will be delivering schoolyard cricket sessions in the area during this period. In particular, we will focus on schools that are entered in the Leprechaun Cup (primary school cricket competition) and the secondary schools competition:
 - *Drimnagh Castle BNS (Thursdays 11am - 12.30pm)*
 - *Scoil Úna Naofa, Crumlin (Thursdays 1pm - 2.30pm)*
- Our Leprechaun Cup (Primary Schools Competition) will be on during this period where schools play games on a weekly basis. Matches and venues are organised with schools a week before each game is due to take place.
- We will be providing sessions to St Ultan's Primary School Camp in Ballyfermot during the middle of May.

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