

- **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
- *and many more!*

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**

Bike Week is a National initiative that took place from the 9<sup>th</sup> to 17<sup>th</sup> of June. Dublin City Sport & Wellbeing Partnership sourced funding via the Environment & Transportation Department and used this to deliver a number of bike related activities across the city during the week.

Initiatives delivered in the North Central Area as part of Bike Week included:

- **Clontarf to Sutton Coastal Cycle:** An 18km coastal cycle which included a safety talk and bike skills session took place on June 12<sup>th</sup>. Targeted at underactive adults and delivered in partnership with the Donnycarney CE scheme.
- **Coastal Family Fun Cycle** on June 13<sup>th</sup> (in partnership with Naomh Barróg GAA)
- **Primary Schools Bike Event:** A fun and educational cycle event in the safe surroundings of Clontarf Playing pitches took place on June 12<sup>th</sup>. This was a partnership programme with local Primary Schools and the Irish Cycling Centre.
- **BMX Trials Day** in St. Anne's Park (June 14<sup>th</sup>)

During Bike Week, the Sport & Wellbeing Partnership launched 2 new Bike Hubs which have been established at Dublin Municipal Rowing Centre, Islandbridge and East Wall Water Sports 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. As part of this, 3 community sports days are planned for Fr. Collins Park, Clarehall Park & Kilbarrack Park (Greendale). Dates are still tbc.

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.

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

- 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. 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!

- **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	Ongoing	Every Wednesday at

	Community Centre, Buckingham St. Upper		2:30pm for 10 weeks
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- **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)

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), Scoil Ide (Friday afternoons) 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 behaviour.
- **Youth Fit**  
A weekly sports & fitness programme for teenage boys continues every Wednesday evening in association with KCCP Youth Service (Kilbarrack).

Adventure Sessions (in association with Ballyfermot Outward Bounds Adventure Centre) are planned throughout the summer for young people from Donnycarney & Killmore West Youth Projects. Activities will include kayaking, pier jumping & mountain biking.

- **Forever Fit**  
An aqua fitness class that caters for older adults in the areas of Coolock, Kilmore, Beaumont and Artane takes place every Tuesday afternoon in Coolock Pool from 3pm – 4pm.

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.

An older adults exercise programme is delivered every Thursday morning from 10.30am to 11.30am in Donnycarney Beaumont Local Care Centre. Includes a variety of physical activity such as chair yoga, dance and free movement. A sister programme is delivered on Fridays from 11am – 12pm in Killester Parish Centre.

- **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 latest run of the hugely successful *Late Night Leagues* series ends 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**

- 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 will also deliver taster sessions on July 8<sup>th</sup> in Merrion Square Park as part of the Laya City Spectacular and on July 13<sup>th</sup> in Coolock as part of the Super Cool Summer Project!
- **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 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 North Central Area our IABA/DCSWP Development Officer is linking in with, please contact Noel Burke 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 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**

- Once the school's programme is complete we will link with the Sport Officers in the area to assist at any summertime initiatives they may be delivering.
- Our Leprechaun Cup (Primary Schools Competition) will be on during this period where schools play games on a weekly basis. The Semi Finals and Final will be taking place towards the end of June.
- We will be focusing on the following schools in the area during this period:
  - *St Francis, Priorswood*
  - *Our Lady Immaculate, Darndale*
  - *Howth Road National School, Clontarf Rd*
  - *Northbay ET, Kilbarrack*
- Our U11 District Competition will be taking place on the 12<sup>th</sup> of July in Pembroke CC from 10am-4.30pm, where many of the participants involved will be from the Raheny/Clontarf area.
- We also have training sessions for the Leinster U11, U13, U15 & U17 teams where many of the participants involved again are from the Raheny/Clontarf area. (Venue TBC).
- 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**

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## **Report by**

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