

- **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.

- **Sport for Young People – Small Grants Scheme**

The aim of the grant is to increase participation by young people throughout Dublin City in sport and physical activity. Grants were advertised in mid-May via email to Clubs and Sports Contacts,

newspaper advertisement and via social media. Deadline for receipt of applications is Friday, June 29<sup>th</sup> at 4pm.

Guidelines and application forms can be found at: [dublincity.ie/smallgrantscheme2018](http://dublincity.ie/smallgrantscheme2018)

- **Bike Week (9 – 17 June)**

Bike Week is a National initiative that takes place from the 9<sup>th</sup> to 17<sup>th</sup> of June. Dublin City Sport & Wellbeing Partnership has sourced funding via the Environment & Transportation Department and will use this to deliver a number of bike related activities across the city during this week. For more information on what's happening please contact your local Sport Officer.

During Bike Week, the Sport & Wellbeing Partnership will launch 2 new Bike Hubs which have been established at Dublin Municipal Rowing Centre, Islandbridge and East Wall Water Sports Centre.

A 'Bike Skills Training Day' is also scheduled for Tuesday June 12<sup>th</sup> in Clontarf All Weather Facility. This is a partnership programme with local Primary Schools and the Irish Cycling Centre.

- **The Green Scene**

Dublin City Sport & Wellbeing Partnership is putting together a schedule of activities to take place on Green Spaces around the City during the summer months. Activities will comprise of multi-sport and physical activities and will target various demographics within the community.

Schedule of activities to be finalised. Please contact your local Sport Officer for more details.

- **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>) took place in DCU and were 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 organised Regional Finals (Northside & Southside) in addition to delivering an ongoing League and Friendly games. The Southside Finals took place in Sport & Fitness Ballyfermot on 23<sup>rd</sup> May and the Northside Finals took place in Cabra Parkside on 24<sup>th</sup> May.

- **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. This initiative is a collaboration between Dublin City Sport &

Wellbeing Partnership and 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
North Strand	Killarney Court Community Centre, Buckingham St. Upper	Ongoing	Every Wednesday at 2.30pm
North Inner City	Ilac Library Ilac Shopping Centre	Ongoing	Every Wednesday at 12pm

- **Get Dublin Walking**

The Ierne Walking & Hiking Group meet every Tuesday morning at 11am. 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. Refreshments are provided both pre & post walk for participants. For more information contact Derek Ahern, DCSWP Sport Officer.

- **Thrive**

Thrive is a 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.

Thrive programmes currently taking place in the Central Area include:

What: **Yoga**

Who: **HSE Mental Health Referrals, mixed gender**

Where: Ballybough Sports & Community Centre

Dates: Ongoing, every Thursday

Time: 12pm - 1pm

What: **Sports & Fitness**

Who: **Adult Mental Health Group**

Where: Ballybough Sports & Community Centre

Dates: Ongoing, every Friday

Time: 12pm - 1pm

- **Champions**

This general fitness programme is aimed at adults with intellectual disabilities and is run in partnership with St. Michael's House. It is ongoing every Friday at 10am in Aughrim Street Sports Hall.

A further Champions programme (football based) is currently running every Thursday from 10am – 12pm in Ballybough Community Centre. This is in partnership with the Central Remedial Clinic, Clontarf.

- **Youth Fit**

This programme is a multi sport after-school programme for young people in the area aged 10 years and over. It is run in conjunction with Ballybough Youth Service and is ongoing during each current school term. The venue is Ballybough Community Centre and the programme runs every Friday from 3pm – 4pm.

- 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 received a Fit4Class equipment bags and coaching manuals that guide teachers week by week through the programme. All participants are also rewarded with a certificate upon completion.

Stanhope St. Primary School, St. Gabriel's NS & Presentation Primary, George's Hill are just some of the schools from the Central Area taking part. This programme is now coming to an end but teachers will have the equipment & manuals as a resource to play the games at any time!

### General

- What: **NEIC Box-Fit** (an enjoyable boxing based fitness class instructed by local Irish Elite Boxing Champion, Emmet Brennan)  
Who: Open to everyone at all levels of fitness  
Where: Ballybough Community Centre  
When: Ongoing every Saturday at 10.30am throughout May & June  
Cost: Free
- What: **Primary School Swimming Lessons**  
Who: Schools in the Central Area  
Where: Sean Mc Dermot Street Pool  
When: Ongoing every Thursday until June 28<sup>th</sup>  
Time: 10am  
Partner(s): Swim Ireland
- What: **Healthy Boxing Bodies** (Fitness through boxing style exercise)  
Who: Open to anyone aged 45+ (in the main participants come from Central area & parts of the North West area)  
Where: Aughrim Street Sports Centre  
When: Tuesdays  
Time: 7.30pm – 8.30pm

- What: **Recovery Through Sport**  
Who: Adults with addiction issues  
Where: Aughrim Street  
When: Wednesdays  
Time: 11am  
Partner(s): Chrysalis Project
- What: **After School Activity Drop-In**  
Who: Young People at Primary School Level  
Where: Dominick Street Recreation Centre  
When: Ongoing every Wednesday until June 27<sup>th</sup>  
Time: 3.30pm  
Partner(s): Just Ask Project
- What: **Chair Aerobics**  
Who: Older Adults  
Where: East Wall Recreation Centre  
When: Ongoing every Tuesday  
Time: 9.30am – 10.30am
- What: **Move 4 Health Fitness Programme**  
Who: Older Adults  
Where: ILAC Centre  
When: Ongoing every Wednesday  
Time: 12pm  
Partner(s): HSE
- The local DCSWP Sport Officer is working with a group from **Bradóg Regional Youth Service** (Dublin 1) to deliver fitness & endurance training every Monday evening in the Phoenix Park with the goal of bringing the group along to participate in the *Hell & Back* event in June.

#### **FAI/DCSWP Football Development Officer's Update**

- A new **Football for All** Programme will commence in Ballybough Community Centre on Thursday May 17<sup>th</sup> at 10am in conjunction with the Central Remedial Clinic.
- **Walking Football** for older adults takes place every Tuesday from 11am – 12.30pm in Cabra Parkside Community Sports Complex, catering for a number of participants from the Central Area
- The **Noel O'Reilly League** continues every Wednesday afternoon from 4pm – 6pm in St. Laurence O'Toole Recreation Centre. The league features 6 youth groups from the North East Inner City area.
- **Social Inclusion Sessions**, where foreign nationals are encouraged to come and play football alongside locals, take place on Monday & Tuesday afternoons in Ballybough Community Centre.
- **Drop in Futsal** continues every Tuesday from 3.30pm to 5pm in Aughrim Street Sports Centre for boys & girls aged 6 – 9 years from the local area and beyond

- FAI/DCSWP Development Officers will deliver a host of **Summer Camps** across the city during July & August.
- A **Football Blitz** for 6<sup>th</sup> class pupils from various schools in the North Inner City will take place on Wednesday 20<sup>th</sup> June at 11am in Dalymount Park

- **Boxing**

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 phase introduces an element of contact to those participants who have displayed a particular talent & enthusiasm for the sport.

During the Summer months the IABA/DCSWP Development Officers take a break from *Startbox* to deliver an Olympic Education 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. It includes 3-D Printed exact replicas of various Olympic medals.

For more information on which schools in the Central Area our IABA/DCSWP Development Officer is linking in with, please contact Paul Quinn directly. Contact details can be found at the foot of this report.

### **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 Chaitriona, Glasnevin\**  
*Holy Faith, Clontarf\**  
*Sutton Park, Sutton*  
*Trinity Comprehensive, Ballymun\**  
*Our Lady of Mercy College, Beaumont\**

\*schools new to the programme this academic year

### **Rugby Development Officer Update**

- After the success of the Women's Rugby World Cup last year, the local Leinster Rugby/DCSWP Development Officer is currently delivering both tag & contact rugby sessions in a number of girls and boys schools throughout the North Central & Central Areas, while encouraging anyone who shows enthusiasm/talent for the sport to join their local club.
- The Leinster Rugby/DCSWP Development Officer Team have arranged a 'Citywide Primary School Metro Blitz' for all schools participating in the Metro Programme in Irishtown Stadium on Wednesday, 13<sup>th</sup> June.
- The Officers will also deliver taster sessions on July 8<sup>th</sup> in Merrion Square Park as part of the Laya City Spectacular!

### **Cricket Development Officer Update**

- Liaising with Sports Development Officers in the area to organise the running of cricket programmes for the coming months.
- We are delivering sessions to D7 Educate Together on Tuesdays from 1pm - 2.30pm during this period.
- 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.

### **Contact details**

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### **Report by:**

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