

**NORTH CENTRAL AREA COMMITTEE**

**DUBLIN CITY SPORT & WELLBEING PARTNERSHIP**

**18TH SEPTEMBER 2018**

## **DUBLIN SPORTSFEST 2018**

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.

### **Launch**

Dublin Sportsfest was officially launched on Tuesday, September 4th in Irishtown Stadium by the Lord Mayor, Nial Ring. The Ombudsman for Children, Dr. Niall Muldoon, was also in attendance. The venue was a hive of activity on the morning with children from local schools and some older adult groups invited along to participate in the numerous taster activities and provide a flavour of what Dublin Sportsfest is all about.

We also had a number of Dublin-based national sporting personalities on hand to speak to the media and generate lots of excitement as part of their role as Dublin Sportsfest ambassadors. The launch was deemed to be a great success and let's hope the week of Sportsfest itself follows suit.

- **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, the bulk of the information (all correct and double checked!) was up on the site in time for the launch on Sept. 4<sup>th</sup>

- **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 29<sup>th</sup> 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 Syngé Street GAA Club, Dolphin Park Crumlin
- Oblate Basketball Club, Inchicore
- Fairplay Badminton Club, Glasnevin
- Setanta Jugger 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 29<sup>th</sup> 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 27<sup>th</sup> 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 Sportsfest promotion and by Ireland Active as part of the National Fitness day initiative.
- **Sports Stadium @ Dalymount Park – Monday 24<sup>th</sup> 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 28<sup>th</sup> 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 28<sup>th</sup> September,
- **Sports History - Saturday 29<sup>th</sup> 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 24<sup>th</sup>. Details and logistics are currently being finalised.
- **City Hall Yoga – Monday 24<sup>th</sup> – Thursday 27<sup>th</sup> September.** Six free classes will take place across Sportsfest week in the City Hall Rotunda.
- **Girls Fest 5's – Friday 28<sup>th</sup> 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 29<sup>th</sup> 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](http://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.

- The Couch to 50K cycling programme has been ongoing in the North Central Area since August and the conclusion of the programme will lead into the Great Dublin Bike Ride on Sunday 23<sup>rd</sup> September. The Dublin Bike Ride is a flagship event in Ireland for the European week of sport and will form part of Sportsfest week. DCC provides free admission to the bike ride for 25 participants. Details of the Couch to 50k programmes are listed below.
- **Event:** Couch to 50k  
**Dates/Times:** Every Thursday & Sunday at 8am  
**Location:** Naomh Barrog GAA and coastal roads.  
**Participants:** Mixed Adults  
**Partners:** Naomh Barrog Cycle Club
- An 8 week programme for cycling novices in the lead up to the Great Dublin Bike Ride is ongoing with participants from Kilmore West Youth Project. Details are outlined below;
- **Programme:** Bike For Life  
**Dates/Times:** Wednesdays 6-7pm  
**Location:** Kilmore West Recreation Centre  
**Participants:** Mixed 14-19 years.

## **COUCH TO PARKRUN (CORE)**

## **Underactive Adults**

Couch to Parkrun participants are encouraged to steadily improve their running ability over an 8 week programme aiming to comfortably negotiate a 5k run at its conclusion.

- A locally supervised couch to 5k programme will be run throughout September and October in the North Central area and will link in with Dublin Sportsfest from 24<sup>th</sup> – 30<sup>th</sup> September. Details of the programme are listed below;
- **Programme:** Couch to 5k  
**Dates/Times:** Tuesdays at 7pm  
**Location:** Fr. Collins Park, Clongriffin  
**Participants:** Mixed Adults

## **FIT 4 CLASS (CORE)**

## **Primary School Children**

In partnership with Athletics Ireland, DCSWP ensures 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.

- Details of ongoing Fit 4 Life classes currently being run in North Central primary schools are outlined below;
- **Programme:** Fit 4 Class  
**Dates/Times:** Ongoing Tuesdays 10am-12pm (Scoil Fhursa, Kilmore), Wednesdays 11am-12pm (St. David's NS, Artane).

## **FOREVER FIT (CORE)**

## **Older Adults**

The Forever Fit programme is aimed at older adults and focuses on activities to improve balance, co-ordination and fall prevention. Activities include chair aerobics, tai chi, line dancing, yoga and mindfulness.

- Details of Forever Fit programmes running from September – December in the North Central area are outlined below.
- **Programme:** Older Adults Exercise Class  
**Dates/Times:** Tuesdays 12pm (Kilbarrack Community & Parish Centre), Fridays 11am-12pm (Killester Parish Centre).  
**Participants:** Older Adults
- **Programme:** Yoga and mindfulness  
**Dates/Times:** Thursdays 10.30am-11.30am  
**Location:** Donnellycarney Beaumont Local Care Centre  
**Participants:** Female Older Adults

- **Programme:** Aqua Fit Senior Citizens  
**Dates/Times:** Thursdays 10.30am-11.30am  
**Location:** Donnellycarney Beaumont Local Care Centre  
**Participants:** Female Older Adults

## **GREEN SCENE (CORE)**

## **Multiple Target Groups**

Over the summer months Dublin City Sport & Wellbeing Partnership put together a schedule of activities to take place on Green Spaces around the City. Activities comprised of multi-sport and physical activities that targeted various demographics within the community.

- As part of the upcoming Sportsfest event a Green Scene sports day will be held in Clarehall in partnership with local community groups and resident associations. Below are details of the event;
- **Event:** Green Scene sports day  
**Dates/Times:** TBC  
**Location:** Clarehall community, Elm field area (TBC)  
**Participants:** Mixed Adults  
**Partners:** Naomh Barrog GAA Club

## **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.

- Below are details of an ongoing Thrive programme in the North Central Area;
- **Programme:** Indoor Football  
**Dates/Times:** Ongoing on Thursdays 3-4pm  
**Participants:** Male Adults  
**Partners:** HSE

## **YOUTH FIT (CORE)**

## **Youth at Risk (10-21 Years)**

Youth Fit programmes are multi sport and fitness initiatives for young people in the area aged 10 years and over.

- In conjunction with S17 Kilbarrack Youth Project an ongoing health related fitness programme is run in the North Central Area every Wednesday from 2-8pm (approx) throughout September. Full details of the programme are outlined below;

- **Programme:** S17 Health Related Fitness  
**Dates/Times:** Wednesdays 2-8pm approximate  
**Location:** Kilbarrack  
**Participants:** Mixed Teens  
**Partners:** S17 Kilbarrack Youth Project
  
- An 8 week intense Hell and Back Bootcamp programme is currently being delivered as a lead in programme for the family Hell & Back event on the 29th September. Details are listed below;
  
- **Programme:** Hell and Back Bootcamp  
**Dates/Times:** Wednesdays 6-7pm  
**Location:** Kilmore West Recreation Centre  
**Participants:** Mixed 14-19 years  
**Partners:** Kilmore West Youth Project

### **GENERAL:**

Below are details of ongoing and upcoming activities, events and programmes running in the North Central Area in September and October.

- **Event:** Sea swim & Pier jump  
**Dates/Times:** September TBC  
**Location:** Kilbarrack  
**Participants:** Mixed all ages  
**Partners:** Kilbarrack Coast Community Programme (KCCP), S17 Youth service & HSE Reach Out Programme
  
- **Programme:** Raheny Way – Slí Na Sláinte. As part of Dublin Sportsfest this event/programme will seek to map and signpost new Slí routes in the Raheny & Costal areas in conjunction with the Irish Heart Foundation.  
**Dates/Times:** September 23<sup>rd</sup> – 30<sup>th</sup> .  
**Location:** Raheny  
**Participants:** Older Adults  
**Partners:** Irish Heart Foundation , Tidy Towns Raheny and Irish Sports Council.
  
- **Event:** Lord Mayor's Liffey Bride Paddle. This is a highlight event for Sportfest week and multiple Youth Services from the North Central Area will partake in the event.  
**Dates/Times:** Saturday September 29th  
**Location:** See Sportsfest update for full details.  
**Participants:** Mixed all ages  
**Partners:** Kilbarrack Coast Community Programme, S17 Youth service & HSE Reach Out Programme

- Programme:** Child Protection Training Level 1 for volunteers in sport.  
**Dates/Times:** September TBC  
**Location:** Clongriffin Community Centre  
**Participants:** Open to the general public  
 .
- Programme:** Swimming Lessons  
**Dates/Times:** Ongoing. Thursdays 12pm-2pm (St. David's Artane), Fridays 11am-1pm (St. John of God's Kilmore)  
**Location:** Northside Pool  
**Participants:** Primary school Males (Artane), Females (Kilmore)  
**Partners:** Swim Ireland

### **Boxing Development Officer Update**

Details of upcoming Boxing programmes and initiatives in the North Central Area are detailed below;

- 6th class students (mixed) from Our lady Immaculate, Darndale, will be taking part in the Startbox Bronze programme each Tuesday afternoon during September.
- Transition year students of Gaelscoil Rachrainn are involved in the boxing programme taking place at the Trinity Sports Complex on Monday, Thursday and Friday mornings for September.
- On Tuesday mornings in September 4th, 5th and 6th class pupils of St.Benedicts St.Mary's are in the Bronze phase of the School Startbox programme on site in school Hall .

### **Cricket Development Officer Update**

The Cricket Development Officer is currently liaising with Sports Development Officers in the area to organise the running of cricket programs for the coming months.

- School coaching visits will commence in the area in the following schools in late September: (Times TBC)
  - Northbay Educate Together, Kilbarrack
  - St David's CBS, Artane

Provincial cricket sessions start back in October on Friday nights from 5.00pm-9.30pm in North County Cricket Club where we have a number of players from the North Central area involved in these sessions and in particular players from the Clontarf/Raheny area. Players are between 10-18 years of age.

### **Football Development Officer Update**

For details on Football programmes/initiatives in the North Central Area please contact Jimmy Mowlds, Football Development Officer at [jimmy.mowlds@fai.ie](mailto:jimmy.mowlds@fai.ie)

### **Rugby Development Officer Update**

For details on Rugby programmes/initiatives in the North Central Area please contact Ray McCabe, Rugby Development Officer at [ray.mccabe@leinsterrugby.ie](mailto:ray.mccabe@leinsterrugby.ie)

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