

DUBLIN SPORTSFEST

- **General:**

From the 23rd to the 30th of September, 2018, the first ever Dublin Sportsfest will bring together the people, the clubs, the sports and the spaces of Dublin in a celebration of sport and physical activity in our City.

The appetite for sport & sporting events amongst Irish people is the stuff of legend. Sport is part of the fabric of our society. We are the best fans in the world and will always back our local & national teams or individuals to the hilt.

However, if this enthusiasm went further, and translated to more sustainable participation in sport AND general physical activity, we could then truly call ourselves an active nation in line with some of our European neighbours. In turn, the people living in, working in & visiting Dublin City could say they belong to an 'active city'!

Dublin City Sport & Wellbeing Partnership's flagship event will take place during the European Week of Sport (September 23rd – 30th). The festival will comprise of a week-long programme of innovative events & promotions across many of the sports clubs resident in the City in addition to Dublin City Council's facilities, parks and urban spaces. The focus will be on encouraging sustainable participation across all ages, backgrounds & abilities. The vast majority of events & activities will be free of charge!

Our partners include Dublin City Council Sport & Recreation Services, Dublin Festival of History (Public Libraries), Cycling Ireland (Great Dublin Bike Ride), Parkrun, Junior Parkrun, Ireland Active, Sport Ireland, NEIC, Ballyfermot Youth Service and a large number of National & Regional Governing Bodies for various sports. This is in addition to a host of sports clubs from across the city. The list continues to grow all the time!

In an age of individualism where time is at a premium and community spirit is on the wane, we are asking the people of Dublin to make some me time to get involved in Dublin Sportsfest. By doing so you will meet new people and improve your health, fitness & general wellbeing.

- **Website & Calendar of Events:**

DCSWP is currently working with Dublin City Council's Web Unit to populate the site with information on the full programme of events across the week. Although the programme of events will continue to evolve right up until Sportsfest week itself, we hope to have the bulk of the information (all correct and double checked!) up on the site in time for the launch on Sept. 4th.

- **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. We will look to 'turn parkrun blue' on Wednesday 29th September by encouraging 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. The week is an opportunity for them to showcase their facility & avail of the marketing and promotional push that Dublin Sportsfest will hopefully bring. The majority of centres have now put action plans in place.

All National Governing Bodies for the various sports were contacted 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 all due to take part in some form.

- **Response from Clubs to Date:**

We are delighted that the following clubs from across the city will be taking an active part in Sportsfest;

- Templeogue Synge Street GAA Club, Dolphin Park Crumlin
- Oblate Basketball Club, Inchicore
- Fairplay Badminton Club, Glasnevin
- Setanta Juggler Club, Fairview
- Setanta GAA Club, Ballymun
- Bushy Park Tennis & Padel Club, Terenure
- Old Belvedere Rugby Club, Donnybrook
- Templeogue Tennis Club, Templeogue
- Stradford Lawn tennis Club, Rathmines

We hope to add a few more between now and the commencement of Dublin Sportsfest.

HIGHLIGHT EVENTS

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

- **Lord Mayor's Liffey Bridge Paddle** – In partnership with our friends in Ballyfermot Youth Service Adventure Centre, this event will consist of a 10k looped paddle starting and finishing in Poolbeg Yacht & Boat Club, Ringsend. The event will take place on Saturday 29th September (11am – 4pm). The route will take participants under many of Dublin's iconic bridges with Grattan Bridge beside Civic Offices the designated turning point. It will be open to any craft that use a paddle such as kayaks – river and sea, canoes, sit-on-tops, stand –up paddle boards and rafts. This event is FREE and open to the general public - however all participants must pre-register via Clearbookings and satisfy the organisers they have the sufficient ability to participate (a Level 2 Kayak Cert will be the minimum requirement). Although they are not paddle craft, we will issue a special invite to a number of local rowing and dragonboat clubs to participate in order to add to the spectacle. BYS will also be responsible for promoting amongst other youth services & kayaking/rowing clubs citywide in an effort to recruit participants & additional craft. For any would-be participants who do not own or

have access to a craft, we will enter an agreement with a kayak rental company to help provide a solution.

- **Dockland's FITFEST @ Grand Canal Quay – Thursday 27th September** (National Fitness Day). Run in partnership with Ireland Active, this will be a day of activities promoted by DCSWP as part of the overall Sportfest promotion and by Ireland Active as part of the National Fitness day initiative.
- **Sports Stadium @ Dalymount Park – Monday 24th September.** The main theme of this event is inclusion to coincide with Social Inclusion Week. Events will be aimed at older adults, school children, migrant groups, people with mental health issues and those suffering with intellectual disabilities. Partners for the event include the FAI, Bohemians FC – More than a Club Foundation and possibly D.I.T Grangegorman.
- **Glow Sports – Friday 28th September.** DCSWP has purchased two glow packs to deliver a number of 'glow events' during the week of Sportsfest and beyond. A glow football event will be held on the evening of Friday 28th September,
- **Sports History - Saturday 29th September.** 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. A Sports History Cycling Tour around some venues of interest in Dublin City will also take place on the evening of Monday, Sept 24th. Details and logistics are currently being finalised.
- **City Hall Yoga – Monday 24th – Thursday 27th September.** Six free classes will take place across Sportsfest week in the City Hall Rotunda.
- **Girls Fest 5's – Friday 28th September.** A 5-a-side tournament aimed at girls born in 2007/8/9 will be held in Irishtown in partnership with the FAI

SPORT FOR YOUNG PEOPLE – SMALL GRANTS SCHEME

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 2018 at 4pm.

Applications were open to Sports Clubs and Organisations within the Dublin City Area affiliated to a National Governing Body providing opportunities for young people aged 10 -21 yrs of age to participate in sport & physical activity.

120 applications were received and 112 were approved for payment. To date 80% of these payments were made in August with the remainder due to be paid in September.

More information can be found at:

www.dublincity.ie/smallgrantscheme2018

BIKE FOR LIFE (CORE)

Under Active Adults

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 programmes currently taking place in the Central are outlined below;

- **Programme:** 65k & 100k Training sessions August - September
- **Dates/Times/:** August – September. Wednesdays at 6.00pm in Eastwall (65 &100k). Saturdays at 11.00am in Ballybough (100k)
- **Participants:** Mixed. 18-75
- **Partners:** NEIC/Cycling Ireland

- **Programme:** Bradog Youth Services
- **Dates/Times:** Wednesdays 5th September – 19th September 7-9pm.
- **Participants:** Mixed. 16+
- **Partners:** Bradog Youth Services

CHAMPIONS (CORE)

Adults with Intellectual Disabilities

This general fitness programme is aimed at adults with intellectual disabilities. Champions programmes in the Central Area running in the coming weeks include;

- **Programme:** DCC Sport Programme and DCC/FAI Football for All (separate programmes)
- **Dates/Times/** Thursday September 6th 10 -11am(FAI)/Thursday September 13th 11-12 (Sport Programme).
- **Location:** Ballybough Youth & Community Centre
- **Participants:** Mixed 21-40
- **Partners:** CRC Clontarf

CHANGE FOR LIFE (CORE)

Underactive Adults

DCSWP Sport Officers will combine resources to deliver a community based health related fitness programme to members of the public in north Dublin. The programme will run in tandem with the Operation Transformation TV show and combines weekly exercise sessions, nutritional advice and structured walks to help improve overall health, wellbeing and quality of life. Programmes for the next few weeks in the Central Area are outlined below.

- **Programme:** 7 week programme focusing on various forms of fitness.
- **Dates/Times:** Fridays at 10am. 31st August – 12th October .
- **Location:** Aughrim St.

- **Participants:** Mixed 18+
- **Partners:** Healthy Ireland/HSE

FIT FOR CLASS (CORE)

Primary School Children

In partnership with Athletics Ireland, DCSWP will ensure each primary school receives a free multi-sports kit and games book suitable for delivering a wide range of fun physical activity sessions and games. A 7 week school revisit programme is planned for September and October. Details are outlined below.

- **Programme:** HSE School Revisit to promote programme
- **Dates/Times:** Monday 10th September – Monday 22nd October. Days TBC.
- **Participants:** Mixed. Primary Schools

FOREVER FIT (CORE)

Older Adults

This programme is aimed at older adults and will focus on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi and line dancing. Ongoing and upcoming Forever Fit programmes in the Central area include;

- **Programme:** Back on Bike – Active Age Cycle
 - **Dates/Times:** July – November. Mondays at 10am
 - **Location:** Commencing in the Eastwall Watersports centre.
 - **Participants:** Mixed. 60-84 years
 - **Partners:** NEIC & Ierne Bowling Club
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- **Event:** Aviva Stadium Tour
 - **Dates/Times:** Wednesday 26th September at 12 pm in the Aviva Stadium
 - **Participants:** Mixed. 60+
 - **Partners:** DCC North Central Community Team
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- **Programme:** ILAC Chairaerobics
 - **Dates/Times:** Fridays 14th September – 26th October. Times TBC
 - **Location:** ILAC
 - **Participants:** Older Adults
 - **Partners:** HSE

GAGA (CORE)

Teenage Girls

The programme is aimed at teen girls and is run in conjunction with local youth services and schools. A wide variety of activities are delivered as part of the programme including dance-fit, fencing, yoga, boot-camp and adventure activities. Activities take place at various venues. The following GAGA programme is currently running in the Central Area;

- **Programme:** Bradog YS/Hardwicke Street Hell & Back Boot Camp Programmes
- **Dates & Times:** September- October. Mondays at 6pm.
- **Location:** Ballybough Community Centre.
- **Participants:** Females 14-16 years
- **Partners:** Bragdog Youth Services

GET DUBLIN WALKING (CORE)

Underactive Adults

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'.

Ongoing Get Dublin Walking Programmes in the Central Area include;

- **Programme:** Ierne Walking Group
- **Dates/Times:** February – December. Tuesdays at 10.00am.
- **Location:** Commencing in Ierne Sports Club.
- **Participants:** Mixed 45-85 years.
- **Partners:** Ierne Bowling Club & Get Ireland Walking

- **Programme:** Ierne Walking Group
- **Dates/Times:** Tuesdays from 4th September – 9th October
- **Location:** Ierne Sports Club.
- **Participants:** Mixed. All ages.
- **Partners:** Healthy Ireland/HSE

GREEN SCENE (CORE)

Multiple Target Groups

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. Below are details of an upcoming Green Scene event.

- **Event:** Mountjoy Square Family Fun Day
- **Dates/Times/Location:** Sunday September 30th .1-5pm
- **Location:** Mountjoy Square.
- **Participants:** Mixed. Participants of all ages.
- **Partners:** DCC Senior Community Officer

THRIVE (CORE)

Adults With Mental Health Difficulties

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.

Ongoing Thrive programmes in the Central Area include;

- **Programme:** Yoga Programme/Spot & Mental Health Programme (separate programmes)
- **Dates/Times:** Ongoing. Thursdays 12 – 1pm. (Yoga). Fridays 12-1pm (Sport & mental health).
- **Location:** Ballybough Youth & Community Centre.
- **Participants:** Mixed 21-40 Years
- **Partners:** H.S.E.

YOUTH FIT (CORE)

Youth at Risk (10-21 Years)

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

- **Programme:** Hay Garda Diversion Pedal Programme – Mountain Biking
- **Dates/Times:** Every second Thursday. Times TBC
- **Participants:** Male 13-16
- **Partners:** Hay Garda Diversion Project

General:

Programme: Raheny Allstars Sports

Dates/Times/Location: Saturday 14th September. 5pm-6pm. Raheny GAA Club

Participants: Mixed 10+

Programme: Learn to swim

Dates/Times/Location: Thursdays at 10am in Sean Mac Dermott St. pool.

Participants: Primary school children. Mixed 10-13

Partners: Swim Ireland

Programme: Work Options – Working with people with disabilities; St. Michael's group.

Dates/Times/Location: Fridays 7th September – 19th October. Aughrim St.

Participants: Mixed 18+

Partners: Work Options

Programme: Recover through Sport - returning from addiction

Dates/Times/Location: Wednesdays at 11am. Aughrim St. 5th September – 24th October

Participants: Mixed 18+

Partners: Chrysalis

Programme: Move for Health – Ilac Group

Dates/Times/Location: Dates in September TBC. ILAC Centre

Participants: Mixed 40+

Partners: HSE

Programme: Markets Area Walking Groups

Dates/Times/Location: Dates in September TBC. St. Michan's & Stoneybatter

Participants: Mixed 30+

Partners: HSE

Programme: Markets Area Walking Groups

Dates/Times/Location: Dates in September TBC. St. Michan's & Stoneybatter

Participants: Mixed 30+

Partners: HSE

Programme: Football Drop In for young men in Dublin 1/7 region.

Dates/Times/Location: Fridays 1st June – 13th July at 5pm. Aughrim St/Grangegorman.

Participants: Males 16+

Partners: Chrysalis

Programme: Bradog – Hell and Back training.

Dates/Times/Location: Mondays 3rd September – 24th September.

Location: Phoenix Park.

Participants: Mixed 15+

Partners: Bradog Youth Services

FAI/DCSWP Football Development Officer's Update

- Soccerfest : Dalymount Park on Monday 24th September.
- Show Racism the Red Card Programme to be delivered to local schools. Dates TBC
- Drop in Futsal/Aughrim St Sports Hall Tuesday 3.30-4.30pm. Boys and Girls age 9-12 years commencing on 10th September.
- Stoneybatter Youth Service Football coaching programme commences mid September. Dates TBC
- Local School coaching sessions commence mid September TBC
- Walking Football with Older Adults in the D7 area is ongoing every Wednesday in Finnbars GAA club 10am-11pm

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.

- IABA will be facilitating StartBox Bronze classes from September to October in primary and secondary schools. Schools, schedule and timetable will be finalised over next couple of weeks. The team will also co-facilitate a seminar on the 25th September in Wood Quay as part of Dublin Sports Fest. If you need any more info please let me know.

Rugby Development Officer Update

- For details on what's happening in the Central Area during the September/October period, please contact the local Rugby Development Officer directly (contact details at foot of this report).

Cricket Development Officer Update

- The Cricket Development Officer is currently liaising with Sport Officers in relation to the running of cricket programmes in the Area.
- School coaching visits will commence in mid-September. Details of locations, times and dates have yet to be confirmed.

- Provincial cricket sessions for 10-18 year olds commence in mid-October every Friday night from 5pm-9.30pm in North County Cricket Club. A number of players from Drumcondra are involved in these sessions. Players are between 10-18 years.

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