

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. 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.

- The STAR project for recovering addicts has been ongoing in the South Central Area since August and the conclusion of the programme will lead into the Great Dublin Bike Ride on Sunday 23rd September. The Dublin Bike Ride is a flagship event in Ireland for the European week of sport and will form part of Sportsfest week.
- **Programme:** STAR Project
Dates/Times: Monday – Friday cycling sessions
Participants: Mixed Adults

CHAMPIONS (CORE)

Adults with Intellectual & Physical Disabilities

This general fitness programme is aimed at adults with intellectual and physical disabilities.

- In partnership with the St. John of God's Sports Coordinator, the following Champions programme will run in the South Central Area from September to December;
- **Programme:** St. John of God's Sports Sessions
- **Dates/Times:** Ongoing Mondays. September – December 11am-12 noon
- **Location:** Ballyfermot Sports Centre
- **Participants:** Mixed Adults 18+
- **Partners:** St. John of God's

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.

- The following Couch to Parkrun initiative is running in the South Central area throughout September and October. The programme seeks to encourage new members to the club with specific focus on preparing for the Remembrance run on 11th November.
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- **Programme:** Orchard Runners
- **Dates/Times:** September – December. Tuesdays & Thursday. Times dependant on age and ability.
- **Location:** TBC
- **Participants:** Mixed. All ages

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.

- DCSWP's annual Older Adult Sports Day forms part of the Sportsfest event. Sports Officers from across the city will bring groups along to the event and participants will compete in various activities in a fun & positive environment.
- **Event:** Older Adults Sports Day
Date/Times: Wednesday, September 26th.
Location: DCU
- A 'Swinging 50's Club' which runs from September to December in the South Central Area will assist in preparing the group for participation in the Older Adults Sports Day on Wednesday 26th September and the 'Dance, Dip and Dive' event on Friday 28th September. Both events form part of Dublin Sportsfest 2018.
- **Programme:** Forever Fit
Dates/Times: Tuesdays 11am – 12pm
Participants: Older Adults

An ongoing Chair Yoga programme aimed at female older adults is ongoing in the Walkinstown area. Details are listed below.

- **Programme:** Chair Yoga
Dates/Times: Thursdays 2pm -3.30pm
Participants: Female Older Adults

- Details of other ongoing Older Adults programmes in the South Central Area are listed below;
- **Programme:** Forever Fit
Dates/Times: Tuesdays 2.30pm – 4pm (Lorcan O’Toole Park, Crumlin) Thursdays 10.30am-12pm (Walkinstown Resource Centre). Thursdays 2.30pm – 4pm (Lorcan O’Toole Park, Crumlin)
Participants: Older Adults 55 +

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*’.

- The Ballyfermot Walkers programme is an ongoing initiative and is run in conjunction with the DCC community section and local community groups. Details are outlined below;

Programme: Ballyfermot Walkers

Dates/Times: Ongoing. Mondays and Wednesday 7pm.

Location: Ballyfermot Church

Participants: All inclusive

- The Walking Leader Course is a training programme delivered in partnership with the Irish Heart Foundation. The programme’s objective is to train individuals within the local community to lead walking initiatives.

- **Programme:** Walking Leader Course

Dates/Times: Wednesday 3rd October – Wednesday 10th October 6pm-10pm

Location: Ballyfermot Centre

Participants: Mixed 18+

Partners: Irish Heart Foundation

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 in addition to people who may have suffered an acquired brain injury and require assistance in re-integrating into their communities from a personal independence, social & general wellbeing viewpoint.

- The following Thrive programme is being delivered for recovering addicts as part of an ETB programme in the South Central Area. Details are outlined below;

- **Programme:** STAR Outings Activities

Dates/Times: TBC

Participants: Mixed Adults 18+

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.

- The following Youth Fit programmes being run in the South Central Area aim to encourage children and young adults to get back into a routine that incorporates fitness. A selection of sporting activities and outings will be arranged over the period.
- **Programme:** St. Ultan's Care Team Back to School Activity
Dates/Times: TBC
Location: TBC
Participants: Mixed 7-14 years
Partners: St Ultan's Care Team
- **Programme:** Kylemore Community Training Centre
Dates/Times: TBC
Location: TBC
Participants: Mixed 16-24 years
Partners: Kylemore CTC

GENERAL:

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

- The GAISCE Presidents award is issued through DCC. Sport Officers provide support to Gaisce participants as PAL's (President Award Leaders)
- **Programme:** GAISCE Awards Programme & GAISCE St. John of God's Menni Services Programme
Dates/Times: Ongoing
Location: Various
Participants: Mixed 15-26 years/Mixed Adults 18+ (St. John of God's)
- **Programme:** Sportsfest 'Try-a-Tri Charity Event
Dates/Times: Saturday 29th September
Location: Ballyfermot Sports Centre
Participants: Adults 18+
- **Programme:** First Aid Training (Cardiac First Responder) for volunteers in the Sheriff Street Area.
Dates/Times: TBC
Participants: Mixed Adults 18+

- **Programme:** Introductory Kayaking in preparation for the Sportsfest Liffey Bridge Paddle Event on 29th September.
Dates/Times: TBC
Location: Ballyfermot Outward Bounds Centre
Participants: Mixed. All ages.
- **Programme:** Boot Camp
Dates/Times: 6 week programme - Tuesdays 7.30pm-6.30pm
Location: Brickfield Park
Participants: Mixed teenagers/Adults
- **Programme:** Tri Ireland – Biking, Running & Swimming Programme
Dates/Times: Thursdays 1pm – 2.30pm
Participants: St. Patrick's primary school. 7-12 years
- **Programme:** Marathon Kids
Dates/Times: September - November . Dates/Times arranged with school.
Participants: St. Patrick's primary school. 10-12 years
- **Programme:** Athletics
Dates/Times: Ongoing. Tuesdays 2.30pm – 4pm
Participants: Scoil Íosagáin Crumlin

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 phase focuses on general strength & fitness, method and technique. The Silver Programme consists of higher intensity sessions & limited contact and the Gold phase takes it on to another level again. The DCSWP/Leinster Rugby Development Officer is currently engaging with schools across the South East Area.

- Over the next month in the South Central Area the Boxing Development Officer will be working with 9 local schools (5 Secondary, 4 Primary and 1 Special Needs) on the Bronze StartBox programme and will be liaising with boxing coaches to link the schools to local clubs.

Cricket Development Officer Update

- The Cricket Development Officer is currently liaising with Sport Officers in the South Central Area to organise the running of cricket programs for the coming months.
- School coaching visits will commence in the following schools in the South Central Area in late September: (Times TBC)
 - Canal Way Educate Together, Dublin 8.
 - Drimnagh Boys BNS.
 - Drimnagh Castle Boys Secondary School.
- Provincial cricket sessions start back in October on Friday nights from 5.00pm-9.30pm in North County Cricket Club - a number of players from the South Central Area involved in these sessions, in particular players from the Drimnagh area. Players are between 10-18 years of age.

Football Development Officer Update

- **Crumlin/Drimnagh/Kimmage Area**
 - A mixed 1st year Futsal Competition will commence in Clogher Rd Sports Centre on 8th & 9th of October from 10am – 1pm
 - A Strength & Conditioning Workshop will start in Pearse College on Monday 24th of September.
 - After school drop-in sessions will commence every Tuesdays in Clogher Rd Sports Centre, Crumlin over the next month. An Astro girl's only drop-in programme will also begin in Loreto College on Wednesday afternoons.
- **Ballyfermot Area**
 - A 4 week 'Football for All' programme for people with disabilities commences in September/October in partnership with St John of Gods.
 - A Primary school tournament will take place on Wednesday 10th October followed by a post primary school tournament on Thursday 11th October in partnership with Cherry Orchard football club

➤ **Canal Communities**

- Futsal leagues will take place on 28th September, 12th and 26th October in partnership with Youth reach.
- Schools coaching programmes will be rolled out in various schools during the period in the area. The programmes will be aimed at mixed 7 and 8 year olds.
- After -school coaching will commence for girls aged 7-10 years in 2 local schools in Inchicore on Wednesdays and Thursdays.
- A teen football programme for local teens will be delivered in Inchicore every Thursday between 5pm and 6pm in St Michaels Community Sports Centre, Inchicore. The programme will link in with community Gardaí and local youth and community groups.
- A Walking football programme for females will take place in Inchicore Community Centre, every Tuesday morning from 11am-12pm. The programme is aimed at women in the local community who are looking to resume or initiate a fitness regime.

Rugby Development Officer Update

- A scrum coaching work shop will take place on Thursday 19th September in Wanderers RFC and a tag rugby Blitz is scheduled for Monday 24th September in Trinity College Park.

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