

- **Dublin Sportsfest**

General:

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. The festival will comprise of a week-long programme of activities, comprising of pre-existing events and the delivery of specific one-off events & promotions across many of DCC's facilities, parks and urban spaces.

Website & Calendar of Events:

A holding page currently sits on the URL: dublincity.ie/sportsfest, informing people that the event is coming soon and providing contact details for anyone who wishes to find out more information or get involved. It is hoped that we will have our calendar of events up on the site within a number of weeks. The calendar will continue to evolve as more events are added.

Pre-Existing Events:

We are delighted to confirm that the Great Dublin Bike Ride, the Laser Run World Championships & Parkrun/Junior Parkrun have all formally agreed to allow us to market their events as part of Dublin Sportsfest. In relation to Parkrun, we will look to 'turn parkrun blue' on Sept. 29th by encouraging all participants in Parkruns across the city to wear blue for Sportsfest!

DCC Facilities & NGB Participation:

All DCC sport & recreation facilities have been informed that there is an expectation on them to participate in the week by delivering an innovative event, open day or special promotion. It is an opportunity for them to showcase their facility & avail of the marketing and promotional push that Dublin Sportsfest will hopefully bring. A number of the centres have already put plans in place to deliver free swimming lessons to local schools etc...

We are currently contacting all National Governing Bodies for the various sports to see if they will get involved. The response to date has been positive with the FAI, Volleyball Ireland, Leinster Cricket, Tennis Ireland, Rowing Ireland, Leinster Rugby, Ladies Gaelic Football & Tug of War keen to get involved.

Response from Clubs to Date:

We issued a call out to sports clubs at the beginning of June, informing them what Dublin Sportsfest is all about, how they could get involved, why it would be in their interest to do so and to invite expressions of interest. The deadline was June 29th and so far we have had 13 formal expressions of interest although we expect that number to at least treble based on phone queries, e-mail correspondence & social media activity. We will not treat June 29th as a hard deadline & fully expect further engagement from clubs after this date. Some examples of responses to date include:

- *Good Counsel GAA will host an open weekend on Sept 29th & 30th to include an Operation Transformation style programme, GAA skills demo, Puc Fada, Irish Dancing Classes, Meet & Greet with County Stars and to showcase their Healthy Clubs Initiative.*
- *St. Bernadette's Boxing Club, Santry, plan to host an army style assault course event on Portmarnock Beach on Sept 23rd. They will invite other sporting clubs from the locality to take part in 'club v club' and 'coach v coach' challenges.*
- *Ierne Social & Sports Club, Drumcondra, will host an open day on Sept 27th with free access to activities for older adults in the local community & beyond. Activities include pitch 'n' putt, bowls, tennis, snooker & table tennis.*

Launch:

The Lord Mayor of Dublin, Cllr. Nial Ring will launch Dublin Sportsfest on Tuesday, September 4th. The plan is to have Sportsfest ambassadors there on the day – a mix of well known sporting personalities and everyday people who use DCC sporting facilities on a regular basis – in addition to dignitaries & media. Taster sessions for various sports will be ongoing at the venue and we will invite local schools & other groups to ensure the venue is a hive of activity on the day!

Commercial Partner / Means of Promotion:

We are currently in talks with Lidl to see if they can come onboard as a partner with a view to providing refreshments at many of the Sportsfest events taking place during the week.

We will 'dress the city' by way of lamppost banners along a section of the quays and in other prominent places across the city such as O'Connell St, Merrion Square & Stephen's Green North. A JC Decaux billboard campaign will run from 12th August – 8th Sept in addition to 20 poster sites (usually on hoarding surrounding derelict buildings or spaces). We will contact Dublin Bus, Luas & the National Transport Authority to see what possibilities there are for promotion on public transport.

Flyers will be distributed to libraries and similar outlets. Branded assets such as bunting, teardrop flags & t-shirts will be used at Sportsfest events taking place across the city. We will also distribute Sportsfest branded social media photo frame props to clubs for use at their event. Images can then be shared to maximise promotion.

The promotional campaign will take place across all social media platforms and some elements of radio in order to gain as much traction as possible for Dublin Sportsfest.

EVENTS

Please see below a flavour of some of the bigger events planned:

Sports Stadium @ Dalymount Park

Venue booked for Monday 24th September. We hope to host a Walking Football event for older adults on half the pitch and run cricket / tag rugby taster activations for schools on the other half. We hope to link with D.I.T. Grangegorman & the Bohemians Foundation on this event.

Dublin Sportsfest Seminar: Olympic Values & Insight into Elite Sport

In conjunction with our team of Boxing Development Officers (who deliver an annual Olympic Values Educational Programme to schools), we have provisionally booked the Wood Quay Venue on Tuesday Sept 25th (afternoon) to deliver a seminar broader in scope than the above. It will give an insight into elite sport and what it means to be an Olympian via presentations, motivational speeches and Q&A session.

We will obviously need some major sporting personalities (Olympians & other elite) to agree to appear on the day and if they could bring trophies or medals along all the better!
The invited audience will consist of TY students sourced via the GAISCE Awards or nominated directly by schools citywide. Capacity is 120.

Liffey Odyssey

At 3pm on Saturday, September 29th a huge flotilla of craft (rafts, canoes, kayaks) will sail at a leisurely pace from the Rowing Centre in Islandbridge to Poolbeg. Our friends in Ballyfermot Youth Service Adventure Centre will lead this event and will also be responsible for promoting it amongst other youth services & kayak clubs etc... from across the city in an effort to recruit additional craft & participants. A Family Fun Day will take place at the starting point from 11am that morning.

Docklands Event

Event to take place on Thursday 27th September (National Fitness Day) in partnership with Ireland Active. We are currently in the process of trying to secure the space on Grand Canal Quay, just in front of the Bord Gais Energy Theatre and have applied to the relevant management company for a permit for same.

The vision is for a day full of activity comprising of open air fitness classes (pre-registrations will be required), pre-work tai chi and post-work silent disco alongside some other ancillary fun activities. We will bring an Event Management Company on board. The event will be promoted amongst the corporate organisations and local businesses in the area in addition to the National College of Ireland.

Glow Sports

DCSWP will purchase two 'glow packs' to enable us to deliver a number of 'glow' events during the week of Sportsfest and beyond. Glow football and Glow spin are the most popular manifestations to date but the concept is transferrable to many different sporting & fitness activities. It is hoped a number of DCC Sport & Recreation facilities will agree to host glow events during the week. This particularly appeals to teenage girls, a demographic we are keen to engage with.

Trinity Tag

Trinity College have agreed to expand a tag rugby tournament for freshers, scheduled for Wed Sept 26th, to include a number of local schools as their way of reaching out to the local community for Dublin Sportsfest.

NEIC

The Senior Sports Development Officer working in the area is currently exploring the possibility of delivering an Olympic Handball event and a special 'Gaelic for Mothers & Others' Programme during the week of Sportsfest.

Sports History

As part of the Festival of History, a talk on the 'Impact of World War 1 on Sport in Ireland' will take place in Pearse St. Library on Sept 29th. The organisers are happy for this to be added to the Dublin Sportsfest schedule. The possibility of doing some kind of a Sport History Cycling Tour is also being looked at.

- **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 was Friday, June 29th at 4pm.

More details can be found at: dublincity.ie/smallgrantscheme2018

- **Bike for Life**

This is a 'sofa to saddle' cycling programme that caters for all cyclists, from the person who has just rediscovered their bike, to the more accomplished rider who wants to take on greater challenges.

The skills and knowledge gained in this programme will make the world of cycling more accessible to everyone, with the main focus being on learning skills, enjoying the bike and meeting new like-minded people.

The programme brings the cyclist on a journey of learning, where they are educated on the various skills, aspects and components of cycling in a safe, welcoming and social environment.

Bike for Life will be running an 8-week programme in partnership with the HSE for mental health referral clients. The programme will take place every Thursday from 2.30 - 4pm using the cycling infrastructure in Clontarf. It starts on the 19th of July and will run until the 6th of September.

- **Bike Week**

Bike Week is a National initiative that took place from the 9th to 17th 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 12th. Targeted at underactive adults and delivered in partnership with the Donnycarney CE scheme.
- **Coastal Family Fun Cycle** on June 13th (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 12th. This was a partnership programme with local Primary Schools and the Irish Cycling Centre.
- **BMX Trials Day** in St. Anne's Park (June 14th)

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.

- *A multi-event sports day will take place in partnership with KCCP Youth Service & Trinity Gaels GAA for Clarehall residents of all ages in Donaghmede Park on July 22nd.*
- *Multi sport activities for ages 12 and under with the Kilmore West Summer Project will take place each Monday from the 16th-30th July in Coolock Lane Park.*
- *Multi sport activities for ages 10 and under will be hosted by Kilmore West After School Project on Wednesday the 8th and 15th of August. Location is currently TBC.*

- **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

- **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

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

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) and from the Grange Woodbine Community (Tuesday afternoons).

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 & Kilmore West Youth Projects. Activities will include kayaking, pier jumping & mountain biking.
- The local DCSWP Sport Officer will be facilitating water sport sessions for young people. These sessions will run throughout the months of July and August in East Wall Water Sports Centre.
- Mixed physical activities and recreational trips for young people in the area will be organised by the Kilmore West Recreation Centre staff for July and August. There will be multiple dates for the trips to be confirmed soon.
- BYSAC Sessions - Outdoor adventure sessions aimed at young people as part of youth projects in Donnycarney and Kilmore West will happen over multiple dates throughout July and August.
- A Summer Programme set up by Trinity Donaghmede Youth Services will involve water sports events for young people across various dates in July and August. These will take place in the swimming pool in Sports & Fitness Ballymun.

- KCCP and S17 Youth Services are combining as part of the HSE Reach Out Programme and inviting local youth services and community groups to take part in summer outdoor water sport activities. This is aimed at a mixed group of young people across a variety of ages. These activity events will take place on dates TBC throughout July & August.

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.
- The DCC recreational facility in Kilmore also hosts **St. Luke’s Active Age Retirement Bowling Club** every Monday, Wednesday & Friday morning. New members welcome. Four friendly games for against teams from Poppintree and Cabra are to be arranged for July and August.

General

- **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!

Football Development Officer Update

- **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!
- **Summer Soccer Schools**
DCSWP/FAI Development Officers will deliver a series of Summer Camps across the city throughout July & August. The following have been set up with local soccer organisations in the area:

Location	Partner	Dates & Times
Greendale Road, Kilbarrack	Kilbarrack United	16 th -20 th July 10am-3pm
Hadden Park, Killester	Killester United	23 rd -27 th July 10am-3pm

Hadden Park, Killester	Killester United	13 th -17 th August 10am-3pm
------------------------	------------------	---

Rugby Development Officer Update

- Rugby Camps catering for multiple ages will be run throughout the summer. Mini Camps (6-12 year olds) will take place on the 9th-13th July in Old Belvedere Rugby Club and on the 13th-17th August in Clontarf. Youth Camps will run from the 16th-31st July and 1st-10th August in Kings Hospital.
- **Clontarf Bulls** are now at the end of their 2nd 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 Values Education Programme in June. It includes 3-D Printed exact replicas of various Olympic medals. July & August are geared towards the Startbox Aviva Stadium Experience (which includes a stadium tour). These innovative programmes are aimed at primary schools for their end-of-term trips (OVEP) and then latterly to Youth Projects & Summer Camps throughout June & July.

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 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 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

- **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

- Liaising with Sports Development Officers in the area to organise the running of cricket programs for the coming months and any Summer Projects that may be on in the area.
- We have a number of players involved in the provincial teams (U11, U13, U15, U17, and U19), both male and female, from 9-18 years of age and in particular players from the Clontarf/Raheny area who have training sessions and cricket tours during this period. These sessions take place on a weekly basis at different venues in the Dublin City area. Although all the venues may not be in the area, a lot of the participants will be from the North Central Area. Some of these events include:
 1. Dublin City Summer Camp - 16th-20th of July from 10.00am-16.00pm in the Phoenix Park
 2. Dublin City U17 match in YMCA cricket grounds on the 23rd July from 11.00am-17.00pm
 3. Dublin City girls camp from 30th July – 3rd August from 10.00am-16.00pm (Venue TBC).
- Our U11 District tournament takes place from 26th-28th of July from 10am - 5pm in Pembroke CC. Members of the Dublin City team will be from the Clontarf/Raheny area and from cricket clubs in the area.
- Our Dublin City Cricket Camp takes place from the 16th-18th of July from 9am - 5pm in the Phoenix Park where members come from all over the Dublin City 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

Antonia Martin, DCSWP Programmes & Services Development Manager:

antonia.martin@dublincity.ie

Alan Morrin, Acting Senior Staff Officer DCSWP: alan.morrin@dublincity.ie

Jason Brady, Sports Officer: jason.brady@dublincity.ie

Niall McDonald, Sports Officer: niall.mcdonald@dublincity.ie

John Sweeney, Sports Officer: john.sweeney@dublincity.ie

Daniel Russell, Sports Officer: daniel.russell@dublincity.ie

Derek Ahern, Sports Officer: derek.ahern@dublincity.ie

Jimmy Mowlds, FAI Soccer: jimmy.mowlds@fai.ie

Ray McCabe, Rugby: ray.mccabe@leinsterrugby.ie

Fintan McAllister, Cricket: fintan.mcallister@cricketleinster.ie

Noel Burke, Boxing: noelkarenburke@gmail.com

Report by

Alan Morrin

Dublin City Sport & Wellbeing Partnership