

- **Dublin Sports Fest**

DCSWP's flagship event will take place during European Week of Sport (September 23<sup>rd</sup> – 30<sup>th</sup>). 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
- 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**

Our annual sports day for adults with intellectual disabilities was spread, for the first time, across two venues (one Northside & one Southside). These multi-sport taster events took place on May

9<sup>th</sup> in Sport & Fitness Ballyfermot & May 10<sup>th</sup> in Cabra Parkside Sports Complex. As always, the Champions Day event was a huge success – a celebration of participation & achievement.

- **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.

Two such groups currently using Darndale Gym daily (in conjunction with the **HSE and Suaimhneas** Clubhouse). The sessions aim to improve participants' confidence, fitness & general wellbeing.

- **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 9<sup>th</sup>) 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 23<sup>rd</sup> May and the Northside Finals take place in Cabra Parkside on 24<sup>th</sup> May.

Groups from Grange Woodbine Centre and Kilbarrack Parish, amongst others, will be in attendance at the Northside Finals.

- 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 – 4<sup>th</sup> 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.

- Move for Health - Strength, Balance & Fitness Class for Older Adults**  
 Are you interested in improving your **strength, balance & fitness** in a fun social environment? If so this class is for you. A qualified instructor will take you through a series of gentle exercises once a week for 10-weeks (schedule below). This initiative is collaboration between Dublin City Sport & Wellbeing Partnership & HSE Primary Care Physiotherapy Teams. For further details or to sign up please contact David Phelan at 01-2227734/087-6525001 or [david.phelan6@mail.dcu.ie](mailto:david.phelan6@mail.dcu.ie)

Area	Venue	Start date	Days & Times
Donnycarney	Donnycarney Social Centre St. Johns Court, Malahide Rd. (beside Donnycarney church)	Ongoing	Every Tuesday at 10:30am for 10 weeks
North Strand	Killarney Court Community Centre, Buckingham St. Upper	Ongoing	Every Wednesday at 2:30pm for 10 weeks

- Get Dublin Walking**  
 The Ierne Walking & Hike Group meets every Tuesday at 11am & provides refreshments pre & post walk for participants. New members are always welcome and a different walk is mapped weekly with a monthly longer hike to a more scenic trail outside of the local area. For More information contact Derek Ahern, Sports Officer: [derek.ahern@dublincity.ie](mailto:derek.ahern@dublincity.ie)
- 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'. One such group meets at Memorial Park, Coolock, every Tuesday morning at 9.30am.
- Raheny Way Walking Route:** In partnership with Raheny Tidy Towns, local DCSWP Sport Officers & DCC Community Staff have mapped and published three community walking routes which, when combined, make up the 'Raheny Way'. This is an ongoing project which should become part of Irish Heart Foundation's Slí Na Sláinte Programme and Dublin City Walking Trails Guide. One such group who are regulars along the route are members from the Grange Woodbine Community.
- Swimming & Water Safety:** In partnership with the HSE, the local DCSWP Sport Officer currently delivers a weekly swimming and water safety lesson to young men aged 18-25 years who are part of a community development team from Kilbarrack. All water activities form part of a full-time health related fitness programme which will give them the opportunity to progress and become lifeguards and swimming teachers later this year. The sessions take place every Friday at 1pm in the pool at Sports & Fitness Ballymun.

- **Learn to Swim Programme:** This programme teaches both young & old the basics of swimming and general water confidence. This programme is delivered in Coolock Pool in conjunction with Swim Ireland's Participation Officer. Groups currently availing of this programme include older adults from the Kilbarrack community (Wednesday afternoons), OLI Primary School Priorswood (Friday mornings) and older adults from the Grange Woodbine Community (Tuesday afternoons).
- **EBD Programme:** This is a pilot programme every Tuesday morning in OLI School, Priorswood. The initiative targets kids aged 8 to 12 years of age with behavioural problems and/or emotional issues. The mindfulness/yoga based programme helps to teach these young kids how to control their moods and behavior.
- **Green Scene**  
DCSWP's Annual *Green Scene* initiative returns for Summer 2018. As part of this, 3 community sports days are planned for Fr. Collins Park, Clarehall Park & Kilbarrack Park (Greendale). Dates are still tbc.
- **Youth Fit**  
A weekly sports & fitness programme for teenage boys continues every Wednesday evening in association with KCCP Youth Service (Kilbarrack).
- **Forever Fit**  
An older adult fitness class with members of the Stardust Walking Group is ongoing every Thursday morning in Evolutis Gym, Coolock. This initiative is delivered in conjunction with DCC Senior Community Officer, Madeline Ebbs.
- **Bike Week**  
The local DCSWP Sport Officers will be organising a number of cycling based activities on Tuesday, June 12<sup>th</sup> in St. Anne's Park as part of *Bike Week* (in association with the Irish Cycling Centre).

In addition to the above there will also be a Coastal Family Fun Cycle taking place on June 13<sup>th</sup> (in partnership with Naomh Barróg GAA) and a BMX Trials Day on June 14<sup>th</sup> in St. Anne's Park.

- **Bokwa classes** take place on Tuesday (8pm) & Thursday (9pm) evenings in **Kilmore Community Centre**. 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!
- The DCC facility in Kilmore also hosts **St. Luke's Active Age Retirement Bowling Club** every Monday, Wednesday & Friday morning. New members welcome.

### **Football Development Officer Update**

- **Raheny Girls Club Programme**  
This 6-week programme takes place every Monday evening at 7pm in St. Anne's Park. There are currently 65 girls between the ages of 9 and 11 years taking part, with the overall aim of helping to establish them with the local club.
- **Ayrfield Walking Football**  
Takes place every second Tuesday at 2pm in Ayrfield Community Centre. Open to anyone over the age of 55. There is a big social aspect to this initiative and participants are encouraged to stay back after the game for a cuppa and a chat!
- **Kilbarrack After School Programme**  
Every Wednesday at 3pm in Kilbarrack Utd astro pitch. This programme targets local kids aged 3 – 7 years in an effort to increase participation.
- **Late Night Leagues**  
The hugely successful *Late Night Leagues* series returns this month with sessions running in Donnycarney (Craobh Chiarain) & Darndale (Darndale Hall) every Friday night at 8pm and 7pm respectively. This diversion programme for youth at risk is a partnership between the FAI, DCC & An Garda Síochána.

### **Rugby Development Officer Update**

- The local Leinster Rugby/DCSWP Development Officer is currently delivering both tag & contact rugby sessions in a number of schools (both primary & secondary TY) throughout the North Central area, while encouraging anyone who shows enthusiasm/talent for the sport to join their local club.

New 4-week *Aldi Play Rugby* programmes have just commenced with St. Paul's N.S. Ayrfield, St. David's B.N.S. Artane and Greenlanes Primary School Clontarf.

A 3-week team contact programme has commenced with Holy Faith Secondary, Killester and a 4-week tag programme is underway with TY students from Dominican College, Griffith Avenue.

- **Clontarf Bulls** are now midway through their 2<sup>nd</sup> season in existence. This team caters for local boys and girls with special needs. The team is being led by a group of rugby coaches (including our own Leinster Rugby/DCSWP Development Officer) and volunteers with a particular interest in promoting the abilities of these children. The coaching group draws on active players, ex-players, teachers, special needs assistants, and academics focusing on people with special needs.

### **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 through June & July.

### **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 10<sup>th</sup> 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 20<sup>th</sup> 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.

### **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 schools cricket competition) and the Secondary Schools competition. The format of the Leprechaun Cup involves schools playing games against each other on a weekly basis.
- We will be focusing on the following schools in the area during this period:
  - St Francis, Priorswood (Wednesdays 1pm - 2.30pm)
  - Our Lady Immaculate Darndale (Wednesdays 11am - 12.30pm)
  - Howth Road National School, Clontarf Rd (Tuesdays 1pm - 2.30pm)
  - Northbay ET Kilbarrack (Thursdays 11am - 12.30pm)
- We will be providing Table Cricket sessions (an indoor miniature version of cricket played on a large table top, designed for physically challenged cricketers) on Wednesdays from 11am -1pm in Glin Road Sports Hall to residents from St. Michael's House.

### **Contact details**

Antonia Martin, DCSWP Programmes & Services Development Manager:

[antonia.martin@dublincity.ie](mailto:antonia.martin@dublincity.ie)

Alan Morrin, Acting Senior Staff Officer DCSWP: [alan.morrin@dublincity.ie](mailto:alan.morrin@dublincity.ie)

Jason Brady, Sports Officer: [jason.brady@dublincity.ie](mailto:jason.brady@dublincity.ie)

Niall McDonald, Sports Officer: [niall.mcdonald@dublincity.ie](mailto:niall.mcdonald@dublincity.ie)

John Sweeney, Sports Officer: [john.sweeney@dublincity.ie](mailto:john.sweeney@dublincity.ie)

Daniel Russell, Sports Officer: [daniel.russell@dublincity.ie](mailto:daniel.russell@dublincity.ie)

Derek Ahern, Sports Officer: [derek.ahern@dublincity.ie](mailto:derek.ahern@dublincity.ie)

Jimmy Mowlds, FAI Soccer: [jimmy.mowlds@fai.ie](mailto:jimmy.mowlds@fai.ie)

Ray McCabe, Rugby: [ray.mccabe@leinsterrugby.ie](mailto:ray.mccabe@leinsterrugby.ie)

Fintan McAllister, Cricket: [fintan.mcallister@cricketleinster.ie](mailto:fintan.mcallister@cricketleinster.ie)

Noel Burke, Boxing: [noelkarenburke@gmail.com](mailto:noelkarenburke@gmail.com)

**Report by**

*Alan Morrin*

Dublin City Sport & Wellbeing Partnership